

# Body, Mind, & Osteopathy

A Monthly Membership Publication of the American Academy of Osteopathy® February 2009

## AAO Office Closes for President's Day

The AAO headquarters will be closed on Monday, February 16 to commemorate President's Day. The staff opted to forego the traditional January Martin Luther King holiday since the office had recently been closed for Christmas and New Year's celebrations. The group rescheduled its January holiday for February 16. We appreciate your understanding and trust that this schedule will not present any inconvenience to you.

## Register TODAY for Dr. Fulford's Basic Percussion!

There is still room for DR. FULFORD'S BASIC PERCUSSION: A SYSTEMATIC APPROACH TO THE WHOLE BODY. Don't let this opportunity pass you by, [register today!](#)  
For more information, please contact Director of Education, Diana Finley at (317) 879-1881 or [dfinley@academyofosteopathy.org](mailto:dfinley@academyofosteopathy.org).

### [Register Online TODAY](#)

To view the course brochure, please click [here](#)

## Plan Now to attend the AAO Convocation

The Education Committee encourages you to mark March 25-29, 2009 on your calendar now and plan to attend the AAO Convocation. Program Chairperson **Lisa A. DeStefano, DO**, has organized the program around the theme "Basic Mechanisms of Osteopathy: Balancing the Neuroendocrine Immune System." In addition to an

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impressive list of keynote speakers, Dr. DeStefano continues the time-honored series of hands-on workshops presented by masters of the profession. You are encouraged to make your hotel reservations now as the rooms are going quickly.

This year's program is designed to stimulate your interests. Following are descriptions of a couple of programs that will be presented at the 2009 Annual Convocation. For more information about these workshops as well as the rest of the Convocation programs, please review your 2009 Convocation brochure. Dr. DeStefano has scheduled **Jay P. Shah**, MD for a Thursday morning lecture titled "New Frontiers in the Pathophysiology of Neuromusculoskeletal Pain: Enter the Matrix" and a Thursday afternoon breakout session. In the Thursday afternoon workshop titled, New Frontiers in the Matrix of Neuromusculoskeletal Pain: Integrating Pain Mechanisms with Objective Physical findings and Treatment Strategies, Dr. Shah will analyze the dynamic roles of peripheral and central sensitization in chronic musculoskeletal pain and determine the reproducible physical manifestations of spinal segmental sensitization in chronic pain. By the end of this session, participants will have the skills necessary to demonstrate the application of quantitative and objective diagnostic techniques in order to determine the dermatomes, myotomes and sclerotomes of spinal segments involved in chronic pain and develop an appropriate treatment algorithm (e.g., needling techniques, physical medicine modalities, etc.) to desensitize the involved spinal segments, eliminate chronic myofascial trigger points and alleviate chronic pain. Dr. Shah is a physiatrist and clinical researcher in Bethesda, Maryland. He has given many invited lectures nationally and internationally on mechanisms of chronic pain, myofascial pain, and the integration of pain mechanisms and physical findings with novel treatment strategies. Dr. Shah is also an instructor in medical acupuncture courses at Harvard Medical School and New York Medical College.

Friday afternoon's program will feature **Nicette R. Sergueef**, DO (France) lecturing on "The Osteopathic Treatment of the Infants, Children and Adolescents: A Practical Approach." In this hands-on workshop, Nicette R. Sergueef, DO (France) will provide an overview of osteopathic treatment of the infants, children and adolescents in the context of somatic dysfunction. The focus of the workshop is to provide the attendee with a practical clinical approach. By participating in this lecture, attendees will be given an understanding of the difficulties encountered, and appropriate solutions, when treating infants, children and adolescents. The attendee will understand the distinctly osteopathic care of infants, children and adolescents. Multiple examples of clinical conditions will be given and osteopathic manipulative procedures will be demonstrated in a hands-on laboratory setting. Nicette R. Sergueef, D (France) has been studying and teaching osteopathy throughout Europe for 30 years. Now living in Chicago, she conducts research, writes, and holds an appointment as Associate Professor in Osteopathic Manipulative Medicine at CCOM. She also practices and presents workshops on osteopathy in Europe for several months out of the year.

Don't forget to plan to attend Faculty Development Workshop 2009 at the AAO Convocation on Saturday, March 28th, 2009.

The AAO Faculty Development Workshop series will again be divided into two sessions. The first session will focus on teaching and learning principles, while the second series is centered around professional development. The audience is geared towards academic and clinical faculty in our osteopathic schools, residency programs, as well as the practicing osteopathic physician who desires enhancing their academic skills.

This year's Faculty Development Workshop will be presented by:

**Michael P. Rowane**, DO, MS, FAAFP, FAAO  
Associate Clinical Professor of Family Medicine and Psychiatry,  
Case Western Reserve University  
Director of Medical Education,  
University Hospitals Richmond Medical Center  
Director of Osteopathic Medical Education,  
University Hospitals Case Medical Center

2008-2009

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Title: Procedural Teaching Pearls in Osteopathic Manipulative Medicine: Beyond “See One, Do One and Teach One.”

Time: 2:00 pm – 3:30 pm

Objectives:

1. Review core concepts in successfully teaching procedural skills
2. Discuss unique considerations in procedural skill acquisition when applied to Neuromuscular Medicine/Osteopathic Manipulative Medicine.
3. Implement specific teaching techniques to improve the learner’s ability to understand specific Osteopathic Manipulative Techniques.

Title: A Time Management Strategy for Success in Challenging Academic and Clinical Settings

Time: 3:30 pm – 5:00 pm

Objectives:

1. Appreciate the components needed to improve your personal time management skills to be a successful clinical and academic osteopathic physician.
2. Acknowledge and counteract “time traps” and other challenges that impact your effectiveness personally and professionally.
3. Explore effective habits to improve your efficiency and success in time management.
4. Create a practical strategy to implement improved time management tactics to meet your demands in your setting.

## Presenting your 2009-2010 BOT/BOG Slate of Candidates

The AAO Board of Trustees has approved the slate of candidates for the 2009-2010 annual elections as presented by Chairperson **Boyd Buser**, DO and the Nominating Committee. The AAO Bylaws provide for nominations from the floor to supplement the approved slate. Elections are scheduled to take place at the Annual Business Meeting of the membership to be held at noon in North Ballroom A of the Statehouse Convention Center in Little Rock, Arkansas during the annual AAO Convocation.

Be sure to look for a special edition of the member newsletter to come out soon with interviews of your Board of Trustees and Board of Governor Candidates!

### President-elect (elect one for one-year term)

Richard A. Feely, DO, FAAO

### Secretary/Treasurer (elect one for three-year term)

Mark S. Cantieri, DO, FAAO

### Trustee (elect two for three-year term each)

John E. Balmer, DO  
 Richard A. Feely, DO, FAAO\*  
 Laura E. Griffin, DO  
 Kenneth J. Lossing, DO\*

### Governor (elect ten for three-year term each)

Stephen D. Blood, DO, FAAO\*  
 Boyd R. Buser, DO\*  
 Mark S. Cantieri, DO, FAAO  
 Wm. Thomas Crow, DO, FAAO\*  
 William H. Devine, DO\*  
 Richard A. Feely, DO, FAAO  
 John C. Glover, DO, FAAO\*  
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 Sharon Gustowski, DO  
 Jeanne E. Heyser-Easterly, DO  
 John G. Hohner, DO, FAAO  
 Hemwattie (Shantie) Jaimangal, DO  
 Kenneth J. Lossing, DO  
 David C. Mason, DO  
 Claudia L. McCarty, DO, FAAO  
 Gary L. Ostrow, DO\*  
 Mark E. Rosen, DO

Charles J. Smutny, DO, FAAO\*  
 Melicien A. Tettambel, DO, FAAO\*  
 Richard L. Van Buskirk, DO, FAAO\*

### Nominating Committee (elect four for one-year term)

Boyd R. Buser, DO \*  
 John C. Glover, DO, FAAO \*  
 Claudia L. McCarty, DO, FAAO\*  
 Karen M. Steele, DO, FAAO \*  
 Melicien A. Tettambel, DO, FAAO\*  
 Mark S. Cantieri, DO, FAAO  
 Dennis J. Dowling, DO, FAAO  
 Kenneth H. Johnson, DO, FAAO  
 Hollis H. King, DO, PhD, FAAO  
 (Guy A. DeFeo, DO, ex-officio)

\* Incumbents

## A Gift from the Fellows

AAO President **Guy A. DeFeo**, DO, appointed **Michael L. Kuchera**, DO, FAAO to serve as chairperson of an Evening with the FAOs, scheduled for the opening day of the 2009 AAO Convocation from 7:00 – 9:00 pm on Wednesday, March 25. This event is open to all Convocation registrants and is a volunteer service provided annually by the Fellows of the American Academy of Osteopathy.

