

FAMILY DOC

SPRING 2020

West Virginia Academy of Family Physicians



Plan now to join us for the WVAFP 68th Annual Scientific Assembly, **March 26-28, 2020** at the newly renovated Embassy Suites, Charleston, WV

25.25 Credits

Our program chair, *Joanna Bailey* has planned an excellent program this year. Please see the complete brochure in this issue.

Exclusively for WVAFP Members—American Board of Family Medicine will present **Thursday, March 26th @ 11:30 am**; *Dr. Elizabeth Baxley*, ABFM Executive Vice President.



WEST VIRGINIA ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR WEST VIRGINIA

P.O. Box 1090
Hurricane, WV 25526

Phone: (304) 562-4433
Fax: (304) 562-4469

WVAFP ANNUAL MEETING

ABFM KNOWLEDGE SELF-ASSESSMENT
ASTHMA WORKSHOP

PRESENTED BY
PHILIP GALAPON, MD, FAAFP

8 AAFP Prescribed CME for Attendees eligible for KSA and

8 AAFP Enduring CME for all others

Thursday, March 26, 2020 from 1pm-5pm

Embassy Suites-Charleston, WV

KSA Fee \$250 or included in 3 Day Registration

LIMITED SPACE OF 25

Register at www.wvafp.org/meetings/

Call 1-304-562-4433 for more information



Inside this Issue: Free CME Opportunities:

WV Cancer Survivorship Resource Summit

**LuCa National Training Network –
Lung Cancer Care**

**State Officers
West Virginia Chapter**

The opinions expressed herein do not necessarily reflect the official opinion of the Academy unless so stated.

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**WVAFP Annual Scientific
Assembly – March 26-28, 2020
@Embassy Suites, Charleston, WV**

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**WEST VIRGINIA ACADEMY OF
FAMILY PHYSICIANS**
STRONG MEDICINE FOR WEST VIRGINIA

FROM THE PRESIDENT



Physician, Heal Thyself
Sherri A. Young, DO, FAAFP

According to a 2019 Harvard report, physician burnout is “a public health crisis that urgently demands action.” Communities rely upon physicians to improve and maintain the health of their people. If physicians are succumbing to the effects of burnout, the entire community will suffer. There is a wise proverb that states; before attempting to correct others, make sure that you aren’t guilty of the same faults. This resonates throughout the family medicine community, as we all put the health and wellness of others before our ourselves. This tireless effort to put others needs before our own is a noble effort among physicians. However, this is not without consequences, especially physician burnout.

Burnout is a long-term stress reaction marked by emotional exhaustion, depersonalization and a lack of sense of personal accomplishment. Practicing physicians, residents and medical students can suffer from burnout. A Medscape study surveyed more than 15,000 physicians from 29 medical specialties asked about the prevalence of burnout by specialty. Family Medicine tied for 4th place with 46% prevalence of physician burnout. Top specialties included Urology (54%), Neurology (50%), Nephrology (49%) and Endocrinology (46%). When combining all medical specialties, on average, the rate of physician burnout is 42%. [1]

The issues leading to physician burnout are clear. The practice of medicine is a stressful profession due to the high level of responsibility and little control over the outcomes. In the Harvard survey, physicians listed a collection of systemic obstacles placed in their way: too many bureaucratic tasks, too much government interference, too little pay, too many hours at the office and too much time in front of the computer. In this environment, it is easy to set aside one’s own health.

There must be a balance.

First, know the signs of physician burnout, not only for yourself but your colleagues. It is estimated that up to 400 physicians commit suicide annually in the United States. That is more than a physician per day. Suicide is most often the result of untreated or inadequately treated depression [1]. Because physicians hold themselves to a higher standard, often they do not seek treatment for depression. Also, though there should not be, there is stigma associated with depression and other mental illness. Do not be afraid to reach out for help on behalf of yourself or a colleague. Suicide is 100% preventable. A physician would urge their patient to seek treatment for depression, therefore a physician should do the same.

Next, be aware of self-medicating or other unhealthy behaviors, attributed to stress. Studies report that at least 10 to 12 percent of healthcare professionals will develop a substance use disorder during their careers, including at least 1 in 10 physicians developing an alcohol use disorder or alcoholism. [3] Physicians, with other health professionals save thousands of lives every day. Intensity of work coupled with working long hours can easily drain energy. There is emotional and physical exhaustion that physicians deal with daily. Alcohol can serve as a quick and easy mood elevator. Physicians need to assess themselves in the same manner they would assess their patients and seek help when they would advise this of others.

Finally, be proactive. Take an initiative to be healthy. Just as physicians would tell his/her patients, eat healthy and exercise. Most physicians do not have the time to spend hours at the gym or become healthy gourmet chefs. Find an exercise regiment that fits your schedule and begin there. Even if it is simply taking the stairs instead of the elevator, exercise is an investment in personal health. Make time to take breaks during the day, even if it is only 5 minutes. Take those few precious minutes to walk, meditate or simply unwind.

