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FAMILY PHYSICIAN

An Official Publication of the Tennessee Academy of Family Physicians

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Cathy J. Dyer

Volume 17, Number 4

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TENNESSEE FAMILY PHYSICIAN
is published by Journal Communications, Inc.,
361 Mallory Station Road, Suite 102,
Franklin, TN 37067, for the Tennessee
Academy of Family Physicians and its members.
For information or advertising rates call
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President's Corner

As I write this column, I cannot believe how fast this past year has gone. It seems like yesterday that I was writing my first President's Corner for the 'Tennessee Family Physician'. Family Medicine has seen a lot this past year. The American Academy of Family Physicians has taken FamMedPAC into its second year. Tennessee has taken a strong leadership role in contributing to the PAC, and I would like to take this opportunity to thank those who have contributed, and would encourage those who have not to consider doing so. We Family Physicians as a group must fight for our future and help others to understand our value. Even joining at the minimum level increases membership percentages and strengthens the PAC. Remember, you can contribute online at the AAFP web site.



"I challenge all of you to become more involved in organized medicine."

We have seen small changes to Maintenance of Certification from the American Board of Family Medicine. While still a long process, it has become a little more user friendly. We now have an option for a ten year cycle rather than a seven year cycle. As budgets become tighter, even a small savings helps. As more people enter the process, they will

become more familiar with the system. While I am fortunate to still not have entered into MOC, I have seen that the Self Assessment Modules are more usable and more navigable. Good luck to all already in the system.

Family medicine gets vital support from the practitioners in surrounding communities who take the time for student and resident rotations. This is strong work from committed clinicians who demonstrate their value to Tennesseans everyday. Interest in family medicine builds on such experiences and has a lasting influence. Thanks to all of you for the dedication to our specialty.

I challenge all of you to become more involved in organized medicine. There are many important issues which need your input and support. Without a strong and involved membership, it is more difficult to protect your needs and interests. If the organizations do not appear to have member support, their voice is soft. With increased members and member participation, we have a strong voice and will be heard. Thanks to your support, the TAFP has a stronger voice in Nashville and throughout the state. Step up and work with your colleagues to strengthen our voice. If you know someone who is not active, encourage them to become involved

– continued on page 2

in the Tennessee Academy.

I am sure there will be many important issues that come up as we approach a new political year. We are obligated to take an interest and become active. If we sit quietly on the sidelines, we have no reason to complain about the outcome. Only through being heard and being active can we affect change and influence outcomes. Please do not waste your voice and your chance to comment; speak out and be heard.

Family medicine is moving toward the future. By continuing your membership, you can take an active role. Help keep our specialty at a valuable point in the medical system. Take advantage of our relationship with our patients to show our value. Only through a strong effort can we improve our position in organized medicine. Patients will be heard much louder than we are. They can help carry our banner. We must insure that patients understand how valuable we are to their care and their safety. Care and safety are much more important to them than our increasing expenses. We all fight for our patients. Now we have to help them understand we are keeping their best interests in mind.

Thank you for allowing me to serve as your President this past year. I hope I have served you well and appreciate this great honor. I will continue to actively support the Tennessee Academy of Family Physicians and hope that you will as well.

Raymond R. Walker, M.D., M.B.A.
President

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 District 6 - Director Roger Zoorob, M.D., Nashville
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 Alternate Director Kim Howerton, M.D., Jackson
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 Alternate Director Parvathi Perumareddi, D.O., Cordova
 District 11 (Residents) Monica Griffin, M.D.
 (UT Saint Francis FM Residency, Memphis)
 Alexander Peter Zotos, M.D.
 (UT Chattanooga FM Residency)

The Resident receiving the highest number of votes will serve as elected Director; the resident receiving the second highest number of votes will serve as elected Alternate Director

- Students - Board Representative Lynn Martin,
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Vice Speaker: T. Allen Polk, M.D., Murfreesboro

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T. Michael Helton, M.D., Smyrna
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Michael Revelle, M.D., Jackson
Kevin J. Wheatley, M.D., Huntingdon

James T. Batey, M.D., Union City
Doreen Feldhouse, M.D., Dyersburg
Susan S. Lowry, M.D., Martin

Robert Damien Hardison, M.D., Memphis
Perry Rothrock, M.D., Memphis
David Weber, M.D., Memphis