## NMM/OMM Residents: Plan to Take the In-service Exam

The AAO's Postdoctoral Standards and Evaluation Committee has responsibility for oversight of all AOA-approved residency training programs in neuromusculoskeletal medicine and osteopathic manipulative medicine (NMM/OMM), including the two-year NMM/OMM residency, the plus-one-year NMM/OMM option program, and the three-year integrated family practice/NMM program. The Committee requires that all NMM/OMM residents take an annual inservice examination, scheduled this year from 11:00 am – 5:00 pm on Wednesday, March 25, 2009 during the AAO Convocation in Little Rock. The written examination will begin at 11:00 am, with practical examinations beginning at 2:00 pm. Each resident will be charged a nominal fee of \$30.00 to cover the cost of supplies and staff time whether the exam is taken at Convocation or at the residents' program site.

## Earn 54.5 Category 1-A CME hours in one week!

Did you know that in addition to your Convocation registration CME credits, you could earn an additional 26 Category 1-A CME by attending these courses in Little Rock, Arkansas in the same week? That is 54.5 CMEs in one week...no extra travel expenses.

### **Progressive Inhibition of Neuromusculoskeletal Structures (PINS) March 25, 2009 6 CME\***

This course, developed by **Dennis J. Dowling**, DO, FAAO, is a system of diagnosis and treatment in which the osteopathic practitioner locates two related points and sequentially applies inhibitory pressure along a series of related points. Progressive inhibition of neuromuscular structures (PINS) is a technique that can be included in the osteopathic manipulative treatment repertoire. It relies on knowledge of anatomy and neuromuscular physiologic features as well as on standard forms of osteopathic palpatory diagnosis and treatment. It is a variant of the inhibition technique that has been taught as an osteopathic manipulative technique for many years, and it bears some resemblance to other manual medicine techniques. The emphasis of the approach is the determination of the alteration of the tissues due to dysfunction, delivering treatment based on palpatory evaluation and patient feedback. Two related points are initially chosen, followed by a progression from one to the other. Relationships to similar techniques are also discussed. Theoretical as well as selected practical applications are presented.

**Pre-Requisite:** Basic understanding of functional anatomy

*Dennis Dowling, DO,FAAO is a 1989 graduate of the New York College of Osteopathic Medicine. He is the former chairman of OMM at NYCOM and a past president of the AAO. He is in private practice in OMT specialty in Syosset, New York and is the Director of Manipulation in the Department of Physical Medicine and Rehabilitation at the Nassau University Medical Center on Long Island, New York. Dr. Dowling is also Director of OMM Assessment for the NBOME. In addition to co-editing An Osteopathic Approach to Diagnosis and Treatment, Dr. Dowling is a contributor and illustrator for other textbooks and journals. He was presented the Thomas L. Northup Memorial Lecture Award in 2005, the Scott Memorial Lecture Award in 2004 and the David Heilig, DO, FAAO Award in 2001. Dr. Dowling currently is the Vice Chair of the American Osteopathic Board of Neuromusculoskeletal Medicine*

### **Osteopathic Considerations in the Foregut with an Emphasis on Gastroesophageal Reflux Disease March 29-31, 2009 20 CME\***

This new course will explore the foregut and its most common medical condition, gastroesophageal reflux disease (GERD). GERD is extremely common, affecting about 7% of the US population, accounts for 75% of the diseases affecting the esophagus, and is a lifelong condition. If you are not seeing this in your clinical practice, it is because you haven't asked about it, as many patients self medicate with over the counter antacids. The symptoms are sometimes subtle; the dentist notices children's teeth have erosions from the acid, heartburn, abdominal pain, dysphasia, nausea, bloating, chest pain, choking, difficulty breathing, hoarseness and asthma. Osteopathically, there are common palpatory findings associated with GERD, and the problem is generally easy to treat. The patient is seen monthly for three visits, and then followed up on a schedule that is determined by the clinical response. This approach minimizes the reliance on medications. The long term side effects of medications for GERD have never been fully described, but have recently been associated with bone loss, with increasing incidence of hip fractures, and increased incidence of pneumonia in the elderly.

*Kenneth J. Lossing, DO is a 1994 graduate of the Kirksville College of Osteopathic Medicine, Dr. Lossing completed an internship and residency program at the Ohio University College of Osteopathic Medicine. He studied under the French Osteopath, Jean-Pierre Barral, DO and has become an internationally known speaker on Visceral Manipulation. Dr. Lossing is a member of the AAO's Board of Trustees.*

# AAO 2009 COURSE REGISTRATION

## Course Information

Please identify the course(s) in which you wish to register:

Select	Course Title	Date	Location	Registration Fee		
				Early Bird	Regular	On-Site
	<b>Fundamentals of OMM</b>	Jan. 9-11, 2009	NSUCOM	Member: \$560 Non-Member: \$800	\$660 \$900	\$710 \$950
	<b>Fundamentals of OMM</b>	Jan. 23-25, 2009	AZCOM	Member: \$560 Non-Member: \$800	\$660 \$900	\$710 \$950
	<b>Dr. Fulford's Basic Percussion: A Systematic Approach to the Whole Body</b>	Feb. 28-March 1, 2009	Tucson Osteopathic Medical Foundation	Member: \$560 Non-Member: \$800 Student/Intern/Resident: \$460	\$660 \$900 \$560	\$710 \$950 \$610
	<b>Progressive Inhibition of Neuromusculoskeletal Structures (PINS)</b>	March 25, 2009	Little Rock, AR	Member: \$190 Non-Member: \$430	\$290 \$530	\$340 \$580
	<b>Osteopathic Considerations in the Foregut with an Emphasis on GERD</b>	March 29-31, 2009	Little Rock, AR	Member: \$680 Non-Member: \$920 Student/Intern/Resident: \$580	\$780 \$1,020 \$680	\$830 \$1,070 \$730
	<b>Evidenced-Based Manual Medicine: A Problem Oriented Approach</b>	May 1-3, 2009	COMP	Member: \$640 Non-Member: \$880 Student/Intern/Resident: \$540	\$740 \$990 \$640	\$790 \$1,050 \$690
	<b>The Still Technique</b>	May 15-17, 2009	UMDNJ/SOM	Member: \$680 Non-Member: \$920 Student/Intern/Resident: \$580	\$780 \$1,020 \$680	\$830 \$1,070 \$730
Total:				\$		

Course Registration

## Participant Information

Name: \_\_\_\_\_  
(Last) (First) (MI.) (Preferred name on badge)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_




Email: \_\_\_\_\_ AOA #: \_\_\_\_\_

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

I require a vegetarian meal (If applicable)

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

## Payment Information

Payment    or personal check accepted. Please select payment  Visa  M/C  Discover  Check

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

Name as appears on card: \_\_\_\_\_

Acct #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## Academy Award Nominations Wanted

In its charge to the Membership Committee, the Academy has delegated the responsibility to nominate candidates for the 2010 T. L. Northup Lecture, the 2010 Scott Memorial Lecture, 2010 Harold A. Blood Memorial Lecture and Honorary Life Membership Award. The Committee welcomes suggestions from any of its committee chairs and members. These suggestions should be submitted for the Committee's consideration in writing to Membership Committee staff liaison, Kelli Bowersox, [kbowersox@academyofosteopathy.org](mailto:kbowersox@academyofosteopathy.org).

In March 2009, the Committee will present Northup nominees to the Board of Trustees and Scott candidates to the Board of Governors for their selection. Kenneth H. Johnson, DO, FAAO will deliver the 2009 T. L. Northup Lecture on November 2, 2009 at the AOA Convention in New Orleans, LA.

At the 2008 AAO Board of Governors meeting, the Governors nominated Claudia L. McCarty, DO, FAAO; George J. Pasquarello, DO, FAAO; and Stefan L. J. Hagopian, DO, FAAO for the 2009 Scott Memorial Lecture and forwarded their names in this priority order to the Kirksville College of Osteopathic Medicine for their consideration to deliver the 2009 Scott Memorial Lecture.

### The Scott Memorial Lecture Award

The Scott Memorial Lecture Award was established by the family of Drs. J.H.B. and Katherine Mcleod Scott to demonstrate "the original and basic techniques as first developed by Dr. Still in founding Osteopathy." The Scott Memorial Lecture is delivered at the Kirksville College of Osteopathic Medicine - either the White Coat Ceremony or Founder's Day.

### The Thomas L. Northup Lecturer Award

This award shall be given to an individual chosen by the Board of Trustees to deliver the annual Thomas L. Northup Lecture at the Academy fall meeting. The award shall be symbolized by an illuminated scroll certificate.

