As I write this article I am enjoying the sunshine and warm weather, and YES I am in South Dakota! It looks like spring has finally arrived in the NE corner of the state and I hope everyone is looking forward to all the outdoor activities we can enjoy during our warm weather months. South Dakota has much to offer those who call this widely diverse state home, including dedicated family physicians. I would like to personally thank all the family physicians who provide quality patient care to our fellow South Dakotans every day. However, as we take care of our patients and communities do you wonder how we can continue to provide good care to our patients when it seems like it’s more difficult to attract physicians to the many rural areas of this vast state. This is certainly a topic that I have spent time pondering and the statistics about workforce shortage are sobering.

Based on statistics provided by Jason Lemke with the South Dakota AHEC program we currently have around 417 practicing family medicine specialists in our state and 28% of these physicians are over 59 years of age, 69% are over 44 years of age and the median age of all the family physicians is 52 years. The Graham Center estimates that SD will need an additional 162 primary care physicians by 2030 which is a 27% workforce increase. This compares with an estimated nationwide need for a 15% increase in primary care
physicians. I would encourage you to check out the Graham Center website (www.graham-center.org) as they have some interesting data which supports the need to train more family physicians and place them in rural areas. Unfortunately, our current GME system for resident education trains only 25% of our physicians in primary care specialties and only 5% of these physicians practice in rural areas. On the other hand, of the 18 functioning rural training track residencies, over 50% of their graduates practice in rural locations. This shouldn’t be surprising as 56% of residency graduates will practice within 100 miles of their training location. We need to train our residents near where we want them to practice!

As a graduate of the short lived Sioux Falls Family Medicine Rural Training Track out of Watertown, I can attest to the need for decentralized training opportunities.

Now that I’ve bored you to tears with statistics I’d like to tell you what the SDAFP has been working on to increase interest in medicine as a career and family medicine as a specialty choice. South Dakota has an AHEC (Area Heath Education Center) program up and running and with financial support from your academy and foundation (and others) they were able to start a HOSA (Health Occupations Students of America) program for high school students. We now have 12 chapters in high schools around the state and more than 400 student members who are interested in health care careers. The next step we would like to support is the initiation of HOSA chapters for college students. These efforts were noted by the AAFP and the SDAFP was chosen for their “Chapter Spotlight”, check it out on page three of this newsletter. The start of the FARM program at SSoM which will place 3rd year students in a rural location for 9 months should also be beneficial for increasing interest in rural family medicine. Who knows, maybe South Dakota can even open another Rural Training Track residency in the future!

In April Carletta, Susan Anderson, MD (a past president of the SDAFP, current SDAFP Delegate and new Chair of the Deptartment of Family Medicine) and I headed to Washington to speak with our legislators about the great specialty of family medicine and some of the challenges we are currently facing with workforce development. I feel like our message was well received and it was certainly a learning experience to spend a day on Capitol Hill!

In closing, I would like to thank you for the opportunity to serve my South Dakota colleagues in the great specialty of family medicine. I am proud of the work we do each and every day regardless of the challenges we face. Have a fantastic summer and remember, it’s never too early to start planning for the SDAFP Winter Seminar at the Lodge in Deadwood January 22-24, 2015!!!

Elizabeth Gravley, MD SDAFP President

2015 SDAFP Winter Seminar
When: January 22-24, 2015
Where: The Lodge at Deadwood, Deadwood, SD

| Topics include but not limited to: | Lung Cancer Screening, Pancreatic Cancer, Ovarian Cancer, Dermatological Emergencies, Venous Insufficiency, Pulmonary Hypertension, Stress Tests, PE/DVT’s, Anti-Coagulation Emergencies, Angiodema, Early Childhood Immunizations, Adult Immunizations, And MORE!! |

You don’t want to miss out! Register Early!

Please consider becoming more involved with the SDAFP!

