

Body, Mind, & Osteopathy

A Monthly Membership Publication of the American Academy of Osteopathy® November 2008

President's Message



Greetings to the Academy family,

Last month, many of us were off to the annual AOA Convention in Las Vegas. Once again the Academy planned an impressive educational program that often attracts numerous attendees from across the osteopathic profession. Events such as this provide one more vehicle in which to fulfill that portion of our mission "to teach, advocate and research the art and science of Osteopathy". I would like to take this opportunity to highlight the educational programming of the Academy. This valuable service provides continuing medical education to our members as well as an outreach to provide education to the osteopathic profession. Our organization prides itself on the quality of programs and dedicates significant resources to planning and implementation. The Academy staff, under the direction of our Executive Director Harriet O'Connor, has been reorganized to improve the delivery of these programs. Associate Executive Director Diana Finley heads up the education

division and all of the Academy staff contribute to the process. They certainly deserve our thanks for their hard work.

The keystone educational offering is our annual Convocation in March. This event has consistently been well attended by our members and attracts new members to our group. In addition to providing a setting for education, members find the collegial atmosphere and opportunity to network with peers an opportunity that is not to be missed. This single event also weighs heavily into the financial viability of our group, and along with other educational offerings, provides a significant revenue stream to our operating budget. The successful delivery of educational offerings allows us to provide the other member services of the Academy that benefit all.

Numerous offerings are provided throughout the year in a variety of formats and at different locations across the country. The Education Committee strives to provide comprehensive offerings based on the needs and interests of members. I encourage members to share their thoughts with the Education committee and Academy leadership and staff. We have been investigating

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and planning new concepts for educational programs. Based on input from members, we will be developing an internet based educational series that should provide additional opportunities for members to participate. Other new ideas are constantly being submitted and reviewed, with some being offered as a new scheduled program.

I strongly encourage all members to participate in the educational process of the Academy at some level. Many will plan on attending a program for CME credits to maintain certification. Others may be interested in learning about a new and exciting topic. Simply completing a survey to express your views on continuing medical education is an important part of the planning and development process. The Academy has a strong tradition of being responsive to members needs. We need your participation to continue to provide quality education programs. This is one other opportunity for you to take advantage of membership in the American Academy of Osteopathy. Whenever possible you can use this opportunity to recruit new members to join you and enjoy the benefits of being part of the Academy family.

I look forward to seeing you in Little Rock for the Convocation in March. This is an exciting venue that suits the needs of our members. It will provide a great atmosphere for learning in a very comfortable and entertaining location.

For those who are unable to attend, please keep the Academy in your thoughts and whenever possible consider a donation to the Golden Ram Society. Thanks to generous donations in the past, this has served as a source of funding to continue to provide much needed services of the Academy.

Thank you for being a member of the Academy. During the busy times of leadership it is reassuring to recognize that we are working for the good of all members. It is a pleasure to serve as your president and I look forward to continuing to serve the profession.

Wishing you all health and happiness.
Respectfully submitted

Guy A. DeFeo

2008-2009

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Avoiding Disaster: Osteopathic Approach to the Flu Pandemic

Every Fall season brings up concerns about influenza. A relatively low impact outbreak can mean 10,000 to 20,000 deaths in the United States plus days lost from work or family by the hundreds of thousands who have 3-5 days of illness. With this in mind, Humayun Chaudhry, DO, MS, FACP, FACOI, FAODME, David V. Condoluci, DO, FACOI and Dennis J. Dowling, MS, DO, FAAO facilitated a one day pre-convention workshop at the AOA Convention in Las Vegas, Nevada. Participating in this course provided 6 anticipated category 1-A CME credits. This course was sponsored in part by a grant from the AOA.



AAO at the AOA Convention

AAO Program at the AOA Convention a Success

The 113th Annual Convention and Scientific Seminar in Las Vegas, NV on October 26-29 brought in over 9,000 physicians, students, guest and exhibitors. The American Academy of Osteopathy's program chair Natalie A. Nevins, DO presented a program around the theme, "Fit and Healthy: An Osteopathic Approach to Fitness and Obesity."

Speakers included Scott L. Cook, DO, Gregory W. Coppola, DO, Kurt P. Heinking, DO, FFAO, Rebecca E. Giusti, DO, Jaime Brenkus, Marcia E. Whalen, DO, Deborah M. Mulgrew, DO, Jane E. Carreiro, DO, Patrick F. Leary, DO, Steven J. Karageanes, DO, Marcel P. Fraix, Megan McBride, DO, Anita L. Showalter, DO, and Teresa A. Hubka, DO.

Joint sessions with American Osteopathic Academy of Sports Medicine, American College of Osteopathic Pediatricians, American Osteopathic College of Physical Medicine and Rehabilitation, American College of Osteopathic Obstetricians and Gynecologists and the American Osteopathic Association Medical Informatics brought in a standing-room only crowd at many lectures and workshops. The AAO thanks Dr. Nevins and the members of the Education Committee for their work in making the 2008 Convention a success.