1. The nomination for the Thomas L. Northup Lecturer Award shall reflect the stature of the Lecturer in such fields as education, research clinical practice, professional management or allied categories of activity.
2. Nomination of the Thomas L. Northup Award shall be accompanied by the simultaneous nomination of an Alternate Lecturer. The alternate is then considered the leading candidate for the award the following year.

### Harold A. Blood, DO, FAAO Memorial Lecture Award

This newest AAO award was created in 2006 to provide all osteopathic medical students with an annual lecture, as opposed to the Scott Memorial Lecture that is presented only at the Kirksville College of Osteopathic Medicine. Stephen D. Blood, DO, FAAO presented the inaugural lecture as part of the students' program at the 2007 AAO Convocation in Colorado Springs. Edward G. Stiles, DO, FAAO presented the H.A. Blood Memorial Lecture at the 2008 Convocation in Addison, TX and Michael L. Kuchera, DO, FAAO will present the 2009 H.A. Blood Memorial Lecture to the students on Saturday afternoon, March 28, 2009.

### Honorary Life Membership Award

This award shall consist of an appropriate certificate designating the recipient as an Honorary Life Member of the Academy.

The Board of Trustees may recommend to the Board of Governors no more than three candidates each year for Honorary Life Membership. This award may be conferred upon a member in recognition of outstanding service to the osteopathic profession in any two of the following categories:

- a) Contribution to osteopathic literature;
- b) Development or teaching of osteopathic principles and practice;
- c) Service in osteopathic health care in the community;
- d) Service in the fields of osteopathic education.

Honorary Life Membership may also be conferred upon members who have been in practice 50 years and have been active members of the Academy for 25 years immediately preceding the honor.

(Note: AAO members who are Life Members or have been granted retired or disabled status are not eligible for this award.)

The Membership Committee is currently researching AAO members who qualify by virtue of their length of practice/ membership and invites your suggestions for those who might qualify based on the other criteria. Last year, the Board of Governors conferred Honorary Life Membership on Andrew H. Berry, DO; Isabelle A. Chapello, DO, FAAO; and Laurence A. Bouchard, DO.

### Thomas L. Northup Memorial Lecturer

1973 Donald Siehl, DO, FAAO\*  
 1974 R. McFarlene Tilley, DO\*  
 1975 Catherine K. Carlton, DO, FAAO\*  
 1976 J. Marshall Hoag, DO, FAAO\*  
 1977 Viola M. Frymann, DO, FAAO  
 1978 Russell M. Wright, DO\*  
 1979 Harold I. Magoun, Jr., DO, FAAO  
 1980 Harold A. Blood, DO, FAAO\*  
 1981 David A. Patriquin, DO, FAAO  
 1982 Alan R. Becker, DO, FAAO\*  
 1983 John P. Goodridge, DO, FAAO  
 1984 David Heilig, DO, FAAO\*  
 1985 Robert W. England, DO, FAAO  
 1986 Anthony G. Chila, DO, FAAO  
 1987 Robert C. Fulford, DO\*  
 1988 John H. Harakal, DO, FAAO\*  
 1989 Philip E. Greenman, DO, FAAO  
 1990 J. Scott Heatherington, DO\*  
 1991 Robert E. Kappler, DO, FAAO  
 1992 William A. Kuchera, DO, FAAO  
 1993 Raymond J. Hruby, DO, FAAO  
 1994 Gary L. Ostrow, DO  
 1995 Stephen D. Blood, DO, FAAO  
 1996 Edward G. Stiles, DO, FAAO  
 1997 Edna M. Lay, DO, FAAO  
 1998 Eileen L. DiGiovanna, DO, FAAO  
 1999 James S. Jealous, DO  
 2000 Michael L. Kuchera, DO, FAAO  
 2001 Ann L. Habenicht, DO, FAAO  
 2002 Melicien A. Tettambel, DO, FAAO  
 2003 Boyd R. Buser, DO  
 2004 John C. Glover, DO, FAAO  
 2005 Dennis J. Dowling, DO, FAAO  
 2006 Mark S. Cantieri, DO, FAAO  
 2007 Hollis H. King, DO, PhD, FAAO  
 2008 Karen M. Steele, DO, FAAO  
 \* denotes deceased

### Scott Memorial Lecturer

1963 David A. Patriquin, DO, FAAO  
 1964 George W. Northup, DO, FAAO\*  
 1965 A. Hollis Wolf, DO, FAAO\*  
 1966 Thomas J. Ruddy, DO\*  
 1967 Irwin M. Korr, PhD\*  
 1968 Dale Dodson, DO\*  
 1969 C. Robert Starks, DO\*  
 1970 R. McFarlene Tilley, DO\*  
 1971 Edgar S. Miller, DO, FAAO  
 1972 Viola M. Frymann, DO, FAAO  
 1973 William O. Kingsbury, DO, FAAO\*  
 1974 Richard E. Eby, DO\*  
 1975 Edward G. Stiles, DO, FAAO  
 1976 Nicholas S. Nicholas, DO, FAAO\*  
 1977 Louise W. Astell, DO\*  
 1978 Harold I. Magoun, Jr., DO, FAAO  
 1979 Robert E. Kappler, DO, FAAO

1980 John H. Harakal, DO, FAAO\*  
 1981 Harold A. Blood, DO, FAAO\*  
 1982 Donald Siehl, DO, FAAO\*  
 1983 Charles A. Knouse, DO\*  
 1984 Anthony G. Chila, DO, FAAO  
 1985 Rollin E. Becker, DO\*  
 1986 Paul E. Kimberly, DO, FAAO\*  
 1987 Stephen D. Blood, DO, FAAO  
 1988 Wayne R. English, Jr., DO  
 1989 Philip E. Greenman, DO, FAAO  
 1990 Alan R. Becker, DO, FAAO\*  
 1991 J. Scott Heatherington, DO\*  
 1992 Michael L. Kuchera, DO, FAAO  
 1993 Martyn E. Richardson, DO  
 1994 none  
 1995 Melicien A. Tettambel, DO, FAAO  
 1996 Stanley Schiowitz, DO, FAAO  
 1997 William L. Johnston, DO, FAAO\*  
 1998 Raymond J. Hruby, DO, FAAO  
 1999 Eileen L. DiGiovanna, DO, FAAO  
 2000 Boyd R. Buser, DO  
 2001 John M. Jones, III, DO  
 2002 Robert C. Ward, DO, FAAO  
 2003 Richard L. VanBuskirk, DO, FAAO  
 2004 Dennis J. Dowling, DO, FAAO  
 2005 Karen M. Steele, DO, FAAO  
 2006 Herbert C. Miller, DO, FAAO  
 2007 John C. Glover, DO, FAAO  
 2008 Jerry L. Dickey, DO, FAAO  
 \* denotes deceased

### Honorary Life Members

Kenneth Adams, DO  
 Ethan R. Allen, DO  
 Myron C. Beal, DO, FAAO  
 Ernest F. (Bud) Bernhardt, DO  
 Andrew H. Berry, DO  
 Laurence A. Bouchard, DO  
 Sister Anne Brooks, DO  
 Isabelle A. Chapello, DO, FAAO  
 John A. Cifala, DO  
 Gerald J. Cooper, DO, FAAO  
 Edythe L. Craig, DO  
 Robert W. England, DO, FAAO  
 Wayne R. English, DO  
 Doran A. Farnum, DO, FAAO  
 Viola M. Frymann, DO, FAAO  
 Russell G. Gamber, DO  
 Philip E. Greenman, DO, FAAO  
 Donald V. Hampton, DO  
 Louis Hasbrouck, DO  
 Robert W. Johnson, DO  
 Marie A. Keener, DO  
 Evalyn Hall Kennedy, DO, FAAO  
 William A. Kuchera, DO, FAAO  
 Edna M. Lay, DO, FAAO  
 Edgar S. Miller, DO, FAAO  
 Herbert C. Miller, DO, FAAO  
 Fred L. Mitchell, Jr., DO, FAAO

David A. Patriquin, DO, FAAO  
 H. M. Patterson, DO, FAAO\*  
 William Rankin, DO  
 Stanley Schiowitz, DO, FAAO  
 Philip L. Shettle, DO  
 Joseph W. Stella, DO  
 Edward G. Stiles, DO, FAAO  
 Sara E. Sutton, DO, FAAO  
 James L. Swartz, DO, FAAO  
 Richard L. Van Buskirk, DO, FAAO  
 Robert C. Ward, DO, FAAO

### Volunteer your Time and Skills and Earn CME Credits

Have you volunteered to work at the AAO's Osteopathic Diagnosis and Treatment Education (OD&TE) workshops during Convocation? Committee Chairperson Nate DeLisi, DO is appealing for volunteers to assist him and other committee members in providing this popular educational service. Volunteers earn 0.5 AOA Category 1-B CME credits for each session they conduct. Please follow the link below and complete the form or drop us a note indicating when you will be available. The OD&TE continues to be an educational service to fellow physicians who appreciate the chance to be treated by the manipulative experts within the profession. The Committee asks each volunteer to document their own individual professional liability coverage when staffing the OD&TE. The AAO leadership appreciates the many members who volunteer to provide this educational service to the profession.