We are looking for MEMBERS interested in serving in the following positions:

- SDAFP Board Member
- Committee Member (Advocacy/Education)
- SDFFM Board Member (South Dakota Foundation of Family Medicine)

Interested? Contact a current Board Member or carletta@sdafp.org
South Dakota is largely rural with a frontier feel, says Anderson, a family physician and past president of the South Dakota Academy of Family Physicians (SDAFP). All of that wide open space is interspersed with pockets of underserved populations, all of whom need a source of good primary health care.

In 2013, the U.S. Census Bureau estimated the state’s population at about 833,000, with a population density of just 10.9 people per square mile, putting it at 46th out of the 50 states. South Dakota also is home to a large American Indian population -- totaling about 9 percent of the state’s total population -- that includes six Indian reservations and three tribal land areas.

Anderson, who in June will take the reins as chair of Department of Family Medicine at the University of South Dakota’s Sanford School of Medicine in Sioux Falls, has been collaborating with others around the state to help ensure a workforce pipeline filled with medical students who will see the need and heed the call to train in, and stay in, the state.

Service Learning Project Opens Eyes, Hearts

In 2012, SDAFP Chapter Executive Carletta Hauck wrote a grant to establish funding that ultimately would take Sanford’s first-year medical students on a required service learning project to the Pierre Indian Learning Center (PILC) (pilc.k12.sd.us), an academic residential facility for American Indian children from kindergarten through the eighth grade.

The children are voluntarily enrolled at the school by parents, grandparents or guardians and often are in need of medical care. For instance, in the 2011-12 academic year, 83 percent of the student body was documented as homeless. Students were treated for multiple ailments, including strep throat, staph infections, urinary problems, skin sores, rashes and ear infections.

“We take children who have not been successful educationally anywhere else,” said PILC Residential Director Robert Hockett. Many of the children come from homes where “learning is secondary,” and home life is part of the problem rather than the solution.

At PILC, “students thrive under the structure the school provides,” said Hockett, who also serves as the school’s social worker. “Here, they have a bed, they have a room and they have a bed time,” said Hockett of the 168 students on campus in April 2014.

This past February, a fresh group of medical students disembarked from a long bus ride to spend some special time with children at the school.

“Our medical students don’t necessarily know the degree of need there is, even in our own state, as far as health care and primary care, and so we try to expose them to that as much as we can,” says Anderson. “We know there aren’t enough health care providers in our rural communities and in reservations in South Dakota,” she says. However, “Family medicine is the flagship department of our medical school, and it’s part of our mission statement to provide family physicians for the people of this state and, particularly, in underserved areas.

“This service trip to Pierre helps to highlight that.”
Medical Students Share Experiences

Medical student Ryan Buse was among the medical students who made the now-annual February trip to the school. The students split into groups to present a mini health fair for students, and Buse’s group focused on nutrition.

Buse first entertained the children with audience-participation magic tricks and then transitioned into a discussion about making good food choices “During the card tricks, their eyes lit up, and I knew they were ready to listen to the important stuff,” he told AAFP News.

Keely Krolikowski was on the same bus trip, but chose an alternative school site option -- St. Joseph’s Indian School(www.stjo.org) in Chamberlain, S.D., also a residential facility for Indian students.

Krolikowski told AAFP News that during her visit, the high-school students initially seemed distant. But when Krolikowski revealed her upbringing on South Dakota’s Pine Ridge Indian Reservation, the atmosphere changed.

As this first-year medical student began to break down the social barriers, the high-school students seated around her began to see a glimpse of what could be their futures.

“We all started at the same place. You can better yourself,” Krolikowski recalls telling the group after supper as she encouraged them to consider health care careers and investigate Indian Health Service scholarship programs. “You’ve just got to be willing to put in the work and the dedication,” she told them. Looking back, Krolikowski says the trip to Chamberlain solidified her decision to become a family physician and to return to the culture and environment where she was reared. “That’s where I fit, and because of my background as a tribal member, maybe I will be able to make a difference,” she says.

