From President Carron
Your Words Matter

We’ve heard this statement quite a bit in the news media lately. I wonder what our founding fathers, who drafted the Declaration of Independence, or Francis Scott Key, who wrote The Star Spangled Banner, would think about the need of the news media to remind the President of the United States that his words matter. This seems simple and goes back to “everything I needed to know I learned in kindergarten.” We are so lucky to have language with which we can express love, hate, empathy, understanding with only a few words.

Medicine is one place where the consequences of our words are profound and can literally be lifesaving. We all know of an example in the literature reporting that patients have higher success quitting smoking just because their doctor told them to.

Our words matter.

On a personal note, when my daughter was 20 months old she had a weekend where she was quite listless, not eating and drinking much. I debated whether to take her to the emergency department but did not want to be that over-reacting.

May 9-12, 2019 in Baltimore
Hospital Medicine Program Addresses Practice Gaps in Key Areas

Clinical Challenges in Hospital Medicine, the popular ACOI CME program for hospitalists and others who treat patients in the hospital, will take place May 9-12 in Baltimore’s beautiful Inner Harbor. This conference will address key gaps that have been found to exist in hospital-based internists’ practices. While most hospitalists maintain a wide breadth of awareness of best practices in many areas, maintaining knowledge and skills in all, and certainly the most difficult clinical areas, creates a unique challenge.

ACOI’s assessment, using the latest guidelines, epidemiologic data and survey reports, shows that hospitalists need more clarity on how best to manage acute and chronic pain under current changes in policies. Successfully meeting QI mandates is another challenge. In addition, conflicting guidelines based on special populations (e.g., hypertension in geriatric patients and triose with T2DM) leaves the treaters with the need for more specific guidance. Heart failure and sleep apnea are two other areas where clearer evidence will impact physician competence and improve outcomes.

AOA Approves CME Grace Period Through May 31

The Executive Committee of the AOA Bureau of Osteopathic Specialists has approved a CME grace period through May 31, 2019 for the 2016-18 CME cycle. AOA-certified diplomates will be able to fulfill their 2016-18 CME requirements by either:

- Submitting CME credits earned between Jan. 1, 2016 and Dec. 31, 2018 that have not yet been reported for that cycle; or
- Applying CME credits earned in the current CME cycle (2019-2021) toward the previous AOA CME requirement. Credit applied to the previous CME cycle cannot be applied to the current CME cycle.

There are more than 100 CME credit activities available at the new ACOI Online Learning Center. Click here to access the Center via desktop, laptop or mobile devices https://www.acoi.org/mms/elevate_registration.cgi.

For additional information about the AOA grace period, send inquiries via email to certification@osteopathic.org.
Letter from the President

continued from page 1

parent. We took her to the pediatrician’s office Monday morning and her doctor looked at her and said, “Oh my God, she has lost 10% of her body weight in two weeks.” (We had just been to see the doctor). I immediately started crying, racked with guilt that I had not taken her in sooner. The pediatrician said, “She needs to go the ER and get IV antibiotics and be admitted overnight for IV fluids.” After some fluids in the ER, her labs came back ok and she was a little perkier. The ER doctor said she could be discharged. Of course, you know what I said, “Hell no, her pediatrician said she needs IV antibiotics and to be admitted for fluids.” The poor ER doc had no chance. I love my pediatrician, but her words scared me and incited a guilt in me that caused me to fight as hard as needed to make sure my daughter got what I thought she needed.

Our words matter.

I have changed my practice over the years to try not to use the word “better.” When we say better as physicians, this is what our patients hear: “Great, I’m going to get home and play golf again.” This is what their families hear: “Great, mom can get back home on her own and I can finally get back to work and my kids.” This is what we mean: “You may be able to leave the hospital in the next few days.”

ACOI has been working over the last several years to be sure our words matter. We are working on writing down why the Osteopathic Internist is different thanks to the great work of ACOI Board member, Bob Cain, DO. We are defining the Osteopathic alphabet. We are defining our future based on why we all did this in the first place, with a new, concise message to come. We are asking our speakers to incorporate Osteopathic principles into their presentations. We are spreading the message to our students with our visiting professor program.

Our words are being heard!

ACOI has four excellent meetings coming up in May in Baltimore, our board review course, trainers congress, hospital medicine meeting, as well as an intensive, subspecialty-level cardiology meeting. If you need CME (AOA or ACCME), or if you just want some added knowledge and community, please join us.

Thanks to all of you for your support of ACOI in the past and future.

As always, contact me, other ACOI Board members, or staff with any questions or words to share.

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them—” John F. Kennedy

Why do we get up at 5 am, or work until 8 pm?
Why do we miss time with our families?
Why do we share suffering?
Why do we help organizations with our time and money?

Because we said we would.

Annette T. Carron, DO, FACOI

President
Exploring New Science in Cardiovascular Medicine

An Advanced CME Course For Cardiologists

Please join us for Exploring New Science in Cardiovascular Medicine, a subspecialty level CME program for clinical cardiologists, which will be held May 9-12 at the Baltimore Marriott Waterfront Hotel in Baltimore, MD. Our internationally recognized faculty will bring the latest in evidenced-based advances to attendees using a highly interactive, case-centric approach. The agenda includes important sessions on cardiology in the emergency department (ED), including best practices for the assessment of chest pain, and optimal treatment of ACS in the ED. The growing debate on hypertension targets as evidenced by recent ACC, ADA, and ACP guidelines is sure to prompt lively and important discussion. This course will provide both AMA PRA Category 1 Credits™ and AOA-approved 1A CME credit.

Dr. Erin Michos from Johns Hopkins School of Medicine will open the meeting with a session on CVD risk reduction in women. Decision-making in anticoagulation will be addressed in a number of sessions, including anticoagulation in pregnancy, renal failure, post-MI, left appendage occlusion vs. anticoagulation, and the use of anticoagulants in PVD.

Heart failure and cardiomyopathy are well-represented on the agenda with talks on chemotherapy and cardiomyopathy, hypertrophic cardiomyopathy, and an LVAD update. Dr. Robert Chilton will update participants on new diabetes therapeutics and CV risk reduction and will also address the ongoing controversy around perioperative Beta blockade.

For additional information and registration materials, click here:

The American College of Osteopathic Internists is accredited by the Accreditation Council for Continuing Medical Education (ACCME) and the American Osteopathic Association to provide continuing medical education for physicians.