The AAFP has excellent tips for physicians practicing self-care at <https://www.aafp.org/membership/benefits/physician-health-first/practice-self-care.html>

Bibliography:

[1] Berg, AMA Physician Health, Physician burnout: Which medical specialties feel the most stress, January 21, 2020

[2] Andrews & Brenner, Medscape, Physician Suicide, August 1, 2018

[3] Murray, Alcoholism and Medical Professionals, Alcohol Rehab Guide, October 30, 2019



NUTRITION RESEARCH

SCIENCE SUMMARIES

A growing body of research indicates that dairy consumption is associated with multiple health benefits. Visit Drink-Milk.com to find the latest National Dairy Council science summaries including:



Cardiovascular Disease

Dairy foods such as milk, cheese and yogurt are foundational foods in healthy eating patterns that contribute important shortfall nutrients, including calcium, vitamin D and potassium. Lowfat and fat-free dairy foods are part of current DGA and American Heart Association dietary recommendations.



Blood Pressure

A growing body of research indicates that dairy consumption is associated with multiple health benefits, including lower blood pressure. This summary reviews studies about dairy food consumption and blood pressure published between 2009 and 2014.



Peak Bone Mass

Reaching peak bone mass is associated with reduced risk osteoporosis later in life. Research continues to support the current DGA recommendations to consume 3 servings of lowfat or fat-free dairy foods for children and adolescents ages 9 years and older as part of a nutrient-rich diet, along with adequate physical activity, to help achieve peak bone mass.



Lactose Intolerance

Lactose intolerance may lead some individuals to avoid or decrease dairy food consumption, which can decrease essential nutrient consumption and may be associated with chronic disease risk. Objective diagnosis and individualized management strategies can help many Americans who experience LI to include dairy foods in their eating patterns.



Type 2 Diabetes

A growing body of research indicates that dairy food consumption is associated with multiple health benefits, including lower risk for Type 2 Diabetes.



Nutrient Contributions

Consumption of milk and milk products is associated with better bone health, especially in children and adolescents, and reduced risk for cardiovascular disease and type 2 diabetes, and lower blood pressure in adults.



The American Dairy Association Mideast, an affiliate of the National Dairy Council, is your local source for science-based dairy information from farm to fridge.

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ABFM KNOWLEDGE SELF- ASSESSMENT ASTHMA WORKSHOP

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Call 1-304-562-4433 for more information



WVAFP 68th Annual Scientific Assembly – March 26-28, 2020

Tentative Agenda – May be slight changes in talks and speakers

Thursday, March 26, 2020

7:00 AM CAMC LabWorks – Complimentary Chemistry Profile

Moderator: *Wheeling Residency Program*

7:45 AM Overview of Thursday's Scientific Program, Joanna Bailey, MD; President-Elect/Program Chair

8:00 AM **Diabetes and Heart Failure: Truth and Consequences**; Michael Cobble, MD, FNLA; Family Medicine, Sandy, UT

9:00 AM **The Essential Role of Primary Care in the Diagnosis, Assessment and Co-management of SLE**; Robin K. Dore, MD

Clinical Professor of Medicine David Geffen School of Medicine at UCLA, Los Angeles, CA; Private Practice, Tustin, CA

10:00 AM Break

10:30 AM **The Diabetic Kidney...What to do?**; Michael Cobble, MD, FNLA; Family Medicine, Sandy, UT

11:30 AM Exclusively for WVAFP Members/ KSA Session will follow in afternoon/No additional charge for 3-Day Registration:

Family Medicine Certification: What's New, What's True, and What's Ahead; Elizabeth Baxley, MD;

Executive Vice President of the American Board of Family Medicine (ABFM)

11:30 AM **Team Based Care: Case for a Diabetic Eye Care Collaborative**; Rebecca V. St. Jean, OD; James Becker, MD; Huntington, WV

12:30 – 1:30 PM Lunch

Moderator: *Harpers Ferry Residency Program*; Rayhan Alam, MD

1:15 PM **Cholesterol Management Practice Module**; Julie Williams; Quality Insights, Charleston, WV

2:15 PM **The Diagnosis and Preventive Treatment of Migraine Headache in Family Medicine**; David W. Dodick, MD; Professor, Dept. of Neurology, Mayo Clinic, Scottsdale, AZ and Duren Michael Ready, MD, Headache Clinic Founding Director, Baylor Scott & White Healthcare, Temple, TX

3:15 PM Break

3:45 PM **Tools for Monitoring Patient Outcomes & Community Based Programs: Getting the most out of your EHR**; Adam Baus, PhD, MA, MPH

Research Assistant Professor, Department of Social & Behavioral Sciences; Director, Office of Health Services Research; West Virginia University School of Public Health; Cecil R. Pollard; Assistant Director, Office of Health Services Research, Office of Health Services Research, Morgantown, WV

