



The Roadrunner

Published quarterly by the New Mexico Chapter of the American Academy of Family Physicians, Inc.



Vol. 27, No. 1

Summer 2009



President's Column Systemic Health Care

By Alfredo Vigil, MD

Now that we are definitely into the summer season, it would appear that we have survived the H1N1 epidemic of 2009...at least for now. Perhaps one of the silver linings that will come from this experience is a renewed understanding of the importance of getting the influenza vaccination this fall.

The other important lesson that should not escape us as Family Physicians is that we are part of a larger "system" of health care. We became aware of the development of this epidemic not because we all noticed the surge of late Spring influenza patients but from watching CNN and receiving bulletins from the CDC. In a way, the minor panic that took place in the state and across the nation was due to a major increase in awareness of what was happening in Mexico, the United States, and around the globe brought to us in a constant flow of information via the mass media. The minor panic was a bit of a hassle as a result of the inquiries by our patients; but, overall it reflected the significant increased capability that the surveillance system has developed primarily after 9/11.

Throughout the epidemic, we were assisted in our daily work by the CDC in concert with the World

Health Organization analyzing all of the incoming data and developing logical, scientific recommendations about epidemic suppression and pharmacologic treatment. The information is still being analyzed but it could very well be that this epidemic was significantly slowed as a result of the upgraded surveillance and response system that we now have as part of our medical practice.



As a vibrant medical specialty of the 21st century, Family Medicine must embrace this relatively new "systemic" approach to the practice of medicine. On the horizon are user-friendly Internet systems that will depend on each of us reporting anything that we see in our daily practices that could be an early epidemic of contagious disease. Such things as rash, fever, GI symptoms, myalgia, pneumonia, etc. will be systems that we will want to enter into the database that will be monitored by advanced software programs looking for patterns of things like a local salmonella outbreak or a global pandemic.

What an exciting time to be a Family Physician! Hope to see all of you at the Ruidoso Conference to learn about a myriad of cutting-edge developments applicable to our practices.

Hasta entonces. ■



New Digs for the NMAFP Office

After spending seven years at 4425 Juan Tabo NE in Albuquerque, the New Mexico Academy of Family Physicians will be moving to a more centrally-located office on Louisiana just north of I-40. The new address is 2400 Louisiana, NE, Suite 101 (corner of Cutler & Louisiana) in the basement of the FedEx Kinko's Building. A three-year lease has been signed, and the monthly cost is considerably less.

The new location will offer almost twice as much office space. There are two separate offices, a room large enough for board meetings, a kitchen, and a storage room. New paint and carpet will be installed at no cost to NMAFP before the move on June 13th.

Because of the increase in square footage, NMAFP is now in need of furniture for their new digs. Members, if you have office furniture, board room furniture, artwork, etc. that you would like to donate to the new office, please contact Sara. She can be reached at the same business phone: (505) 292-3113. Sara would love to show off the new office to anyone that would like to visit. ■

In this issue...

- NMAFP Goes to Washington
- Family Medicine Resident Report
- Board Notes
- New Telehealth CME Calendar
- Loan Repayment Funds Available Now

NMAFP Takes Trip to Congress Amidst Flurry of Healthcare Reform

By Rick Madden, MD

The AAFP hosts a national Congressional Conference each May to bring Family Doctors from every state to discuss healthcare with members of Congress. This year they found many eager listeners ready to discuss proposals. It is remarkable that primary care, long under-appreciated and under nourished, is being recognized for its fundamental importance to U.S. healthcare.

Four of us represented New Mexico. Martha McGrew, MD, Chair of the Department of Family and Community Medicine at UNM, and two of her faculty members, Isabel Lopez-Colberg, MD and Tiffany Snyder, DO joined me on the visits. We were particularly pleased to meet in person with Representative Martin Heinrich (District 1) and Representative Harry Teague (District 2). We spoke with Justina Trott, MD, who is a practicing general internist in Santa Fe and the Robert Wood Johnson Health Policy Fellow in Senator Bingaman's office. We also met with Fern Goodlove in Senator Tom Udall's office. All of them were very receptive.

