



THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON

Family Medicine Residency

UAFMRP Newsletter

SUMMER 2018

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From the Program Director...

Our new academic year is off to an exciting start. Our program's participation in the collaborative sponsored by the Association of Family Medicine Residency Directors and UCSF's Center for Excellence in Primary Care inspired a new change to improve our practice and ambulatory education for our residents. This change, called the Alvernon Practice Transformation, focuses our interns' clinical experience on foundational inpatient experiences (Inpatient Family Medicine, Inpatient Pediatrics, Inpatient Obstetrics) with equal focus on the outpatient family medicine practice. Our interns will alternate two weeks on inpatient services and two weeks of an immersive outpatient experience in the family medicine center. With our interns in clinic more regularly, we propose that this change will:

- Make patients happier! It'll be easier for patients to follow up with their PCP.
- Make interns happier! Being in clinic regularly provides greater continuity in the office and increased teaching opportunities during intern year.
- Make staff happier! Having interns in the clinic regularly will facilitate team based care.
- Better prepare graduates to lead interdisciplinary teams to manage their patient panel.

Our program's strong inpatient training will be maintained—there will be no change to the time spent on our family medicine inpatient service. Our new interns have embraced this change, forging relationships with the clinical staff on their teams, decorating our new resident lounge to create a positive work space for administrative time, and lobbying for further curricular change! We're studying the effects of this "2+2" (referring to 2 weeks of inpatient followed by 2 weeks of outpatient) structure to help guide future curricular changes.

As I wrote in my last newsletter, one of our program's priorities this year is provide our residents more clinical learning opportunities for integrative medicine while working with underserved populations. Dr. Ingrid Patsch is leading our Integrative Medicine Clinic where residents work alongside our integrative medicine fellows, creating plans that combine evidence based treatments from both traditional medicine and complementary and alternative approaches to meet the needs of our patients.

Finally, we welcome Dr. Evelinda Gonzales as our newest faculty member! Dr. Gonzales has returned to Tucson after completing residency at the University of New Mexico and working as a full-spectrum family physician in rural New Mexico. She brings a wide skill set and passion for working with underserved communities. Dr. Elizabeth Moran also returned in July after working in New Zealand for the past year—welcome back! With our team full, we look forward to making progress on our goals for 2018.



View from new resident lounge of monsoon storm approaching.

Our mission is to prepare physicians to provide excellent family-centered, community-responsive care, with an emphasis on diverse and underserved populations.

Our program's core values:

- ◆ Promotion and valuing of diversity
- ◆ Working with underserved populations
- ◆ Creation of a positive and supportive learning environment
- ◆ Maintenance of strong, well rounded academics

Congratulations Class of 2018!



This year's ceremony was held on Saturday, June 23, 2018 at the Arizona Inn Resort.

Alessandra Clark

Sydne Ford

Mary Garcia-Kumirov

Ryan Howard

Jacqueline Huynh

Raysenia James

George Schatz

Zachary Sprague



Left to Right: Ryan Howard, Jacqueline Huynh, Sydne Ford, George Schatz, Mary Garcia-Kumirov, Zachary Sprague, and Alessandra Clark.



Sydne Ford receiving her residency completion certificate.



Dr. Carlos Gonzales doing a tradition native American blessing for Dr. Taiwona Elliott.

Awards:

Society of Teachers of Family Medicine
Teaching Resident of the Year:

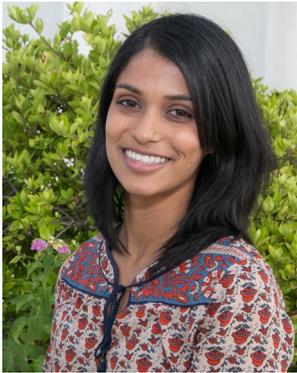
George Schatz, MD

Tucson Family Advocacy Program
Resident Advocacy:

Ryan Howard, MD



Welcome Class of 2021!