Cleo Carter, M.D., Brentwood
Amanda M. Crabtree, M.D., Bristol
Eric D. Parks, M.D., Chattanooga

ALTERNATE DELEGATES:

District 1 (John Sevier Chapter)

Bruce Boggs, M.D., Jonesborough
Gregory Clarity, M.D., Bristol
Steven Clayton, M.D., Johnson City

District 2 (Tennessee Valley Chapter)

R. Wesley Dean, M.D., Powell

District 3 (Choo Choo Chapter)

J. Chris Graves, M.D., Chattanooga
J. Mack Worthington, M.D., Chattanooga
Donald Zeigler, M.D., Hixson

District 4 (Tom Moore Chapter)

Kenneth Beaty, M.D., Celina
Steven Flatt, M.D., Cookeville
Thomas Jenkins, M.D., Cookeville

District 5 (Nathan Bedford Forrest Chapter)

William Mike Milam, M.D., Tullahoma
Diane Petrilla, M.D., Sevanee

District 6 (Andrew Jackson Chapter)

Christopher Holloway, M.D., Nashville
G. Lanny Holmes, M.D., Nashville
Rodger Wallace, M.D., Nashville

District 7 (Nathan Bedford Forrest Chapter)

James R. Hayes, II, M.D., Spring Hill
Donald H. Polk, D.O., Waynesboro
D. Gabriel Polk, D.O., Waynesboro

District 8 (Forked Deer River Chapter)

Walter Fletcher, M.D., Lexington
Kim Howerton, M.D., Jackson
J. Lou Manning, M.D., Jackson

District 9

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James Naifeh, M.D., Dyersburg
William H. Tucker, M.D., Halls

District 10 (Memphis Chapter)

Carla Lynn-Boswell, M.D., Cordova
Wm. MacMillan Rodney, M.D., Memphis
Jay Smith, M.D., Memphis

District 11 (Resident Chapter)

Robert G. Crawford, M.D., Piney Flatts
Monica Griffin, M.D., Cordova
Kimberly J. Snyder, M.D., Jackson

TAFP Tuesday Doctor of the Day at Tennessee Legislature

A very big 'thank you' to the following TAFP members who took the time out of their practice to serve as the TAFP 'Tuesday Doctor of the Day' at the Tennessee Legislature during the 2006 legislative session. Additionally this year, the TAFP provided the Doctor of the Day every third-Thursday. If you are interested in participating as a TAFP Doctor of the Day on a Tuesday in 2007, please contact Cathy Dyer at the TAFP office.

Charles Ball, M.D., Columbia
Reid Blackwelder, M.D., Kingsport
Lee Carter, M.D., Huntingdon
R. Wesley Dean, M.D., Powell
Doreen Feldhouse, M.D., Dyersburg
Walter Fletcher, M.D., Lexington
Beth Anne Fox, M.D., Kingsport
Chet Gentry, M.D., Sparta
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Donald H. Polk, D.O., Waynesboro
Doug Rose, M.D., Kingsport
B.J. Smith, M.D., Dickson
Thomas Smith, M.D., Winchester
Raymond Walker, M.D., MBA, Memphis
B. Alan Wallstedt, M.D., Brentwood
Ty Webb, M.D., Sparta
Donald Zeigler, M.D., Hixson

Thanks also to the following Residents and Medical Students who participated in the Doctor of the Day program during 2006:

Residents: Ryan Bartz, D.O. and Melissa Robbins, M.D. – UT Jackson Family Medicine Residency
Students: Megan Carter – Vanderbilt; Matt Jones – UT Memphis

Proposed Amendments to the TAFP Constitution & Bylaws for Consideration by the 2006 TAFP Congress of Delegates

BYLAWS AMENDMENT 1-2006: To amend the Bylaws of the Tennessee Academy of Family Physicians in Chapter VII, Section 1 (F) by deleting the section in its entirety.

Reads At Present

Chapter VII, Section 1 (F). Professional Liability Committee. This committee shall consist of at least three (3) members but not to exceed five (5) members. It shall be the function of this committee to (a) become involved in state professional liability insurance companies to: 1) ensure physicians limit their practices to areas in which they have training, experience and demonstrated abilities; 2) ensure that family physicians are involved in claims review; 3) maintain the proper rating classifications for family physicians in relation to other specialties; and, 4) monitor who is insured in the family medicine categories; (b) monitor and help develop improved medical liability education programs in residency training programs; (c) help develop and carry out programs developed by the AAFP regarding professional liability; and, (d) work in the area of state legislation for tort reform. Members of this committee shall serve for one year with reappointment at the discretion of the President and Board of Directors.

