



SOUTH DAKOTA ACADEMY OF FAMILY PHYSICIANS NEWS

3912 Golf Course Road • Watertown, SD 57201 • (605) 882-3583

President

Mikel Holland, MD
Pierre

President Elect

Jason Knudson, MD
Spearfish

Vice President

Tom Dean, MD
Wessington Springs

Susan Anderson, MD
Canistota

Susan Anderson, MD
Canistota

Secretary/Treasurer
Dan Reiffenberger, MD
Watertown

Resident Members
Bobbie Schneller, MD
Rapid City

Michelle Johnson, MD
Sioux Falls

Student Members
Colleen Zimmeran
Ross Miller
Vermillion

Delegates
Richard Honke, II, MD
Parkston
Margaret Benson, MD
Sioux Falls

Alternate Delegates
Marlys Luebke, MD
Corsida

Past President
Aaron Shives, MD
Watertown

Executive Director
Carletta Hauck
Watertown
carletta@sdafp.org



SDAFP President
Mikel Holland, MD

The Black Hills Winter Ski Seminar in Spearfish was a huge success again this year! Thank you to all of you who attended, all of our sponsors and a special thanks to Carletta Hauck and her family for all they do to make this conference a success! We continue to bring in top notch speakers, and we need to thank Dr. Ruth Thatcher for her dedication to bring in such top notch speakers. If you have not attended the SDAFP winter conference before, or if it has been a few years, please consider attending next year. It is probably quite different than you remember, and recent attendees have said it is well worth the time, and quite enjoyable overall. We look at the comments on the evaluations from attendees, and we will continue to take them into consideration as we plan next year's seminar. There may be even big changes coming!

As I think about the past year and the coming year as president of the SDAFP, I can't help but wonder and worry about what the future of Family Medicine will be like in the next few years. These are exciting times to be involved in our specialty organization. Now more than ever, policymakers are looking not only to the AMA for direction in healthcare policy, but they are especially looking to the AAFP for guidance and direction. As it has been said, we either participate and help guide change, or sit back and then complain when things "aren't the way they should

continued on page 2



Thanks for attending the
2009 SDAFP Winter Seminar!!
We were glad you could make it!



be". One of the AAFP board members has said, "you are either at the table, or you are on the menu."

Things aren't the way they should be now. Primary care physicians and especially Family Physicians have been underpaid, and overworked for far too long. Family Physicians have not gotten the respect that they deserve, but the future is looking brighter for this specialty! Things will continue to improve if we participate and are part of the solution to the nation's healthcare crisis. There is an enormous amount of information about the changes in policy that are being proposed. Sometimes it is difficult to know who is doing what, and specifically, what is the AAFP doing on our behalf. There are undoubtedly issues that Family Physicians can all agree on, and some that we cannot. I think it is vitally important to stay informed on all matters as best you can. I think it is also important to realize that you may not agree with all the changes being proposed, but realize that the current system is not sustainable, and therefore change has to occur. One of the best ways to stay informed on these issues, is to log onto the AAFP website frequently, and sign up for the AAFP news online/emails. One of our goals at the SDAFP is to keep our ear to the ground on what the AAFP is doing or not doing to promote our specialty, and then try to keep our members informed. This is no small task! Please let us know if there is something specifically we can or should do to help in this regard.

Several of us will be attending the Annual Leadership Forum (ALF) in Kansas City again in April of this year. This continues to be an educational conference, and I am looking forward to discussing issues with other chapter presidents. I will specifically be looking for ideas about how state chapters like ours can be involved in the transformation of healthcare, and how we can specifically help our members with the challenges that lie ahead. The SDAFP has started to discuss forming a "primary care coalition" within South Dakota. Other states have done this, and it would consist of representatives from the South Dakota chapters of the ACP, AAP, and AOA. The purpose would be to have a physician based group that local policy makers, and local insurance companies, and others could go to for information and guidance about things such as the Patient Centered Medical Home concept, and other issues that will come up in the near future. This concept would hopefully ensure that the primary care groups are "all on the same page" regarding some of these issues, and would make it a lot easier for policy makers and others to communicate with the primary care doctors of South

Dakota. We will keep you informed on this issue as well.

As always, if there is anything that the SDAFP board can do to help you with any special concerns, please let us know! Carletta, our executive director continues to do a fantastic job, and is always available for questions/concerns.

Please feel free to contact me at anytime as well at mdholland@macpierre.com.

I look forward to a busy year! Have a GREAT SPRING!