4:30 PM **PSOS Low Back Muscle Pain**; Jennifer Boyd, PA; Fayetteville, WV

5:15 PM - 5:30 PM – Closing Session with Q & A

7:00 PM WVAFP Board Meeting

FRIDAY, March 27, 2020

7:00 AM CAMC LabWorks – Complimentary Chemistry Profile

Moderator: *WVU-Morgantown Residency Program*; Chief Resident, Emily E. Crocetti, MD, LT, MC, USNR

7:00 AM Registration/Continental Breakfast/Visit Exhibits/Exhibit Area

7:45 AM Overview of Friday's Scientific Program, Joanna Bailey, MD; President-Elect/Program Chair

8:00 AM **Putting the Patient First: Improving Depression Identification and Treatment**; James Sloan Manning, MD; Family Medicine Physician; Novant Health; Greensboro, NC

9:00 AM **Status-Neutral HIV Prevention in the South**; Latesha Eloppe, MD, MSPH; Assistant Professor, Division of Infectious Diseases Director of Diversity and Inclusion, Internal Medicine; University of Alabama at Birmingham, Birmingham, AL

10:00 AM Break

10:15 AM **Reproductive Health Care: Conversations for Family Physicians and Their Patients**; Angeline Ti, MD; Emory University School of Medicine, Atlanta, GA

11:15 AM **Diabetes and Nutrition: How do we increase our effectiveness?**; Melinda Maryniuk, Med, RDN, CDE, FADA; Lead Consultant Melinda Maryniuk & Associates, Boston, MA

12:15 PM Registrants & Exhibitors – Lunch/Visit Exhibits/Exhibit Area

12:15 PM Sports Medicine Luncheon

12:15 PM Resident Directors Luncheon

Moderator: *Marshall University Family Practice Residency*; Brandon Flores, MD

1:00 – 3:00 PM **Pain Management and Opioids: Balancing Risks and Benefits**; Michael Cheshire, DO; Internal Medicine Specialist, Camden Clark Medical Center, Parkersburg, WV

3:00 PM Break

3:15 PM **WV State Specifics for Pain Management and Opioids**; Joanna Bailey, MD; President-Elect/Program Chair, Pinewood, WV

4:15 PM **HCV Treatment in the Family Medicine Clinic: A Case-Base Approach**; Andrew Muir, MD, Professor of Medicine, Chief, Division of Gastroenterology in the Department of Medicine Director, GI/Hepatology Program, DCRI; Duke University School of Medicine, Durham, NC

5:15 PM Q & A

6:00 PM Installation Party & Reception – Hotel Lobby – All participants Welcome/No Charge: Reception, Music, Dinner, Games and lots of fun!

SATURDAY, March 28th, 2020

7:00 AM CAMC LabWorks – Complimentary Chemistry Profile

Moderator: WVU Rural Medicine Residency, Harpers Ferry – Rebecca Thompson, DO

7:55 AM Overview of Saturday's Scientific Program, Joanna Bailey, MD; President-Elect/Program Chair

8:00 AM **Front Lines of Family Medicine: Management and Prevention of Influenza in High-Risk Patients;** Natasha B. Halasa, MD, MPH;
Associate Professor of Pediatrics; Division of Infectious Diseases; Vanderbilt University School of Medicine; Nashville, TN

9:00 AM **COPD Diagnosis in Primary Care;** Allison Cihla, MD; Medical Director, Intensive Care and Cardiopulmonary Services

10:00 AM Break

10:15 AM **Medication Associated Weight Gain;** Joanna Bailey, MD; WVAFP President, Pinewood, WV

11:00 AM **Transforming Care for Patients with Brain and Neurological Disorders;** Ali R. Rezai, MD, WVU Rockefeller Neuroscience Institute,
Morgantown, WV

12:00 Lunch

Moderator: CAMC Family Medicine Charleston Residency Program

12:45 PM **Hawk's Nest and Black Lung: The Role of Family Physicians in Recognizing Occupational Disasters ;** Mollie Cecil, MD; Morgantown, WV

1:30 PM **Treating Obesity with Medications;** Treah Haggerty, MD; Director of the Rural Scholars Program, WVU's Department of Family Medicine,
Morgantown, WV

2:30 PM **Intro to Dermoscopy;** Joshua Cusick-Lewis, MD, MPH; WVU Charleston Division; CAMC Family Medicine Center, Charleston, WV
Workshop to follow after the break - Participants will have hands on practice with Dermatoscopes

3:15 PM Break

3:30 PM **Clinical Lipidology Update 2020- Focus on Women;** Gregory S Pokrywka MD, FACP FNLA FASPC NCMP; NLA Lipid Specialist

4:30 PM **Adult Vaccine Update;** Sherry Young, DO; Charleston, WV

5:15 PM – Adjourn

This program has approval by AAFP for a total of **25.25 CME General Sessions & additional 8 Credits** for the **KSA Asthma Session** and **30.30 Nursing CE** by the WV Board of Examiners for Registered Professional Nurses - CE Broker Tracking# 50-29426 Provider Registration Number WV1996-0102RN