We outlined a path to reform. First, everyone, by some means, must have healthcare coverage and access to healthcare. Second, Congress must commit a significant portion of the graduate medical education-funding stream to primary care with targeted, protected and accountable money. Third, they must revive Title VII funding for primary care. These two changes would help bolster primary care education and medical student recruitment. Finally, Congress must replace the dysfunctional SGR formula for physician payment with a workable system that ensures Medicare patients will have access to medical care. With these solutions in place, primary care specialties would grow



Rick Madden, MD, Isabel Lopez-Colberg, MD, Molly Madden, Tiffany Snyder, DO, and Martha McGrew, MD pay a Family Medicine visit to the NM Congressional delegation in May.

and be able to provide the service our nation deserves.

There was also a lot of interest in how the patient-centered medical home will be an answer to our current system's inconsistent quality, high costs and payment inequities that so disadvantage primary care. In this model, the patient experience becomes the focus of a rigorous improvement project. The medical home emphasizes prevention, teamwork for improving both access to care of all kinds as well as management of chronic diseases, and much better communication within our healthcare system through nimble, interoperable electronic records. An enhanced, three-part payment scheme will help drive its success. Almost every state has demonstration projects in varying stages (including a new one passed by the NM legislature this year), and Medicare will launch its demonstration project in 2010.

At the conference, there was a palpable sense of urgency and an expectation that fundamental healthcare reform was in the offing...this year. Speakers looked back to the hopefulness of the Clinton healthcare reform effort in 1993, but the dramatic birth of Medicare in 1965 may be the more appropriate milestone to remember. A lot of work remains, and we will soon see if Congress can achieve an equally profound success. ■

4th Annual Med Student Reception

On Friday, September 25th, The NMAFP Board will again host a Reception for NM Medical Students at the Taj Mahal Cuisine of India Restaurant located at 1430 Carlisle NE. The Reception will take place from 6:00 p.m. – 9:00 p.m. in the downstairs area of the restaurant.

This Reception offers Med Students an opportunity to learn about this diverse specialty by visiting with Family Medicine Physicians from clinical and academic settings in both urban and rural environments. Last year's reception drew many enthusiastic medical students and Chapter Family Physicians. Family Medicine Residents are also encouraged to attend this event.

If you would like to be part of this annual event and share your enthusiasm for Family Medicine with our UNM Med Students, please contact Sara by email: familydoctor@newmexico.com or by phone: (505) 292-3113. Seating is limited, so please reply at your earliest convenience.



IMMEDIATE OPENING for energetic board certified family physician.

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Contact: Dr. Greg Darrow (575) 834-3026 or Gregory.darrow@jemezpuablo.us

Medical Students Active in Promoting Family Medicine

By Haily Lee-Wallace

The Family Medicine Interest Group (FMIG) at the University of New Mexico has been active this spring semester by promoting and exposing medical students to opportunities in Family Medicine. New FMIG faculty advisors, Dr. Tiffany Snyder, Dr. Isabel Lopez-Colberg and Edward Merta, have helped the FMIG officer team develop strategies to impact medical students as well as reach out to the community.

This spring semester two lunch seminars were presented to the UNM Medical Students. Alice Hulebak, a former UNM School of Medicine graduate and a current Resident in the Alaska Residency Program spoke to students about her residency. Her presentation provided interested students with information on getting into a Family Medicine Residency program as well as information about wilderness and rural medicine. Dr. Alfredo Vigil, the New Mexico Department of Health Secretary and current UNM School of Medicine clinical faculty, spoke about "Challenges in Rural Health in New Mexico". Dr. Vigil's experience in New Mexico provoked much interest among the medical students, and his talk about rural health provided medical students with valuable information concerning the need for Primary Care Physicians in New Mexico.

The Family Medicine Interest Group has assisted the UNM American Society of Health-System Pharmacists Group in collecting donations for children that are patients of Captain Jack Miller, a military RN in a Baghdad Hospital. FMIG is also teaming up with the surgery interest group to provide a suturing workshop to first-year medical students who, in July, will begin their 8 week Practical Immersion Experience in rural communities across the state of New Mexico. Medical Students are also anticipating the New Mexico Academy of Family Physicians Family Medicine Seminar in Ruidoso, NM as well as the National Conference of Family Medicine Residents and Students in Kansas City, MO, which will take place in July and August. Please check our website at <http://hsc.unm.edu/som/fcm/FMIG/index.shtml> to see what UNM Medical Students and FMIG are up to. ■

Family Medicine Resident Report

By Stephanie Benson, MD

Another year of graduate medical education is coming to a close. Many of us graduating this June have finalized our decisions regarding where we will begin our service as physicians. Luckily for the people of New Mexico, many of the graduating seniors from the Family Medicine programs in our state are choosing to stay and serve the people here. From the University of New Mexico program, nine of the fourteen graduating seniors have chosen to stay in New Mexico. From the Santa Fe program, all three of the graduating residents will be practicing in New Mexico. From the Roswell program at least two of the four seniors will remain in our state. And from the Las Cruces program, four of the five graduating seniors, including myself, have decided to stay and practice in New Mexico. I am sure I speak for my fellow graduates when I say we are honored to have the opportunity.

