

# MINNESOTA FAMILY PHYSICIAN

Newsletter of the Minnesota Academy of Family Physicians

January/February 2006

## Minnesota's Legislative Session - Late Start; Short Year?

By Dave Renner, MAFP Legislative Representative

The 2006 Legislature doesn't reconvene this year until March 1, 2006. This is the latest start for an even-numbered year since the Legislature began meeting every year in the mid-1970's.

2006 is expected to be a relatively short session because of many factors. One, they are starting a month later than usual. Second, all legislators are still stinging from the public reaction they received from the 2005 Special Session and the partial state shutdown. Third, and maybe most importantly, all 201 members have to stand for re-election this year and they want to get home and begin campaigning.

Most are predicting an adjournment date in early May. The challenge to completing their work in a timely manner is that political margins in both bodies of the Legislature are extremely narrow. The Senate is controlled by the Democrats, but only by four votes. The House is controlled by the Republicans, but only by one vote.

What is different this year, compared to the last three years, is that the budget forecast shows that the state has a projected surplus of \$740 million. While it is always easier for Legislatures to act when they don't have to make budget cuts, current law dedicates the entire surplus to repairing earlier cuts made to our K-12 education programs.

The priority issues for the MAFP this year include passage of a statewide smoking ban in all workplaces, including restaurants and bars. The Freedom to Breathe Act would extend the work many local communities have done and protect workers in all workplace settings from the dangers of second-hand smoke.

The MAFP will also be advocating to reinstate some of the benefit cuts that were implemented over the last two years for the Medical Assistance, General Assistance Medical Care, and MinnesotaCare programs.

**Legislative - Continued on page 4**

## Microscopic "Fine" Particles Are Growing Health Concern

*MPCA's Air Quality Index Helps Guide Doctors and Patients*

Provided by the Minnesota Pollution Control Agency

Outdoor air pollution can trigger health problems. Family physicians treating patients with chronic obstructive pulmonary disease (COPD) and cardiovascular disease need to be aware of ambient air pollution levels – even during the winter – to help reduce respiratory and cardiovascular problems, according to the Minnesota Pollution Control Agency (MPCA) and the Minnesota Department of Health.

Do you utilize a free state agency service called the Air Quality Index (AQI) that offers on-line hourly air pollution readings and e-mail health alerts? Doctors, clinics and patients can check the MPCA's AQI routinely to help reduce respiratory and cardiovascular events.

The MPCA continuously monitors five air pollutants in the outdoor air across the state, but

only two (ozone and fine particles) pose a health concern. Most people are familiar with ozone, or smog. Because it requires hot, sunny weather to build to unhealthy levels, it is only a health threat from May through September in Minnesota. But, fine particles, (2.5 microns and smaller) can trigger air quality health alerts any time of the year in our state.

Fine particles are a complex aerosol mixture of airborne particulate matter from incomplete combustion of fossil fuels. Particles are emitted year-round from vehicles, electrical power plants, fires and industry. Fine particles are so small that 30-100 (or more) could fit across the diameter of a human hair.

**Air Quality - Continued on page 5**

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# Coming Up

## The Calendar

March 11	MAFP Board of Directors Meeting, 8:30 a.m., Interchange Tower, St. Louis Park
March 16	MMA Physician Legislative Grassroots Seminar, MN History Center, St. Paul
March 25	MAFP Research Forum, Rush Creek Golf Club, Maple Grove
April 12	Tar Wars Poster Contest Deadline for Minnesota
April 19	MAFP House of Delegates, Hyatt Regency Hotel, Minneapolis
April 20-21	MAFP Spring Refresher, Hyatt Regency Hotel, Minneapolis

## Continuing Education Courses

### 20th Annual FM Today Conference

Date(s): March 9-10, 2006  
Sponsor: HealthPartners  
Location: Holiday Inn E  
Registrar: (952) 883-6224 or online at <http://ime.healthpartners.com>  
Approved for 16.25 Prescribed Credits

### Outpatient Preoperative Assessment to Inpatient

Date(s): March 16-18, 2006  
Sponsor: Mayo Foundation  
Location: Mayo Clinic  
Registrar: (507) 266-9928  
Approved for 17.75 Prescribed Credits