As Proposed

Delete in its entirety.

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BYLAWS AMENDMENT 2-2006: To amend the Bylaws of the Tennessee Academy of Family Physicians in Chapter IX, Section 4, and to keep the Tennessee AFP Bylaws in compliance with the American Academy of Family Physicians' Bylaws, changing the process for transferring membership when a member moves from one state chapter to another per AAFP 2005 adopted Bylaws Amendment.

Reads At Present

Chapter IX, Section 4. Any member in good standing of the AAFP of one state or regional chapter who moves to another state or region where there exists a constituent chapter of the AAFP shall apply for election to membership in the chapter of the state or region of new practice location or residence within one year. Members failing to be so elected after one year, thereafter shall be dropped from the roll of this Academy unless they be members of the uniformed services chapter. A member transferring to a state or in a member of his or her state or regional chapter.

As Proposed

Chapter IX, Section 4. Any member of this Academy who ceases to be a member of the constituent chapter of the state or region wherein he or she either practices or resides or ceases to be a member of the uniformed services chapter shall, unless he or she be reinstated cease to be a member of this Academy and his or her name shall be stricken from the roll of members.

Except as hereinafter provided with respect to recent residency graduates in Chapter I, Section 2(B), a member in good standing of one state or regional chapter who moves to another state or region where there exists a constituent chapter of the AAFP shall apply to the AAFP for transfer of membership to the chapter of the state or region of new practice location or residence within one year. Upon verification of eligibility for membership in the chapter of such new practice location or residence, membership shall be transferred, and the AAFP shall provide notice of transfer to the member and to the previous and new constituent chapters. Members failing to be so transferred after one year, thereafter shall be dropped from the roll of the Academy, unless they be members of the uniformed services chapter. Resident members who have just completed their residency training and are relocating, automatically shall be transferred to the appropriate chapter without first being required to apply for transfer of membership to that constituent chapter. A member transferring to a state or region or country where there is not a constituent chapter shall remain a member of his or her state or regional chapter.

BYLAWS AMENDMENT 3-2006: To amend the Bylaws of the Tennessee Academy of Family Physicians in Chapter VIII, Section 2, and to keep the Tennessee AFP Bylaws in compliance with the American Academy of Family Physicians' Bylaws, by replacing the current fourth paragraph with a new fourth paragraph with updated language concerning payment of Student membership dues.

Reads At Present

Student members who have paid dues and are members in good standing as of June 30, 1999 shall not be required to pay any additional dues for the duration of their student membership. Other individuals applying for student membership on or after July 1, 1999, shall have a one-time dues payment for the duration of their membership and such payment shall not be prorated based upon when the dues are paid or the individual's year in medical school.

As Proposed

Student members shall have a one time dues payment for the duration of their membership and such payment shall not be prorated based upon when the dues are paid or the individual's year in medical school.

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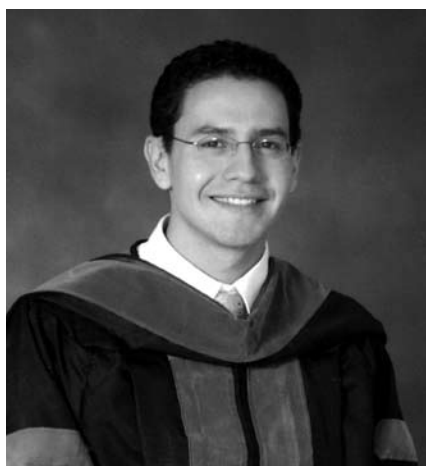
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2006 Tennessee AFP Outstanding Student in Family Medicine Awards

The Tennessee Academy each year presents an 'Outstanding Student in Family Medicine' award to one recipient at each of the four medical schools in Tennessee where there are qualified nominees. (Each recipient is awarded a check in the amount of \$500.00 and an engraved plaque.)