The American College of Osteopathic Internists designates this live activity for a maximum of 22.75 AMA PRA Category 1 Credits™ and 22.75 AOA Category 1A CME credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Member Survey In Progress

The ACOI’s biannual member survey will be open for responses through early April. The electronic survey is completely anonymous and takes about 15 minutes to complete. It is very important in providing guidance for the College’s strategic planning process. A confidential, personalized link to the survey has been sent to all Active Members via email from the address acoisurvey@researchusainc.com. You must use this link to participate. Approximately 600 members have completed the survey to date. Three members who complete the survey will be selected at random to receive a $100 American Express gift card.

Members are urged to complete the survey prior to the deadline.

Have You Moved?

Keep us updated. If you have recently made any changes in your address, phone number or email, please notify the ACOI at acoi@acoi.org
The ACOI Board of Directors wishes to thank all ACOI members for their annual support for the College. The generous support of our 75th Anniversary Campaign donors is of the utmost importance as we seek to maintain an osteopathic approach to internal medicine for future generations of patients.

With the launch of the ACOI Online Learning Center, continuing medical education is now available at your fingertips 24/7. Convenient. Affordable. Visit www.learning.acoi.org to get started.

Speakers Sought For Education Innovations Conference

The Advocate Primary Care Transformation Collaborative is seeking speakers for its 3rd Annual Primary Care Inter-professional Transformation Conference. Presenters are needed to share innovations in inter-professional education, patient-centeredness, team care, engaging learners to choose primary care, or another topic of their choice.

The meeting will take place Sept. 13, 2019 at Hyatt Lodge at McDonalds Campus in Oak Brook, IL. Contact Jill Patton DO, FACP, FACOI (jill.patton@advocate-health.com) if interested in participating.

75th Anniversary Campaign Honor Roll of Donors

(Outright Gifts and Multi-Year Commitments of $1,000 or more as of March 15, 2019)

The ACOI Board of Directors wishes to thank all ACOI members for their annual support for the College. The generous support of our 75th Anniversary Campaign donors is of the utmost importance as we seek to maintain an osteopathic approach to internal medicine for future generations of patients.