Ambereen Ahmed, MD



Sumbal Akhter, DO



Nicolette Barbour, MD



Bryan Brown, DO



Andrew Janicki, MD



Jerian Javaherian, DO



Leticia Moedano, MD



Jennifer Veaco, MD

Spanish Language Health Disparities Track

Written by Amy Rogers, second year resident

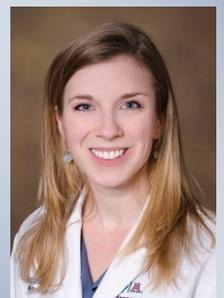


I am excited to be able to participate in the Spanish Language and Health Disparities track because I plan to work with Spanish speaking populations for the rest of my career. Prior to medical school, I lived in Honduras for two years working for a medical organization and teaching high school math and science. This experience helped to shape my goals for my career and my love of speaking Spanish. I went into medicine to work with underserved populations and plan to work in a FQHC in a primarily Spanish speaking area. I also hope to spend part of my career working in global health education. My dream is to continue working in hospitals in Latin America teaching ultrasound and continuing to learn from the active exchange of information that occurs through global health work. It will also give me an opportunity to speak Spanish as much as possible and connect with residents who want to do the same.

The Spanish Language/Healthcare Disparities Distinction Track is a two year program designed to improving a resident's medical Spanish language proficiency for the purpose of enhancing the care we provide to our many Spanish speaking patients. Our monthly language didactic sessions are led by Jaime Fatás-Cabeza, University of Arizona's Director of the Undergraduate Translation and Interpretation Program who is a certified court and healthcare interpreter. Additionally we participate in monthly luncheons which serve as an informal way to practice our Spanish skills with fellow residents. We are also provided with supplementary online study materials and access to Canopy Medical Spanish Online Training. In addition, the participants in the Distinction Track host bi-monthly forums for all residents, faculty and staff on topics related to health disparities within our Tucson community and abroad.

New Chief Residents

Christine Chan (top) and Erica Gadzik (bottom) will represent the residents as our chief residents for this year.



Spotlight on Second Year Resident, Nate Harris



Q: Where did you relocate from?

A: I'm relocating from Cincinnati, OH.

Q: How have you adjusted and what do you enjoy most about Tucson?

A: I have adjusted to (the weather) with time. The lack of humidity makes the heat tolerable. I enjoy Tucson's mountainous landscape and population diversity. The commute to and from work is quite scenic despite being in the city.

Q: Do you have a favorite restaurant?

A: Several: Seis Kitchen, Caffe Torino, and Wildflower

Q: How do you unwind from the schedule of a First Year Resident?

A: Exercise (biking or jogging) and a nice family dinner! :)

Q: Any advice to future First Years?

A: Be sure to get good sleep and to eat a healthy diet. Residency is a time where it can become easy to stop caring for yourself when trying to care for others. Also, be sure to not neglect your passions whether it be working out, dancing, film, or (insert hobby here), there is still time to enjoy yourself.

Congratulations!



Congratulations to Amy Rogers for being chosen to serve as the voice of residents in Arizona as the AzAFP Resident Director and was selected to receive a 2018 AAFP Foundation Family Medicine Leads Emerging Leader Institute

Scholarship.

Emerging Leader Scholars are assigned to one of three tracks (Policy & Public Health, Personal & Practice and Philanthropic & Mission-Driven) and participate in ongoing workshops over a 1-year period, and complete a Leadership Project with a Family Medicine Mentor.

Banner Employee Assistance Program



Log into the portal.bannerhealth.com to find helpful resources and information for when life happens.

Expressions of Clinician Well-Being

Written by Mari Ricker, Director of Well-Being for GME

Please join me in congratulating our own Dr. Jacqueline Huynh for having her painting selected by the National Academy of Medicine to be displayed in a national gallery in Washington D.C. on May 2nd for the National Academy of Medicine's Expressions of Clinician Well-Being nationwide art project. I am incredibly proud of Jacqueline for the bravery she has shown in sharing such a vulnerable time in residency on the national stage.



"A part of a series, Haunted, reflects the worst emotional time during my residency. Lost, grieving, depressed, and feeling helpless, I turned to painting on the recommendation of a colleague to express my emotions and purge myself of the negativity which weighed me down. At times, I felt I was haunted by the patients I lost. I felt suffocated by the demands on my time and the ever-increasing administrative needs of the medical field. I felt drained. Haunted reflects those unseen spirits I felt, shadowing me constantly, day and night. But It also has another meaning: the specters were gathered for another funeral, my spiritual death. In this time, I felt as though I had lost my soul, and in mourning the loss of a dream. I had burned out. I was ready to walk away from the medical field." Jacqueline Huynh, graduate of 2018.



"Haunted" Painting by Jacqueline Huynh.