Thomas L. Northup Lecture

AAO President Guy A. DeFeo, DO presented the 35th Thomas L. Northup, DO, FFAO award to Karen M. Steele, DO, FFAO. Her lecture was entitled, "Contemplations on the Art of OMT after Thirty Years of Practice". Dr. Steele she compared osteopathy to sculpting with clay. The lessons she learned and the gifts she received from osteopathy are summed up by the following phrases: 1) "Do not expect to be good for a really, really, long time"; 2) "Center yourself first"; 3) "When is enough, enough?"; and "Do your work, and then step back". Dr. Steele's lecture will be printed in its entirety in the December issue of the *Journal of the American Academy of Osteopathy*.



Dr. Steele received her Doctor of Osteopathy degree from the Kirksville College of Osteopathic Medicine in 1978, after which she established a private family practice in Portland, Oregon, which included obstetrics. In 1986, she returned to KCOM to complete a residency in osteopathic manipulative medicine. She remained on the faculty at KCOM in the OMM department for five years, where she was director of the OMM hospital consultation service. In 1992, Dr. Steele came to West Virginia School of Osteopathic Medicine where she now serves as professor and Associate Dean for Osteopathic Medical Education and maintains an OMM specialty practice with a concentration on the osteopathic treatment for children. Her research interests include the effect of OMT on Otitis Media in Children. She is board certified in Neuromusculoskeletal Medicine by the AOBNMM, Family Practice by AOBFP, credentialed by the Cranial Academy and earned the Fellowship in the AAO in 1995. Dr. Steele is a past president of the American Academy of Osteopathy, a member of the AAO Board of Governors, and a member of the Committees on Osteopathic Postdoctoral Training, and Nominating.



AOA Honors an AAO Member!

Congratulations to Michael L. Kuchera, DO! Dr. Kuchera was honored with the Beehler Research Mentor of the Year Award by the AOA.

AAO Offers Osteopathic Diagnosis and Treatment Education

Each year at the AOA convention, the American Academy of Osteopathy (AAO) offers its free osteopathic diagnosis and treatment education (OD & TE) sessions to convention goers, including guests and exhibitors. These sessions were provided for educational purposes only. DOs from all specialties are invited to volunteer to provide care for the AAO program. This year, Dr. Nate DeLisi headed up the OD&TE services.

AAO Exhibit a Hit

The AAO went "green" with the exhibit at the AOA Convocation passing out live lucky bamboo plants and compact discs with AAO promotions for upcoming courses and the annual Convocation. We utilized a new game that allows exhibit visitors to spin a wheel for a chance to win a prize. By the end of the second day, the wheel was so popular that almost all prizes were distributed. All week, exhibit visitors dropped off their business cards for chance to win the grand prize. This year's grand prize was a complementary registration for the 2010 AAO Convocation.

Governance Representation

AAO was well represented this past week at the AOA convention. AAO President, Guy A. DeFeo, DO President-Elect, George J. Pasquarello, DO, FFAO and AAO Executive Director, Harriet O'Connor attended the AOA BOT meetings on Friday, October 24 and Saturday, October 25, 2008. Dr. Pasquarello and Ms. O'Connor attended sessions of the AOA's Healthy and Viable Partners program on Monday, October 27 and Tuesday, October 28, 2008.

AAO Convocation in Little Rock

Click [HERE](#) to view the Convocation Program.

Reason #6 to go to AAO Convocation in Little Rock: MacArthur Park.

Home of the MacArthur Museum of Arkansas Military History, MacArthur Park is a hit with visitors in Little Rock. This museum is fittingly situated in the historic Tower Building of the Little Rock Arsenal, which was built in 1840 to ward off attacks by Indians. The museum preserves the contributions of Arkansas men and women who served in the armed forces. Exhibits feature artifacts, photographs, weapons, documents, uniforms and other military items to vividly portray Arkansas's military history, at home and abroad.

MacArthur Park was once a military staging ground and many people swear they have seen ghosts in the area, especially inside the Old Arsenal Building on the property.

503 East 9th Street
Little Rock, AR 72202
501 376 4602

Admission is free.

Hours
Tuesday-Saturday 10am-4pm
Sundays 1-4pm
Closed Mondays except Memorial Day and Labor Day
Closed all major holidays

www.arkmilitaryheritage.com/



Reason #5 to go to AAO Convocation in Little Rock: The River Market

Looking for a night out on the town after a great day at convocation? You can find it at the River Market. This downtown area is the best place to find live entertainment, local music and great food in the city. The River Market offers live music and great food and drink. For more information, please visit: www.rivermarket.info

Reason #4: William J. Clinton Presidential Library and Museum

Reason #3: Arkansas Arts Center

Reason #2: Fantastic networking with your peers

Reason #1: Great Educational Opportunity

Have questions regarding coding and reimbursement? Want to learn more about contemporary billing and coding recommendations for E&M, OMT, and other interventions? Sign up for the Coding and Reimbursement workshop with Douglas J. Jorgensen, DO, CPC at the AAO Convocation.