$75,000
Lawrence U. Haspel, DO, MACOI

$45,000
Michael C. Burke, DO, FACOI

$25,000 - $44,999
Rick A. Greco, DO, MACOI and Carol A. Greco, DO

$15,000 - $24,999
Robert J. Stomol, DO, MACOI

$10,000 - $14,999
Jack O. Bragg, DO, MACOI and Joelynn Bragg

Robert A. Cain, DO, FACOI and Cindi Everle-Cain

Michael B. Clearefield, DO, MACOI and Susan Clearefield

Robert L. DiGiovanni, DO, FACOI and Monica DiGiovanni

Kevin F. Hubbard, DO, MACOI and Roxanne Hubbard

Susan M. O’Neal, DO, FACOI

Michael L. Oppler, DO, MACOI and Susan Oppler

Anthony N. Ottaviani, DO, MPH, MACOI and Catherine Ottaviani

Frederick A. Schaller, DO, MACOI and Amy Reingold

James H. Wells, DO, PhD, FACOI

Larry A. Wickless, DO, MACOI

$7,500 - $9,999
Oliver Clark Miller, DO, FACP and Elaine D. Milton

$5,000 - $7,499
Damon L. Baker, DO, FACP

Lee Peter Bee, DO, FACP

Brian J. Donadio, FACP and Ellen Donadio

Scott L. Girard, DO, FACP and Laura J. Girard

James C. Giudice, DO, MACOI

Karen J. Nicholas, DO, MA, MACOI, CS

Eugene A. Oliveri, DO, MACOI

Ruben Tenorio, DO, FACP

Alan W. Wan, DO, FACP

$2,500 - $4,999
Michael A. Adornetto, DO, MBA, FACP and Laurel Adornetto

Steven B. Calkin, DO, FACP

Annette T. Caramia, DO, FACP and Everett Greenleaf

Janet E. Cheek, DO, FACP

Pamela R. Gardner, DO, FACP

Bonita J. Krempel-Porter, DO, FACP and Bill Porter, PhD

Sara Litter-Kuester, DO

Daniel J. Peasley, DO, FACP and Marti Peasley

Keith A. Reich, DO, FACP

Morvarid Rezai, DO, FACP

Samuel K. Snyder, DO, FACP and Pamela Snyder

Scott Spradlin, DO, FACP

Troy A. Tyner, DO, FACP and Ingrid M. Brown, DO, FACP

John F. Ullick, ACOI, DO

Winter Wilson, DO, FACP and Tina Wilson

Randall W. Woehl, DO, FACP

$1,000 - $2,499
Gary A. Agia, DO, FACP

Barbara A. Atkinson, DO, FACP

Mark D. Baldwin, DO, FACP

Jay Beckwith, DO, MACOI and Beth Beckwith

Robert H. Blegen, DO, FACP

Gerald W. Blackburn, DO, MACOI

Franci E. Binkley, DO, MACOI

Robert E. Bulow, DO, FACP

Kimberly A. Burch, DO

Boyd E. Buser, DO

Terry Rushnell, DO, FACP

Christian T. Cable, MD, MHPE, FACP

Kenneth E. Cabreira, DO, MACOI

Thomas A. Cavallero, DO, MACOI

Humayuni Chaudhry, DO, MS, MACOI

David Chesnok, DO

Barbara L. Ciconte, Donor Strategies

David V. Condobius, DO, MACOI

Sharonly Cook, DO, FACP

Lawrence Cowsill, DO, FACP

Carmelle O’Day, DO, FACP

Margaret Davenport, DO, FACP

David DePutron, DO, FACP

Mark Alan Dreyfuss, DO, FACP

Kenneth P. Dizon, DO

Kathleen J. Drinan, DO, FACP

Bruce D. Dublin, DO, MACOI

Susan E. Duke, DO, FACP

Susan M. Enright, DO, FACP

Ira Epstein, DO, FACP

J. Michael Fish, DO, FACP

Mitchell D. Forman, DO, FACP

Eric D. Good, DO, FACP

Debora Goodwin, DO, FACP and John Goodrich

David J. Greathouse, DO, FACP

Adam J. Grunbaum, DO, FACP

Robert T. Hasty, DO, FACP

Dovy Jarzabkowski, DO, FACP

G. Michael Johnston, DO, MACOI

Robert S. Juhasz, DO, MACOI

Joanne Kaiser-Smith, DO, FACP and Kevin P. Smith

Michael Koels, DO, MACOI

Marc M. Kesselman, DO, FACP and Robin Kesselman, DO

Teresa M. Kilgore, DO, FACP

Janice A. Knabl, DO, MACOI

Andrew Kotke, DO, FACP

Cheryl Kovalski, DO, FACP

Paul Kudelko, DO, MACOI

Nathan J. Laddasham, DO, FACP

Alexander “Sandy” Macnab

Daniel L. Maxwell, DO, FACP

Timothy W. Mcnichol, DO, FACP

Michael J. Menolaisino, III, DO, FACP

Nathan Miller, DO, FACP

Jo Ann Mitchell, DO, FACP

Rizwan K. Mobimuddin, DO and Mahnaz Ali, DO

Joseph Namey, Jr., DO, MACOI

Donald S. Neilton, PhD

V. Kim Newsom, DO, FACP and Tim Stainbrook, RN, BSN

Herbert Pasternak, DO, FACP

Joanne Pease, DO, MACOI

William Peppo, DO, FACP

Daniel K. Pearl, DO, FACP

John Prior, DO, FACP

Bennett Radford, DO, FACP

Jeffrey A. Ranalli, DO and Tina A. Poretta, DO

Laure Roach, DO, FACP for her mentor George Caeal, DO, MACOI

Christine M. Samsa, DO, FACP and Nathan P. Samsa, DO, FACP

Roy J. Saritori, DO, FACP and Christine Saritori

Thomas Schneider, DO, FACP

Martin W. Schwarze, DO, MACOI

Suzanne Sheng, DO, FACP and Scott Siegal, DO, FACP

Laura Smith, DO, FACP

Duane Sassong, DO

David G. Stainbrook, Jr., DO, FACP

Christina A. Stasiuk, DO and George M. Farion, Esq.

W. W. Stoever, DO, MACOI

Brad Suprenant, DO, FACP

David Susser, DO, MACOI

John R. Sutton, DO, FACP

Richard R. Thacker, DO, FACP

Kenneth Trinidad, DO

Gordon P. Turk, Jr., DO

Amrita Vasoya, DO, FACP

William H. Voss, DO, MACOI

Ronald L. Wald, DO, MACOI

Thomas Waltz, DO, FACP

R. Colin Wetl, DO, FACP

Mark L. Woodard, DO, FACP

William Zipperer, Jr., DO, FACP
White House Releases Fiscal Year 2020 Budget Proposal

President Trump recently released his fiscal year 2020 budget proposal. The proposal calls for $4.7 trillion in total spending. In addition, the plan calls for a nine percent cut to non-defense discretionary spending. Among other things, this includes significant cuts to mandatory spending programs such as Medicaid and Medicare. The Department of Health and Human Services (HHS) and the Department of Education would be hardest hit by cuts of 12 percent and 8.5 percent, respectively. The President’s proposal would significantly increase defense spending and funds for Veterans Affairs by 33.4 percent and 6.5 percent, respectively. The proposal, which is not binding and serves only as the President's blueprint for his policy priorities, has attracted consternation from both sides of the aisle. The proposed budget relies on revenue and economic growth assumptions that are thought to be overly optimistic, and yet, fails to provide for a balanced budget over the next decade. As Congress begins the budgetary process for fiscal year 2020, the ACOI will continue to closely monitor issues of importance impacting both physicians and their patients.

CMS Administrator Discusses Changes to Stark Law Regulations

According to remarks recently made by Centers for Medicare and Medicaid Services (CMS) Administrator Seema Verma, a proposed rule is expected later this year that will make significant changes to existing Stark Law regulations. Administrator Verma indicated that things such as the regulatory definitions and areas of technical non-compliance, among others, are being looked at closely. According to Administrator Verma, “It is our hope that these changes will help spur better care coordination and help support our work to remove barriers to innovation while continuing to provide appropriate safeguards for our programs.” The ACOI will continue to carefully monitor this and other regulatory reforms that may be released later this year. Additional information will be shared with you as it becomes available.

FDA Commissioner Announces Resignation

Food and Drug Administration (FDA) Commissioner Dr. Scott Gottlieb unexpectedly announced his resignation. His tenure was marked by the approval of numerous drugs, a push to cut the use of e-cigarettes by youths and others, and efforts to reduce the cost of prescription drugs. It is likely that the National Cancer Institute (NCI) Director Dr. Norman “Ned” Sharpless will serve as Interim Commissioner beginning in early April. The White House is expected to seek a permanent replacement going forward.

House Approves Legislation to Fight Fraud and Abuse

The House recently approved legislation to codify the Healthcare Fraud Prevention Partnership (HFPP). The HFPP is a public-private partnership created to identify healthcare waste, fraud and abuse through information sharing, the streamlining of analytical tools, and the exchange of successful anti-fraud practices. The bi-partisan legislation was unanimously approved by voice vote. According to the Chairman and Ranking Member of the House Energy and Commerce Committee, who introduced the legislation, “This is an important program that ensures our public and private institutions are better able to detect and stop fraud and abuse in the health care system.” The legislation has been referred to the Senate Committee on Finance, where it awaits further action.

ACOI Joins with AOA, TOMA and ACOFP in Opposition to New Licensure

The ACOI recently joined with the American Osteopathic Association (AOA), the Tennessee Osteopathic Medical Association (TOMA), and the American College of Osteopathic Family Physicians (ACOFP) in opposition to legislation introduced in the Tennessee legislature to create a new class of licensure for those who have not completed a residency. Specifically, the legislation would create a “Graduate Physician” (GP) category of licensure for those who graduate medical school and either did not match, or did not successfully complete a graduate medical education program. As licensed GPs under the proposal, they would be allowed to provide primary care services with limited supervision by a fully-licensed physician. Opposition to the legislation was driven by the belief that enactment of this bill would put the health and safety of Tennesseans at risk. While the bill is intended to address workforce shortages in rural underserved areas, ACOI does not believe that this legislation will effectively address the problem in a way that benefits patients. Other states have considered similar legislation. The ACOI will continue to work to advance efforts to address primary care workforce shortages while protecting both the health and safety of patients.