Our state also fared well in the Match this year. All of the positions in all four programs in New Mexico were filled. This is testimony to the hard work by the programs to spread the word out about the opportunities for quality training in Family Medicine here in New Mexico.

Unfortunately Family Medicine did not fair as well as we had hoped nationally in the Match this year. According to the AAFP's 2009 Match Summary and Analysis, 99 fewer Family Medicine positions were offered in the Match this year and 75 fewer positions were filled when compared to 2008. For graduates of US medical schools, 89 less chose Family Medicine this year as compared to 2008. Internal medicine-categorical and internal medicine-pediatrics also saw a decline in the number of US graduates filling positions, whereas pediatrics saw a slight increase. In comparison, the number of positions filled in anesthesiology was four times

what it was in 1996.

This is obviously disappointing and disturbing. In a statement released in response to these results, AAFP President Ted Epperly, MD, stated "This decline has nothing to do with the value of primary care and everything to do with a system that claims to support primary care but fails to actually act on its pronouncements." He goes on to say, "Research has demonstrated unequivocally that the world's successful health care systems depend on primary care. With a ratio of 70 percent subspecialists to 30 percent primary care physicians, the American health care system is upside down. No health care reform can succeed unless we bring both financial and actual access to the primary care physicians that provide more than 80 percent of all health care services Americans need."

While Dr. Epperly and the AAFP work to combat the current and worsening shortage of primary care physicians, I believe there are a few things we can do as residents. First, we can act as mentors for medical students and college students considering medicine. Show them why Family Medicine and primary care are essential and why you have chosen it as your specialty. Second, work with and support your local FMIG. These are students already dedicating themselves to Family Medicine and they need our encouragement. Third, be willing to precept medical students once you graduate and begin practicing. There is no greater testament to Family Medicine than a good Family Doctor.

I want to congratulate those graduating seniors from all of the programs in the state and wish them happiness and prosperity as they begin their careers. I also wish to say a special thank you to those choosing to stay in New Mexico. I look forward to joining you as a Family Physician serving the people of our state. ■



SLATE OF OFFICERS FOR 2009-2010

Members will vote for their new Slate of Officers during the 52nd Annual Family Medicine Seminar that will take place at the Ruidoso Convention Center in Ruidoso, NM on July 17th at the 10 a.m. Break. Nominations are as follows:

President-Elect Mario Pacheco, M.D. will become **President Mario Pacheco, M.D.** by automatic ascension

President-Elect:

Sally Bachofer, M.D.

Secretary-Treasurer:

Stephanie Benson, M.D.

Vice President:

Dolores Gomez, M.D.

There will be a call for nominations from the floor.

The results will be announced at the Awards Dinner and Dance, Ruidoso Convention Center, July 17th, 6:30 p.m.

You can register online for the Conference: www.familydoctornm.org or call Sara: (505) 292-3113.

Board Notes

May 1, 2009 – Flying Star Restaurant, Albuquerque

- The Chapter economic status is stable with the success of the Albuquerque Family Medicine Winter Refresher in February.
- Drs. Mario Pacheco and Sally Bachofer, and Sara Bittner attended the Multi-State Forum in Dallas/Fort Worth. They are planning for us hosting next year's meeting there.
- The NM State Legislative session January to March was fiscally tight. Dr. Alfredo Vigil reviewed the highlights, including passage of the Electronic Health Record bill.
- The Chapter office will be moving to a new home at 2400 Louisiana Blvd. NE in June, moving to a more economical and yet functional space, more centrally located.
- The Board will continue its efforts to engage rural area physicians around the state.
- The Board voted to provide partial support for Dr. Nerissa Koehn's attendance at the world family doctor organization WONCA's Working Party on Women and Family Medicine in the UK in June. She will report on her experience. Dr. Koehn has been a member of the NMAFP for the past 6 years.
- A slate of Chapter officer candidates is being developed to present at the Ruidoso Family Medicine seminar in July. The President of the AAFP, Ted Epperly, MD will attend the conference.
- The medical student reception hosted by the Chapter will be held at the Taj Mahal restaurant again this year on Friday, September 25, 6-9 PM.
- The Chapter will continue to help fund the medical students' STARS project.
- Resident graduates in Family Medicine appear to be choosing to stay in NM to practice in high percentages: 9 of 13 from UNM, 3 of 3 from Santa Fe, 3 or 4 of 5 from Las Cruces and 2 or 4 of 4 from Roswell.
- Next meeting will be held during the Ruidoso Family Medicine Seminar on Saturday, July 18, 2009 at 12:30 in the Ruidoso Convention Center.