That kind of outcome is exactly what Anderson likes to hear. “Statistics bear out that often members of diverse populations will go back to serve their population as a health care provider. So we need to engage those young people and get them interested and help them succeed in a health care field,” says Anderson. “And then, if they desire it, they can go back and serve their family and friends.”

American Indian children and adolescents who are residents at the Pierre Indian Learning Center gather around visiting medical students for a presentation on personal hygiene.

Medical students visiting the Pierre Indian Learning Center pose in front of their nutrition poster as they prepare to talk with the students about making healthy food choices.
Organized Programs Gain a Foothold

Getting South Dakota students to think about careers in medicine is an ongoing project on many fronts. For instance, the federally funded Area Health Education Center (AHEC) program (www.usd.edu) now sports two centers in the state.

The idea behind AHECs, a nationwide program that launched in 1971, “is to get kids interested in health care careers and get them trained and into areas of need,” says H. Bruce Vogt, M.D., the soon-to-retire chair of Sanford Medical School’s Department of Family Medicine and the current program director for the state’s AHEC.

In 2012, the South Dakota AHEC launched the state’s first Health Occupations Students of America (HOSA) program (www.hosa.org). In just one year with financial support from the SDAFP, the HOSA program -- an outreach initiative designed to introduce primarily high-school students to health care career possibilities -- grew from seven chapters and 284 student members to 12 chapters and more than 400 members.

“It’s a great thing for our state, and it’s all about health occupations,” says Vogt.

“The South Dakota Academy provides tremendous organizational support of the medical school and the AHEC and HOSA programs, and is an extremely close partner in all of these activities,” Vogt adds.

Looking to the Future

Elizabeth Gravley, M.D., was installed as the SDAFP president in February. She told AAFP News that for nearly 16 years, she has provided clinical, hospital, emergency room and nursing home services for patients in her rural community of Webster, population 1,800.

She feels fortunate to have graduated from the state’s short-lived rural training track residency. “The year I graduated from the residency, the rural program was discontinued due to lack of funding,” says Gravley. “The program directly contributed to my decision to pursue rural medicine in South Dakota,” she adds.

Gravley says she is “acutely aware” of the importance of how South Dakota’s aspiring physicians are trained. “Training students and residents in community-based settings and providing access to rural experiences will encourage our future family medicine specialists to practices in rural locations,” she says.

According to Gravley, the SDAFP’s decision to fund the HOSA program was directly tied to the chapter’s ability to share the story of family medicine with high-school students, get involved with those students in their communities and then encourage them to pursue careers within the field of medicine.

After seeing the tremendous success of the high-school HOSA, Gravley would like to see the SDAFP fund a HOSA chapter for college students. But beyond that, she has an even bigger dream. “Much larger future goals for the South Dakota AFP would be to support any and all efforts to reinitiate a rural residency training program in family medicine,” says Gravley. © AAFP
Thomas (Tom) Dean, MD of Wessington Springs, SD was recognized as the 2014 South Dakota Family Doctor of the Year by the membership of the South Dakota Academy of Family Physicians (SDAFP) during its annual Winter Seminar held January 30-February 1, 2014 in Deadwood, SD.

Dr. Dean was chosen to receive this honor because of his long-standing dedication and commitment to medicine, his community and the welfare of his patients. He is not only interested in his patients; he is concerned about the health and safety of all South Dakotans and Americans, as evidenced by his participation on many committees and task forces state and nation-wide.

After graduation from Wessington Springs High School in 1963, Dr Dean then earned his B.A. in Biology at Carleton College in Northfield, MN in 1967. He received his medical degree with a distinction in research at the University of Rochester School of Medicine and Dentistry at Rochester, NY in 1972, and completed his internship/residency at the University of Washington in Seattle, WA in 1975.

After a short time as a Staff Physician and Medical Director in Hyden, KY, Dr. Dean returned home to Wessington Springs. He has been employed by the Community Health Center organization now known as Horizon Health Care Inc since he returned in 1978, providing 36 years of dedicated service and care to his community.