ONLINE REGISTRATION AVAILABLE @ WWW.WVAPF.ORG



REGISTRATION FORM: WVAFP 68th ANNUAL SCIENTIFIC ASSEMBLY – March 26-28, 2020

PLEASE COMPLETE THIS FORM, KEEP COPY FOR YOUR FILES & SEND WITH PAYMENT TO:

WVAFP , P.O. Box 1090, Hurricane, WV 25526 website www.wvafp.org Phone (304) 562-4433 Fax (304) 562-4469

Name _____ Profession (MD, PA, RN , etc.) _____

(PLEASE PRINT)

Address _____

City/State _____ Zip _____ Phone/Work _____

Phone/Home _____ Fax _____ E-mail _____

Spouse/Guest Attending _____ Spouse Brunch Yes/No _____ Guest Meal Ticket \$30 ea # _____
 (Name) Saturday, March 27 @11:30 am (Includes Breakfast, lunch & breaks)

To reduce printing costs the syllabus(handouts provided prior to assembly) will be available on our website prior to Assembly. ALL SLIDES WILL BE AVAILABLE ON OUR WEBSITE AT THE CONCLUSION OF THE PROGRAM.

Please indicate: printed copy is an additional \$20 Fee Syllabus: Printed \$20 _____ or I will download _____

WVAFP Member:	Before 3/06/20	After 3/06/20	Credits	
___ (3day)	\$450	\$475	24	
___ (2day)**	\$350	\$375	16	
___ (1day)**	\$225	\$250	8	
Physician Non- Member:	Before 3/06/20	After 3/06/20	Credits	
___ (3day)	\$500	\$525	24	
___ (2day)**	\$375	\$400	16	
___ (1day)**	\$250	\$250	8	
NP*/Physician Assistant:	Before 3/06/20	After 3/06/20	Credits	
___ (3day)	\$325	\$375	24	
___ (2day)**	\$200	\$225	12	*Nurse Practitioners receive
___ (1day)**	\$100	\$125	8	same credit as nurses below
RN/LPN & Other HCP:	Before 3/06/20	After 3/06/20	Credits	
___ (3day)	\$200	\$225	28.8	
___ (2day)**	\$175	\$200	19.2	
___ (1day)**	\$125	\$150	9.6	
PHARMACISTS: Pending approval by the WVBP /15 hours requested				
___ (3 day)	\$200(before 3/06/20)	\$225(after 3/06/20)		
OFFICE MANAGER (3 day) \$ 75 - No CME/Includes lectures and meals				
___	RESIDENTS/STUDENTS No Charge – Please complete registration form			
___	CHIROPRACTIC DOCTORS \$100 ** 6 CREDITS(pending)			

Total Amount Due: _____

**If registering for one or two days – please list days attending for food counts: _____ example: Fri. & Sat.

PAYMENT: Check Enclosed Please Bill Me VISA Mastercard American Express Discover
 Debit Card(may have to process at meeting – if your bank security prohibits charges by phone)

Card# _____ Exp _____ Signature _____ Zip Code _____

We cannot process your credit card payment without a signature & expiration date.

Cancellation Policy: We encourage you to register early. We will give 100% refund if you notify us by March 25th.

West Virginia Academy of Family Physicians @ Embassy Suites, Charleston, WV
68th Annual Scientific Assembly
March 26-28, 2020



- The Embassy Suites Hotel has reserved a block of suites at the rate of **\$139.00/single, \$139.00/double \$149.00/triple, \$159.00/quad**
- To reserve a suite at this rate, **please make your reservation by 03/06/20** by calling 1-800-EMBASSY or go online to www.embassysuitescharlestonwv.com or cut and paste the following link: **Booking Link: <http://group.embassysuites.com/AmericanAcademyOfFamilyPhysicians>**
- **After 03/06/20 date the rooms will no longer be available @ the rate listed above.** Please note that the Embassy web site details points of interest in the Charleston area.
- You must use the **AMA 3 letter code** name when making reservations in order to receive the discounted rate. Online you will enter this **AMA 3 letter code** in the group/convention code space.
- Check-In time is **4:00 PM** and Check-Out time is **12:00 PM**. Requests for early arrival, late departure, room type or floor assignments cannot be guaranteed. Reservations must be cancelled by **4:00 PM** the day of arrival to avoid charges.
- The **complimentary breakfast** is available Weekdays 6:00 AM – 9:00 AM and Weekends 7:00 AM – 10:30 AM. The breakfast includes a made-to-order omelet station along with your favorite breakfast items.
- Join us for the Manager's Reception from 5:30 PM – 7:30 PM each evening. This includes **complimentary cocktails, non-alcoholic beverages and light snacks**.
- Embassy Suites offers a **complimentary shuttle** to and from Yeager Airport. Also available is an indoor pool, sauna, whirlpool and exercise facility and a 24-hour business center.