ACOI Joins with Physician Organizations to Target Burden of Prior Authorization

The ACOI recently joined with nearly 100 state and national physician organizations urging CMS to provide guidance to Medicare Advantage (MA) plans on prior authorization processes. Specifically, the ACOI and others called on CMS to direct MA plans to target prior authorization requirements where they are needed most. It was suggested that unnecessary prior authorization requirements can be avoided by basing the need for prior authorizations on the utilization...
Greetings colleagues and welcome to the March issue of Talking Science and Education for 2019. As I write this, today marks the first day of Spring. I wish you all success as we embrace renewal and wellness in this time of rebirth and growth.

In last month’s population health quiz, we asked what how much the nation’s rate of obesity rose in 2018. The rate of increase in the past year was five percent, with one in three adults now experiencing obesity. Subpopulation data show that adults aged 25 and older with a college degree have a lower prevalence of obesity than all other education levels. Obesity continues to be a leading cause of cardiovascular disease and cancer — chronic diseases that are contributing to premature death rates.

Keeping with this theme, this month we ask what is the prevalence of obesity in the US among adults 25 and older who are high school graduates with no college experience?

A. 23.3%
B. 37.4%
C. 34.8%
D. 36.1%

Last month we received no responses, so I invite you to test your population health muscles, but remember: no Googling!!! Send your answer to don@acoi.org and win valuable prizes!

Talking Education

The recently held ACGME Annual Educational Conference offered a wide range of learning opportunities, including many related to osteopathic medicine. In an Osteopathic Recognition (OR) Update presented by Dr. Natasha Bray, OPC Chair, and Ms. Tiffany Moss, OPC Executive Director, participants were informed about the status of program applications for OR, changes in the current requirements and the new application, and resources available to programs interested in seeking OR.

The following graphics show how many programs accredited by ACGME under the Single GME process have received OR and how these break down by specialty. It is noteworthy that, in addition to the 28 internal medicine programs with OR, two additional programs have applications pending.

Number of Programs with Osteopathic Recognition, by Specialty

ACOI believes that OR is a critical step to assure that graduate training reinforces and supports the reasons our residents and fellows went into medicine to begin with. The resources provided by ACGME and AACOM are excellent. In addition, ACOI is ready, willing, and able to support programs seeking OR at no cost to your program. Visit our OR Toolbox at https://www.acoi.org/education/graduate-medical-education/osteopathic-recognition-tool-box and contact me directly at don@acoi.org for personal program assistance. Finally, ACOI’s Congress on Medical Education for Resident Trainers to be held in Baltimore on May 10-11, 2019 will include a session on Osteopathic Recognition: A Panel Focused on Scholarly Activity, Program Evaluation, and Faculty Resources, as well as private consultations with program directors to answer program-specific questions about OR.

Osteopathic medicine is good medicine. We encourage all programs to seek OR. There is no deadline to submit.

Diabetes Dialogues

Achievement of Targets in T2DM Varies by Season

There is seasonal variation in achievement of the guideline targets for hemoglobin A1c (HbA1c), blood pressure (BP), and low-density lipoprotein (LDL) cholesterol among persons with type 2 diabetes mellitus (T2DM), according to a study published online Feb. 22 in Diabetes Care.

Masaya Sakamoto, M.D., Ph.D., from The Jikei University School of Medicine in Tokyo, and colleagues analyzed data from 4,678 patients with T2DM in Japan whose HbA1c, BP, and LDL cholesterol were measured 12...
times or more during a 24-month period. Monthly achievement rates were assessed for all three targets; achievement of all targets was expressed as the “all ABC achievement.”

The researchers found that the achievement rates for all ABC, HbA1c, BP, and LDL cholesterol were lowest in winter, with systolic BP achievement rates being particularly low. Age ≥65 years was independently related to decreased achievement rates for systolic BP in winter (odds ratio, 0.47). For HbA1c, body mass index (BMI) ≥25 kg/m² (odds ratios, 0.45 for BMI 25 to 30 kg/m² and 0.35 for BMI ≥30 kg/m²) and diabetes duration of ≥10 years (odds ratio, 0.53) were independently related to lower achievement rates. In both summer and winter, insulin use and sulfonylurea use were independently associated with decreased all ABC achievement rates.

As clinicians, an important takeaway is the importance of taking seasonal variations in the all ABC achievement rate into consideration when managing patients in clinical practice.


Nominate a Resident for the Outstanding Resident of the Year Award

Do you know a resident who has shown promise in his or her career and significant achievements in medicine, education and leadership? The 2019 AOF/ACOI Outstanding Internal Medicine Resident of the Year Award honors exemplary osteopathic residents who embody a combination of clinical promise, leadership, dedication and commitment to patient-centered care. A nominee should be an “outside of the box” thinker who has an exceptional commitment to patients and the osteopathic profession.

The award recipient, who is selected by the ACOI and American Osteopathic Foundation (AOF), will receive a $5,000 monetary gift and be recognized at the 2019 ACOI Annual Convention and Scientific Sessions in Phoenix, AZ, and at Honors 2019, the AOF’s annual fundraising event held in conjunction with OMED. The deadline for nominations is May 10. Recognize an outstanding resident by nominating her or him here: https://aof.org/grants-scholarships/osteopathic-recognition-awards/aof-outstanding-resident-year-award.

75th Anniversary Fundraising Campaign

How Your Contributions Have Been Put to Use

The ACOI has used the funds raised in the successful 75th Anniversary Campaign to create a home for those who believe in the patient-centered, osteopathic approach to healthcare that we call Principle-Centered Medicine. More information about this will be forthcoming soon.

Meanwhile, in the past three years, we have hired staff and accomplished the following:

- Achieved accreditation from the Accreditation Council for Continuing Medical Education (ACCME) as a CME provider. Our CME now can provide AOA and AMA credit and meets the recertification requirements of both the AOBIM and the ABIM.
- Upgraded our technology to allow ACOI to offer CME in a variety of new, mobile-friendly formats that our members need. The new ACOI Online Learning Center now houses more than 100 CME credit opportunities that can be accessed anywhere, anytime.
- Provided hands-on assistance to residency programs as they seek allopathic accreditation while encouraging them to secure Osteopathic Recognition as they make the transition. This assures that the distinctive osteopathic philosophy imbued in students during their medical school years will continue during residency. The overwhelming majority of both internal medicine and subspecialty programs have been approved by the ACGME.
- Became the first osteopathic specialty to be granted an ex officio seat on an ACGME Residency Review Committee.
What Drew an MD to ACOI Membership?