Dr. Dean served as a board member from 2007 through 2010 and in 2012 was President of the SDAFP. He has also held leadership positions in other organizations including Community Counseling Services (Huron), Wessington Springs School Board, Wessington Springs Area Foundation, SD Foundation for Medical Care, Avera Health System, Avera Health Plan and the Bush Foundation Medical Fellowship. He has served on numerous committees and advisory boards in his community, state, and nationally.

He was chosen Practitioner of the Year for the Rural Health Association in 2009. He served as a commissioner on the Medicare Payment Advisory Commission (MedPAC) from 2007-2013 serving 2 terms that were appointed by the Comptroller General. Dr. Dean has numerous awards and honors that cannot all be listed here.

He is a Clinical Professor of Family Medicine for USD Sanford School of Medicine, and mentors medical students through 4 week long rotations at his office for 1st, 2nd and 4th year medical students. His enthusiasm for rural family medicine is well known and he has undoubtedly inspired many careers in that field.

Sharing in his success is his wife of 41 years Kathy. They also have three children Gwyneth, Alex and Carl, and five grandchildren.
Lactose intolerant? That doesn’t mean you can’t continue to reap the benefits of a cold, refreshing glass of milk or other dairy products. See what keeping milk in your regular diet can do for your body (hint: it’s good).

**BENEFITS FOR Bones AND Beyond**

Milk is chock-full of vital nutrients like vitamins and protein that are good for your entire body.

- **Ca**
  - Calcium (30% DV)
  - Helps build and maintain strong bones and teeth; plays an important role in nerve function, muscle contraction and blood clotting

- **P**
  - Phosphorus (25% DV)
  - Works with calcium and vitamin D to help keep bones strong

- **A**
  - Vitamin (10% DV)
  - Important for good vision, healthy skin and a healthy immune system

- **PROTEIN**
  - 16% DV
  - Helps build and repair muscle tissue; high quality with all essential amino acids

- **D**
  - Vitamin (30% DV)
  - Helps absorb calcium for healthy bones

- **B2**
  - Riboflavin (25% DV)
  - Helps convert food into energy - a process crucial for exercising muscles

- **K**
  - Potassium (10% DV)
  - Helps regulate the body’s fluid balance and maintain normal blood pressure

- **B12**
  - Vitamin (20% DV)
  - Helps build red blood cells and maintain central nervous system

- **B3**
  - Niacin (10% DV)
  - Important for the normal function of many enzymes in the body

Source: MyPlate, MilkPEP, USDA National Nutrient Database, Hood®

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LACTOSE INTOLERANCE

Making the Most Out of Milk
People who are lactose intolerant don’t have enough lactase, the enzyme that breaks down lactose (a sugar naturally found in milk), in their digestive system.

If you are lactose intolerant, it’s still possible to eat dairy foods - the key is to learn what works best for you. There’s an option to meet most needs in the dairy case ranging from lactose-free milk to natural cheese and yogurt.

You can also mix milk with other foods. Blend with fruit, include in soups and cereal or drink milk with meals. Solid foods help slow digestion and allow the body more time to digest lactose.

LOWFAT (1%) milk & LOWFAT (1%) LACTOSE-FREE milk

Lactose-free milk is real cow’s milk, just without the lactose. And it provides the same essential nutrients, including those that many people fall short on.

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Brought to you by: Midwest Dairy Council
Dr. Vogt officially retires as Chair of the Department of Family Medicine of the USD Sanford School of Medicine on June 21, 2014. The Department of Family Medicine is hosting a reception for Dr. Vogt at the USD Health Science Center on Friday June 13, and the school is holding a dinner in his honor at the Minnehaha Country Club in Sioux Falls on June 20. He will continue with the schools of medicine and health sciences on a limited, part-time basis including continuing to serve as Medical Director of the USD Physician Assistant Studies Program into December. He will also remain involved in educational research.