### Minnesota Newborn Hearing Screening and Intervention Summit

Date(s): April 3-4, 2006  
Sponsor: Minnesota Dept. of Health  
Location: Minneapolis Convention Ctr.  
Registrar: [www.health.state.mn.us/divs/fh/mch/unhs/summit/index.cfm](http://www.health.state.mn.us/divs/fh/mch/unhs/summit/index.cfm)  
Accreditation is pending

For more CME opportunities, please visit our website at [www.mafp.org/cmeupcoming.asp](http://www.mafp.org/cmeupcoming.asp).

### MAFP Spring Refresher 2006

Date(s): April 20-21, 2006  
Sponsor: MAFP  
Location: Hyatt Regency Hotel  
Registrar: (952) 542-0130 or online at [www.mafp.org](http://www.mafp.org)  
Approved for 13 Prescribed Credits

### Mini MBA in Health Care Management

Date(s): April 24-28, 2006  
Sponsor: University of St. Thomas  
Location: University of St. Thomas  
Registrar: (651) 962-4625  
Approved for 38.25 Prescribed Credits

### 2nd Regional Womens Health Conference

Date(s): May 5, 2006  
Sponsor: St. Lukes Hospital  
Location: Inn on Lake Superior  
Registrar: (218) 249-5139  
Approved for 5.50 Prescribed Credits

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Editorial copy and practice opportunity ads to be considered for the March/April issue are due in the MAFP office by Feb. 28, 2006.

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## The Role of a Medical Home in Health Care Reform in Minnesota

I have spent most of my column space this year talking about the concept called a Medical Home. Do I really think that the tasks that we take on as a family physician are going to change soon? Well, I think the tasks have already changed a lot since I left the training halls of academia at the University of Iowa 25 years ago. In fact, I left academia for the second time just two short years ago when I resigned as residency program director. The changes in how I spend my time now compared to what my day looked like just ten years ago before joining the residency program are amazing...and exhausting. You see, the patients are different, and what I can/should do for them has changed. And how many people/organizations have their fingers in what used to be my business, and the time that I must put in to respond to them, has increased exponentially. I also notice that family physicians are fighting harder and harder to defend their personal time. I remain convinced that is because they are spending more and more time responding to external demands on how they practice, leaving them less and less time to spend with their patients. I'm also convinced that to continue to get competent and caring physicians into family medicine, we need to get the patient back into the center of what we do.

Another major force that will be driving changes in health care is its cost. It has been stated that health care costs are currently the single greatest threat to economic growth (last year health care was over 16% of the GNP) and to governmental budgets. To address this problem, it seems that health care systems must (and I predict will) be redesigned to get more value! How to attain more value was best described in the Institute of Medicine's (IOM) proposal for a new health system for the 21st century published in 2001 entitled, *Crossing the Quality Chasm*.

The IOM advanced six aims, or performance characteristics, that would describe any successful reform proposal. These are safety; effectiveness; patient-centeredness; timeliness; efficiency; and equity.

To achieve these aims, the IOM proposed the following 10 rules.

First, care needs to be based on continuous healing relationships. The IOM recommends moving from encounters (office visits) as the definition of care to a continuous healing relationship in which a patient can have access to trustworthy information and the health care support that they need 24 hours a day.

Second, care needs to be based on patient's needs, choices, and preferences...that is, it must be patient-centered.

Third, the patient needs to be the source of control—that is, the patient must be at the center of all choices concerning their own health care.

Fourth, there needs to be shared access to a free flow of information. This implies that patients receive medical information, as much as care, from their provider and then receive help in utilizing that information in a manner that is consistent with their own values.

Fifth, care must be evidence-based. Conflicts between this rule and the rule that the patient is the source of control may best be described by, "The patient is always right, but sometimes the

# President's

## Message

By George Schoephoerster, M.D.



doctor (as the expert in evidence-based care) knows best!"

Sixth, safety must be addressed as a systems property.

Seventh, there needs to be transparency, so that everyone involved can make informed decisions.