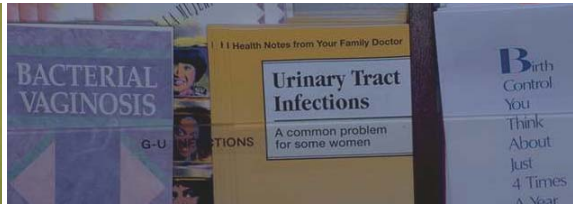
Mikel Holland, MD



New AAFP LearningLink Activity

Practical Aspects of Chronic Pain Management: A Case-based Approach, the fifth activity in the AAFPlearninglink.org Chronic Pain series includes 3 case vignettes that are used to demonstrate and reinforce issues and challenges family physicians often encounter when treating patients with chronic pain: 1) managing a new patient requesting a refill of pain medication, 2) negotiating treatment goals and managing residual pain, and 3) caring for elderly patients with chronic pain.

Approved for 1 Prescribed Credit. AAFP LearningLink activities are free. Register now. (For hard-copy communications: the URL is www.aafplearninglink.org).



South Dakota Family Doctor of the Year

Dr. Martin Christensen of Mitchell was named the 2008 South Dakota Family Doctor of the Year on February 6, at the 2009 SDAFP Winter Seminar held in Spearfish South Dakota. The award was chosen by the members of the South Dakota Academy of Family Physicians.

Dr. Christensen is a family medicine physician currently employed at Mitchell Clinic. Along with his service to the Mitchell community Dr. Christensen has recently retired from a 33 year career in the military. He began his career as a college student completing the Army ROTC program and ended his career as a member of the South Dakota Army National Guard.

He completed medical school at the University of South Dakota from 1976-1980 and completed his Family Practice Residency at Womak Army Hospital, Fort Bragg, North Carolina from 1980-1983. Although he currently lives and practices in Mitchell, throughout his career he has served the communities of Sturgis, Sioux Falls and Ft. Polk, LA.

He has served in three deployments overseas including;
1990-1991 for Operation Desert Storm where he served in various areas throughout the world;
2003- 3 months at Fort Hood, TX for Operation Iraqi Freedom;
2005-2006 14 months for Operation Iraqi Freedom at Camp Anaconda, Iraq.

Throughout his military career he earned many honors for providing service above and beyond the call of duty. He voluntarily stayed longer than the normal 90 day deployment on his second tour in Iraq and earned a Bronze Star for his efforts.

Dr. Christensen and his wife Cindy, a nurse who served with him on his second tour of Iraq, have 8 children. He is a valued member of the American Red Cross in the Mitchell area and



has authorized the disaster health protocols twice. Without his input and expertise, this chapter would not meet the requirements necessary to receive an approved disaster plan rating. Another example of his community involvement is his successful completion of training paramedics over a five year period to ensure they are prepared to respond to all emergencies.

Dr. Christensen has many interests in his community. He is a board member of the South Dakota Fellowship of Christian Athletes and also teaches Sunday School to children at his local church. He has served as chairman and/or member on a variety of committees related to family medicine. He is a past president of the South Dakota Academy of Family Physicians, chairman of the board of the local hospital, president of South Dakota School of Medicine Alumni Association, Colonel in the US Army and Commander of a 300+ member United States Army Hospital.

Please join us in congratulating Dr. Martin Christensen as South Dakota Family Doctor of the Year!



**Dr. Martin Christensen
and his wife Cindy**



Dr. Ken Bertka and his wife Vicki with Governor Huckabee at the 2008 AAFP Foundation Event in San Diego

Kenneth R. Bertka, M.D., FAAFP, CPHIMS, a family physician in Toledo, Ohio, serves on the board of directors of the American Academy of Family Physicians. He attended the 2009 SDAFP Winter Seminar and installed our new officers at the President's Reception. Dr. Bertka also gave attendees an update on the Patient Centered Medical Home.

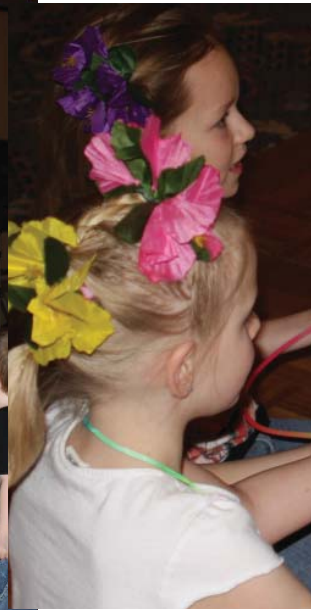
As an AAFP board member, Bertka advocates on behalf of family physicians and patients nationwide to inspire positive change in the U.S. health care system. Additionally, he spent 20 years in a five-physician family medicine practice which he founded and where he served as president. He remains in practice in Toledo, Ohio, where he also serves as chief medical information officer for Mercy Health Partners. In addition, Bertka served six years as co-editor of Core Content Review of Family Medicine. Bertka's career path affirms his commitment to working toward re-engineering the health care system for improved access to a patient-centered medical home for all Americans.