For the OD&TE form, please visit <http://www.academyofosteopathy.org/Convocation/OD&TE.form.pdf>

### 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.

## Your Generosity Continues to Impress

As of January 22, 2009 229 donors contributed a total of \$67,554.65 in cash and pledges. By way of comparison, in the 2007-2008 fiscal year, 235 donors contributed a total of \$66,558.38. This year's list of contributors follows:

#### The President's Club - \$2,500 or more

Anthony G. Chila, DO, FAAO  
David Coffey, DO, FAAO  
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\* Denotes new donor

## Membership Recruitment Continues

Director of Member Services, Kelli Bowersox, reports current data on AAO membership dues paid through January 22, 2009. The data represents an increase of successful dues collections for the year. Last year the number of members with unpaid dues was 430, this year the number has decreased by 44% (last year's data in parentheses).

Active: 147 (218)  
 1st year: 36 (16)  
 2nd year: 17 (31)  
 Resident/intern: 57 (119)  
 Associate: 17 (16)  
 International Affiliate: 9 (22)  
 Supporter 4 (8)  
 Total: 287 (430)

## AAO set to Publish Updated Online Membership Directory

In an effort to maintain your access to current information on AAO Members, we are completing an update of the current online membership directory. The directory will be online through the AAO website ([www.academyofosteopathy.org](http://www.academyofosteopathy.org)). The online production allows information to be updated in a timely manner so please send all changes in your information to the AAO headquarters. Please be sure to bookmark the updated online version of the Membership Directory for up to date contact information on your fellow AAO members.

## AAO Members an Integral Part of AOA Leadership

**Peter J. Adler-Michaelson**, DO, PhD: Bureau on International Osteopathic Medical Education and Affairs

**Mark Bailey**, DO, PhD: Bureau of Osteopathic Education

**Stephen P. Buchanan**, DO: Technical Advisory Board

**John E. Bodell**, DO: AOA BOT; Adopt-a-campus: WVSOM

**Boyd R. Buser**, DO: AOA BOT; Adopt-a-campus: DMU-COM; Board of Emerging States' Concerns (Chair); Bureau of Socioeconomic Affairs; Committee on Awards; Bureau of Osteopathic Clinical Education and Research; AT Still Foundation

**Daniel J. Callan**, DO, MPH: Bureau of Federal Health Programs

**Mark S. Cantieri**, DO, FAAO: Commission on Osteopathic College Accreditation

**Michael S. Carnes**, DO, FAAO: Bureau of Healthcare Facilities Accreditation

**Humayun J. Chaudhry**, DO: Bureau of Osteopathic Medical Educators (Chair); Bureau of Osteopathic Education; OGME Development Initiative Advisory Chair

**Michael A. Chipman**, DO: Bureau of Osteopathic History and Identity

**Daniel A. Clearfield**, DO: Council on Interns and Residents; Council on Research

**Joel B. Cooperman**, DO: AOA BOT; Executive Committee of the AOA BOT; Bureau of Emerging States' Concerns; Committee on AOA Governance and Organizational Structure; Finance Committee; Department of Educational Affairs (Vice Chair)

**William C. Cunningham**, DO, MHA: Bureau of Socioeconomic Affairs; Council on Minority Health Issues

**Darrin D'Agostino**, DO, MPH: Council on Osteopathic Postdoctoral Training Institutes

**Gautam J. Deasi**, DO: Council on Continuing Medical Education; Council on Minority Health Issues

**Brian F. Degenhardt**, DO: Council on Research

**Jerome A. Dixon**, DO: Bureau of Healthcare Facilities Accreditation; Appeal Committee of the Bureau of Healthcare Facilities Accreditation

**Michael M. Dominello**, OMS III: Bureau of Communications

**Wayne R. English, Jr.**, DO: Bureau of Osteopathic Specialists-Specialty Board Representatives

**Charles E. Findlay**, DO: Bureau on International Osteopathic Medical Education and Affairs

**Ann L. Habenicht**, DO, FAAO: Bureau of Osteopathic Specialists-Specialty Board Representatives

**Kenneth H. Johnson**, DO, FAAO: Technical Advisory Board; Commission on Osteopathic College Accreditation

Continued on page 10

**Douglas J. Jorgensen**, DO: Technical Advisory Board

**Joel A. Kase**, DO: Bureau of Emerging States' Concerns; Bureau of State Government Affairs

**Hollis H. King**, DO, FAAO: Bureau of Osteopathic Specialty Societies

**Michael L. Kuchera**, DO: Bureau on International Osteopathic Medical Education and Affairs; Council on Research

**Judith A. O'Connell**, DO, FAAO: Bureau of Socioeconomic Affairs

**Samantha M. Olzeski**, DO: Bureau of Emerging States' Concerns

**Michael M. Patterson**, PhD: Bureau of Osteopathic History and Identity; Council on Research

**Michael A. Seffinger**, DO: Joint Committee on Quality and Reimbursement; Bureau of Osteopathic Clinical Education and Research

**Phillip L. Shettle**, DO: President's Advisory Board; Adopt-a-campus: TOUROCOM (NY); Audit Committee (Chair); Finance Committee; Committee on Administrative Personnel (Chair); Investment Committee (Chair)

**Charles J. Smutny, III**, DO, FAAO: Council on Research

**Joseph W. Stella**, DO: Dale Dodson Educational Fund Committee; Bureau of Osteopathic History and Identity

**Elana M. Timoshkin**, OMS-IV: Committee on Professional Publications

**Barbara E. Walker**, DO: Executive Committee of the AOA BOT; Adopt-a-campus: VCOM; Bureau of Emerging States' Concerns

## AAO Student Member Wins Convocation Registration

**Rebecca Louie** was the grand prize winner of an American Academy of Osteopathy Convocation registration after visiting the AAO exhibit booth at the AOA Convention. Ms. Louie is part of the 2011 class at the Edward Via Virginia College of Osteopathic Medicine. Ms. Louie earned a B. S. in Chemistry with a specialization in Biochemistry with Distinction from the University of Virginia, Charlottesville, VA and is a certified massage therapist from the Virginia School of Massage in Charlottesville, VA. Ms. Louie is a Sigma Sigma Phi honor society member. She is pictured with her parents Nga Louie and Richard Louie at her white coat ceremony.



## On the Road Again...

**Hollis King**, DO, FAAO and Harriet O'Connor, CAE, CFRE represented the AAO at the AOA BOSS meeting in Ft. Lauderdale on Saturday, January 10, 2009

Ms. O'Connor attended the AOA CME Educational Training in Ft. Lauderdale January 8-10, 2009.

Diana Finley attended the AOA OME Educational Training in Ft. Lauderdale January 8-10, 2009.

Ms. Finley traveled to Orlando on January 22nd & 23rd to check on possible sites for the 2013 AAO Convocation.

**Guy A. DeFeo**, DO represented AAO at the 20th Annual Osteopathic Winter Seminar hosted by the Pinellas County Osteopathic Medical Society (PCOMS) from January 21-24, 2009.

## AOF Emerging Leader Award Nominee

During the AAO annual Convocation, the AAO's Board of Trustees selects an AAO nominee for the American Osteopathic Foundation Wyeth Emerging Leader Award. Four of the Academy nominees are past recipients, with Michael S. Carnes, DO, FAAO receiving the inaugural Wyeth Emerging Leader Award in 2002. Past AAO nominee recipients include: Douglas J. Jorgensen, DO in 2003; Sonia Rivera-Martinez, DO 2004; and Kendi Hensel, DO in 2005.

The American Osteopathic Foundation's Board of Directors and the Committee on Educational Grants selects osteopathic physicians to receive the Wyeth Emerging Leader Award. The AOF created this award to recognize and honor outstanding osteopathic physicians who exhibit the exemplary characteristics of a future leader within the profession. The Foundation solicits nominees, who exhibit the following characteristics and skills: demonstrated commitment to osteopathic philosophy and the profession, strong leadership skills, noteworthy accomplishments demonstrating his/her role as a future leader, outstanding character and the drive to be a leader.

The Emerging Leader Awards recognize osteopathic physicians, in practice less than 5 years, who have established themselves as emerging leaders within the osteopathic profession. The goal of this award is to promote continued leadership within the osteopathic medical profession. Through a generous grant from Wyeth Pharmaceuticals, the AOF presents two monetary awards to recipients at the AOF's Honors Ceremony during the AOA's Annual Convention and Scientific Seminar.