These medical students are nominated by their respective schools based on criteria developed by the TAFP Awards Committee. Students are evaluated on their demonstrated abilities and leadership, participation in school and community activities, academic standing, participation in

TAFP and family medicine activities. Each recipient must be a TAFP member in good standing and must be enrolled in a Family Medicine Residency upon completion of medical school. There were eligible graduating students at all four medical schools this year.



*Arturo Aguilar, MD,
Meharry Medical College*



*Sabina Wong, MD, Vanderbilt University School of Medicine,
accepts plaque for Outstanding Student in Family Medicine*

Congratulations to our 2006 recipients:

RYAN PETERING, M.D. – Graduate of East Tennessee State University James H. Quillen College of Medicine, Johnson City (Oregon Health & Science University Family Medicine Residency, Portland, OR)

JON ANDY SHULL, M.D. – Graduate of University of Tennessee College of Medicine, Memphis (Memorial Hospital Family Medicine Residency, South Bend, IN)

ARTURO AGUILAR, M.D. – Graduate of Meharry Medical College, Nashville (Concord Hospital Dartmouth Family Medicine Residency, Concord, NH)

SABINA N. WONG, M.D. – Graduate of Vanderbilt University School of Medicine, Nashville (West Suburban Medical Center Family Medicine Residency, Oak Park, IL)

Leaders on the Move & Information for Members

- ***Congratulations to Kelley Moore of Stantonville, Tennessee***, who placed 7th in the National Tar Wars Poster Contest in July in Washington D.C., Kelley was 1st place winner in the 2006 Tennessee Tar Wars Poster Contest and won a paid trip to the National Poster Contest.
- ***Charles Leonard, M.D., Jefferson City***, was elected President of the Lakeway Medical Society of the Tennessee Medical Association. Doctor Leonard has been in practice in Jefferson County for 25 years.
- ***Tim Linder, M.D., Selmer***, continues to serve on the AAFP Commission on Government Advocacy with his term ending November 2008.
- ***Reid Blackwelder, M.D., Kingsport***, continues to serve on the AAFP Commission on Continuing Professional Development with his term ending November 2007.
- ***Attention Resident Members*** – The AAFP announces the 2007 Resident Scholars Competition which seeks to recognize outstanding papers authored by residents with cash prizes and up to seven honorable mention certificates. For additional information, contact Bellinda K. Schoof at the AAFP at 1-800-274-2237, ext. 3160. Application deadline is October 1, 2006.
- ***You can access your Academy CME records*** by going to www.aafp.org/myacademy, log in and go to 'My CME Record'.
- ***Reminders:*** The TAFP website is located at: www.tnafp.org. The TAFP website offers links for your convenience in contacting many useful websites such as: Tennessee Department of Health, Governor's TennCare Website, AAFP, National Tar Wars, Tennessee General Assembly and many others. The TAFP email address is: tnafp@bellsouth.net.

"Thank You's" Received

I am overwhelmed by the sheer amount of support you and the physicians of the Tennessee Academy have provided me over the past few years. After being able to serve with all of you, I am honored to be recognized as your Student of the Year at UT. I can't help but think of the hours spent with all of you guys, and the type of physician it will help me to become.

*With Love & Respect,
Andy Shull*

It was an honor to have received the Tennessee Academy of Family Physicians' Student Award at Meharry. Thank you very much for your support and encouragement of students endeavoring into the field of

Family Medicine. I was excited to match at my first choice – New Hampshire Dartmouth Family Medicine Residency – and am eagerly awaiting the start of my new career. I have enjoyed my collaboration with the TAFP and look forward to future activities.

*Thank you again,
Arturo Aguilar*

Thanks to you and everyone at the TAFP! I have really appreciated being supported and recognized by you all as the Student Award recipient at Vanderbilt. I have included a picture (courtesy of Vanderbilt) of me receiving the award from Doctor Zoorob.

*Take care,
Sabina Wong*

Practice Opportunities

If you are looking for a partner or a practice location, send information by mail to: TAFP, 4721 Trousdale Drive, Suite 202, Nashville, TN 37220; or by fax to: 615-833-2677; or by email: tnafp@bellsouth.net. Information for practice opportunities will be accepted only from TAFP members and will be placed in the Tennessee Family Physician at no charge. You are required to include your name, address and/or telephone number and/or fax number and/or email address, since contact concerning opportunities will be made directly between interested parties and not through the TAFP. Information will be placed in four (4) editions unless the TAFP is notified otherwise. Deadline for the next issue (Winter 2007) is October 15, 2006.