300 Court Street; Charleston, WV 25301

www.EmbassySuitesCharlestonWV.com Telephone: 304-347-8700 Fax: 304-345-8276

FROM I-64 East...HUNTINGTON, KENTUCKY & OHIO

Take the Lee Street Exit #58C. At the light turn RIGHT onto Lee Street. Follow Lee Street 3 blocks. Embassy Suites is on the LEFT.

FROM I-77 SOUTH...PARKERSBURG & OHIO

Take the Washington Street Exit #58C. Go through the 1st light. At the 2nd light turn LEFT onto Lee Street. Follow Lee Street 3 blocks. Embassy Suites is on the LEFT.

FROM I-79 SOUTH...PITTSBURGH, MORGANTOWN & FAIRMONT

Take the Washington Street Exit #58C. Go through the 1st light. At the 2nd light turn LEFT onto Lee Street. Follow Lee Street 3 blocks. Embassy Suites is on the LEFT.

FROM I-77 NORTH...BECKLEY, VIRGINIA & NORTH CAROLINA

On I-77 North you will veer RIGHT to I-64 West. From I-64 West take the Washington Street Exit #58C. Go through the 1st light. At the 2nd light turn LEFT onto Lee Street. Follow Lee Street 3 blocks. Embassy Suites is on the LEFT.

FROM YEAGER AIRPORT

Take Airport Road down to Greenbrier Street. Take I-64 West. Take the Leon Sullivan Way Exit. At light turn RIGHT on Washington Street. Follow Washington Street 3 blocks. Embassy Suites is on the LEFT.

West Virginia Cancer Survivorship Resource Summit

As a key stakeholder in the commitment to improving the quality of life and health outcomes of cancer survivors, you are invited to attend this **FREE** West Virginia. Survivorship Resource Summit sponsored by the American Cancer Society through a grant from the West Virginia Bureau for Public Health/Division of Health Promotion and Chronic Disease/Comprehensive Cancer Control Program. The goal of the Summit is to share the National Cancer Survivorship Resource Center survivorship guidelines toolkit and to describe aspects of clinical care for the post-treatment cancer survivor in both the cancer setting and primary care.

Katherine Sharpe, Principal of Sharpe Consulting, will be the keynote speaker. Prior to her consulting work, she worked for over 20 years for the American Cancer Society where she provided leadership for the vision, direction, and strategy for healthcare systems, patients. Her work has focused across the cancer continuum – from prevention and screening initiatives through post treatment survivorship. Join us to understand current trends in cancer care costs, understand risk factors for financial toxicity and understand the cost related to cancer.

Additional Presentations: Food Insecurities, Creative Survivor Resources, Tobacco Cessation, Nutrition and Physical Fitness for Cancer Survivors, Caregiver in Cancer Survivorship, Access to Care in West Virginia.

Please bring a non-perishable food item to donate, all donations will be made to a WV Food Bank.

When:

Friday, March 20, 2020
Registration: 8:00 am - 8:25 am
Program: 8:30 am-4:00 pm
Breakfast (light) and lunch will be provided

Where:

Robert H. Mollohan Research Center
1000 Gallihier Dr., Fairmont, WV 26554
Exhibition Hall

Who Should Attend?

Primary Care, Oncology, cancer and financial navigators, dietitians, social workers and other stakeholders who deliver cancer treatment and follow up survivorship care to cancer patients.

Continuing Medical Education

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending. The CEU and CE (Nursing and Social Work) credit hours will be available pending final approval.



[Click here to register.](#)

CHESS ANYONE?

Gerry Stover, WVAFP EVP



West Virginia Academy of Family Physicians will be hosting a Chess Night on March 27th at 7pm at the Embassy Suites in Charleston, WV as our Friday night entertainment. Dr. and WIM Alexey Root will be playing 20 players.

What is a Simultaneous Exhibition?

A simultaneous exhibition is where one strong player plays many opponents at one time.

Is a Simultaneous Exhibition Fun?

Yes! This is an opportunity to play a world-class chess player in a relaxed and fun setting. The expectation is that the exhibitor will win all the games so you can only succeed, not fail. Even if you lose quickly, no one will laugh. The exhibitor expects to see players of all levels of ability.

What do you need to know to be able to play?

If you know how the chess pieces move you are ready to play. If you know how to keep the game score (record the moves of both players), you will have a life-time record of your game and Dr. and WIM Alexey Root will sign your score sheet after the game is over so you will have a souvenir of the game. Chess sets will be provided so you don't need to bring any equipment.

What are the rules?