## Upcoming AAO Meetings & Events

### February 2009:

AAO PS&E Committee Meeting: Wednesday, February 25, 2009 at 6:00 pm (EST) phone conference  
 Dr. Fulford's Basic Percussion: A Systematic Approach to the Whole Body: Tucson Osteopathic Medical Foundation, Tucson, Arizona, February 28-March 1, 2009

### March 2009:

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  
 LBORC Committee: Friday, March 27, 2009 from 6:30 am-8:00 am  
 AAO Publications Committee: Saturday, March 28, 2009 from 6:30 am-8:00 am  
 Progressive Inhibition of Neuromusculoskeletal Structures (PINS) Workshop : March 25, 2009 in Little Rock, Arkansas  
 AAO Convocation - Basic Mechanisms of Osteopathy: Balancing the Neuroendocrine Immune System: March 25-29, 2009 in Little Rock, Arkansas  
 Osteopathic Considerations in the Foregut with an Emphasis on Gastroesophageal Reflux Disease: March 29-31, 2009 in Little Rock, Arkansas

### April 2009:

### May 2009:

Evidenced-Based Manual Medicine - Western University of Health Sciences College of Osteopathic Medicine of the Pacific (COMP): May 1-3, 2009  
 The Still Technique - New Jersey School of Osteopathic Medicine (UMDNJ/SOM): May 15-17, 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

#### Board & Committee Staff liaisons

Board of Trustees - Harriet O'Connor  
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Nominating - Harriet O'Connor  
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 Osteopathic Medical Economics - Harriet O'Connor  
 Postdoctoral Standards and Evaluation - Jennifer Taylor  
 Publications - Jennifer Taylor  
 Undergraduate Academies - Phyllis McNamara & Kelli Bowersox  
 Postgraduate American Academy of Osteopathy -  
 Phyllis McNamara & Kelli Bowersox



## AAO Set to Launch Two New Publications

Work is continuing on the publishing of Northup Lectures, Volume Two 1983-2008 and Greenman's Work, Articles and Lectures of **Philip E. Greenman**, DO, FAAO. The initial draft of the Northup Lectures was sent to **Hollis H. King**, DO, FAAO for editing in mid December. Ms. Taylor is finalizing the draft of Greenman's Works and sent it to Dr. King for review.

## Members in the News

AAO member **Stuart Friedman** DO, FACOP, was honored by the Phoenix Children's Hospital at its 2008 "Celebrating the Founding Physicians" dinner, at which 102 pediatricians were individually recognized and given plaques expressing appreciation and gratitude. Dr. Friedman, a graduate of the Kansas City University of Medicine and Biosciences' College of Osteopathic Medicine and Clinical Professor of Pediatrics at the Midwestern University Arizona College of Osteopathic Medicine, was the only osteopathic physician honored at this prestigious event.

AAO Student member, **Michele Kay Coleman**, was recently published in the November 2008 issue of the Journal of the American Osteopathic Association. Here is the link:

<http://www.jaoa.org/cgi/reprint/108/11/657.pdf>

**Robert C. Ward**, DO, FAAO was elected president of the American College of Neurologists and Psychiatrists (ACONP) at the AOA convention on October 27, 2008.

Michael Rowane, DO, led an all-day didactic session at the Cleveland Academy of Osteopathic Medicine's 44th Annual Postgraduate Seminar. Dr. Rowane's session focused on OMT, was titled "The Application of Osteopathic Principles and Practices in a Pediatric Population and Sports Medicine."

In recognition for her career of service to the underserved people of rural Mississippi, the AOA nominated AAO member, **Sister Anne Brooks**, DO, SNJM, for a Robert Wood Johnson Foundation's Community Health Leaders Award. These prestigious awards honor outstanding and otherwise unrecognized individuals who have dramatically improved health and health care in underserved communities across the United States. Dr. Brooks opened the Tutwiler Clinic in rural Tutwiler, MS, in 1983, and its satellite clinic in Glendora, MS, in 1995. Together, these two not-for-profit, donation-funded clinics provide access to vital health care services to some of the country's poorest residents.

AAO Member and AOA Past President **Philip L. Shettle**, DO, is also expected to attend Lake Erie College of Osteopathic Medicine – Bradenton White Coat Ceremony on January 24, 2009.

In an effort to educate the public about DOs and osteopathic medicine, the AOA continues to post interviews with osteopathic physicians on a variety of medical conditions and other health care topics on its YouTube channel. **Kurt Heinking**, DO, of Willowbrook, IL, discussed OMT and demonstrated how it can be used to treat a patient in a new video. Visit the AOA YouTube channel (<http://www.youtube.com/americanosteopathic>) to view this video.

AAO member **David Coffey**, DO, contacted the AOA recently to bring to their attention a draft Blue Cross/Blue Shield (BCBS) of Alabama policy that prohibited separate reimbursement for an office visit on the same date as the OMT procedure. The official policy was to become effective on 1/21/09. To prevent this detrimental payment policy from being enacted, the AOA's Division of Socioeconomic Affairs contacted BCBS of AL to provide information and objections to the draft. Through its advocacy efforts, the AOA was successful in having BCBS of AL rescind this policy and adopt a new policy that allows DOs to be reimbursed for an office visit on the same date as an OMT procedure.

## The BioBasics Program Presents

### **An Osteopathic Approach to Hypertension**

**June 5-8, 2009**

**(Indian Head Resort, Lincoln New Hampshire)**

**Course Directors; James S. Jealous D.O. and Judith V. Aldrich D.O.  
along with the BioBasics faculty**

**Course Overview:** The Osteopathic management of Hypertension. The underlying cause and the indwelling therapeutic forces. The program will be held in a beautiful setting overlooking the Pemigewasset River in Lincoln, New Hampshire, nestled in the White Mountain National Forest. Time to rest, reflect and celebrate life is built into this program.

**CME:** The University of New England is accredited by the American Osteopathic Association to provide continuing medical education credits for physicians. This course has been designated for TBD Category IA credits.

\*\*To register for this course or for more information please visit our website at [www.jamesjealous.com](http://www.jamesjealous.com).

You may also contact Marnee Jealous Long at (813) 649-0708 or [mjllong@verizon.net](mailto:mjllong@verizon.net) for more information.

#### Day One: Friday, June 5<sup>th</sup>

12 noon      **Registration**

12:30pm-1:15pm      **Osteopathic Principles and Hypertension**  
--Lecture  
*James Jealous, DO, Lancaster, NH*

1:15pm-2:45pm      **The Diaphragm and Aorta: Rebalancing and the Point of Rest**  
--Practical  
*James Jealous, DO, Lancaster, NH*

2:45pm-3:00pm      **Discussion in small groups**

3:00pm-6:00pm      **Osteopathic Physical Diagnosis of HTN**  
--Lecture and Practical together  
*Judith V. Aldrich, DO, Fairfield, ME*  
**(Each student and faculty member should bring a blood pressure cuff and stethoscope)**

#### Day Two: Saturday, June 6<sup>th</sup>

8:30am-10:30am      **The Role of Neutral in Growth and Healing**  
--Lecture and Practical  
*Karen Gajda, DO, Deerfield, IL*

10:30am-10:45am      **Discussion in small groups**

10:45am-12:30pm      **Biochemistry and the Fluid Body**  
--Lecture and Practical  
*Jeff Greenfield, DO, Manchester, NH*

#### Day Three: Sunday, June 7<sup>th</sup>

8:30am-10:45am      **Overview**  
--Lecture and Practical  
*Gregory Yesensky, DO, Hermosa Beach, CA*

10:45am-11:00am      **Discussion**

11:00am-1:00pm      **The Artery Reigns Supreme, but the CSF is in Charge**  
--Lecture and Practical  
*Debra Heath, DO, Mesa, AZ*

1:00pm-3:00pm      **Break**

3:00pm-5:00pm      **Breathing**  
--Lecture and Practical  
*Kevin Zorski, DO, Freeport, ME*

5:00pm-6:30pm      **Panel discussion**  
**Moderator:** *Stephen Kisiel, DO, Adams, MA*

6:30pm      **Dinner**

8:00pm-9:00pm      **David Hoke, DVM, Organic Farmer**  
--Guest Lecturer  
*Enosburg Falls, VT*

9:00pm      **Music, "The BioBasics Band" performs**

#### Day Four: Monday, June 8<sup>th</sup>

9:00am-9:30am      **Course Summary and Review**  
*Judith Aldrich, DO, Fairfield, ME*

9:30am-10:30am      **Family Practice and Osteopathy**  
--Lecture  
*Stephen Kisiel, DO, Adams, MA*

10:30am-12:30pm      **The Health**  
--Practical  
*Stephen Kisiel, DO, Adams, MA*

12:30pm-1:00pm      **Students spend time with Individual Mentors**

## A Moment With Alexander Nicholas, DO FAAO

*An interview by Charlotte Greene, PhD with Alexander Nicholas, DO, FAAO*

I first became aware of Osteopathic Medicine during a 10th grade health class at Upper Darby High School. The Physical Education Teacher and baseball coach was explaining the difference between the types of doctors that we could select for health care. He said, "Only go to an M.D., never a Chiropractor, never an Osteopath because they aren't real doctors, they are not allowed to give medicines or injections."