- The Department of Family and Community Medicine at Meharry Medical College is currently seeking a **Board Certified Family physician** to serve as full-time faculty. The position includes faculty appointments at Meharry Medical College and Vanderbilt University at the level of Assistant or Associate Professor depending on experience and qualifications. Previous academic experience, practice of non-operative obstetrics, or fellowship training is desired. Nashville is an excellent community and offers many amenities. The Department has eighteen Family Medicine Residents and also administers Preventive and Occupational Medicine Programs and The Center of Nutrition. Contact: Roger Zoorob, MD, MPH, FAAFP; Meharry-Vanderbilt

Professor and Chair, Department of Family Medicine; 1005 Dr. D. B. Todd, Jr. Boulevard, Nashville, Tennessee 37208; Office Phone: (615) 327-6572; Email: rzoorob@mmc.edu

- The Department of Family Medicine at the University of Tennessee in Memphis is seeking **full-time family physician faculty**. Positions involve the full spectrum of family medicine, including obstetrics with locations in multiple settings. Academic rank and salary are commensurate with qualifications and experience. Please send cover letter and CV to: Raymond R. Walker, M.D., M.B.A., Interim Chairman, Department of Family Medicine, University of Tennessee, 711 Jefferson Avenue, Suite 137, Memphis, Tennessee 38105. UT is an EEO/AA/Title VI/Title/Section 504/ADA/ADEA institution.

- Wanted: **Nurse Practitioner or Physician Assistant**. To work in a dynamic Family Practice clinic. Spanish skills helpful, but not mandatory. Competitive pay, flexible hours, full-time or part-time. Please call Dr. Laraya or Dr. Matt at 901-377-6805.

- **Practice opportunity** in Madisonville, Tennessee with the Tennessee State Department of Health.

Great opportunity for qualified physician with regular hours. Contact: Tara Sturdivant, M.D.; Primary Care Services, 1522 Cherokee Trail, Knoxville, TN 37920.

- **Board Certified Family Physician** available for short or long term outpatient/inpatient assignments. Willing to see all age groups and have flexible schedule. Call: 865-397-9957.

- Full-time position for **primary care physician** as employee of health department. Position could be based in either Bedford [Shelbyville], Lawrence [Lawrenceburg], or Maury [Columbia] Counties. Contact Lang Smith, MD at lang.smith@state.tn.us or 931-490-8338.

Resolutions Received for Introduction to the 2006 TAFP Congress of Delegates

The Tennessee Academy of Family Physicians has received no Resolutions at the time of the printing of this Fall issue of the 'Tennessee Family Physician'.

Legislative Report

The 104th Tennessee General Assembly adjourned in June ending a volatile year which began with a called Special Session on ethics reform. Throughout the special session as well as during the regular session the debate on all issues was overshadowed by the investigation, indictment, and pending cases against current and former legislators which is known as the 'Tennessee Waltz'. Although a few pieces of major legislation were enacted, the mood on the Hill was to finish business quickly and get home to their Districts to run for re-election. This re-election will be the first since the indictments and the public will be evaluating legislators on their positions on ethics as well as the other more common issues of the day.

The Tennessee Academy of Family Physicians had another very active year in the General Assembly. A major effort to pass malpractice reform with a cap on non-economic damages failed in a subcommittee of House Judiciary Committee after an all out effort by a coalition of over forty organizations. The effort was successful in gaining support among legislators in both the House and the Senate as evidenced by the increased number of sponsors and the high level of discussion the issue received each week during the Legislative Session. Passage continues to be held up in Civil Practice Subcommittee in the House. An effort by Senate Republicans in the last days of the session to add non-economic damages language to the Governor's Cover Tennessee legislation failed by a very close

vote. It is very possible that had it not been a partisan vote that the votes would have been sufficient to have passed it on the Senate floor this year. With this being an election year and races currently ongoing, the coalition partners are active in the races for those legislators who have been supportive of malpractice liability reform. Favorable election results would be extremely important in our ability to pass significant reform next year.