UA Family Medicine Residency Education Fund

Please consider making a charitable gift to the University of Arizona Family Medicine's Residency Education Fund. The link to donate is on our homepage at <http://fcm.arizona.edu/residency>.

Tax-deductible gifts to this fund will ensure that every resident can attend a national conference and present their important research. These types of experiences are an invaluable component of their residency training!

Recent Teaching Day Guest Speakers:

Health Care Disparities Forum:
Microaggressions

Aug. 9 1:30—4pm
Dr. Francisco Moreno

Sleep, Alertness and Fatigue
Education in Residency

Aug. 9 4-5pm
Dr. Mari Ricker, Director of Resident Well-Being for Graduate Medical Education, University of Arizona

Pre-exposure prophylaxis

Aug. 16 2-3pm
Drs. Taiwona Elliott and Ravi Grivois-Shah

Sepsis Pharmacology

Aug. 23 4-5pm
Dr. Jamie Natkowski, Clinical Pharmacist, Intensive Care

Ultrasound Skills workshop

Aug. 30 1-5pm
Dr. Androuw Carrasco, Alumni 2017, SonoSim

Menopause:

Sep. 13 230-330pm
Dr Grivois Shah, Medical Director of Alvernon FCM

Case series workshop: Hormone therapy and more

Sep. 13 330-430pm
Dr. Dana Reed-Kane, Reed's Compounding Pharmacy

Obstetric Sim-Lab -- AZTEC lab

Nov. 29
Dr. Taiwona Elliott and the FCM Faculty

Sign up for High School Football!

Dr. Beach is coordinating physician coverage for local high school football teams and looking for resident volunteers! Interested residents will be assigned to a team (possibly share a team with another resident) and will need to be present for each home game (approx. 5). Residents will be paid \$100 each game covered.

Please email Dr. Beach for more information.



Integrative Medicine Tip: Naltrexone—An Old Drug, but a New Tool in Chronic Pain Epidemic

Written by George Schatz, Integrative Medicine Fellow



Naltrexone is a medication FDA approved to treat Opiate use disorder when administered in 50mg tabs once daily, but when used at doses 1/10th this dose (1.5-4.5mg qhs) it results in a transient blockade of Opiate Growth Factor Receptor – leading to a Proopiomelanocortin mediated increase in systemic Beta Endorphin levels, which provides an analgesic effect. (Patten 2018). One simple pilot study in Fibromyalgia (Younger 2009) demonstrated a 30% reduction in pain symptoms over placebo, and set the stage for a larger more robust trial which corroborated these findings (Younger 2013). Interestingly enough in these trials, a correlation was found between baseline inflammation levels (ESR/CRP) and clinical effectiveness. Multiple other reviews corroborated the evidence that LDN provides an effective, highly tolerable and inexpensive treatment for fibromyalgia (Metyas 2017), and one case study even demonstrated an increase in pain threshold by use of the Cold Pressor Test (Ramanathan 2012). Various other case studies showed improvement in pain scales and functionality for Complex Regional Pain Syndrome (Weinstock 2016), Chronic Low Back Pain (Ghai 2014), as well as one RCT in MS (Cree 2010).

How much do I give? Begin at 3mg, increase to the max dosage of 4.5mg as indicated.

NOTE: This is much lower than the standard 50mg dose typically used in addiction medicine.

How should patient's take it? Always take QHS. Given the natural increase in endorphins at night time, blocking the receptor right before bed provides for the most robust rebound in endorphins.

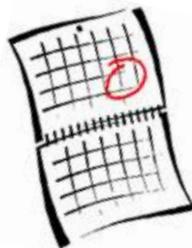
How do I order it? Must be ordered from a compounding pharmacy. I prefer Reed's Pharmacy.

How much does it cost? \$95 for a 3 months' supply. \$58 for 1 month's supply.

Can my patient still be on opiates while taking LDN?: No. A few breakthrough doses of medication here and there (ie ED Visit) will be fine, but chronic opiate use is a contraindication to use of LDN, as they will nullify each other's effect and may even precipitate withdrawal. In fact, I have successfully used the goal of starting LDN as a tool to help motivate patients to wean off their chronic opiates.

Are their other uses for LDN? Yes! Given its immunomodulatory effects it has shown to improve symptoms in certain autoimmune diseases such as IBD, and MS, as well as some case studies/pilot trials showing a beneficial effect in various cancers. (Patten 2018).

Important Dates...