1. The exhibitor plays the white pieces on each board. Do not touch any chess pieces until the exhibitor arrives at your board. When the exhibitor is standing in front of your board, make your move (within 5 seconds) while the exhibitor is observing. The exhibitor will make a move on your board before going on to the next board. Participants, but not the exhibitor, must abide by the touch move rule. The exhibitor's move is not final until he or she touches a piece on the next board. Each player is allowed three passes when the exhibitor arrives at his or her board. Using a pass means that the exhibitor will skip your board, but you will need to make a move (or use another pass) when the exhibitor comes back after visiting the other boards. Participants may not receive assistance from other players or bystanders during their games. Exception: participants may sign up as a pair and play on one board. Participants are encouraged to take notation. If the exhibitor has any other rules, those will be announced at the start of the exhibition.

What does it cost to play or watch?

A minimum donation of \$15 will guarantee you or your family member the opportunity to play. Proceed from the event will go towards WV Scholastic Chess. Those who register & pay in advance will have the first priority for playing Dr. and WIM Alexey Root. There is no cost to watch!

Registration form for the simultaneous chess 20 board exhibition being given by Dr. and WIM Alexey Root

Player's Name _____
PRINT LAST, FIRST, MI

City: _____ State: _____

Age: _____

Make checks (minimum donation \$15) payable to: WVAFP and mail check and this form to:

P.O. Box 1090
Hurricane, WV 25526

Or

Fax this form to 304.562.4469
ATTN: Gerry D. Stover, EVP

Call 304.562.4433 to give your credit card information

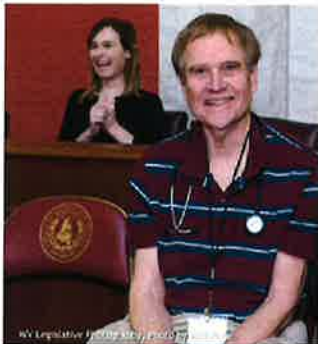
Only the first 20 will have an opportunity to participate! Act NOW!

If you have any questions call 304.562.4433 and ask for Gerry D. Stover, Executive Vice President or email him at gerry.stover@wvafp.org





Special Thanks!
2020 Doc for a Day Volunteers!



West Virginia University



ROGER HANSHAW
SPEAKER OF THE HOUSE

Marshall University Day

Your involvement is crucial for reducing the burden of **lung cancer**—West Virginia's leading cause of cancer deaths.



Did You Know?

Only 2.4% of those at high risk in West Virginia have received lung cancer screening with low-dose CT.

LuCa National Training Network

Your source for training and materials on lung cancer prevention, early detection, treatment, and survivorship care.



ONLINE TRAINING

The first course of its kind for primary care providers to address lung cancer care across the continuum.



CME CREDIT

Earn up to 2.5 CME or AAFP Prescribed credits for family or other primary care physicians in West Virginia.



LIVE WEBINARS

Lung cancer topics for primary care providers, screening facilities, and other health care professionals.



PRACTICE TOOLS

Over 300 articles and tools to improve the quality of care for your patients at risk for or living with lung cancer.

For more information, contact LuCa at 1-844-LUCA-NTN, lucatraining@louisville.edu, or www.lucatraining.org.

The University of Louisville School of Medicine designates this Enduring Material for a maximum of 2.5 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity. The University of Louisville School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. This Enduring Material activity, "Lung Cancer and the Primary Care Provider," has been reviewed and is acceptable for up to 2.50 Prescribed credit(s) by the American Academy of Family Physicians. AAFP certification begins 08/01/2019. Term of approval is for one year from this date. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



LuCa National Training Network

UNIVERSITY OF LOUISVILLE

The Family Physician's Role in Lung Cancer Care

Lung cancer is the leading cause of cancer deaths in West Virginia. In fact, lung cancer is responsible for more deaths than from breast, prostate, colorectal, and pancreatic cancers...combined. The state has the second highest incidence rate for lung cancer and one of the lowest lung cancer survival rates in the nation. Despite multiple large lung screening trials demonstrating that annual low-dose CT can reduce the risk of dying from lung cancer 20 to 33%, depending on gender and the years of follow-up, only 2.4% of those eligible for screening with low-dose CT in West Virginia have been screened. Additionally, lung cancer patients receive treatments at lower rates than other cancer patients, regardless of stage of diagnosis. Perhaps most alarming, West Virginia is **number one in the nation** for smoking prevalence and despite clinical practice guideline recommendations for tobacco use treatment, many providers still lack the expertise or resources to assist patients in their attempts to quit smoking.

As a family physician, your involvement in prevention, screening, and treatment is critical for reducing the burden of lung cancer in West Virginia. Trainings, resources, and tools can help you address the needs of your patients who are at risk for or already diagnosed with lung cancer.

The LuCa National Training Network at the University of Louisville provides free training and materials for family physicians and other healthcare professionals. LuCa's online course, *"Lung Cancer and the Primary Care Provider"* is the first of its kind to educate family physicians and other healthcare providers on lung cancer care across the continuum, including lung cancer screening, tobacco cessation, shared decision making, treatment advances, patient follow-up, and survivorship care.