Meet Christian Cable, MD, an oncologist at Baylor Scott & White Health in Temple, Texas. Educated at Texas A & M University Health Science Center College of Medicine, he did his Residency and a Clinical Fellowship in Bone Marrow Transplant at Scott & White Hospital. As a medical educator, Dr. Cable served as the Associate Program Director for Internal Medicine, Fellowship Director, and DIO. Now, he serves as Chair of the ACGME Internal Medicine Residency Review Committee, where he is instrumental in helping guide osteopathic internal medicine residency programs through the single GME accreditation application process. Dr. Cable gave an inspiring keynote address at the 2018 ACOI Annual Convention and Scientific Sessions, “Osteopathic Medicine from the Inside Out,” which is now available to view at no charge on ACOI’s Online Learning Center.

Ms. Ciconte: What led you to join ACOI?

Dr. Cable: I always had a great relationship with osteopathic physicians. However, it was the single accreditation change enacted while I was serving on the ACGME Residency Review Committee that gave me the opportunity to learn much more about osteopathic training programs. I found that the allopathic and osteopathic residency programs had much in common. Meeting Brian Donadio and working with ACOI members and educators such as Karen Nichols, Robert Juhasz, Bob Cain, Sam Snyder and Rick Schaller on various committees and speaking engagements was a great experience for me. I found that my own values are closely aligned with the osteopathic philosophy. For that reason, when ACOI opened its membership to MDs, I knew I wanted to be a member.

Ms. Ciconte: What do you see as the benefits of being an ACOI member?

Dr. Cable: I find great benefit in being a part of a community that believes in the core of osteopathic medicine – mind, body and spirit – focusing on the humanistic aspects of medicine. The MD community has taken a more scientific path to explain allopathic medicine and practice.

I want to continue to learn about osteopathic internal medicine and the use of OMM to treat the whole patient. That’s why I want to be an Active ACOI member.

Ms. Ciconte: Given the challenges facing the delivery of healthcare today, including issues for osteopathic internal medicine, what does ACOI need to do to encourage more MDs to join?

Dr. Cable: I believe the best path for ACOI to take to attract MDs to their membership is to focus on the non-technical aspects of health, especially the osteopathic philosophies and priorities of the whole patient approach to medical care. In my opinion, osteopathic medicine is an alternative to prescriptive medicine with its focus on mind, body, spirit that I mentioned earlier. Given the current opioid crisis, I believe there is an opportunity for the ACOI to address this issue through its education programs about the holistic approach to patient care. In general, the ACOI needs to focus on the distinctive approaches associated with osteopathic internal medicine that I believe need to be preserved for the future.

Ms. Ciconte: You recently joined the 75th Anniversary Circle by donating your 2018 ACOI Convention honorarium. Why did you choose to make this gift? What do you think ACOI should do and say to encourage members to support the College financially?

Dr. Cable: I felt it was a privilege to speak at the 2018 Convention so was happy to donate my honorarium. I want the ACOI to continue and know that additional resources are needed. I don’t want it to lose its identity. It was fascinating reading the 75th Anniversary History Book that Kevin Hubbard, DO, MACOI wrote, learning about A.T. Still and others. I would encourage others to support the College financially so that the traditions of osteopathic internal medicine can be preserved.

Ms. Ciconte: Any closing comment or thought?

Dr. Cable: Physicians are dealing with many challenges and stresses today. That’s why I am pleased to see that one of the ACOI’s priorities is to focus on physician well-being. And, again, I would say that the College has an opportunity to help address the current opioid crisis with its whole patient approach to care.

As ACOI’s first MD active member, I would say to my fellow allopathic physicians – “You may not be an osteopathic doctor, but you have much to learn from their tradition and future by joining the ACOI.”

When you join Northwest Permanente, P.C., you will have the chance to practice in an environment that offers ample opportunity to pursue and achieve your personal and professional goals. You will benefit from a comprehensive network of support services and a talented team of colleagues who share your passion for medicine and patient care.

We invite you to consider Primary Care or Urgent Care opportunities with our physician-managed, multi-specialty group of over 1,500 physicians and clinicians who care for over 600,000 members throughout Oregon and Southwest Washington.

PRIMARY CARE and URGENT CARE PHYSICIANS

Opportunities available in Portland and Salem, OR, and SW WA, including Longview.

As one of the nation’s pre-eminent health care systems and a benchmark for comprehensive, integrated and high-quality care, we offer a variety of opportunities to grow and hone your skillset. We offer leadership, research and teaching opportunities, as well as new physician mentorship programs, cross-specialty collaboration, career growth and stability.

Our physicians enjoy:

• Competitive salary and benefit package
• Student loan assistance program
• Education stipend and leave for continued medical education
• Professional liability coverage
• Generous retirement programs

Join us and be a part of something unique, something special, something that matters.

To apply, please visit: http://nwp.kphysiciancareers.com.

Please contact Sr. Recruiter, Marisa Walter, at Marisa.E.Walter@kp.org or 503-813-1045, with any questions. EOE

Join the New Sustainers Club Today

The ACOI is pleased to welcome and recognize the following members of our new Sustainers Club:

Lee Peter Bee, DO, FACOI
Janet Cheek, DO, FACOI
Jeffrey Packer, DO, FACOI
Laura Rosch, DO, FACOI
Christine Samsa, DO, FACOI
and
Nathan Samsa, DO, FACOI
Samuel Snyder, DO, FACOI

BECOME A MEMBER OF THE NEW ACOI SUSTAINERS CLUB

Help the College Better Plan for Its Future! Sustainer Club Members contribute on a monthly basis.

Benefits of being a Sustainer Club member include:

• Invitations to donor events at ACOI meetings
• Update communications from ACOI leaders twice a year
• Special recognition as Sustainers Club members in ACOI publications and the website

Sign Up Today by clicking https://www.acoi.org/make-a-gift-to-acoi/your-support-makes-difference-acoi and check the monthly gift box to make a credit card contribution.

Remember, your gift is tax-deductible to the full extent allowed by law.

Find Your Career at CHSU

CHSU College of Osteopathic Medicine is hiring full-time and part-time positions in UME with future potential in GME.