Eighth, patient's needs must be anticipated. Care should be structured in a proactive mode, rather than a reactive mode. Our current structure is to predominately respond to the chief complaint that the patient raises when the provider enters the room. The change implies, among other things, the need for implementation (and reimbursement) for a chronic disease model of primary, secondary, and tertiary prevention.

Ninth, there should be a continuous decrease in waste, both in time and in resources. It would require major changes both in the flow within our offices and how our offices interact with the greater health care system.

Finally, clinicians must work as teams, cooperatively and collaboratively.

It is my belief that the Medical Home is structured in a manner that is consistent with these rules. Over the next couple of months, your MAFP Board will be completing a document of principles for a Medical Home. I suspect that the following will closely summarize our views: *"The function of a Medical Home is to provide patient-centered care. Patient-centered care is about providing effective care that is consistent with a patient's personal values and then putting the patient at the center of all choices concerning that care. A Medical Home provides that patient-centered care both by supporting the patient in a long-term relationship with the health care team that is led by their own personal physician and by having the necessary structures for seamless and timely access to all essential care for that patient regardless of where that care is provided."*

I believe that a Medical Home is the health care reform structure where primary care can do its work in a manner that is consistent with the rules of reform and will help to achieve the aims of reform as described by the IOM. Once we have agreement on the principles of a Medical Home, your Academy will be working with the Minnesota Medical Association, educational institutions, business leaders, legislative leaders and other power brokers to assure that a Medical Home is part of the future of health care in Minnesota. I believe that putting patient-centeredness back into health care will bring quality physicians into family medicine, contentedness back into its practice, and affordability back into health care.

# What's New

## ► Family Physicians Receive Awards

**Glenn Nemeck, M.D.**, Monticello, was given the Rural Physician Associate Program Preceptor Special Achievement Award by the University of Minnesota. **Gerald Jensen, M.D.**, Blaine, received a Drs. William J. Carr and Richard C. Travis leadership award from Mercy & Unity Hospitals. **John Sutherland, M.D.**, a former MAFP member and past MAFP president, received the 2005 Medical Educator of the Year award from the Iowa AFP.

## ► AIM to Change Toolkit Available

Americans in Motion (AIM) has created an *AIM to Change* toolkit which contains valuable resources and practical advice to help family physicians interact with patients in an office or community setting. The resources will show physicians how to open a dialogue, encourage fitness by recommending simple changes, and capitalize on the “teachable moments” during patient visits. To help reinforce the recommendations, the toolkit also includes supporting patient education materials to motivate patients and encourage healthy eating, physical activity and emotional well-being. The kit is free, but there is a fee for shipping. To order, call (800) 944-0000. For more information about the Americans In Motion initiative, visit [www.americansinmotion.org](http://www.americansinmotion.org).

## ► Proposed Newborn Screening Revisions

The Minnesota Department of Health (MDH) is proposing revisions to the state’s Newborn Screening (NBS) Rules, Minn. Rules, Chapter 4615. This rulemaking process will update the NBS rules to reflect 2003 statutory changes and new technological advances, as well as to clarify the roles of MDH, hospitals, and health care providers. All interested persons or groups may submit comments or information on these possible changes in writing by February 13, 2006. For more information, visit the website at [www.health.state.mn.us/divs/phl/newborn/rulechange.html](http://www.health.state.mn.us/divs/phl/newborn/rulechange.html).

## Continued from page 1 - Legislative

These include elimination of the prior authorization requirements for cesarean sections and other barriers to needed services.

Another barrier to health care services that must be addressed is the provision of medical interpreter services for non-English speaking patients. Most insurers refuse to pay for these services even though federal law requires they be provided. With the growing influx of non-English speaking citizens throughout the state, this is a growing cost that medical clinics cannot afford to provide.

A scope of practice issue that is directly counter to our efforts to promote a “medical home” for patients is the physical therapists’ attempts to allow direct access to their services. Current law allows a patient to go directly to a physical therapist but for no longer than 30 days without needing a physician’s referral. This law ensures that patients are seen by a physician if their condition is not improving within 30 days. It also promotes continuity of care by involving the patient’s personal physician in the treatment plans.