For more on Patient Centered Medical Home go to:
<http://www.aafp.org/online/en/home/membership/initiatives/pcmh/brief.htm>

SAVE THE DATE
February 4-6 2010
2010 SDAFP Winter Seminar
Deadwood, SD
Be THERE!!



**2009 SDAFP
Winter
Seminar
WE HAD FUN!**



**Terry Pespisil; Mike Conner; Boyd Bristow; and
Kenny Putnam
Entertained the crowd at the
President's Reception!**



Dr's Dennis Ries, Aaron Shives, Marlys Luebke and Dan Heinemann shared special anniversaries!

Board Members Dr.'s Dan Reiffenberger, Jason Knudson, Susan Anderson and Tom Dean



AAFP Board Member Dr. Ken Bertka 2009 SDAFP Winter Seminar (installed officers and addressed crowd)

Newly Installed President Mikel Holland, MD addresses attendees at the President's Reception



Dr. Mikel Holland thanks Dr. Aaron Shives for his service



"THANK YOU"
MIDWEST DAIRY
 FOR SPONSORING
 THIS MORNING'S BREAK

- SD VOICES FOR CHILDREN
- APIEDA PHARMACEUTICALS
- WILLMARCK BLUE CROSS - DAVID'S SMITH OF SOUTH DAKOTA
- UNDERGRAD HEALTH SCIENCES INFORMATION CENTER
- UMSH
- NEW JERSEY ACADEMY OF FAMILY PHYSICIANS
- MICHIGAN ACADEMY OF FAMILY PHYSICIANS

- SANFORD HEALTH
- SANFORD LABORATORIES
- BEPRACOR
- GRANLAND SHIPPING SERVICES, PROF. LLC
- SD ARMY NATIONAL GUARD
- SOUTH DAKOTA BEEF INDUSTRY COUNCIL
- SD PARENT CONNECT
- SPENCER INGENUITY PHARMACEUTICALS
- BRIGGS-ANDERS SQUIBB, CO.
- DAVITA CARE
- JIA DENTAL/PEDIATRIC ORAL PROsthodontics
- DOUTH CLINIC
- ELLI WALK
- ROBERT PHARMACEUTICALS, INC.
- ABBOTT
- ACUTE CARE
- AMGEN
- AMERICAN CANCER SOCIETY
- AMERICAN HEART ASSOCIATION
- AETNA
- ACETAMINOPHEN
- AVERA ST. JOSEPH

- MERCK & CO.
- MIDWEST DAIRY
- MOLNIXONE HEALTH CARE
- ORTHOPEDIC INSTITUTE
- PHYSICIAN ASSISTANT'S (SD)
- PEPER
- PRAIRIE LAKE HOSPITAL
- PROCTOR & GAMBLE PHARMACEUTICALS
- GLAXO SMITHKLINE
- CRYSTAL PRINCE TELEHEALTH RESOURCES & ASSISTANCE CENTER
- HUMANA
- HORIZON HEALTH CARE, INC.
- HOSPITAL OPERATIONS PROGRAM SD DEPARTMENT OF HEALTH
- LOS DATA SYSTEMS
- MEDTRONIC



Health Benefits of Cessation

- People who stop smoking greatly reduce their risk of dying prematurely.^{1,2}
- Benefits are greater for people who stop at earlier ages, but cessation is beneficial at all ages.^{1,2}
- Smoking cessation lowers the risk for lung and other types of cancer.¹
- The risk for developing cancer declines with the number of years of smoking cessation.^{7,8}
- Risk for coronary heart disease, stroke, and peripheral vascular disease is reduced after smoking cessation.^{1,2}
- Coronary heart disease risk is substantially reduced within 1 to 2 years of cessation.⁸
- Cessation reduces respiratory symptoms, such as coughing, wheezing, and shortness of breath.¹
- The rate of decline in lung function is slower among persons who quit smoking.^{1,2}
- Women who stop smoking before or during pregnancy reduce their risk for adverse reproductive outcomes such as infertility or having a low-birth-weight baby.²

References

1. Centers for Disease Control and Prevention. The Health Benefits of Smoking Cessation. Atlanta, GA: U.S. Department of Health and Human Services, CDC, Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 1990. DHHS Pub. No. (CDC) 90-8416 [cited 2006 Nov 06]. Available from: <http://profiles.nlm.nih.gov/NN/B/B/C/T/>.
2. Centers for Disease Control and Prevention. Women and Smoking: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, CDC, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2001 [cited 2006 Nov 06]. Available from: http://www.cdc.gov/tobacco/sgr/sgr_forwomen/index.htm.