Yoga with Dr. Cox	Sundays 11—12pm
Initial classes free then \$10.	
Location: Fit Body Boot Camp on 6430 N. Swan Rd.	
AAFP National Conference	Aug 2—4
Kansas City, MO	
Core 2 Rotation	Aug 13-26
AZ Refugee Resettlement Summit	Aug 29-30
Core 3 Rotation	Oct 9—19
AAFP FMX Conference	Oct 10-12
In-Training Exam	Oct 25



Alvernon News and Updates

AAFP Adolescent Immunization Best Practices Summit

Excerpt from Jessie Pettit, Program Director



Congratulations to Jacqueline Huynh who applied and was accepted to present the AAFP DIY Immunization Grant findings and lessons learned at the AAFP Adolescent Immunization Best Practices Summit this July. The Alvernon Family Medicine Center will also receive a \$1,000 for demonstrating how adolescent immunizations rates increased. Jacqueline's submission also won one of the High Performer's Award. The selection committee honors five family physicians with the High Performers Award to recognize those family physicians who are going beyond the Healthy People 2020 targets and goals for one or more adolescent vaccines. "High Performers Award" awardees will have the opportunity to present the outcomes from the Adolescent Immunization Best Practices Summit proceedings at AAFP's FMX conference.



Christine Chan, R3 and Katie Hartl, R3 with fellow Family Medicine physicians at the Association of Family Medicine Residency Directors Advocacy Summit



Want to see what resources Banner Health has to offer for residents and faculty?:

<https://azhin.org/bannerhealth/>

Help Support Reach Out and Read

Reach Out and Read promotes childhood literacy by providing age appropriate books to children during their doctor visit. In the past, the ROR program has been sustained through community sources of funding but these sources have dwindled in the past year.

You can write a check payable to: UAF/Family Medicine.
In the memo write: Alvernon Reach Out and Read or Alvernon ROR.

Checks can be mailed to:
Department of Family and Community Medicine
PO Box 210491, Tucson, AZ 85711



New Faces at Alvernon

Welcome back **Dr. Liz Moran!**

Dr. Moran has returned from a year long hiatus in New Zealand. She will be precepting in the Family Medicine Clinic at Alvernon.

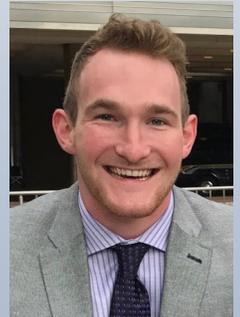


Dr. Evelinda Gonzales, is our newest faculty member to join us. She is a graduate from The University of Arizona College of Medicine and went to residency and then was hired as faculty at the University of New Mexico in Albuquerque.

Will Collins, is the new AmeriCorps VISTA volunteer at the Alvernon Family Medicine Clinic.

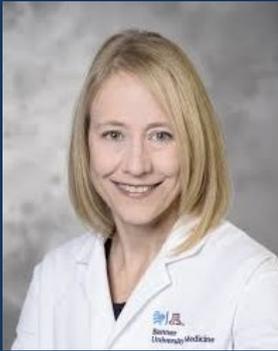
Still new to Tucson, I graduated this past May from St. Olaf College, a small liberal arts school South of Minneapolis, Minnesota. Here I majored in Chemistry and followed the pre-medical tract, and have hopes of going to medical school after my year of service with the AmeriCorps. Before St. Olaf, I grew up in Glen Ellyn, Illinois, a western suburb of Chicago, where I lived for my entire life up until college.

Will can be reached at:
William.collins@bannerhealth.com.



Faculty and Alumni News...

Spotlight on Faculty Member, Dr. Ingrid Patsch



Q: Where did you go to medical school and do residency?

A: Med school – University of NV School of Medicine;
Residency- USC-PIH FM Residency Program; Whittier, CA

Q: How long have you been teaching?

A: Formally, as faculty, since 2002

Q: What do you enjoy most about teaching residents?

A: I love the continuous learning and exchange of ideas that occurs daily when I am with residents--It keeps me honest, up to date, and is NEVER boring!

Q: How do you de-stress? Any hobbies?

A: Love spending time with my husband, 4 kiddos, 2 dogs – movies, outdoor activities, camping, and ultimate frisbee are regular routines, but I also enjoy Yoga when I can fit it in.

Q: What do you enjoy most about Tucson?

A: I love the wildlife and the easygoing “small town” feel Tucson offers. I am still new so am still exploring, but look forward to continually finding “faves”...