Pediatrics and Access to Distance Education for Primary Care Providers: An easy access calendar

Access to information on best practices, and finding cost-effective ways to support your licensure and continuing medical education needs can be challenging. Over the past five years, Envision New Mexico and the Center for Development and Disability's Rural Early Access to Children's Health (CDD REACH) began simultaneously developing distance access to their pediatric training programs through the use of Telehealth and web-based technologies. Our focuses are: (a) obesity/diabetes prevention & related conditions, and (b) Autism/Developmental Disabilities respectively. Both programs now have established and regularly running programs, available to you free of charge.

You have a choice of didactic topic-specific sessions, and/or case consult discussions on cases that you would bring to the table, with CMEs for all

sessions. The sessions are interactive. Current sessions are:

- Third Wednesday of every month noon – 1:00PM
- Fourth Thursday of the month noon – 1:00 PM
- Every other Friday from 11 AM – 12:30PM
- Other programs as scheduled

The calendar will be updated monthly, and can be accessed at http://www.envisionnm.org/Files/commtc/reach_enmtelehealth09.pdf, or via <http://cdd.unm.edu/REACH>, click on Telehealth CME. Bookmark the spot, and check in periodically, to join any session that feels useful to you. Contact for sign-up is listed on the calendar for each session.

Technical access may differ, but there is both easy webinar access that includes live interaction – just click and join, or you can attend some through

live tele-videoconferencing, if you have that capability.

If you have any questions, please contact Phyllis Shingle, pshingle@salud.unm.edu, or Clancey Tarbox, ctarbox@salud.unm.edu ■



TELEHEALTH CME CALENDAR LINKS

Topics in Pediatrics & Pediatric Specialty Care

http://www.envisionnm.org/Files/commtc/reach_enmtelehealth09.pdf

or via

<http://cdd.unm.edu/REACH>

Save the Date!

2009 AAFP Family Medicine Global Health Workshop

- Learn the latest in global family medicine development.
- Develop lasting approaches to sustainability issues.
- Network with leading international developers.
- Share your experiences and learn from others.

September 10 – 12, 2009

Omni Interlocken Resort in Denver (Broomfield), Colorado

Visit www.aafp.org/intl/workshop for details.



AAFP
Center for
International
Health Initiatives

**THURSDAY
JULY 16, 2009**

**52ND ANNUAL
NEW MEXICO ACADEMY OF
FAMILY PHYSICIANS
FAMILY MEDICINE SEMINAR
JULY 16-19, 2009**



**RUIDOSO CONVENTION CENTER
&
LODGE AT SIERRA BLANCA**

Alfredo Vigil, M.D.
Scientific Program Chair

*This activity has been reviewed and is acceptable for up to 21 Prescribed
and 1 Elective credits by the American Academy of Family Physicians.*



- 7:30 a.m. Registration, Exhibits Open
- 8:30 a.m. Introduction & Welcome
Alfredo Vigil, M.D.
President
Scientific Program Chair
- 9:00 a.m. "Medical Care of the
Developmentally Disabled"
Carol Merovka, M.D.
- 10:00 a.m. "Pediatric Obesity"
Jane McGrath, M.D.
- 11:00 a.m. "SIDS"
Winona Stoltzfus, M.D.
- 12:00 p.m. Lunch - Exhibit Hall
- 1:00 p.m. "Contraception 2009: Beyond the Pill"
Larry Leeman, M.D., MPH &
Jennifer Phillips, M.D.
- 2:00 p.m. "Yoga as Medicine"
Satkirin Khalsa, M.D.
- 3:00 p.m. Break - Exhibit Hall
- 3:30 p.m. "The Physician's Role in Improving the
Public's Health by Eliminating
Social Inequities"
Robert Valdez, Ph.D., M.H.S.A.
- 6:00 p.m. - 8:00 p.m.
Welcome Reception
Lodge at Sierra Blanca
Introduction of Candidates for Office
2009-2010