Since the last report was printed prior to the adjournment of the General Assembly, there are a few bills which have had final action. The bill dealing with removal of the prohibition of a physician owning an interest in a physical therapy facility passed. The bill as amended would require the physician to: (1) disclose his interest when making the referral for treatment, (2) notify the patient that they may go to the provider of their choice and (3) assure the patient that the physician will not treat them any differently if they choose another provider. That bill has been signed by the Governor and has been printed as Public Chapter 875.

The Bill dealing with the controversial topic of restrictive covenants, or covenants "not to compete," did not pass this year but instead was placed in a Legislative Summer Study Committee. At the time of the last legislative report the bill had passed easily in the House and was pending passage on the Senate floor. A small group of Senators expressed concerns however, and delayed debate. Within a few weeks there were

over fifteen amendments filed to the Bill and providers on both sides of the issue were bombarding legislators with e-mails. The sponsors, not wanting a battle in the final days on this issue, decided to study the issue over the summer and try again next year. The study committee, three Senators and three House members, has not been appointed as of this report. Public Chapter 956.

A Bill to allow Chiropractors to include acupuncture as a scope of their practice passed amidst extended debate in both the House and Senate, and was signed into law as Public Chapter 775.

The legislation promoted by the Hospital Association which would have limited office based surgery did not pass this year. Rep. Lois Deberry, the House sponsor, scheduled the bill for debate in committee, stated her strong belief that this is a serious issue which needs legislative attention and then allowed the bill to die in committee. We can expect to see a version of this bill again next year also.

Finally, the bill which prohibits smoking in buildings owned or operated by the state government passed and has been signed by Governor Bredesen. The bill was sponsored by Sen. Roy Herron and Rep. Craig Fitzhugh. The Academy was active in promoting passage of this bill along with other advocates for child health. The bill applies to all buildings except for cabins and lodging facilities at the state parks. Public Chapter 876.

Jack Fosbinder, Nashville
TAFP Legislative Counsel

Editorial

Sweat stings my eyes as I walk the rows of the garden in July and August heat. The fruits of my labor are showing and now set a furious pace to salvage before rotting begins. I obsess over *lycopersicon esculentum*. The marglobs and lemon boys were the first to set. The roma's were soon so thick that they nearly smother the plant. Purple cherokees are huge and variegated like orange stripies. They are best when allowed to hang until ripe but splits and end rot are common. Then came the Grainger county, big boy, better boy, and celebrity 100's. Several varieties were started from seed in March. I had plants in the ground mid April hoping to have tomatoes before the fourth of July.

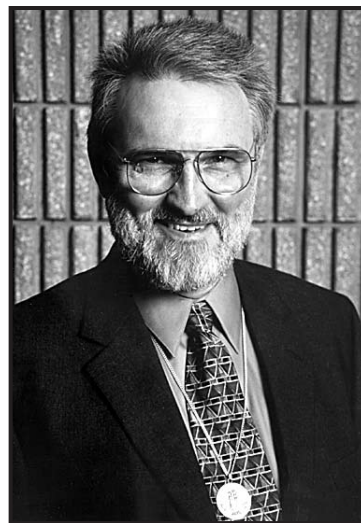
Preparation for planting started with the clearing of last fall's garden. The trash, leaves and vine are composted. The soil receives lime and sand. Tilling is done when it is dry enough. Although I had no design, the layout of rows started easily with the first plantings of onion, potatoes, and garlic. Asparagus went in as a new planting on the outside row and will be left alone for two years. Jean is in charge of the bush and pole beans. The other rows became broccoli, lettuce, corn, okra, and our collection of peppers. My peppers are yellow Hungarian and sweet green peppers. Jean's are bell and red peppers. Neither will touch the others in the pepper family.

I let the weeds get into the squash and I've paid dearly pulling pig weed and crab grass. The only time I have lately for garden maintenance is the scorching hours after work. I've resolved this as my aerobic workout and sweating session. My friends are sure that I going daft. Why does anyone spend all this time and energy in a garden? Flavor is the answer. What a reward! I love the tomato. On a given hot summer afternoon, I'd rather have a garden ripe orange stripey sliced over cottage cheese. I'll pass on the meat and trimmings. Cherokee purple or lemon boy stings the tongue with a taste not found in the grocery. I share these varieties with the breakfast club at the hospital. For sixteen

weeks we savor the glorious taste of fresh tomatoes. We lament their absence and anticipate next year's bounty.