Half of the class turned around, and stared at me, wondering about my Dad (Nicholas Nicholas, D.O.) and about David Heilig, D.O. They knew Dr. Heilig as one of the team physicians for the junior high and my father because he had many high school athletes in his practice. He treated them for sports-related injuries as well as giving them their flu shots. Now this teacher was telling them that the two most prominent doctors that almost everybody in high school sports saw weren't real doctors!

I was thoroughly confused. I had gone to the College (Philadelphia College of Osteopathic Medicine) for all the different school activities as a kid, and I just thought that it was a medical school; I didn't realize that there was this difference. I only knew that my father and Dr. Heilig were two preeminent doctors in our community- everybody knew them, both were involved in sports medicine, the Rotary Club, the Lions Club, and Presidents of this and that; I just assumed that they were like every other doctor. I just didn't understand that he was a D.O.; an Osteopath. I told my father that a teacher had said that he wasn't a real doctor. By then he was used to such ignorant statements and assured me, "I'm a doctor."

Naturally, my father was one of my most important mentors. We actually have a Scholarship here at PCOM named for him. The students must finish their third-year clinical rotations before they can apply as we are looking for students that obviously have a good grasp of Osteopathic principles as well as a reasonable aptitude for Osteopathic Manipulation, but also those with a patient first attitude, an ability to build a relationship with their patients. This was my father's most outstanding talent; his ability to interact with his patients, most of whom became his friends rather than just his patients.

My father was big, outgoing, happy-go-lucky kind of guy. All his life he was involved with people -- a great big schmoozer! He knew everyone in the community and would hold court at Lions Club meetings or wherever he happened to be. He also had wonderful hands-on skills and was a tireless patient advocate with an ebullient spirit that made patients blossom; he just plain liked people. Once a patient became a regular, (especially if they lived in the neighborhood), and he knew everything else about them, my father really had trouble charging a fee. It became a problem that would upset my mother because we didn't always have dependable finances as he did a lot of bartering.

My father grew up in Brockton, Massachusetts where he met and was mentored by a graduate of Kirksville College of Osteopathic Medicine, an osteopathic physician whom he was determined to emulate. Unfortunately, I do not recall his name. Much to his family's dismay, my dad became determined to go to Kirksville as well because that's where 'his doctor' went to school.

During World War II, the military barred D.O.s from practicing medicine so Dad joined the Navy as a Pharmacist Mate. He was first sent to San Diego and then to the Philadelphia Naval Hospital Rehabilitation Department where he gained valuable experience through his involvement in the care of the wounded sailors. Later on, the combination of what he had learned in the military and his love of sports led to his creation of athletic taping and strapping techniques that were based on and applied his insights and understanding of osteopathic principles.

Although I was privileged to be mentored by many excellent osteopathic physicians, none was more important to me than David Heilig, D.O. I have chosen his attributes more so than any others' as guideposts to direct my day-to-day philosophical, professional and personal life. He was as my father described, "The master applicator of specific high velocity, low amplitude techniques."

He trained me to direct a treatment specifically to the affected area; to know exactly what lever to use, through what plane to move it, and how far, and with what specific acceleration. He made little sketches of individual vertebrae and such from every conceivable angle, trying to figure out the angle of rotation for every situation because he was so concerned with keeping the mobilization of forces at the shortest possible distances that were needed to break the restriction; to affect only the area being treated, even if it might fall short of the particular physiological limit.

He understood that with continued application of this approach, the normal physiological limit—the non-dysfunctional limit could usually be achieved. I incorporated these concepts and amplified upon them in our atlas (Alexander S. Nicholas, and Evan A. Nicholas: Atlas of Osteopathic Techniques. Lippincott, Williams and Wilkins, Philadelphia, PA) based largely upon my 14 years of discussions with Dr. Heilig. I know I will never be able to achieve the depths of understanding he attained, not just in the practice of osteopathic medicine but hopefully I still have some time left to work towards this goal.

Two other most important mentors of mine were Jerome (Jerry) Sulman and Albert D'Alonzo. Sulman was a Family Doctor and one of my father's students who graduated in the class of '57 from Philadelphia College of Osteopathy as it was known then. D'Alonzo was a 1956 graduate of PCO who became Chief of Cardiology at PCOM. Both Jerry and Albert were best of friends and as former students, were kind of adopted by my father and became great family friends as well. They were outgoing like my father, but they liked to kid around and joke a bit more than he did. My father had a good sense of humor, but he'd rather laugh at their jokes rather than tell his own.

I remember one episode that happened on a family practice rotation with Dr. Sulman. I was one week post surgical following an exploratory laparotomy and had an abdominal binder on. In fact, the sutures were still in my belly because my surgeon, Albert's older brother Henry, wasn't going to come over to the house until that evening to take them out. All day Dr. Sulman was riding me, saying things like, "I can't believe you are doing nothing, kid ... no OMT with any of my patients. What's the matter with you?"

I said, "Doctor, I got stitches in my belly- it's amazing that I'm still here!"

Then he said, "Well at least I see you are taking pulses, but where is your watch? There's no clock here in the office, so how are you doing it?"

I said, "Yeah, I don't have a watch so I was kind of going one thousand-one, one thousand-two, etc."

"What's the matter with you kid," he asked, really getting on my case. "Your father is a doctor and you don't own a watch!!"

So I went to one of my classmates Howard (Howie) Graitzer (now an internist out in Portland, Oregon) whose father was a jeweler, and he gave me a watch -- just the watch, no wrist band. The next day that I went in with it and Dr. Sulman goes, "Okay so now you got a watch." Then he looks at it and asks, "Where's the sweep hand?"

I asked what he meant and he says, "There's no secondhand! How are you going to take pulses? What's going on with this kid." All day he muttered about it and was telling patients about the kid who sat around all day, didn't do any work, and took pulses with a watch with no sweep hand. That in a nutshell was life with Dr Sulman on the first two days of my family practice rotation.

Then there was Dr Albert D'Alonzo ... besides being the master of many magic tricks and teaching me how to tear a telephone book in half, he and Max T. Gutensohn, (another D.O., from Kirksville), were probably in their time the most outstanding osteopathically-oriented internists in the country. They were relentless in applying the knowledge they were taught in school and integrating it with new concepts that they either developed themselves or sought from others. They were absolutely committed to perfecting and utilizing their manipulative skills within their specialty practices and encouraging other physicians to do the same. Even after I became involved in training students as an assistant professor, Dr. D'Alonzo would come into the Department, make me lie down on a table and correct my technique.

I remember Dr. Galen Young Sr. telling me that during the California crisis when D.O.s, were told that for \$50 that they could get an M.D. degree, someone came to Philadelphia to sell that to our residents. The easy-going Albert D'Alonzo basically put the guy against a wall and said, "Leave my profession alone. These doctors came here to become Osteopathic Physicians, Get Out!"

Along with all his other talents, Albert had a photographic memory; this I can attest to personally. One slow night when I was interning in the emergency room, Albert came down for a cup of coffee and found me reading Cecil Textbook of Medicine. He said, "Hey kid what are you reading about?" I replied, "Sarcoidosis." He said, "That's the text we used too," and then proceeded to tip back in his chair, close his eyes, and recite verbatim the first paragraph of the page that I was reading. I just closed the book and wanted to give up right then and there because I knew that I could never, ever hope to accomplish that.

My internship at the Hospital of the Philadelphia College of Osteopathic Medicine exposed me to a broad spectrum of physicians whose approach to their patients reflected their strong commitment to osteopathic principles: Fairman Denlinger, D.O., Chairman of the Obstetrics and Gynecology Department, was adamant that his hospitalized patients receive



OMT because he knew and stressed to the students that his patients invariably did better when treated. The Surgery Department was another area whose physicians would consistently leave to administer OMT once or twice daily, especially Drs. Galen Young, Sr. and Nicholas Pedano. For example, they ordered rib raising; thoracic and lumbar extension to decrease any somatoviscero/viscerosomatic reactions that might be causing a hypersympathetic state -- common to a lot of post operative paralytic ileus. And, if the patient could tolerate it, lymphatic techniques or thoracic pump techniques for stasis.