**FRIDAY
JULY 17, 2009**

- 7:30 a.m. Registration, Exhibits Open
- 7:45 a.m. "Asthma Status in New Mexico"
Elizabeth Matthews, M.D.
- 9:00 a.m. "Acute Stroke",
Howard Yonas, M.D.
- 10:00 a.m. Break - Exhibit Hall
- 10:30 a.m. AAFP Chapter Lecture Series:
"Managing Type 2 Diabetes: Old &
New Weapons for a Moving Target"
Dion Gallant, M.D., FAAFP
(This activity is supported by an Educational
Grant to the AAFP from Novo Nordisk)
- 11:30 a.m. "Adolescent & Adult Immunizations"
Lance Chilton, M.D.
- 12:30 p.m. Lunch - Exhibit Hall
- 1:30 p.m. "ECHO Update"
Sanjeev Arora, M.D., FACP, FAGC
- 2:30 p.m. "ABFM Update"
Joe Tollison, M.D.
- 3:30 p.m. Break - Exhibit Hall
- 4:00 p.m. "Native American Obesity"
Gayle Dine'Chacon, M.D.
- 6:30 p.m. - 10:30 p.m.
Awards Dinner & Dance
Ruidoso Convention Center
Special Guest:
Dr. Ted Epperly, AAFP President
Entertainment:
The Jimmy Stadler Band



**SATURDAY
JULY 18, 2009**

- 7:30 a.m. Registration, Exhibits Open
- 7:45 a.m. "Unraveling a Mystery: Diagnosis and
Treatment of Fibromyalgia"
Robert Moldwin, M.D., F.A.C.S.
- 9:00 a.m. "Medical Home"
Greg Pawlson, M.D., MPH
- 10:00 a.m. Break - Exhibit Hall
- 10:30 a.m. "The ABC's of e-prescribing & How
e-prescribing Works in New Mexico"
Galina Priloutskaya, Ph.D., CHCA, MBA,
NMMRA Project Manager
Mark Zuliani, HSD Transformation
Grant Project Manager
- 11:30 a.m. "Psychosis: Early Warning Signs and the
Importance of Early Intervention"
Steve Adelsheim, M.D.
- 12:30 p.m. Remainder of Afternoon at
Leisure for Attendees
NMAFP Board Meeting
Ruidoso Convention Center

**SUNDAY
JULY 19, 2009**

- 7:30 a.m. Exhibits Open
- 7:45 a.m. "Advances in Migraine Management"
Joanna Katzman, M.D., MSPH
- 9:00 a.m. "Treatment Updates for Parkinson Disease"
Sarah Pirio Richardson, M.D.
- 10:00 a.m. Break - Exhibit Hall
- 10:30 a.m. "Pain Disorder"
Alfredo Vigil, M.D.
- 11:30 a.m. "Stem Cell Update"
Ed Libby, M.D.
- 12:30 p.m. Drawing for Door Prizes
(Must be present to win)



YOUTH & FAMILY INDOOR & OUTDOOR ACTIVITIES DURING CONFERENCE:

NMAFP offers a family-friendly, interactive area that provides children of all ages with a hands-on experience. Staff will organize this daily event and supplies will be provided. Children must be accompanied by a parent.

A detailed list of activities will be provided with the Ruidoso Information Sheet.

Arts and Crafts will take place every day from 10:00 a.m. until 12:00 p.m. in the Ruidoso Convention Center. Outdoor activities will take place on Thursday and Friday from 1:30 p.m. to 3:30 p.m. in the grassy area around the patio at the Sierra Blanca Lodge.