Classes begin Summer 2020. Apply at CHSU.edu

CHSU - California Health Sciences University

120 N. Clovis Avenue • Clovis, CA 93612 • CHSU.edu • 559.712.4200
Lower Your Taxes and Help ACOI

Some members of the College were pleased to see that their personal income went up last year while others, despite all the press about rising income and lower taxes, have found that they just kept pace with expenses. There are ways to help ACOI that can also help you reduce your tax burden, regardless of your personal situation.

The tax savings possible depend on your tax bracket AND whether you are able to have enough deductions available to exceed the standard deduction of $24,000 for couples filing jointly and half that amount for single taxpayers.

With the deadline to file just around the corner, now is a good time to think about ways to reduce your tax burden for next year. For example, you could:

1. Bundle gifts to ACOI along with gifts to your faith community and your college or university. It’s a good time to think about helping more organizations, or making larger gifts. To encourage giving, the IRS increased the limit you can deduct to 60% of your Adjusted Gross Income.

2. Reduce your taxable income. If you are now receiving a Required Minimum Distribution from your IRA, you can reduce your taxable income by up to $100,000 by directing a payment from your IRA to ACOI or any other qualified charity. If you have already received your 2019 distribution, it’s too late for this year, but it’s not too early to plan for next year. Directing a payment from an IRA to ACOI can take several weeks or even months so now is a good time to plan for it.

3. Make a gift of stock or other appreciated assets. Even with the recent stock market fluctuations at the end of last year, many members of the College have securities that have gone up in value. If that’s true for you, by making a gift of some of what you have, you can receive a DOUBLE tax value.

You can deduct the full fair market value of your stock or other appreciated assets – if owned for more than one year – AND YOU WILL SAVE AGAIN because you will avoid paying all capital gains AND the new net investment tax on what you contribute.

It’s a win, win and can be accomplished by you, or by asking your financial advisor to contact ACOI to arrange the transfer. The value of your tax deduction is fixed by the value of the stock on the day your gift is made. For securities that are fluctuating in value, timing can be very important. Let us know what you plan or ask your financial advisor to call us so ACOI gift planners can help you take maximum advantage of your giving. A gift of mutual fund shares will benefit you in the same way, but if they are not publicly traded, they can take time to arrange to donate.

What about stock that has gone down in value? Rather than giving it to ACOI, you should sell it and then contribute the proceeds. By doing that you will receive a tax deduction for the gift AND be able to report a capital loss which you can also deduct. It’s a way to get the best benefit from a stock that did not do as well as you had hoped it would.

To learn more, please email katie@acoi.org and ask to receive your free copy of the helpful planning brochure:
Your 2019 Personal Planning Guide.

It has ideas and strategies about

• Estate Planning
• Gifts from Your Estate
• Income Tax Planning
• Investments and Retirement
• Social Security
• Charitable Gift Planning

For a free telephone planning session, or to ask specific questions you may have, please email Brian Donadio at bjd@acoi.org or call 301-231-8877 to let us know how and when to contact you. Brian will ask Mr. Sandy Macnab, the ACOI planned giving consultant, to give you a free confidential call.

Government Relations
continued from page 5

Washington Tidbits
Separation of Powers and Congressional Oversight
At the bedrock of the American experience that is our federal government are the concepts of separation of powers and checks and balances on these powers. The powers and checks and balances are provided for in the Constitution. Article I of the Constitution outlines legislative powers, Article II of the Constitution outlines executive powers, and Article III outlines the powers of the judiciary. What happens when the executive branch issues regulations that the legislative branch opposes? It is for this reason that the Congressional Review Act was enacted in 1996.

The Act establishes a “fast track” procedure through which Congress can disapprove of regulations issued by agencies under the direction of the administration. This is done by approving a resolution of disapproval. The key is that Congress must act within 60 days of receiving the final rule to which it is opposed. It is important to note that the resolution, if approved by Congress, must be signed into law by the President. A veto issued by the President can subsequently be overridden by Congress. Is it possible that we will see more of these legislative and administrative maneuvers in an effort to address policy differences in the future? Only time will tell! Do not be surprised if the judiciary becomes involved, as well.
American College of Osteopathic Internists
INTERNAL MEDICINE BOARD REVIEW COURSE
Marriott Baltimore Waterfront Hotel • May 8-12, 2019

Course Description and Learning Objectives
This 5-day course will provide an intensive and comprehensive overview of most of the major areas of importance to physicians preparing for the American Osteopathic Board of Internal Medicine Certifying Examination and Recertifying Examination (September 3-5, 2019). It will also provide a thorough overview of major areas of internal medicine. Special emphasis will be placed on recent advances in various subspecialty areas in internal medicine and clinical skills management as they pertain to clinical practice and the examinations.

Several “Board-type” questions will be included during each lecture to improve registrants’ readiness to respond to examination questions. The lectures will be given by distinguished faculty who are recognized for their ability as outstanding teachers and clinicians. A detailed syllabus will be provided to registrants. Immediately following each day’s lectures, designated faculty from each subspecialty area will be available for a question and answer period.

GENERAL INFORMATION
Recommended Audience
This postgraduate course is appropriate for physicians who provide personal care to adults: general internists; family physicians; residents and fellows-in-training; and subspecialists who want to remain current in the field of internal medicine.

Course Location
The Baltimore Marriott Waterfront Hotel is located at 700 Aliceanna Street, Baltimore, MD 21202. For hotel information, call 1-877-212-5752. A special room rate of $199/per night (plus 15.5% tax) has been arranged for this meeting.

Reservations must be made by April 16, 2019 in order to receive this special ACOI discounted room rate. Reservations may be made online at https://book.passkey.com/go/ACOIJointReview2019.

Course Directors
Kevin P. Hubbard, DO, MACOI and Scott L. Spradlin, DO, FACOI.

Syllabus
The syllabus included with registration is provided electronically (you will need a lap top or tablet to follow the agenda on site) and includes the following material: Expanded narrative/lecture content, including all information the instructors deem vital to board preparation; replication of key slides; a bibliography of key references and suggested readings; and board-type questions directly relating to each presentation as an aid in board exam preparation. Those who prefer a printed binder may order one for an additional $80.

Early Registration
Register early to ensure a place in this course and to qualify for the early registration discount, which expires on April 16, 2019.