Once again, the MAFP will be providing regular Legislative Updates throughout the legislative session. If you are interested in receiving these updates by mail, fax or email, please call or email the MAFP office with your preference. The office email address is [office@mafpa.org](mailto:office@mafpa.org).

## Membership Report

Nov. 1, 2005 - Dec. 31, 2005

### New Active Members

Jennifer Burger, M.D., Luverne  
Tracie Mallberg-Shaffer, M.D., Glenwood  
Gretchen Phillips, M.D., Stillwater  
Anne Riddle, M.D., Detroit Lakes  
Brian Riddle, M.D., Detroit Lakes  
Sandra Roberts, M.D., Waconia  
Steven Soneral, D.O., Waconia

### In Memoriam

John Myers, M.D., Canby  
Member since 1960



### Membership (As of 12/31/05)

Active = 2,050  
Resident = 268  
Student = 535  
Life = 234  
Inactive = 38  
Supporting = 2  
**Total = 3,127**

## Make Plans to Attend the 2006 Research Forum

Reserve your place for the 2006 Research Forum, taking place Saturday, March 25, at the Rush Creek Golf Club in Maple Grove. The Research Forum provides a chance to network and hear practicing and academic family physicians, senior researchers, residents and medical students present their findings in Family Medicine Research.

**Leif I. Solberg, M.D.**, Director for Care Improvement Research, HealthPartners Research Foundation and Associate Medical Director, HealthPartners Medical Group, will present the keynote on *The Intersection of Quality Improvement and Research*. Individual research presentations will follow.

After lunch, **John Hickner, MD**, Professor of Family Medicine at the University of Chicago Pritzker School of Medicine and past director of the AAFP National Research Network, is speaking on *Testing Practice Innovations: How do we know if they work?* **Kevin Peterson, M.D., M.P.H.**, director of the MAFP Research Network will also be presenting in the afternoon on *How to Make Clinical Research Pay* and the *electronic Primary Care Research Network*.

Visit [www.mafpa.org](http://www.mafpa.org) to print a registration form or contact Lisa Regehr at the MAFP office [lregehr@mafpa.org](mailto:lregehr@mafpa.org) or (800) 999-8198, (952) 542-0130 for more information.

The Environmental Protection Agency (EPA) designed the Air Quality Index (AQI) to interpret air quality readings for the public on a health adjusted scale. Physicians, clinics and patients can check the AQI at [www.aqi.pca.state.mn.us/](http://www.aqi.pca.state.mn.us/). The Web site gives hourly readings for the pollutant with the highest level in each of eight Minnesota areas.

The number given in the AQI relates to the EPA health-adjusted categories of good (0-50, green), moderate (51-100, yellow), unhealthy for sensitive groups (101-150, orange) and unhealthy (151-200, red). Patients, physicians and clinics are encouraged to sign up online to receive free e-mail air alerts from the MPCA. Air advisories are sent when the AQI is at or predicted to be between 90 and 100 for a sustained period. Air alerts are sent when the AQI is at or predicted to be above 100.

“The air quality index and air alerts are valuable tools to remind patients when poor air quality is coming and gives them the opportunity to prepare by reducing their exposure and or taking their medication,” said Dr. Dan Foley, VP of Medical Affairs at United Hospital and a 21-year member of the MPCA Citizens’ Board.

According to the EPA, “People with heart or lung disease, older adults, and children are considered at greater risk from particles than other people, especially when they are physically active.”

Many studies reveal cardiovascular and respiratory effects of short-term spikes in air pollution. According to an American Heart Association (AHA) Scientific Statement for Healthcare Professionals From the Expert Panel on Population and Prevention Science of the AHA, “Epidemiological studies conducted worldwide have shown a consistent, increased risk for cardiovascular events, including heart and stroke deaths, in relation to short and long-term exposure to present-day pollution, especially particulate matter.”

The AHA statement also described plausible mechanisms linking fine particle pollution to cardiovascular disease ...”including enhanced coagulation/thrombosis, a propensity for arrhythmias, acute arterial vasoconstriction, systemic inflammatory responses, and chronic promotion of atherosclerosis.”