REGISTRATION FORM

52ND ANNUAL NMAFP
FAMILY MEDICINE SEMINAR

You can also register online:
www.familydoctorm.org

Please Print Clearly

Name _____

Address _____

C/S/Z _____

Phone _____ Email _____

Payment:

AAFP Member Practicing Physician \$385

Non-Member Practicing Physician \$500

NP/PA/Nurse (please indicate title) \$300

Retired Physician \$100

Family Medicine Resident (no charge)

Medical Student (no charge)

Yes, I want to sponsor a student attendee \$40

Extra Tickets for Thursday Welcome Reception at the Lodge

children (6-12) x \$8 = _____

adults x \$16 = _____

Extra Tickets for Friday Dinner & Dance at the Convention Center

children (6-12) x \$15 = _____

adults x \$30 = _____

(Children under 5 are free)

Total Enclosed

Meals & Entertainment are FREE to all Registrants

Please mail form and check to:

NMAFP, Educational Fund

4425 Juan Tabo NE, Suite 203

Albuquerque, NM 87111

Phone: (505) 292-3113

Fax: (505) 292-3259

Email: familydoctor@newmexico.com

Website: www.familydoctorm.org

FPs Can Apply for NHSC Loan Repayment Funds Now

Former Corps Doc Attests to Program's Value

By Barbara Bein (AAFP News Now)

June 2 is a big day for new family physicians who could use some help getting their educational loans paid back and are seeking a unique service opportunity. Of a total of \$300 million allocated to the National Health Service Corps, or NHSC, under the American Recovery and Reinvestment Act of 2009, some \$200 million is slated to go to the NHSC Loan Repayment Program, or LRP. Starting today, physicians can apply for the NHSC LRP funds.

Primary care physicians who serve in federally designated health professional shortage areas offer a safety net to the medically underserved.

In exchange for two years of service at an eligible site in a federally designated health professional shortage area, the program offers repayment of qualifying educational loans of as much as \$50,000 for primary care clinicians, including allopathic or osteopathic physicians, who provide full-time clinical services.

Clinicians who stay at the designated sites longer may be eligible to apply for additional years of support.

The NHSC is administered by the Health Resources and Services Administration, which is charged with increasing access to health care for people who live in medically underserved areas.

Beginning now through September 2010, or until the funds are expended, NHSC LRP awards will be available on a first-come, first-served basis. There are several new features of the program.

- More than 7,000 currently



eligible service sites will post additional new vacancies eligible for loan repayment awards.

In addition, the NHSC is approving more sites every day.

- For the first time in the program's history, primary care clinicians do not need to be employed at the site at the time of application.
- Most applications, so long as they are accompanied by all supporting documentation, will be processed within eight weeks of receipt.

AAFP member David Hoffman, D.O., of Chambersburg, Pa., started work at the then-new Keystone Health Center in Chambersburg in 1994 as a physician in the NHSC LRP. Eventually, he became medical director of its family medicine clinic.

Fifteen years later, the self-professed one-time "city boy" from Philadelphia is still in the borough of almost 18,000 in rural south central Pennsylvania. And Hoffmann says he and his family enjoy it.

He started the Hospitalists of Franklin County in 2004, a group of physicians based at Chambersburg Hospital, and works part-time as medical director of Keystone's HIV clinic.

Hoffman credits the NHSC LRP for paying back the lion's share – \$75,000 – of his \$110,000 educational loan debt. The \$35,000 balance was paid off through a state program.

"Since I've moved to Chambersburg, I've never had to pay any medical school debt out of my pocket. I went through federal and state programs and my loans were done. It was win-win at the end of the day." ■

New Mexico Chapter
American Academy of Family Physicians
4425 Juan Tabo NE, Suite 203
Albuquerque, NM 87111

See registration on page 7

**The 52nd Annual
NMAFP Family Medicine Seminar
July 16-19 • at the Ruidoso Convention Center
& Lodge at Sierra Blanca**

or register online: www.familydoctornm.org

Questions, call Sara (505) 292-3113



**NMAFP Call For
Original Practice-Based Research**

The NM Chapter would like to present original practice-based research at our state Family Medicine scientific assembly in Ruidoso, July 16-19, 2009 or at future meetings. If you are interested in presenting a poster with research from your site, please contact Sara

Bittner who will pass the material on to the scientific assembly committee for review. If you have any questions, please do not hesitate to contact us.

The Roadrunner

is published quarterly by the New Mexico Chapter for the purpose of informing members and those interested in Chapter activities.

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Deadlines for submission of articles for publication are August 22 and November 22.

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Albuquerque, NM 87110
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The American Academy of Family Physicians
website address: www.aafp.org

New Mexico Chapter website address:
www.familydoctornm.org

Design/layout: Paul Akmajian

Printer: Susan Valdes, Print Express, LLC