The comprehensive and innovative free online course is video-based, features animated demonstrations, includes three separate lessons, and offers participants up to 2.5 Prescribed continuing medical education credits by the American Academy of Family Physicians. The course was developed with input from family physicians across the United States, as well as lung cancer screening and treatment specialists to help you:

- Have more success with patients' tobacco cessation in less time
- Follow the latest recommendations for lung cancer screening
- Receive appropriate reimbursement for shared decision-making discussions
- Know how to follow-up on screening results
- Be aware of treatment advances to answer patients' initial questions if diagnosed
- Collaborate more effectively with treatment specialists
- Provide optimal care to your patients during and following cancer treatment

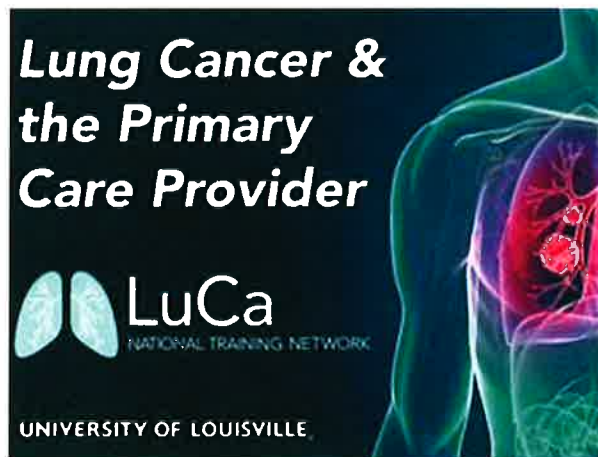
Enroll in the online course today at www.lucatraining.org/course!

[LuCa's website](#) also provides an expansive resource library with more than 300 articles and tools for physicians and their patients; information on upcoming events and webinars, as well as recordings of recent webinars; and technical assistance for health systems, state cancer coalitions, provider organizations, and others interested in engaging physicians and other healthcare providers around lung cancer topics.

One topic of significant interest to many providers and other healthcare professionals is the issue of Medicaid, Medicare, and private insurance coverage for lung cancer screening and prevention services. Affordable access to these services can make a critical difference in the lives of individuals at risk for lung cancer. However, health insurance coverage for lung cancer screening and prevention services can vary widely between payors and individual plans.

LuCa has partnered with the Center for Health Law and Policy Innovation at Harvard Law School to develop tools to address important considerations regarding coverage for lung cancer screening with low-dose CT, tobacco cessation counseling, and tobacco cessation medications. Each tool includes an overview of coverage for these services in Medicaid, Medicare, and private insurance plans. They also provide strategies for conducting additional research regarding these programs and answer frequently asked questions related to coverage, restrictions, and coding. These tools were specifically designed to help providers, advocates, and patients navigate the complex coverage landscape.

For more information about LuCa's course or other services, visit www.lucatraining.org, email lucatraining@louisville.edu, or call 1-844-LUCA-NTN.





Strengthen Your Immunization Efforts With Atlantic Health Partners

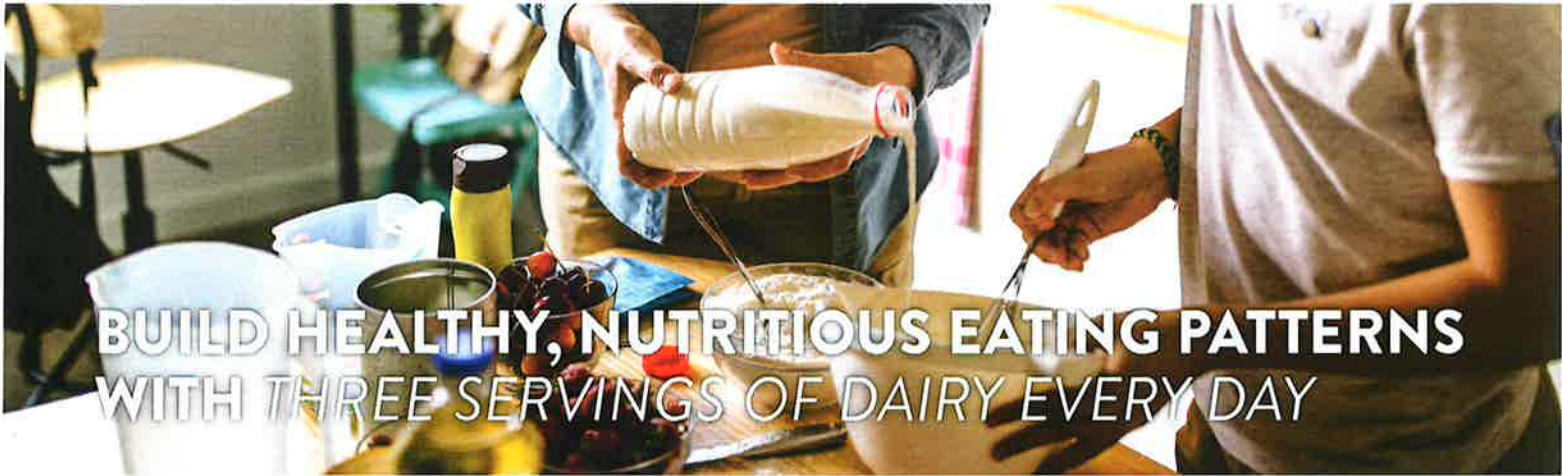
As the nation's leading vaccine buying group, we are proud to continue our support for WVAFP members