I tell my students that the reason you came to medical school was hopefully not to make money or to earn a title, but because you wanted to care for people, and if you want to care for people, you will take what your teachers tell you that is helpful for your patients and apply it. You must accept that they are trying to let you know from their experience what they have found to be helpful. Most of us aren't standing there trying to tell you how wonderful we are, we are trying to tell you how to care for patients. If we tell you something from an osteopathic standpoint it's not because we want to sound important- most of us are pretty honest. We will tell you what techniques work and which ones do not work in certain situations.

You must understand that by touching your patient to care for them with intent and knowledge of osteopathic techniques you can have very profound effects on their wellbeing. Even if you're not totally successful, the patient's reaction will be, "You care for me, Doctor". It is personally very rewarding, and will give you some solace even when the results are not completely what you wanted to achieve. You will get that sense that your patients are thankful for whatever you are able to provide. It will keep you 'fresh' throughout your career, and you will see every patient as another friend coming to you for care.

Sure, some patients can be a little difficult, but with this perspective, you will find the little nuisances in their personalities that give you a kick, and you will not get annoyed. You will find patients have a different interaction with you than they would have with another doctor who might just be addressing a symptom. It's also utilizing one of the best ways to stay un-frustrated and satisfied. The touching, caring aspect along with the use of osteopathy can literally save your own life; it will keep you a happy, effective, energetic physician much like my former associate Dr. Anthony Leone who died at 81, still teaching and making house calls.

## **AOBNMM 2009 Application Deadlines**

The American Osteopathic Board of Neuromusculoskeletal Medicine reconfirms the deadlines for candidates applying for certification and re-certification in Neuromusculoskeletal medicine and osteopathic manipulative medicine. AOBNMM will administer ONLY the written exam to recertification candidates and persons that will need to retake the written at the Convocation each year. January 1, 2009 was the application deadline for recertification candidates. This exam is not for physicians who are first-time candidates. The AOBNMM will administer oral, practical and written examinations at the traditional November examination dates.

The 2009 schedule is the following:

Jan 1: Re-certification application deadline for March 25, 2009 test session

Mar 25: Re-certification exam administered at the Peabody Little Rock Hotel in Little Rock

July 1: Application deadline for candidates – certification and re-certification

Nov 21-22: Oral, practical and written examinations in Indianapolis

*In an earlier edition, September 1st was identified as the application deadline for the November deadline. We apologize for any confusion, but the correct date is July 1st.*

## **National Health Service Corps Loan Repayment Program**

The Health Resources and Services Administration (HRSA) is currently accepting applications for its National Health Service Corps Loan Repayment program. Conference calls to provide information on the program will be held on 1/13/09 and 1/14/09 to educate interested parties on this program. Individuals are eligible for up to \$50,000 to repay student loans. Any fully trained and licensed US citizen or national who is working at an approved site within a designated Health Professional Shortage Area (HPSA) is eligible to apply for the loan repayment program, after which they would serve two years in a HSPA. Complete information can be found on the [NHSC web site](#).

## Osteopathic Health Policy Intern Program

The American Association of Colleges of Osteopathic Medicine (AACOM) is pleased to announce that we are currently accepting applications for the 2010 Osteopathic Health Policy Intern (OHPI) Program.

Deadline: All applications for the 2010 internship are due electronically in the AACOM offices on or before Sunday, March 1, 2009.

What is the OHPI?

The OHPI Program enables up to two osteopathic medical students to spend two months in the government relations department at the AACOM headquarters. To the extent practical, every effort is made to identify the two-month period that best accommodates the students' schedules. The objective of the program is to allow selected student interns to develop an understanding and operational knowledge of how federal health care policy is developed and how to have an effective impact on public policy formulation. Please note: AACOM policy requires all new employees, including interns who are accepted into the OHPI Program, to undergo a background check. The background check includes verification of Social Security number, county and multi-state criminal search, education and degree check, and a certification/credential check, if applicable. Once selected by AACOM leadership, acceptance into the program is contingent upon the completion of a successful background check.

Who may participate?

The program is open to current osteopathic medical students.

For more information, please visit <http://www.academyofosteopathy.org/Resources/OHPI%20Program%202010.pdf>

## 2009 PQRI Measure Specifications Now Available

Reporting for the 2009 Physician Quality Reporting Initiative (PQRI) began January 1, 2009. To facilitate participation in the program, the Centers for Medicare & Medicaid Services (CMS) has released its detailed specifications for the 2009 PQRI measures and the 2009 PQRI measures groups. The following resources have been posted to the PQRI webpage on the CMS website:

- 2009 PQRI Quality Measure Specifications Manual - Contains codes and reporting instructions for the 153 2009 PQRI quality measures for claims or registry-based reporting and a summary of the changes from the 2008 PQRI Measure Specifications.
- 2009 PQRI Implementation Guide - Provides guidance about how to implement 2009 PQRI claims-based reporting of measures to facilitate satisfactory reporting of quality data codes by eligible professionals for the 2009 PQRI.
- 2009 PQRI Measures Group Specifications Manual - Contains the detailed specifications and instructions for the seven (7) 2009 PQRI measures groups and a summary of the changes from the 2008 PQRI Measures Groups Specifications.
- Getting Started with 2009 PQRI Reporting of Measures Groups - Provides guidance about implementing the 2009 PQRI measures groups.

To access the 2009 PQRI manuals and implementation guides, go to: [http://www.cms.hhs.gov/PQRI/15\\_MeasuresCodes.asp#TopOfPage](http://www.cms.hhs.gov/PQRI/15_MeasuresCodes.asp#TopOfPage) on the CMS website. Once on the Measure/Codes page, scroll down to the "Downloads" section and click on the appropriate link.

In addition, CMS has a new section page on the Physician Quality Reporting Initiative web page. The "Spotlight" section page can be accessed on PQRI web page at <http://www.cms.hhs.gov/pqri/> on the CMS website and click on the Spotlight tab. The "Spotlight" page is updated frequently and was created to alert eligible professionals to the newest program information available on the PQRI web page.

Carol Monaco ([cmonaco@osteopathic.org](mailto:cmonaco@osteopathic.org))

## Oklahoma OGME Programs Preserved

**John B. Crosby**, JD, wrote to Oklahoma legislators on 12/29/08 to thank them for their leadership in resolving the OGME crisis in the state. In letters to the Honorable Brad Henry, Oklahoma's Governor; Chris Benge, Speaker of the House; and Glenn Coffee, Senator, Dr. Crosby offered the osteopathic profession's sincere appreciation for securing a long-term solution that will preserve patient access to care in the Tulsa community, graduate medical education programs at Oklahoma State University Medical Center, and osteopathic graduates' ability to train in the State of Okla-

## New incentives are now in place to promote the use of electronic prescribing, or e-prescribing:

Beginning in 2009, and during the four years that follow, Medicare will provide incentive payments to eligible professionals who are successful electronic prescribers as defined by the Medicare Improvement for Patients and Providers Act (MIPPA). Eligible professionals will receive 2% incentive payments in 2009 and 2010; 1% incentive payments in 2011 and 2012; and a 0.5% incentive payment in 2013.

This incentive plan underlines the growing importance that is being placed on electronic prescribing by the Centers for Medicare and Medicaid Services (CMS). It also offers an additional return on a practice's investment in e-prescribing beyond the significant benefits this technology can provide. These benefits include:

- Creating a safer, more secure and accurate prescribing process for patients,
- Enabling more cost-effective prescribing decisions given access to formulary and pharmacy benefit eligibility information at the time of prescribing
- Improving practice efficiency through the ability to manage prescription refill requests electronically. This can significantly reduce the number of phone calls and faxes associated with this process, leaving more time for patient care or other reimbursable activity.

### Get Connected:

To help our members take advantage of these incentives, and to understand their readiness to e-prescribe, AOA is collaborating with other leading medical societies to provide free E-Prescribing Readiness Assessments through a special program Web site: [www.GetRxConnected.org/AOA](http://www.GetRxConnected.org/AOA).

By visiting [www.GetRxConnected.org/AOA](http://www.GetRxConnected.org/AOA) you will find:

- Information on the business case and social case for e-prescribing.
- Tools to help you select a prescribing system, including details on programs that can help you acquire this technology at a reduced rate or for free.
- A free, personalized report that shows the e-prescribing services your existing practice software may be certified for, plus a tool you can use to request connectivity for these services by your technology vendor. This is especially important for practices that use EMR (Electronic Medical Record) systems that may not yet provide all of their customers with access to the e-prescribing functionality required to be eligible for the Medicare Improvement for Patients and Providers Act incentive payment.
- An estimate of the value of the time your practice spends annually managing prescription renewal requests by phone/fax – time better spent on patient care, or other reimbursable activity.
- A listing of pharmacies in your area that can exchange prescription information with your practice electronically.

It is important for members to understand the readiness of their practice to e-prescribe and steps needed to obtain access to full e-prescribing functionality in order to be eligible for the Medicare incentive program as soon as possible to maximize incentive payments.