Fall and winter are prime seasons for air pollution health alerts from high levels of fine particles. “Our state’s worst recorded air pollution levels were due to particles, and occurred in late January and early February 2005, and were spread over half of the U.S.” said Rick Strassman, air monitor supervisor for the MPCA. From January 31 the AQI readings for particles were

more than 100 (except for two hours) and remained above 100 and as high as 156 until winds picked up around noon on February 3.

This particle event, like most during cold weather, was the result of a temperature inversion (warm air on top of cold air) and stagnant winds that trapped particles and other air pollutants, causing them to build up — like putting a lid on a pot of boiling water.

Technology did not allow the MPCA to monitor fine particles reliably on an hourly basis before 2001. Now, eight areas of the state have particle monitors in operation. Strassman says it’s important to remember that high particle levels can occur in almost any area of that state and it is both an outdoor and indoor problem. “The MPCA added monitors in Marshall and Detroit Lakes

last summer and we were surprised at some of the high readings recorded, but it points out that air pollution has no boundaries and it isn’t just a big city problem.”

“This winter, with higher heating costs, we are likely to hear more local respiratory-related complaints from increased use of wood-burning fireplaces and woodstoves as smoke irritates family members or neighbors,” Strassman, said. According to the EPA, fine particle emissions from an EPA certified woodstove are 20 times lower than fireplaces, but they still emit 160 times more fine particles than a home’s natural gas furnace.

Every day we add to particle pollution when we drive, heat our homes, light a wood fire, turn on televisions, lights and computers, mow the lawn or use a snow blower. As energy prices increase there should be plenty of incentive to reduce energy use, with the added benefit of helping to maintain healthy air quality.

For resource links related to this article, please visit the MAFP website at [www.mafp.org](http://www.mafp.org).

## Tips for Patients to Reduce Particle Exposure

### Drive fewer miles.

Bus, bike, carpool or walk more often.

### Reduce exposure to idling vehicles.

Cars need only 30 seconds to warm up, even in the winter.

### Limit wood smoke.

Indoors: consider a new fireplace insert or converting to natural gas, replace woodstoves built before 1992. Outdoors: make only small recreational fires. Never burn leaves, green branches or treated wood.

### Reduce electricity use.

Turn lights and appliances off when you leave the room. Use compact fluorescent light bulbs to reduce lighting energy 60-75 percent compared to incandescent light bulbs.

### Buy Energy Star appliances to save energy.

Saving electricity reduces the amount of fossil fuels burned to create electricity.

# Spring Refresher

Minnesota Academy of Family Physicians

Hyatt Regency Hotel . Minneapolis, Minnesota  
April 20-21, 2006

## Reserve Your Hotel Room Today!

The Hyatt Regency Hotel welcomes you as a participant at the MAFP Spring Refresher, April 20-21, 2006. For reservations, call (800) 233-1234. **Be sure to mention the MAFP to receive the conference rate.** Or visit [www.mafp.org](http://www.mafp.org) and follow the link to the Hyatt's on-line reservation service. Reservations must be received by March 18, 2006. Reservation requests after that date will be confirmed on a space-available basis. A special room rate of \$130 (both single and double occupancy) has been established for attendees. A 13% tax will be charged to all guest rooms.

## President's Dinner

Join us to honor the 2006 Family Physician of the Year and other MAFP award winners at the President's Dinner on **Thursday, April 20, 2006**. Witness the installation of Randy Rice, M.D., as President, and assist us in thanking current President, George Schoepfoerster, M.D., for leading the MAFP. Networking begins at 5:00 p.m. with a reception. Dinner will be served at 6:00 p.m.. The cost is \$15. Family medicine residents can attend for \$5 and medical students attend for free.

## Awards Presentations

We will recognize MAFP award winners during the General Sessions on Thursday, April 20, 2006. (Teacher of the Year, Resident of the Year, Researcher of the Year and the Medical Student award winner.)

## Thursday, April 20

### General Session

7:15 a.m. to 8:15 a.m.

#### Update on Atrial Fibrillation

Scott Sakaguchi, M.D.

#### Evaluation, Accurate Diagnosis and Management of Chronic Cough

Pramod Kelkar, M.D.