Discounted Fees For Residents
Residents and students receive a $100 discount off the regular registration fees.

Refunds
A processing fee of $100 will be charged for cancellations received at any time. Cancellations must be received in writing no later than April 16, 2019 in order to obtain a refund. Fees for registrations cancelled after that date will be applied toward a future ACOI meeting registration, minus the $100 processing fee.

Accreditation and Credit Designation Statements
The American College of Osteopathic Internists (ACOI) is accredited by the American Osteopathic Association to provide continuing medical education to physicians and has designated this live CME activity for a maximum of 40.75 AOA Category 1A credit.

The American College of Osteopathic Internists is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The American College of Osteopathic Internists designates this live activity for a maximum of 40.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclaimer
Participants should be aware that the certifying and recertifying examinations in internal medicine are prepared by the American Osteopathic Board of Internal Medicine, an organization independent from the American College of Osteopathic Internists. Although the general areas of content have been announced, the questions on the examinations are confidential and have NOT been made available to any organizations, societies or schools preparing “board review courses.” Physicians considering taking such a course should realize that as a result of this confidentiality, the courses cannot be uniform and cannot purport to anticipate the examinations’ actual content.

Official Car Rental
The following discount fares arranged with Hertz are good for May 1-19, 2019. Call 800 654-2240 and refer to CV#04130013.
2019 ACOI INTERNAL MEDICINE REVIEW COURSE
REGISTRATION FORM
Baltimore Marriott Waterfront Hotel • May 8 - 12, 2019
Registration available online at www.acoi.org/education/cme/board-review-course.html

Full Name
AOA Number
Mailing Address
City                              State   Zip
Work Phone ( )                  Fax Number ( )
Home Phone ( )                 Cell ( )
Email Address
Preferred Name on Badge

Emergency Contact

Fees
☐ ACOI Member (Registering ON/BEFORE 4/16/19...$850)
☐ Non-Member (Registering ON/BEFORE 4/16/19...$1025)
☐ Resident/Fellow (Registering ON/BEFORE 4/16/19...$750)
☐ Printed Syllabus $80 (Electronic copy provided with registration)
☐ *ACOI Generational Advancement Fund $_________ ☐ TOTAL $___________

Payment Method
☐ Check to ACOI  ☐ MasterCard  ☐ Visa

Name on Card
☐ Check here if billing address is same as mailing address listed above. If not, please provide below

Billing Street
Billing City                              State   Zip
Credit Card Number
Credit Card Exp. Date
Security Code
Signature

Send this form & payment to: ACOI, 11400 Rockville Pike, #801, Rockville, MD 20852 or Fax to 301 231-6099, or register at www.acoi.org.

NOTE: All registrations must be accompanied by a check for payment in full or appropriate credit card information. A processing fee of $100 will be charged for cancellations received at any time. In order to obtain a refund, written cancellations must be received by April 16, 2019. No refunds will be made after that date, but registration fees (less $100 cancellation fee) may be applied to a future ACOI meeting registration.

*The ACOI Generational Advancement Fund was created to foster the growth and assure the future of osteopathic internal medicine. The Fund directs its efforts toward assisting students, residents and fellows as they begin their careers as osteopathic internists. For more information, visit https://www.acoi.org/mms/donation_form.cgi

☐ PLEASE NOTE: Check here if you plan to stay at the Baltimore Marriott Waterfront Hotel. Separate hotel registration is required. This does not register or guarantee a room at the hotel.

☐ SPECIAL NEEDS: In accordance with the Americans with Disabilities Act, every effort has been made to make this conference and activities accessible to people of all capabilities. Please list specific special assistance needed or any dietary restrictions, or contact Susan Stacy at susan@acoi.org or by phone, 301 231-8877.

List special requirements here:__________________________________________________________________________
ACOI 2019 CLINICAL CHALLENGES IN HOSPITAL MEDICINE
Preliminary Agenda

Thursday, May 9
7:30 - 8:00 am  Continental Breakfast
8:00 - 8:05 am  Welcome - Rick A. Greco, DO, FACOI
8:05 - 8:50 am  Potpourri of Guidelines We Are Not Following - Michael A. Adornetto, DO, MBA, FACOI
8:50 - 9:35 am  Diabetic Post-Operative Care - Jack L. Snitzer, DO, FACOI
9:35 - 9:50 am  BREAK
9:50 - 10:50 am Hypoglycemia that Usually Isn’t - Jack L. Snitzer, DO, FACOI
10:50 - 11:50 am Dementia and Delirium - Roberta S. Rose, DO
11:50 am - 12:00 noon Q&A
12:00 noon - 1:00 pm  LUNCH (on your own)
1:00 - 2:00 pm  Treating the Parkinson Patient in the Hospital - Roberta S. Rose, DO
2:00 - 2:45 pm  MIPS, ACOs, Etc. - John B. Bulger, DO, MBA, FACOI
2:45 - 3:00 pm  BREAK
3:00 - 4:15 pm  Quality Improvement - John B. Bulger, DO, MBA, FACOI
4:15 - 5:15 pm  Prognostication - Annette T. Carron, DO, FACOI
5:15 - 5:30 pm  Q&A
6:00 - 7:15 pm  Welcome Reception

Friday, May 10
7:30 - 8:00 am  Continental Breakfast
8:00 - 8:45 am  Sepsis Guidelines: What's New? - Mark Alain Dery, DO, FACOI
8:45 - 9:45 am  TB: Acute and Latent - Kenneth Woods, DO
9:45 - 10:00 am  Blood Utilization - Amanda Haynes, DO
10:00 - 11:00 am  Misunderstood Lab Values - Amanda Haynes, DO
11:00 - 11:55 am  Q&A
12:00 noon - 1:00 pm  LUNCH (on your own)
1:00 - 2:00 pm  In the Mind of the Triage Hospitalist - Christian S. Greco, DO
2:00 - 3:00 pm  Medical Marijuana: What You Need to Know - C. Clark Milton, DO, FACOI
3:00 - 3:15 pm  BREAK
3:15 - 5:15 pm  Curbside Consultations - Gerald W. Blackburn, DO, MACOI; Timothy J. Barreiro, DO, FACOI; Annette T. Carron, DO, FACOI; Mark Alain Dery, DO, FACOI; Rick A. Greco, DO, FACOI
5:15 - 5:30 pm  Q&A