Coding and Reimbursement Workshop

Attendees will gain an understanding of the contemporary billing and coding recommendations for E&M and OMT as well as other interventions needed to enjoy a successful practice experience without fear of federal or private payer retribution. Furthermore, a review of the current pay for performance (P4P) and the Centers for Medicare and Medicaid Services' Physician Quality Reporting Initiative (CMS PQRI) as it relates to primary care and neuromusculoskeletal medicine practices. After attending this presentation, participants will understand how to properly document, create medical necessity and be paid for osteopathic manipulation with and without evaluation and management services and/or injections, conceptualize the CMS PQRI initiative and how to optimize P4P bonuses in federal and private payer programs, and comply with federal documentation guidelines and gain an understanding of recent administrative law judge and appellate court decisions relative to OMT and E&M.

Convocation Faculty: Douglas J. Jorgensen, DO, CPC

Dr. Jorgensen is a board certified physician in Family Practice and Neuromusculoskeletal Medicine and Osteopathic Manipulative. He was board certified by the American College of Osteopathic Family Physicians in July of 1998 and by the American Osteopathic Board of Neuromusculoskeletal Medicine in April of 2003. Dr. Jorgensen is very active in multiple state and national organizations, and is currently on the Board of Directors for the Maine Osteopathic Association and a member of Socioeconomics Committee for the American Osteopathic Association. He is the Editor of the Osteopathic Family Physician News and has authored many articles and lectures on billing and coding to physician groups all over the United States. Dr. Jorgensen will facilitate the "Coding and Reimbursement Workshop".

Physician

Please return this registration form
with your payment to:
American Academy of Osteopathy®
3500 DePauw Blvd., Suite 1080
Indianapolis, IN 46268
Fax: (317) 879-0563

You may also register online at www.academyofosteopathy.org. Please Print or Type all information requested. If you are paying for more than one registrant, please complete one form for each participant. Don't forget you can claim your registration as a business expense deduction. If you sign up for an AAO membership TODAY, you will qualify for AAO member discount for convocation! For more information contact: Diana Finley at (317) 879-1881 or dfinley@academyofosteopathy.org. **Please review the AAO cancellation policy in the Convocation Program.**

Name: _____
(Last) (First) (M.I.) (Preferred name on badge)

Address: _____

City: _____ State: _____ Zip: _____

Country: _____ Fax: _____

Phone: _____ Email: _____

By releasing your Fax number/E-mail address, you have given the AAO permission to send marketing information regarding courses via Fax/E-mail.

AOA #: _____ College/Year Grad: _____

Are you certified in SPOMM or NMM/OMM? Yes No

AAO Membership Status:

Active 2nd Yr. 1st Yr. Associate Resident Intern Int'l Affiliate Supporter Retired PhD

Workshop Selection

Please ✓ your workshop preferences, choose (1) in each category, keeping in mind that some are duplicated. Tickets for the hands-on workshops will be placed in your registration packet. Some workshops may not involve practicing of OMT techniques.

Wednesday, March 25, 2009 9:00 PM-11:00 PM *Evening with the Stars*

Thursday, March 26, 2009

2:30 PM-4:00 PM A1: *Trigger Point Evaluation and Treatment*
 B1: *Counterstrain: Neurocirculatory Integration with Biomechanical Correlations to the Lower Extremity*
 C1: *Microsystem Acupuncture*
 D1: *Dynamic Strain-Vector Release: A Bioenergetic Approach to OMT*

2:30 PM-5:30 PM E1-E2: *Coding and Reimbursement Workshop*

4:30 PM-6:00 PM A2: *Trigger Point Evaluation and Treatment*
 B2: *Counterstrain: Neurocirculatory Integration with Biomechanical Correlations to the Lower Extremity*
 C2: *Microsystem Acupuncture*
 D2: *Dynamic Strain-Vector Release: A Bioenergetic Approach to OMT*

4:00 PM-5:30 PM A4: *The Osteopathic Treatment of the Infants, Children and Adolescents: a practical Approach*
 B4: *Osteopathic Approach to Hypothalamic-Pituitary Axis (HPA)*
 C4: *Exploring the Jugular Foramina*
 D4: *Autism: Restoring the Neuro-Immune Balance*
 E4: *FAAO/NUFA Forum*

Saturday, March 28, 2009

10:15 AM-12:15 PM A5: *OMM in Obstetrics (OB Protocol)*
 B5: *Osteopathic Autonomic Balancing and Endocrine Optimization*
 C5: *Complex Regional Pain Syndromes and OMT*
 D5: *NMM/OMM Residency Directors' Program*

Friday, March 27, 2009

2:00 PM-3:30 PM A3: *The Osteopathic Treatment of the Infants, Children and Adolescents: A Practical Approach*
 B3: *Osteopathic Approach to Hypothalamic-Pituitary Axis (HPA)*
 C3: *Exploring the Jugular Foramina*
 D3: *Autism: Restoring Neuro-immune Balance*
 E3: *Component Society Forum*

2:00 PM-5:00 PM A6: *Faculty Development Workshop*
 B6: *New Ideas Forum*
 C6: *eSOAP Note Workshop*

(Registration fees are in U.S. currency) *Registration Fees include ONE President's Banquet ticket & ONE Business Luncheon ticket*

Active 2nd Yr. 1st Yr. Associate Resident Intern Int'l Affiliate Supporter Retired PhD Non-Member

Extra Banquet Tickets \$100.00 each

Fellows Dinner Tickets \$75.00 each (limited to FAAO and specified guests)

Gavel Club Reception \$35.00 each (limited to AAO Past Presidents and guests)

Fees

_____ Total

Payment by    or personal check accepted.