Dr. Susan Anderson will begin her tenure as the 4th Chair of the Department of Family Medicine and Program Director of the South Dakota Area Health Education Center on June 22, 2014. She comes to this position well-prepared as a former Director of Clinical Foundations, former Director of the 4th Year Rural Family Medicine Clerkship, and the current Vice Chair of Clinical Foundations and Rural Medicine.

Dr. Roy Mortinsen has been named Director of Clinical Foundations (formerly Introduction to Clinical Medicine) as of May 1, 2014. Dr. Mortinsen is an Associate Professor in the Dept. of Family Medicine. Dr. Mortinsen succeeds Dr. Anderson as director.

The Department of Family Medicine and the Office of Medical Education of the school are actively recruiting a new Director of Frontier And Rural Medicine (FARM). If you have an interest in the directorship position, please contact Dr. Anderson (357-1500; Susan.Anderson@usd.edu) or the Chair of the Selection Committee, Dr. Valerie Hearns, Vice Chair for Curriculum (357-1500; Valerie.Hearns@usd.edu). The first cohort of students will be on-site at their rural training sites this June.

Drs. Vogt, Ed Simanton, Matt Bien and Susan Anderson had a paper entitled “Student Perceptions of Their Value to Patient Care” accepted for publication in South Dakota Medicine. The publication date has not been determined.

Dr. Susan Anderson has been selected to participate in the Executive Leadership in Academic Medicine (ELAM) program. This is a highly competitive national program dedicated to preparing women for leadership positions in schools of medicine, dentistry and public health. ELAM is an intensive one-year fellowship program of face-to-face and virtual executive education, personal leadership assessment and coaching, and networking and mentoring activities and events.

Dr. Valerie Hearns was notified of the publication of the case study she first authored entitled “Asthma Exacerbation (Adult) Blended Simulation” on the MedEd PORTAL website. This is a peer reviewed electronic publication of the Association of American Medical Colleges.

First-year medical students from the University of South Dakota’s Sanford School of Medicine pose for a photo inside the South Dakota Statehouse in Pierre. The annual excursion allows the students to meet with state legislators.

If you missed the opportunity to attend the ER/LA Opioid REMS Session at the SDAFP 2014 Winter Seminar that was offered from the California Academy of Family Physicians through the Collaborative for REMS Education (CO*RE) you can go online and take advantage of one of 4 free webinars.

http://www.familydocs.org/online-enduring/collaboration/core
Developing the healthcare workforce pipeline requires exposing kids to health careers, providing healthcare experiences and building relevance from school curriculum to careers in healthcare. South Dakota HOSA – Future Health Professionals continues to grow. Currently, we have over 430 SD HOSA members in 12 chapters! That is a growth of over 53% from its inaugural year.

250 HOSA delegates from across the state competed in the 2nd Annual SD HOSA State Leadership Conference on April 3-4. Over 37 champions were crowned during the two day event in Physical Therapy, Biomedical Debate, Medical Photography, Health Career Display, Pathophysiology, Medical Math, CPR/First and a host of other events. $2500 in scholarships was awarded to six senior HOSA members planning to pursue a health care career. Also, a new HOSA State Officer Team was selected: Conner Hickman-president (Sioux Falls CTE HOSA), Briana Gross-president-elect (Harrisburg HOSA), and Abigale Miller-secretary/social media (Dakota Valley HOSA).

A record number 55 HOSA delegates will represent South Dakota at HOSA’s National Leadership Conference on June 25-28 in Orlando, FL. At the conference, students have the opportunity to attend three large assembly general sessions, over 30 academic sessions, and compete against the top HOSA delegates across America for awards and scholarships. The 2014 Keynote is world renowned astrophysicist and author Dr. Michio Kaku!

If you would like more information about the South Dakota HOSA please visit the SD HOSA website: www.sdhosa.org or email the South Dakota HOSA State Advisor Brock Rops at Brock.Rops@usd.edu or call him at 605.357.1576.
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Clinical Laboratory of the Black Hills

Thanks to all who attended the 2014 SDAFP Winter Seminar!!!