Q: Do you have a favorite restaurant?

A: favorites (so far), include Tumericco, Upper Crust Pizza, Tantias 33, and Culinary Dropout so the kids can get their “wiggles” out

Q: Any words of wisdom for current residents?

A: “Be a sponge” and soak every opportunity up that you can. Although family medicine encompasses lifelong learning, use this time wisely to jump right in, make mistakes, and try EVERYTHING. Especially, try to do the things you dislike most or fear—you might be surprised by the outcome!

Congratulations!



Mari Ricker has been appointed as the Director of Resident Well-Being for residency and fellowship programs at both UACOM-Tucson and UACOM-South Campuses. Dr. Ricker is tasked with development and oversight of a multimodal approach to enhance professional relationships, encourage resident/fellow and faculty well-being as well as educating faculty and trainees regarding burnout that meets the standards of the Accreditation Council for Graduate Medical Education (ACGME)’s new Common Program Requirements, effective July 1, 2017.

Contact: gmewellness@email.arizona.edu



Next Book Club is August 13th!

Location: Dr. Moran’s home

Book this month is: The Feather Thief

By Kirk Wallace Johnson

2018 Sharon A. Fullmer Legal Aid Attorney Year Award

Congratulations to Anne Ryan, Esq. for receiving the 2018 Sharon A. Fullmer Legal Aid Attorney of the Year Award!

The Sharon A. Fullmer Legal Aid Attorney of the Year award recognizes lawyers in Arizona whose service to low-income people encompasses both aggressive advocacy on behalf of individuals in extreme need as well as impacts advocacy designed to address systemic issues affecting significant numbers of low-income people.



Surrounding Anne Ryan is the current and past presidents of the State Bar of Arizona Board of Governors, Jeffrey Willis (current, left) and Alex Vakula (past, right).

Anne Ryan is a tremendous resource for the Alvernon Family Medicine Clinic and Family Medicine Residency Program. Advocating for patients by teaching them about the importance of knowing their rights and helping them apply for community resources they otherwise would not have known about. Her commitment to teaching residents how they can advocate for their patients means her compassion and resourceful skills expand further than Tucson and Arizona.

Update on Alumni, Dr. Barbara Eckstein, Class of 2013



Hello fellow colleagues of the best medical specialty around! I graduated from University of Arizona Family Medicine Residency in 2008, joining on as faculty immediately thereafter. During my five-year tenure with the university, my work included serving as associate program director for the residency, medical director for the Alvernon Family Medicine Clinic, Epic Ambulatory Physician Champion, attending in the clinic, as well as maintaining my own panel and participating in MCH.

In 2013 my wife and I decided to try out her state of origin, North Carolina, and boy was it hotter and more humid than I could handle! While there, I worked for the University of North Carolina in a Raleigh, NC community psychiatric hospital, providing medical care for psychiatric inpatients as well as participating in an exciting new primary care co-location clinic for seriously mentally ill patients.

Ultimately, we missed Tucson and our friends too much and after 18 months returned to Tucson. I am currently working for CareMore, a Medicare Advantage plan that also provides direct patient care, and I love it! Being both the insurance company and the provider is a fascinating model, and I believe the healthcare of the future. I am so excited about the model of care that we collaborated with the residency program to create a geriatric rotation. I hope the residents find their experience as interesting and fun as we find having them with us. It feels great to be back in GME!

Saving the best for last, I am happily married to Marnie Lamm (UofA Family Medicine graduate 2009). Three years ago, we welcomed our son Luca into our lives and found out it is true what they say – being a parent is the hardest job ever! But it's also the most fun and rewarding, and I wouldn't trade it for the world.



Residency Faculty Retreat Hacienda del Sol May 31—June 1, 2018



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Our mission is to prepare physicians to provide excellent family-centered, community-responsive care, with an emphasis on diverse and underserved populations. We combine a tradition of excellence in education with the freedom and support to focus training to suit your goals. Unique aspects include integrative medicine training, team-based clinic model, mobile health, maternal-child service, and adult inpatient at a community teaching hospital.

Jessie Pettit, MD, IBCLC
Program Director

Taiwona Elliott, DO
Associate Program Director

Kelsey Gender
Program Manager

Like us on Facebook!