Card Type: Visa M/C Discover

Name as appears on card: _____

Acct #: _____

Expiration Date: _____ Total: _____

I hereby authorize the American Academy of Osteopathy® to charge the above credit card for the total registration fee.

Signature: _____ Date: _____

Please make checks payable to: "American Academy of Osteopathy"

Please specify your President's Banquet meal preference:

Filet Mignon Tilapia Fillet Vegetarian

AAO makes every attempt to provide snacks/meals options that will meet participant's needs, but we cannot guarantee to satisfy all requests.

Vicki E. Dyson Scholarship (For Students)

Vicki E. Dyson (1937-1990) put her heart and soul into her role as AAO Executive Director. She truly loved her job and all the people that make up the Academy. She took great pride in serving every individual with whom she came in contact and was very proud of her association with the osteopathic profession. She was a special and caring person who touched many lives in many wonderful ways.

In her honor, the Undergraduate American Academy of Osteopathy (UAAO) has developed a scholarship program. Each year UAAO members completing a four week elective rotation in Osteopathic Manipulative Medicine will be eligible for this \$400 scholarship. One scholarship is available to each school. This elective must be completed outside of your university with a physician that participates as a Vicki E. Dyson preceptor. Required OMM rotations are not eligible for this scholarship. A list of physician preceptors is available to UAAO members ONLY from the AAO/UAAO Coordinator at the AAO office. An essay about your experience is to be submitted to the AAO office upon completion of your rotation. This essay will be used to decide the winners of this scholarship should there be more applicants than funds allocated. Essays of scholarship winners will be posted on the website.

UAAO members may request that a physician be added to the list of preceptors. The applications are voted on quarterly by the Board of Trustees. In order to qualify for this scholarship the preceptor must be approved before the rotation takes place. It is therefore recommended to contact the AAO office about adding new physicians well in advance to the rotation dates. To qualify as a preceptor for the Vicki E. Dyson Scholarship the physician must meet three basic requirements:

1. The physician must be a D.O.
2. The physician must be a member of the American Academy of Osteopathy (AAO)
3. The physician's practice must be composed of at least 50% osteopathic manipulative medicine. –OR– The physician must treat at least 20 patients per week with osteopathic manipulative medicine.

Preceptor applications can be obtained from the AAO/UAAO Coordinator at the AAO office.

DEADLINE FOR SUBMISSION is June 30th. Any scholarship application received after June 30th will be held over for the next year's scholarship. If you have questions, please contact AAO/UAAO Coordinator

Phyllis McNamara
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Golden Ram Society

2008-2009 Campaign Donor Categories

Career donors also receive recognition when they reach the \$5,000, \$10,000 and \$20,000 in lifetime contributions to the AAO's Golden Ram Society.

President's Club – \$2,500 or more

Club members receive recognition on the AAO website, the AAO annual report, AAO Leadership Newsletter, AAO Newsletter and acknowledgement as a Golden Ram contributor at the Academy's Annual Convocation as well as at the Gavel Club Reception.

A. T. Still Club – \$1,000 – \$2,499

Club members receive recognition on the AAO website, the AAO annual report, *AAO Leadership Newsletter*, *AAO Newsletter* and acknowledgement as a Golden Ram contributor at the Academy's Annual Convocation.

T. L. Northup Club – \$500 - \$999

Club members receive recognition in the AAO annual report and the *AAO Leadership Newsletter*, *AAO Newsletter* and acknowledgement as a Golden Ram contributor at the Academy's Annual Convocation.

Louisa Burns Club – \$250 - \$499

Club members receive recognition in the AAO annual report and the *AAO Newsletter* and acknowledgement as a Golden Ram contributor at the Academy's Annual Convocation.

Vicki Dyson Club – \$100 - \$249

Club members receive recognition in the AAO annual report, *AAO Newsletter* and acknowledgement as a Golden Ram contributor at the Academy's Annual Convocation.

Supporter – \$99 or less

Club members receive recognition in the AAO annual report and acknowledgement as a Golden Ram contributor at the Academy's Annual Convocation.

Student Poster Competition at Convocation

It is almost time for the student poster competition at the AAO Convocation! Encourage your students to submit their "research design" type poster or clinical or basic science poster! Submission can be sent to the Louisa Burns Osteopathic Research Committee, c/o American Academy of Osteopathy, 3500 DePauw Blvd, Suite 1080, Indianapolis, Indiana 46268.



AAO 2008-2009 Golden Ram Society Annual Campaign is Underway!

The Golden Ram Society is a vehicle to enable members and friends of the AAO to provide an annual tax-deductible contribution to support the work of the AAO. Members of the Golden Ram Society are recognized both for their annual contributions as well as for their lifetime contributions to the Society. If you would like to donate, contact Kelli Bowersox at (317) 879-1881 or kbowersox@academyofosteopathy.org.