The Lodge at Deadwood

Will be the location for the 2010 SDAFP Winter Seminar!

The conference will be held February 4-6, 2010. Make plans now to attend! We will be having a SAMs Session on Saturday following the conference so bring the family and plan on staying all weekend long! We hope to see you there!

Important Dates

Sams Session Sioux Falls

August 15, 2009 (tentative)

Congress of Delegates Boston

October 11-13, 2009

2010 SDAFP Winter Seminar

(Deadwood): February 4-6, 2010

NEWS FROM THE RAPID CITY REGIONAL HOSPITAL FAMILY MEDICINE RESIDENCY PROGRAM

Congratulations to our 2009 graduates. Their graduation ceremony is scheduled for June 25th at the Rushmore Plaza Holiday Inn. All of our 2009 graduates will be practicing in South Dakota and Minnesota.

Derrick Dvorak, MD	Mitchell, SD
Alexia Gillen, DO	Rapid City, SD
Jesse Heuer, DO	International Falls, MN
Bobbie Schneller, DO	International Falls, MN

We would also like to welcome our incoming resident physicians:

Tony Castillo, MD West Virginia University School of Medicine; Robert Corprew, MD East Carolina University; Emily Doss, MD Sanford School of Medicine-USD; John Horner, MD University of North Dakota School of Medicine; Andrew Liaw, MD University of Illinois College of Medicine; Rebecca Linqvist, MD Sanford School of Medicine-USD; Gregory Precht, MD University of Nebraska College of Medicine; Sunee Snyder, MD Uniformed Services University of Health Sciences; Mark Travnicek, MD Sanford School of Medicine-USD

Thank You to the following Exhibitor's and Sponsor's of the 2009 SDAFP Winter Seminar!

Abbott
Acute Care
Amgen
American Cancer Society
American Heart Association
Astellas
Astrazeneca
Avera St. Luke's
Avera Health
Boehringer Ingelheim Pharmaceuticals
Bristol-Myers Squibb, Co
DAKOTACARE
Delta Dental/Partnership for Prevention
Duluth Clinic
Eli Lilly
Forest Pharmaceutical
Glaxo SmithKline
Great Plains Tele-health Resource & Assistance Center
Humana
Hospital Preparedness Program
SD Department of Health
LSS Data Systems

Medtronic
Merck & Co.
Midwest Dairy
Molnlycke Health Care
Orthopedic Institute
Physician Assistant's (SDAPA)
Pfizer
Prairie Lakes Hospital
Proctor & Gamble Pharmaceuticals
Sanford Health
Sanford Laboratories
Sepracor
Siouxland Staffing Services, Prof. LLC
SD Army National Guard
South Dakota Beef Industry Council
SD Parent Connect
SD Voices for Children
Takeda Pharmaceuticals
Wellmark Blue Cross & Blue Shield of South Dakota
Wergner Health Science Information Center
Wyeth
New Jersey Academy of Family Physicians
Michigan Academy of Family Physicians

WE APPRECIATE YOUR SUPPORT!!!

A TRUSTED NUTRITION EDUCATION RESOURCE

MIDWEST DAIRY COUNCIL has been a leader in dairy nutrition research, education and communication for more than 90 years. We promote a healthy diet to health professionals and consumers through nutrition education and the use of dairy products.

**FOR NUTRITION EDUCATION TOOLS,
HEALTH NEWS, DAIRY FACTS AND
RECIPES, VISIT:**

- midwestdairy.com
- nationaldairyCouncil.org
- nutrientrichfoods.org
- 3aday.org

MDC *MIDWEST DAIRY COUNCIL*

To order our free nutrition education sampler packet, call toll-free 1-877-487-5033 and request item #100 or #101 for the CD version

Midwest Dairy Council
dairyCouncil@midwestdairy.com





SOUTH DAKOTA ACADEMY OF FAMILY PHYSICIANS

3912 Golf Course Road • Watertown, SD 57201

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT# 1556
SIOUX FALLS, SD

Ask your patients if they use tobacco. Act to help them quit.

Free tobacco cessation resources available
at www.askandact.org

- Quitline Referral Cards
- Posters
- PowerPoint Presentations
- Patient Education Materials
- Lapel Pins
- Pharmacologic Product Guide
- CME
- Group Visits Guide
- Coding Information

Many materials available in both English and Spanish! Shipping charges apply.



AMERICAN ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA

ASK AND ACT
A TOBACCO CESSATION PROGRAM

Ask and Act is supported in part by the Smoking Cessation Leadership Center.