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Program Coordinator

Questions/Concerns:
jhoyer@email.arizona.edu

Pearls January to June

Speaker/Topic

Leila Ali-Akbarian

- Patient Health Questionnaire-2

Colleen Cagno

- CRAFT 2.0 Screening
- Edinburgh Post Partum
- Functional Assessment and the Older Adults
- Canes
- Orthostatic Vital Signs...The Evidence
- AAFP Top 20 Studies 2017
- Abdominal Bruit in Resistant Hypertension
- "S3" High Positive Likelihood Ratio for Diagnoses of Congestive Heart Failure in patient with shortness of breath
- Epistaxis

Taiwona Elliott

- Anxiety
- Postpartum Depression
- Insomnia
- Gestational Diabetes Mellitus
- Osteoporosis
- Diabetes
- Pityriasis

Carlos Gonzales

- Pityriasis Rosea
- End Stage Renal Disease Palliative Care
- Pharmacologic Therapy for Acute Pain
- Teens Smartphones and Depression
- Desiccated Thyroid Extract (Armour Thyroid vs Levothyroxine Paper)
- Cardiovascular Events and Canagliflozin vs other type 2 diabetes management medication
- Erectile Dysfunction
- Derm Insect Bites of the Desert
- New Anticoagulants Edoxaban
- Medications for Peripheral Neuropathy

Ravi Grivois-Shah

- Attention-Deficit/Hyperactivity Disorder (ADHD) Treatment
- Adult ADHD Diagnosis

Anna Landau

- Tremors
- Osteoporosis
- Neonatal Tetanus
- World Tuberculosis Day/ Latent Tuberculosis Treatment
- Cutaneous Larva Migrans
- Chagas Disease
- Cardiac Preoperative Evaluation
- Neurocysticercosis
- Congenital Cytomegalovirus Photo Quiz

Craig McClure

- Mortality Predictor Over Age 50
- Sleep Disorders in the Elderly
- Delirium, Anti-Psychotics
- Gestational Diabetes and Metformin
- Postmenopausal Treatment of Low Vitamin D
- Primary Aldosteronism
- Primary Adrenal Insufficiency
- Tubes for Otitis Media
- Otorrhea with Tympanostomy Tubes

- Common Skin Rashes in Children
- Troponin in Low Risk Patients
- Mortality Predictor
- Cerebellar Tests
- Osteoporosis Screening in Older Women
- U.S. Preventive Services Task Force Screening (Intro)

Ingrid Patsch

- Round Table Clinical Questions
- Benign Prostatic Hyperplasia
- Emergency patients
- Benign Prostatic Hyperplasia Drugs
- Prescribing for Geriatric patients
- Cerumen Impaction
- Hoarseness
- Peritonsillar Abscess
- Post-Streptococcal Illness Part I & II
- Otitis Externa
- Dermatologic Conditions in Skin of Color I & Part II
- Update: Pityriasis Rosea
- Hypertension Update Part I & Part II
- Fish Oil and Cardiovascular Outcomes (May 1 AAFP)
- Calcium Channel Blockers
- Pleuritic Chest Pain
- Palpitations
- Top Ten Cardiovascular Research Studies of 2017 for Primary Care
- May Pearl Review Part I & II
- Rheumatoid Arthritis Part I: Clinical Manifestations of Rheumatoid Arthritis
- Rheumatoid Arthritis Part II: Rheumatoid Arthritis Treatment/Meds
- Migraine Headache: Clinical Manifestations/ Differential Diagnoses
- Migraine Headache: Treatment Considerations
- June Pearl Summary Part I & II

Jessie Pettit

- Behavioral Health Medications and Mother's Milk
- Sore Nipples: Assessment and Plan
- Low Milk Supply: Lab Work Up
- Torticollis: Impact on Breastfeeding and Beyond
- Corticosteroid Injections for Plantar Fasciitis
- Late Preterm Infants
- Breastfeeding Pearl: Oral Exam Findings
- Seasonal Allergic Rhinitis Guidelines
- Perioral Dermatitis, Crusted Scabies
- Family Feud: Top Tips for Breastfeeding Moms Returning to Work
- Tinnitus
- Lactation Wrap-up for departing R3s
- Galactagogues: Are They Right for Your Patient?
- Medications in Mother's Milk: Neuro and Rheum Cases
- Imaging Studies and Breastfeeding Mom

Mari Ricker

- Breathing Techniques
- Brief Counseling in the Office
- Solitary Thyroid Nodule
- Subclinical Hypothyroidism
- RA Labs Which to Order?