Contributors to the 2008-2009 Golden Ram Society

As of October 29, 2008

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Damon M. Whitfield, DO

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AAO Educational Courses

The 2009 AAO Course Calendar is available! Please click [HERE](#) to view the 2009 course catalogue for educational opportunities from January to May 2009.

December 5-7, 2008 Osteopathy Approach to Cranial Nerve Dysfunction ala Barral

Western University of Health Sciences College of Osteopathic Medicine of the Pacific, Pomona, CA

[Course brochure](#)

January 9-11, 2009 – Fundamentals of OMM

NOVA Southeastern University College of Osteopathic Medicine (NSUCOM)

[Course brochure](#)

January 23-25, 2009 – Fundamentals of OMM

Midwestern University/ Arizona College of Osteopathic Medicine (AZCOM)

[Course brochure](#)

February 28-March 1, 2009 – Dr. Fulford's Basic Percussion: A Systematic Approach to the Whole Body

Tucson Osteopathic Medical Foundation, Tucson, Arizona

[Course brochure](#)

March 25, 2009 – Progressive Inhibition of Neuromusculoskeletal Structures (PINS) Workshop

The Peabody Little Rock, Little Rock, Arizona

[Course brochure](#)

March 25-29, 2009 – AAO Convocation

Basic Mechanisms of Osteopathy: Balancing the Neuroendocrine Immune System

The Peabody Little Rock, Little Rock, Arizona

[Course brochure](#)

March 29-31, 2009 – Osteopathic Considerations in the Foregut with an Emphasis on GERD

The Peabody Little Rock, Little Rock, Arizona

[Course brochure](#)

May 1-3, 2009 – Evidenced-Based Manual Medicine

Western University of Health Sciences College of Osteopathic Medicine of the Pacific (COMP)

[Course brochure](#)

May 15-17, 2009 – The Still Technique

New Jersey School of Osteopathic Medicine (UMDNJ/SOM)

[Course brochure](#)

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Send your announcements to
 American Academy of Osteopathy®
 3500 DePauw Blvd, Suite 1080
 Indianapolis, Indiana 46268
 or jtaylor@academyofosteopathy.org

Wellpoint offers \$10M for health care reform ideas

INDIANAPOLIS – It may not involve rocket science, but a new X Prize Foundation competition for health care reform could pose the institute's most daunting challenge yet. The California-based foundation, which helped launch the first private manned space flight in 2004, is teaming with the insurer WellPoint Inc. to try to fix the U.S. health care system. The companies have announced an open competition to devise solutions that improve health care cost and quality, and they're dangling a prize of at least \$10 million for the winner. "Reinventing and rebooting the U.S. health care system is not to be taken lightly," said X-Prize Chief Executive Dr. Peter Diamandis. "It's an audacious task but, we think, very achievable." The nonprofit foundation decided to tackle health care after looking at some of the world's biggest problems that need what Diamandis described as a revolutionary and fundamental breakthrough. "Health care is by far at the top of the list," he said.

For more information, please click [HERE](#).

Zachary Comeaux DO, FAAO, elected president of the World Osteopathic Health Organization

Zachary Comeaux DO, FAAO, professor at the West Virginia School of Osteopathy, was recently elected president of the World Osteopathic Health Organization (WOHO) at its annual general meeting near Brisbane, Australia. Founded in 2004, WOHO is an organization of individuals who work to support each other in extending the availability of quality osteopathic health care globally while also working toward improved standards in the diverse styles of practice and circumstances of regulation as the profession expands. Other American individuals who have contributed on the Executive Committee and other committees have included AAO Members Michael Patterson, PhD, Jane Carriero DO, and Peter Adler-Michaelson, DO, PhD.



The organization has contributed significantly toward the anticipated World Health Organization on Education and Practice Guidelines, assisted as an independent expert opinion to individuals in a number of countries wrestling with intended government regulation, such as Luxemburg, Switzerland, France and Canada. Its Glossary Committee has contributed additional terms to the ECOP glossary. The WOHO Development Committee has also advised a number of individuals anticipating start-up or advancement of osteopathy in Ghana, Morocco, Egypt, Brazil and Pakistan. Further information and membership enrollment information can be found at WOHO.org.

Dr. Comeaux has also published three books this year: *Harmonic Healing - A Guide to Facilitated Oscillatory Release and Other Rhythmic Myofascial Techniques*; *Fire on the Prairie - the life and times of Andrew Taylor Still, founder of osteopathic medicine*; and *The Healer's Heart*, which expresses in novel form the integration of body, mind, spirit in health care.

Is your EMR legal?

A document can look like a medical record, but not meet the legal definition. System design and user error can contribute to vulnerabilities that increase your liability.

You might find your electronic medical record to be an efficient way to store patient data, but is that record legal? If it were subpoenaed, would it help you or hurt you in court?

These kinds of questions are emerging as more physicians go electronic. Federal Rules of Civil Procedure, approved by the U.S. Supreme Court in December 2006, not only make any electronically stored data discoverable in a trial, but also open up physicians to several new liabilities inherent in the detail electronic data provides. For example, if a nurse records information under your login and password, and that information is incorrect, you could be the one held liable. Or the record's metadata, the time stamp of who entered what when, can dispute a doctor's version of events.