BENEFITS OF ATLANTIC HEALTH PARTNERS:

- **Lowest prices for Sanofi and Merck vaccines**
- Discounts for medical and office supplies
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- Medicare Part D Vaccine Program
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***Contact Atlantic at 1-800-741-2044 or
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www.atlantichealthpartners.com



BUILD HEALTHY, NUTRITIOUS EATING PATTERNS WITH THREE SERVINGS OF DAIRY EVERY DAY

DAIRY FOODS HELP NOURISH LIFE

Three daily servings of dairy foods, like milk, cheese or yogurt in those 9 years and older contribute to healthy eating styles and well-being.¹

Milk has a unique nutrient package and contains nine essential nutrients important for growth and development.^{1,2,3,4}

Healthy eating patterns that include low-fat or fat-free dairy foods are linked to reduced risk of cardiovascular disease, type 2 diabetes and lower blood pressure among adults.¹ Dairy foods also are linked to better bone health, especially in children and adolescents.¹

DAIRY SUPPORTS THRIVING COMMUNITIES AND A HEALTHY PLANET

Dairy foods are responsibly produced, nutrient-rich foods that help nourish people, strengthen communities and foster a sustainable future.

The dairy community contributes:

- 2% of greenhouse gases (GHGs) in the U.S. with a voluntary goal to reduce GHGs by 25% by 2020.⁵
- ~3 million jobs and generates \$625 billion for the economy every year in the U.S.⁶
- to the livelihoods of up to 1 billion people worldwide.⁷

CHILDREN AND ADULTS FALL SHORT ON RECOMMENDED DAIRY SERVINGS AND ESSENTIAL NUTRIENTS

The 2015–2020 Dietary Guidelines for Americans (DGA) recommends three servings of low-fat or fat-free dairy foods daily for those 9 years and older, 2½ cups for those 4–8 years and 2 cups for those 2–3 years.¹

By age 6, consumption of milk, cheese and yogurt falls below the DGA recommendation, and the trend continues into adulthood (average is less than two daily servings).^{8,9}

It can be hard to meet nutrient recommendations—especially calcium, vitamin D and potassium (three nutrients of public health concern)¹—without eating three daily servings of dairy foods.

EATING THREE DAILY SERVINGS OF DAIRY FOODS LIKE MILK, CHEESE OR YOGURT CAN HELP PEOPLE CLOSE KEY NUTRIENT GAPS, CONTRIBUTING TO NUTRIENT-RICH, HEALTHY EATING PATTERNS.^{1,10}

These health and wellness organizations support consumption of three daily servings of low-fat or fat-free dairy foods to help build healthy eating patterns as identified by the DGA:¹



¹U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans, 8th Edition. 2015. <http://health.gov/dietaryguidelines/2015/guidelines/>.

²Weaver C. Role of Dairy Beverages in the Diet. *Physiol Behav.* 2010;100(1):63–66. <https://www-clinicalkey-com.ezp2.lib.umn.edu/#!/content/playContent/1-s2.0-S0031938410000338?returnurl=null&referrer=null>.

³CFR 121.101.9. <https://www.ecfr.gov/cgi-bin/text-id?SID=10896471be7fb6ff7aae0ac00081a82&mc=true&ndoept21.2.101&rgn=div5#se21.2.101.19>.

⁴USDA. USDA National Nutrient Database for Standard Reference. Release 28. <http://www.ars.usda.gov/nutrientdata>. Published 2016.

⁵Henderson A, Asselin A, Heller M, et al. U.S. Fluid Milk Comprehensive LCA. University of Michigan & University of Arkansas. 2012.

⁶IDFA. Dairy Delivers, The Economic Impact of Dairy Products in the United States. 2017.

⁷Food and Agriculture Organization of the United Nations. The global dairy sector: Facts. Available at: <http://www.fil-idf.org/wp-content/uploads/2016/12/FAO-Global-Facts-1.pdf>. Published 2016.

⁸ARS, USDA. Food pattern equivalents database (FPED) 2013–2014. What we eat in America, NHANES 2013–2014. https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/FPED/tables_1-4_FPED_1314.pdf.

⁹National Dairy Council. NHANES 2011–2014. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Human Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.

¹⁰Rice BH, Quann EE, Miller GD. Meeting and Exceeding Dairy Recommendations: Effects of Dairy Consumption on Nutrient Intakes and Risk of Chronic Disease. *Nutr Rev.* 2013;71(4):209–223. doi:10.1111/nure.12007.

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