Implications for current users of prescribing technology:

Prescribers that use applications to prepare and send prescriptions to e-prescribing capable pharmacies by computer generated fax should be aware that these prescriptions are not eligible for the Medicare incentive payments.

Prescriptions must be able to be transmitted to the computer at the pharmacy – if that pharmacy is e-prescribing enabled. More than 75% of the nation's pharmacies process prescriptions electronically. Further, prescribers must be using technology that enables access to formulary, pharmacy benefits eligibility and medication history information at the time of prescribing.

Additionally, as of January 1, 2012, CMS will no longer permit part D prescriptions to be sent to pharmacies by computer generated fax. Systems must be able to send prescriptions directly to the pharmacy computer. If not the prescription must be printed and handed to the patient or manually faxed.

Prescribers should also be aware that electronic prescriptions are excluded from the October 1, 2008 CMS regulatory change that requires all written Medicaid prescriptions to be on a tamper resistant blank.

For current EMR users or for those looking to acquire new e-prescribing technology, taking a few minutes and visiting [www.GetRxConnected.org/AOA](http://www.GetRxConnected.org/AOA) will be time well spent.

## CBO Reports Focus on Health Care

Earlier this month, the Congressional Budget Office (CBO) released two publications that, if adopted by Congress, would have significant impact across all health care sectors. The first document, Budget Options, Volume I: Health Care, presents 115 discrete options on an array of issues related to the financing and delivery of health care, 13 of which directly effect the biopharmaceutical sector. The second document, Key Issues in Analyzing Major Health Insurance Proposals, focuses on large-scale approaches to health system change. In broad terms and with some exceptions, the CBO volumes point toward options that manipulate payment mechanisms to achieve federal government budget savings rather than achieving savings through prevention, improving chronic care management, or promoting better quality care. The full text of the publications can be found [online](#).

## Insight: Why Some 2009 Medicare Payments Still Went Down

As physicians receive their 2009 Medicare Physician Fee Schedule rates from their Medicare contractors, their payments may not be what they had originally expected. The reason is the 2009 Medicare conversion factor of \$36.0666 is lower than the 2008 conversion factor of \$38.0870.

The reduction is due to the budget neutrality adjustment which the Centers for Medicare and Medicaid Services is mandated to apply when total Medicare spending increases or decreases by more than \$20 million. CMS reduced the conversion factor by 5.3 percent from the 2008 rate after applying 1.1 percent payment update.

In the last two years, the budget neutrality adjustment had been applied to the work values -- not the conversion factor -- but the Medicare Improvements for Patients and Providers Act (MIPPA) discontinued that. Physician organizations, including the AOA, were concerned that adjusting only the work RVU's results in undervaluing services relative to the remaining fee schedule. The AOA and other physician associations believe that adjustment to the conversion factor appropriately recognizes that budget neutrality is a fiscal issue, not an issue of relativity, and will maintain the integrity of the entire fee schedule.

For 2009, changes in fees will vary for procedures. Some specialties will see more positive results than others. For example, specialties such as emergency medicine, family practice, gastroenterology, general practice, general surgery, and internal medicine will have a positive update ranging from 2 to 4 percent. Anesthesiology, cardiology, hand surgery, hematology/oncology, nuclear medicine, otolaryngology, radiation oncology, and rheumatology will have a negative impact ranging from -1 to -3 percent.

*Source: DO Washington Update Jan 21, 09*

## CMS: Slowest National Health Spending Growth in 10 Years

A report by the Centers for Medicare and Medicaid Services (CMS) says that health spending in the United States grew 6.1 percent in 2007, to \$2.2 trillion or \$7,421 per person. This rate reflects the slowest growth since 1998 and is 0.6 percentage point lower than 2006's rate of 6.7 percent.

CMS attributes the slower growth to a slowing retail prescription drug market and Medicare spending associated with administering Medicare benefits. The CMS report points out that even as health care spending growth slowed, the health spending share of our Gross Domestic Product (GDP) continued to increase, reaching 16.2 percent, up 0.2 percentage points from 2006.

*Source: DO Washington Update Jan 21, 09*

## CMS Publishes PQRI Reporting Information Online

Starting December 19, 2008, the names of physicians and health care professionals who reported quality information under the Physician Quality Reporting Initiative (PQRI) in 2007 will be available online at [www.medicare.gov/physician](http://www.medicare.gov/physician). This information includes all eligible professionals identified by their National Provider Identifier (NPI) who submitted even a single piece of quality data code on their Medicare claims for services furnished between July 1, 2007 and December 31, 2007.

Information on the 2009 PQRI can be found in the 2009 Medicare Physician Fee Schedule final rule with comment period at: <http://edocket.access.gpo.gov/2008/pdf/E8-26213.pdf>. Reporting for the 2009 PQRI began January 1, 2009. You do not have to pre-register or sign-up to participate.

*Source: DO Washington Update Jan 21, 09*



## Other events you may enjoy

### Illinois:

Wednesday, March 11, 2009 - Osteopathic Physicians Day at the IL State Capitol  
Co-sponsored by Illinois Osteopathic Medical Society and ACOFP-Illinois Chapter.

11am Advocacy Training and Luncheon, 12:30pm Lobbying, and 5-7pm Legislative Reception at Sangamo Club and State Capitol Complex, Springfield, IL

Bus transportation from CCOM – depart 7am, return 10pm; garage parking at CCOM

THERE IS NO CHARGE to DOs, students, or their families/advocates, but please make bus reservations in advance.

For reservations or more info: [IOMS@IOMS.org](mailto:IOMS@IOMS.org) or (800) 621-1773, ext. 8174.

Friday, April 3 – Saturday, April 4, 2009 – Spring CME:

“Practice of Medicine: Long Term Care”

Co-sponsored by Illinois Osteopathic Medical Society and CCOM.

12 hours of Category 1-A CME anticipated, pending approval by AOA CCME.

Osteopathic Conference Center at the AOA HQ, 142 E. Ontario St., Chicago, IL

For more information: [bdohma@midwestern.edu](mailto:bdohma@midwestern.edu) or (708) 747-4000, ext. 1097 or [IOMS@IOMS.org](mailto:IOMS@IOMS.org) or (800) 621-1773, ext. 8174.

Friday, August 7 – Saturday, August 8, 2009 – Summer CME

Co-sponsored by Illinois Osteopathic Medical Society and ACOFP-Illinois Chapter

10-12 hours of Category 1-A CME anticipated, pending approval by AOA CCME

Sheraton Four Points Hotel, Fairview Heights, IL

For more information: [DrDad0722@aol.com](mailto:DrDad0722@aol.com)

Thursday, December 3 – Sunday, December 6, 2009 – Winter Scientific Seminar

Sponsored by Illinois Osteopathic Medical Society

30 hours of Category 1-A CME anticipated, pending approval by AOA CCME

Westin Lombard Yorktown Center, Lombard, IL

For more information: [IOMS@IOMS.org](mailto:IOMS@IOMS.org) or (800) 621-1773, ext. 8174

### Connecticut:

Friday, May 1 – Sunday, May 3, 2009 – Annual Oceanside CME Conference

Sponsored by Connecticut Osteopathic Medical Society

23 hours of Category 1-A CME anticipated, pending approval by AOA CCME, Hartford Hospital designates this educational activity for a maximum of 21 category 1 credits towards the AMA PRA. Hartford Hospital is accredited by the CSMS to provide CME for physicians. At the Mystic Marriott in Groton, CT. For more information: (800) 648-9777 or

[Connecticut@osteopathic.org](mailto:Connecticut@osteopathic.org).

### Idaho

Friday, April 24 – Saturday, April 25, 2009 – 2nd Annual IOPA CME Conference: “The Artery is Supreme”

Sponsored by Idaho Osteopathic Physicians Association

16 hours of Category 1-A CME anticipated, pending approval by AOA CCME. At the Hilton Garden Inn, Eagle, ID. For more information: (208) 890-6327 or [suzie.fred@hotmail.com](mailto:suzie.fred@hotmail.com).

## Training Researchers in Manual Medicine

The 10th Osteopathic Collaborative Clinical Trial Initiatives Conference (OCCTIC), focused on Training Researchers in Manual Medicine, will be held March 23-24, 2009 at The Peabody Hotel in Little Rock, Arkansas, preceding the American Academy of Osteopathy Convocation. This research training conference is geared toward new physician researchers, medical students, residents, fellows and junior faculty.

If you are planning to attend both this training conference and the AAO Convocation, you will need to register for the conferences separately.

Please note that registration for this research training conference includes a reception, two breakfasts, two lunches and four breaks.

For more information about OCCTIC, or to register for the research training conference, please visit [https://cme.hsc.unt.edu:443/eventinfo\\_2113.html](https://cme.hsc.unt.edu:443/eventinfo_2113.html)



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