While EMRs are touted as a way to make life easier for physicians, health IT and legal professionals say they can make life miserable for a doctor who buys the wrong system, or uses it in the wrong way.

To continue reading this article, please click [HERE](#).

Sister Anne Brooks, DO, FACOFP Honored

Sister Anne Brooks, DO, FACOFP graduated from MSU-COM in 1982. She settled in Tutwiler, Mississippi in 1983 and opened Tutwiler Clinic with funding through the Catholic Extension Service. Because only one-third of the Tutwiler is employed, Tutwiler clinic is open to everyone regardless of the ability to pay. Tutwiler is located in the poorest county in the U.S.A., Tallahatchie County, Mississippi. Dr Brooks received an Honorary Degree of Doctor of Humane Letters from DeMoines University.

"We are not healers. We are caregivers who touch by hand, by voice, by creative plan, and who communicate compassion in that touch. We are those who tap into the power of the universe and by touching our patients, awaken that power within them. We are facilitators who enable our patients to go to the wellspring of energy in the center of their souls and become energized for health. We are people who stand between the science of our profession and the art of how to practice it. We toggle between the two worlds, sifting out the best for our patients, empowering them to claim and use that best to live their lives to the fullest." Sister Anne Brooks, DO

LECOM Is Named to President's Honor Roll for Distinguished Community Service

Lake Erie College of Osteopathic Medicine (LECOM) was named to the first President's Higher Education Community Service Honor Roll for distinguished community service in recognition of extraordinary volunteer efforts by the school and its students to serve area neighborhoods and Gulf Coast communities devastated by Hurricane Katrina. LECOM and 140 other institutions of higher education were recognized for distinguished service among the nearly 500 schools named to the President's Honor Roll at the Campus Compact 20th Anniversary today. Schools receiving distinguished service recognition provided exceptional community service over the past year, contributing their time, resources, energy, skills - and intellect - to serve America.

The LECOM Bradenton (Florida) Campus organized a ten person committee of LECOM students, faculty and staff to raise funds and supplies to benefit the victims of Hurricane Katrina. Between September, 2005 and January, 2006, the student body collected clothing, food, school supplies, and funds to send to the Gulf Coast. A second year LECOM student delivered a small truckload of clothing and supplies to her Mississippi hometown in early September. Subsequent fundraising and clothing/food drives were held throughout September and October that raised \$1000 to send a delegation of four students with the SOMA Unity project to Long Beach, Mississippi. During their time in this devastated town, these four students worked alongside some 70 other students from across the country for four days to repair and rebuild homes of Long Beach residents.

While in Long Beach, the students cleared debris from inside and outside buildings helped residents gather salvageable belongings, trimmed trees, worked in the community clothing store, and distributed medications. This aid helped survivors to move out of their FEMA trailers into temporary buildings and to free up the FEMA trailers for others in need. And finally, the last delivery of goods consisting of food, clothing, and small appliances was made to the Gulf Coast of Mississippi in early June, 2006.

In addition to the Hurricane Katrina effort, 12 LECOM Bradenton students trained to staff the Manatee Technical Institute disaster shelter for handicapped persons in the event of a hurricane directly hitting the Sarasota/Bradenton Florida area. LECOM Cares was in place when Hurricane Katrina hit and went into action to raise another \$3000 cash plus nearly \$2000 in medical supplies within a few days of the storm. In Erie, LECOM students raised \$5000 in cash and \$1800 in clothing and medical supplies to help the Gulf Coast Hurricane survivors. The family of a LECOM medical student received financial aid to help rebuild their lives following the storm.

"LECOM has set a strong example for college-level civic engagement," said Stephen Goldsmith, Chief Executive Officer of the Corporation for National and Community Service, the federal agency that works to foster a culture of volunteering and service in America. "Many people and communities have been improved because LECOM and its students identified some of society's most pressing needs and got involved."

Board & Committee Meeting Calendar

For questions regarding your committee meeting schedule, please contact your AAO staff liaison.

December 2008:

January 2009:

AAO Education Committee Meeting: Friday-Saturday, January 30-31, 2009 in Indianapolis, IN

February 2009:

AAO PS&E Committee Meeting: Wednesday, February 25, 2009 at 6:00 pm (EST) phone conference

March 2009:

AAO Publications Committee

AOA DO Day on Capitol Hill: March 5, 2009

AAO Fellowship Committee Meeting and Exams: Tuesday, March 24, 2009 at 8:00 am in Little Rock, Arkansas

AAO Board of Governors Wednesday, March 25, 2009 from 8:00 am – 12:00 pm

AAO Board of Trustees Wednesday, March 25, 2009 from 1:00 pm – 5:00 pm and Saturday, March 28, 2009 from 12:30 pm – 1:45 pm

AAO PS&E Committee Meeting: Thursday, March 26, 2009 at 6:30 pm (CST) in Little Rock, Arkansas

April 2009:

May 2009:

June 2009:

Board of Trustees

PS&E Committee Meeting: Wednesday, June 3, 2009 at 6:00 pm (EST) phone conference

July 2009:

August 2009:

Education Committee

September 2009:

PS&E Committee Meeting: Wednesday, September 9, 2009 at 6:00 pm (EST) phone conference

October 2009:

PS&E Committee Meeting: Monday, November 2, 2009 at 6:30 am (CST) in New Orleans, LA

Staff Liaisons

Board of Trustees - Harriet O'Connor

Board of Governors - Harriet O'Connor

Bylaws - Harriet O'Connor

C-NMM/OMM - Diana Finley

Education - Diana Finley

External Fund Raising - Kelli Bowersox

Fellowship - Diana Finley

International Technologies - Jennifer Taylor

International Affairs - Harriet O'Connor

Investment - Kelli Bowersox

Louisa Burns Osteopathic Research - Jennifer Taylor

Membership - Kelli Bowersox

Nominating - Harriet O'Connor

OPTI Liaison Committee - Diana Finley

Osteopathic Diagnosis and Treatment Education - Diana Finley

Osteopathic Medical Economics - Harriet O'Connor

Postdoctoral Standards and Evaluation - Diana Finley

Publications - Jennifer Taylor

Undergraduate Academies - Phyllis McNamara

Postgraduate American Academy of Osteopathy - Kelli Bowersox

We are in the process of developing committee handbooks to assist you with the orientation of new committee members. Please talk with your staff liaison for more information.

Updates from the Membership Department

Membership Directory

2008-2009 AAO Directory now available online! Click [HERE](#) to download the 2008-2009 Directory.

Please take a moment to review your information for accuracy. If you have changes please send them to Kelli Bowersox, Director of Donor and Member Services at kbowersox@academyofosteopathy.org

As a new membership benefit the online AAO Directory and the public access "find a physician" portion of the AAO website will be updated regularly to ensure the most current information for our members and the public.

Thanksgiving Season

As we approach the season of giving, AAO asks that you consider a gift to support the work of AAO. All gifts are tax deductible. In addition to the Golden Ram giving, another opportunity for support is providing scholarships for osteopathic medical students to attend the 2009 AAO Convocation program. Remember your student days and make it possible for a student or student(s) to attend the annual convocation. Your gift of \$365 will cover the cost of one 2009 student registration and a gift of \$730 will cover 2 students. If you are interested in establishing an ongoing scholarship fund please contact Kelli Bowersox at the AAO office.

Watch for information about the PAAO Resident of the Year Award. For questions, please contact Kelli Bowersox, Director of Donor and Member Services at 317-879-1881 or kbowersox@academyofosteopathy.org

Investigation of Outbreak of Infections Caused by Salmonella

CDC has been working with state, local, and tribal health departments, the Indian Health Service, and the Food and Drug Administration (FDA) to investigate a large, multi-state outbreak of Salmonella Saintpaul. The outbreak appears to be over. However, CDC and state health departments are continuing to conduct surveillance for cases of infection with the outbreak strain. Public health officials also continue to analyze data gathered during the investigations.

On May 22, 2008 the New Mexico Department of Health notified CDC of four people ill with the outbreak strain of Salmonella Saintpaul and 15 other persons with Salmonella infection whose isolates had not yet been characterized. In the following weeks, cases of illness with the outbreak strain continued to be reported and the outbreak expanded to include 43 states, the District of Columbia and Canada.

CDC and its public health partners on the federal, state, local, and tribal levels searched for the source of the outbreak and took steps to stop transmission of the infection. The investigators depended on the cooperation of hundreds of ill and well persons across the country who answered questions about what foods they had recently consumed. This allowed investigators to link illness with particular food items. In addition, public health officials in several states, with the assistance of CDC, investigated clusters of ill persons who had eaten at the same restaurants. FDA and state investigators traced the origin of some produce items back through the distribution chain and collected samples to test for the presence of the outbreak strain.

For more information, please click [HERE](#).

Need a holiday gift idea?

Looking for that unique gift for your colleague this holiday season? Try a gift certificate from the AAO! The AAO gift certificates are good for items for books, annual membership, or registration for an educational course.

Contact the AAO office for more information!

Component Society Relations

Upcoming Events with our AAO Component Societies

Indiana Osteopathic Association: 27th Annual Winter Update December 5-7, 2008

Marriott Hotel, Downtown Indianapolis

For more information, please click [HERE](#)

Florida Academy of Osteopathy's 19th Annual Osteopathic Winter Seminar January 16-19, 2009

TradeWinds Resort, St. Pete Beach, FL

Earn 27 hours AOA Category 1-A CME Credits.

Contact (727) 581-9069 for more information.

Cranial Academy Annual Convention June 18 - 21, 2009

Hyatt Regency, Bethesda, MD

For more information, please click [HERE](#)

Ask patients about unconventional treatments

Self-treatment with medicines and therapies outside of mainstream medical practice, including herbal medicines and supplements, folk remedies, homeopathy, acupuncture, chiropractic therapy, and massage therapy, is a growing trend in the United States. Forty percent of Americans have used an unconventional therapy, and of those, fewer than 40% have informed their regular physician about it. In many cases, patients do not disclose their use of unconventional therapies simply because the doctor does not ask about them rather than out of fear of their physician's disapproval.