The TAFP has been hard at work for almost two decades in its garden. Many of you have joined me in the labor. We've dug, hauled, weeded, lamented, planted, fertilized and watered. Our harvest produces fruit of another scale. We finish this season with an important harvest at hand. Jim King, M.D. is poised at the threshold of leadership. He is fruit of our garden. The joy of watching Jim has been his determination to work hard, focus on the issue of quality in medicine, and keeping the patient first in his heart. He has pitched in with others to get the harvest (TMA leadership). His study of AAFP process and politics has been thorough. He laid out his rows neatly and was true to those on legislative committees to represent family medicine and its practitioners. Jim has dragged many others along the path of leadership and understanding. Jim's' run for AAFP President-Elect is well deserved by sheer effort but his talent will keep us going forward to a higher plane in medicine.

By the time you read this, the politics and persuasion will be close at hand. Will he move up or on? I think he'll be our next AAFP President-Elect and we'll get back to work. There's much left to do. We have a few talents on our horizon. I fear not enough for the work facing us. This work requires a team. The TAFP has a solid record of leadership in Kansas City. We must continue to labor in the garden to foster our newer family physicians in participatory leadership. To lead you must participate. To eat you must work. Those of us



– continued on next page

with the gray hairs are stepping aside. But we know the ground; we've watched others lead; we dearly want others to experience the joy of being part of the AAFP. Our specialty is not certain. We are an endangered lot subject to the inundating pressures of finance, politics, and society. Are we to be replaced in the "Minute Clinic"? Is the internet the new locus of differential diagnosis for the computer literate? Will the inane bias against the generalist ever swing back toward the center? Can you change any of this? The AAFP is the garden of our future and we are its stewards.

I'm certain that a cadre of leaders can rise from within our ranks. I've seen it happen. I still am amazed that the cohort of residents out of the NCFPR/NCSM in the 1980's went on to become our American AFP Executive Vice President (Douglas Henley, M.D.), Board members (Bruce Bagley, M.D., Richard Roberts, M.D./JD, Rick Kellerman, M.D., Tom Weida,

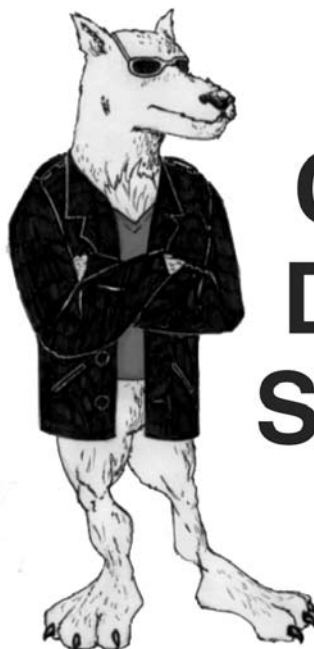
M.D.) Vice President (Dan Oostergaard, M.D.) and staff (Herb Young, M.D. Scientific Division). We are watching a similar rise in leaders now. You are needed in the garden. We have work to do. It is not that important that you become our AAFP President; but, it is important that we all turn a spade of dirt (fertile soil for ideas), plant a seed (remember a medical student), pull a weed (contradict a politician lawyer), nurture each seedling (high school job shadowers), water in dry times (encourage a colleague) and reap the harvest (accept a new associate into your practice). Family Medicine is an heirloom variety. Medicine sorely needs the generalist physician who fears not the sweat or toil and yet brings unique sight to those who partake. We need your work, wisdom, and talent for the tasks ahead.

Michael Hartsell, M.D., Greeneville
Co-Editor

Join in and be a Tennessee Tar Wars Volunteer

It only takes one hour of your time to teach one Tar Wars class in your local classrooms. Tar Wars is the AAFP's National pro-health tobacco-free education program and poster contest for 4th and 5th graders to discourage tobacco use among youth. The program uses a community-based approach and provides an opportunity for health care professionals, school personnel and community members to work toward a common goal of discouraging youth tobacco usage.

Your help in teaching Tar Wars in your local classrooms would be appreciated! If you are interested in being a Tennessee Tar Wars Volunteer, please contact Cathy Dyer, Tennessee Tar Wars Coordinator, at the TAFP office: Toll Free at 1-800-897-5949; Nashville calling area at 615-833-5522; Email at tnafp@bellsouth.net. Or, you can access information on Tar Wars via the Tennessee AFP website at: www.tnafp.org.