Saturday, May 11
7:30 - 8:00 am  Continental Breakfast
8:00 - 9:00 am  Introduction to Medication Assisted Treatment (MAT): Removing the Stigma - James H. Berry, DO
9:00 - 10:00 am  Addiction in the Hospital: Managing the Polysubstance Dependent Patient - Patrick Marshalek, MD
10:00 - 10:15 am  BREAK
10:15 - 11:15 am  Heart Failure Guideline Updates - Chad A. Link, DO
11:15 am - 12:15 pm  Why Are My Patients Bleeding? Indications of Cardiac Anticoagulation - Robert J. Fanning, DO
12:15 pm - 1:15 pm  LUNCH
1:15 - 2:00 pm  Adult Congenital Heart Failure for the Internist - Saurabh Rappal, MD
2:00 - 3:00 pm  Diastolic Heart Failure or HFpEF - Robert J. Fanning, DO
3:00 - 3:15 pm  BREAK
3:15 - 4:00 pm  Pulmonary Hypertension Update - Timothy J. Barreiro, DO, FACOI (invited)
4:00 - 5:00 pm  Sleep Apnea – What’s New? - Timothy J. Barreiro, DO, FACOI (invited)
5:00 - 5:15 pm  Q&A

Sunday, May 12
7:30 - 8:00 am  Continental Breakfast
8:00 - 9:00 am  Tele-Medicine: Coding & Billing - Jill M. Young, CPC, CEDC, CIMC
9:00 - 10:00 am  OMM - Thoracic Somatic Dysfunction - Antonios J. Tsompandis, DO
10:00 - 10:15 am  BREAK
10:15 - 11:00 am  Current Changes with the E&M in Medicare - Jill M. Young, CPC, CEDC, CIMC
11:00 - 11:45 am  OMM Procedures at Bedside in the Hospital - Antonios J. Tsompandis, DO
11:45 am - 12:00 Noon  Q&A
12:00 Noon  Closing of Agenda - Rick A. Greco, DO, FACOI

*Agenda Subject to Change
Future ACOI Education Meeting Dates & Locations

NATIONAL MEETINGS

• 2019 Internal Medicine Board Review Course - May 8-12
• 2019 Clinical Challenges for Hospitalists - May 9-12
• 2019 Exploring New Science in Cardiovascular Medicine - May 9-12
• 2019 Congress on Medical Education for Residency Trainers - May 10-11
  Baltimore Marriott Waterfront Hotel, Baltimore, MD
• 2019 Annual Convention & Scientific Sessions
  Oct 30- Nov 3   JW Marriott Desert Ridge Resort & Spa, Phoenix, AZ
• 2020 Internal Medicine Board Review Course - April 29-May 3
• 2020 Clinical Challenges for Hospitalists - April 30-May 3
• 2020 Exploring New Science in Cardiovascular Medicine - May 1-3
• 2020 Congress on Medical Education for Residency Trainers - May 1-2
  Renaissance Orlando at Sea World Resort, Orlando, FL
• 2020 Annual Convention & Scientific Sessions
  Oct 21-25  Marco Island Marriott Beach Resort, Marco Island, FL
• 2021 Annual Convention & Scientific Sessions
  Sept 29-Oct 3  Marriott Marquis Hotel, San Francisco, CA

Please note: It is an ACOI membership requirement that Active Members attend the Annual Convention or an ACOI-sponsored continuing education program at least once every three years.
Information on any meeting listed here may be obtained from ACOI Headquarters at 800 327-5183 or from our website at www.acoi.org.

Tentative 2019 Certifying Examination Dates & Deadlines

Internal Medicine Certifying Examination
Computerized Examination 300 Sites Nationwide
September 3-5, 2019 - Application Deadline: June 1- Late Deadline: July 1

Internal Medicine Recertifying Examination
Computerized Examination 300 Sites Nationwide
September 3-5, 2019 - Application Deadline: June 1- Late Deadline: July 1

Internal Medicine Recertifying with a Focus in Hospital-Based Medicine Examination
Computerized Examination 300 Sites Nationwide
September 3-5, 2019 - Application Deadline: June 1- Late Deadline: July 1

Subspecialty Certifying Examinations
Computerized Examination 300 Sites Nationwide
August 22-24, 2019 - Application Deadline: June 1- Late Deadline: July 1
• Cardiology • Critical Care Medicine • Endocrinology • Gastroenterology
• Hematology • Hospice and Palliative Medicine • Interventional Cardiology
• Infectious Disease • Nephrology • Oncology • Pulmonary Diseases • Rheumatology

Subspecialty Recertifying Examinations
Computerized Examination 300 Sites Nationwide
August 22-24, 2019 - Application Deadline: June 1- Late Deadline: July 1
• Cardiology • Clinical Cardiac Electrophysiology • Critical Care Medicine • Endocrinology
• Gastroenterology • Geriatric Medicine • Hematology • Hospice and Palliative Medicine
• Infectious Disease • Interventional Cardiology • Nephrology • Oncology
• Pulmonary Diseases • Rheumatology • Sleep Medicine

Further information and application materials are available by contacting Daniel Hart, AOBIM Director of Certification at admin@aobim.org; 312 202-8274.

Contact the AOBIM at admin@aobim.org for deadlines and dates for the Allergy, Sports Medicine, Pain Medicine, Undersea/Hyperbaric Medicine and Correctional Medicine examinations.

Learning Objectives--At the completion of this program, participants will be able to:
• Articulate the latest evidence-based approaches to the prevention and management of sepsis.
• Delineate the classifications of Diastolic Heart Failure and different treatment options.
• Describe the most recent developments in medically-assisted opioid management.
• Develop strategies to prevent the misinterpretation of lab values.
• Identify the optimal approaches for managing adult patients with congenital heart failure.

Outcomes - This activity will provide internists and subspecialists updates in the areas of healthcare administration, cardiology, pulmonary disease, critical care medicine, infectious diseases, gastroenterology, hematology/oncology, internal medicine, and more, empowering them to provide improved care to their patients. Outcomes will be assessed via immediate and time-delayed post-tests assessing intent to change practice behavior, and self-report of changes.

The 2019 Hospital Medicine Program will take place at the Baltimore Marriott Waterfront Hotel. Complete registration and hotel information is available at www.acoi.org. This activity is certified for both AOA Category 1A CME Credit and for AMA PRA Category 1 Credit™.