To continue reading this article, please click [HERE](#)

Common osteoarthritis treatment questioned

Studies suggest that surgical intervention for osteoarthritis has limited benefit, and that activity modification and NSAIDs should be considered first-line therapy.

Nearly half the population will develop osteoarthritis in their lifetimes, and hospitalizations for this problem are increasing. A common surgical intervention, however, is often not the best answer, according to a several recently published papers.

With regard to prevalence, a study in the Sept. 15 Arthritis Care & Research analyzed data on 3,068 participants in the Johnston County Osteoarthritis Project in North Carolina. Researchers found that 45% would experience the symptoms of osteoarthritis in at least one knee by age 85. For some, that risk was higher. Nearly 57% of those with a history of injury to this joint and 61% of those who are obese also were destined to develop this problem.

"People are living longer, and symptomatic osteoarthritis is a common and often disabling problem that [physicians] can anticipate seeing," said Chad Helmick, MD, one of the paper's authors and a medical epidemiologist with the Centers for Disease Control and Prevention's arthritis program.

Experts are particularly concerned about these numbers because the population is getting older and becoming more overweight. These factors already have led to increases in hospitalization rates, primarily for joint replacement. According to data released Sept. 3 by the Agency for Healthcare Research and Quality, the number of hospital stays with osteoarthritis as the primary diagnosis increased from 322,200 in 1993 to 735,100 in 2006.

While it is clear that the prevalence is accelerating, evidence also is emerging that one of the procedures commonly used to treat it is not effective. A study in the Sept. 11 New England Journal of Medicine found that, for those with moderate to severe arthritis in the knee, surgical lavage and arthroscopic debridement provided no added benefit to physical and pharmaceutical therapy.

To continue reading this article, please click [HERE](#).

Muscles matter: Physicians advised to tell patients to build up strength

People have been jogging for years. But lifting weights? Not so much. It's time to rethink the importance of resistance training. Jeff Williamson, MD, a geriatrician at Wake Forest University School of Medicine in North Carolina, can be persuasive about the benefits of building muscle. "I like to say there are really only two reasons why older people end up in a nursing home. One is that their brains stop working, and the other is that their muscles stop working. Especially their leg muscles."

While the loss of skeletal muscle inevitably comes with aging, no one should just sit still and take it. In fact, sitting still would be the worst thing. People in their 40s and 50s need to take prompt action to preserve what strength they still have, said Dr. Williamson, clinical director of the J. Paul Sticht Center on Aging and Rehabilitation at Wake Forest. Muscle loss probably starts around age 40 for some people and by age 50 for most. But young, sedentary people likely will arrive at later life with less muscle than those who are more physically active, said Roger Fielding, PhD, director of the Nutrition, Exercise Physiology and Sarcopenia Laboratory at Tufts University in Boston. That circumstance could set them up for more disability in later years.

"We are becoming much more aware now than at any time in the past that as people get older, the amount of muscle they have in their body becomes smaller," Fielding said.

To continue reading this article, please click [HERE](#).

Medicare E-Prescribing Bonus Payment Program Due for 2009 Launch

Section 132 of the AOA-backed Medicare Improvements for Patients and Providers Act (MIPPA) of 2008 (H.R. 6331) authorizes the Centers for Medicare & Medicaid Services (CMS) to pay a bonus to physicians for successful electronic prescribing (e-prescribing) beginning in 2009. The American Optometric Association has provided e-prescribing educational materials to members and will supply more information - when it becomes available - about the requirements to receive a bonus payment.

To continue reading this article, please click [HERE](#).

Prostate Genes Altered by Intensive Diet and Lifestyle Changes

A recent pilot study, conducted by researchers at the University of California, San Francisco, suggests that intensive lifestyle and diet changes may alter gene expression (the way a gene acts) in the prostate—possibly affecting the progression of prostate cancer. Although the study's findings suggest directions for future research, such lifestyle and diet changes are not a substitute for proven prostate cancer therapies.

This pilot study, known as Gene Expression Modulation by Intervention with Nutrition and Lifestyle (GEMINAL) and funded in part by NCCAM, included a group of 31 men with low-risk prostate cancer. These men declined immediate surgery, hormonal therapy, or radiation, and participated in an intensive 3-month nutritional and lifestyle intervention while researchers monitored their tumor progression. The men stuck to a low-fat, plant-based diet and took dietary supplements including fish oil, selenium, and vitamins C and E. They also participated in stress management activities such as yoga-based stretching, breathing, meditation, imagery, and progressive relaxation; did moderate aerobic exercise; and attended group support sessions.

To continue reading this article, please click [HERE](#).

Design communication with health literacy in mind

Plain language and video technology help simplify medical, insurance terminology for those struggling. A recent study by the University of Connecticut indicates that the cost of low health literacy to the U.S. economy is as high as \$238 billion annually. With 36% of the adult U.S. population having basic or less than basic health literacy levels, it's imperative that plans and healthcare systems drive new efforts.

To continue reading this article, please click [HERE](#).