**BE
COOL
DON'T
SMOKE**

Tar Wars

The Skinny on Milk, Cheese and Yogurt

3-A-Day of Dairy Increases Weight Loss When Part of a Reduced-Calorie Diet

Research continues to support the relationship between dairy foods and weight management. In a clinical trial, people on a reduced-calorie diet who consumed 3 servings of milk, cheese or yogurt each day lost significantly more weight and body fat than those who just cut calories while consuming little or no dairy.¹

How It Works

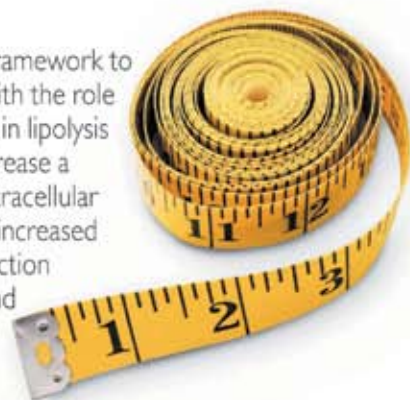
Cell culture and animal studies provide a strong potential framework to explain dairy's weight loss effect, part of which has to do with the role that dietary calcium, and potentially dairy protein, may play in lipolysis and lipogenesis. Low-calcium diets have been shown to increase a key calcium-regulating hormone, which in turn increases intracellular calcium concentrations in human adipocytes and results in increased fat storage. Conversely, a high-calcium intake inhibits production of the hormone, thereby decreasing intracellular calcium and ultimately the fat content of fat cells. Moreover, studies in animals and humans show that dairy foods promote substantially greater loss of body weight and fat than calcium supplements.

A Motivating Benefit: Losing Inches in the Waist

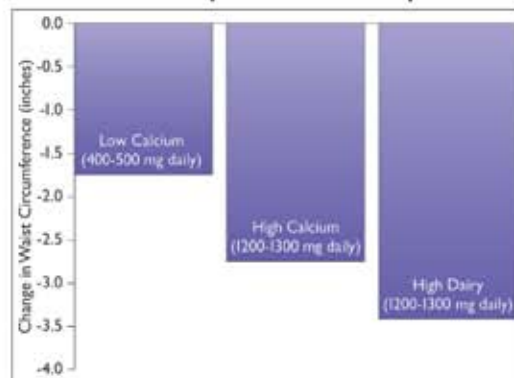
Research also indicates that including 3 daily servings of dairy in a reduced-calorie diet may help patients lose more inches and burn more fat in the abdominal region.¹ Visual results can help motivate patients to decrease a high waist circumference, a trait that indicates abdominal obesity and an increased risk for the metabolic syndrome, hypertension and cardiovascular disease.

Benefits Beyond Weight Loss

The newly released Dietary Guidelines for Americans also acknowledges the important role of dairy products' unique nutrient package. The guidelines recommend people consume 3 servings of fat-free or low-fat dairy foods every day as part of a healthy diet. It also recommends dairy products like lactose-free milk or yogurt first for individuals who are lactose intolerant.



Dairy Foods Accelerate Loss of Abdominal Fat¹
Results after six-month study



Motivate patients with what they find important. Adults may lose more inches in the waist when including 3 servings of milk, cheese or yogurt each day as part of a reduced-calorie diet.



NATIONAL DAIRY COUNCIL

To learn more about the body of research supporting dairy's role in weight loss and to download a free Healthy Weight Education Kit with patient education materials, visit nationaldairy council.org. Also encourage your patients to assess their diet at assessyourdiet.webmd.com.

¹Zemel MB, et al. Dietary calcium and dairy products accelerate weight and fat loss during restriction in obese adults. *Obesity Research*. 2004; 12(4): 582-590.

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3 servings of dairy a day in a reduced-calorie diet supports weight loss.
3aday.org

YOU'VE BUILT A PRACTICE.



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There are powerful forces in the marketplace. Events that can undermine in a day what you've labored years to create. That's why, over the past 30 years, we've cemented our partnerships with you, our physician owners. Together, we've assembled an industry-leading framework of medical malpractice coverage, counsel and support. We've molded the most comprehensive risk management and business resources program in sight. And we'll keep on engineering better services. To fortify your practice. And reinforce its development. Choose SVMIC. Because with the right partner, the sky's the limit.



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