### General Session

8:50 a.m. to 10:00 a.m.

#### Strategies to Reduce Clinical Inertia in Diabetes Care

Patrick O'Connor, M.D.

#### An Update on Pediatric & Adolescent Vaccines

Robert Jacobson, M.D.

### Pediatric Track

10:30 a.m. to 12:00 p.m.

#### Pediatric Orthopedics - Later Childhood Problems

Joseph Blonski, M.D.

#### Medical Aspects of Child & Teen Obesity

Michael Bateman, D.O.

### Obstetrics Track

10:30 a.m. to 12:00 p.m.

#### Early and Late Labor

Kirk Ramin, M.D.

#### First Trimester Screening

Kirk Ramin, M.D.

### Medicine Track

10:30 a.m. to 12:00 p.m.

#### Rheumatoid Arthritis

Speaker to be determined

#### Practical Pain Management

James V. Anderson, M.D.

### General Session

1:05 p.m. to 2:45 p.m.

#### Strategies for Diabetes Management When Oral Agents Are No Longer Sufficient

John Bantle, M.D.

#### Pre-Operative Assessment & Risk Stratification

Himanshu Sharma, M.D.

### Sports Medicine Track

3:30 p.m. to 5:00 p.m.

#### Developmental Issues in Sports

Dave Thorson, M.D.

#### Controversy Over Stretching & Exercise

Grant Morrison, M.D.

### Medicine Track

3:30 p.m. to 5:00 p.m.

#### Peri- & Post- Operative Mgmt. Issues

Margret Lenarz, M.D.

#### Heart Failure Update 2006: Focus on the New Guidelines

Eric Ernst, M.D.

### Practice Management Track

3:30 p.m. to 5:00 p.m.

#### Achieving Success in EHR Adoption

Panel moderated by Thomas Arneson, M.D.

#### MC-FP: Tips for Success

Panel moderated by Richard Wehsele, M.D.

*The MAFP Spring Refresher is an annual review for specialists in family medicine.*

Update your medical knowledge

Reinforce appropriate practices

Improve your clinical practice

# April 20-21 . 2006

To register, mail in the form on the next page with payment or use a credit card to register on-line using our secure registration site.

Simply go to [www.mafp.org](http://www.mafp.org) and click on the Spring Refresher link.

A complete description of CME topics is available at [www.mafp.org/SRschedule.asp](http://www.mafp.org/SRschedule.asp)

## Hyatt Regency Hotel . Minneapolis

### Friday, April 21

#### General Session

7:15 a.m. to 8:15 a.m.

#### **Autism 101 - What Parents Need You to Know**

Bobbi Kostinec, M.D.

#### **The Family Physician's Role in Disaster Relief: Learnings from Hurricane Katrina**

Jon Hallberg, M.D.

#### General Session

8:50 a.m. to 10:00 a.m.

#### **Difficult to Manage Hypertension**

Arkady Synhavsky, M.D.

#### **Update on Celiac Disease**

Margaret M.C. Gill, M.D.

#### Sports Medicine Track

10:30 a.m. to 12:00 p.m.

#### **Exercise in Pregnancy**

Russell Bergum, D.O.

#### **Joint Injections Pearls and Basics**

Russell Bergum, D.O.

#### Mental Health Track

10:30 a.m. to 12:00 p.m.

#### **Post-Partum Depression**

Dwenda Gjerdingen, M.D.

#### **Eating Disorders**

Ann Vosti, M.D.

#### Emergency Medicine Track

10:30 a.m. to 12:00 p.m.

#### **ER Evaluation of Headache**

Speaker to be determined

#### **Procedural Sedation**

Speaker to be determined

#### Student Session

12:00 p.m. to 1:15 p.m.

#### **Choosing the Right Residency Program**

Moderated by Carrie Link, Student Director

#### Women's Health Track

1:15 p.m. to 2:45 p.m.

#### **Female Incontinence**

Sheila Gemar, M.D.

#### **Non-Medication Management of Perimenopausal Bleeding**

Abimbola Famuyide, M.D.

#### Medicine Track

1:15 p.m. to 2:45 p.m.

#### **Ticks and Disease**

Johan Bakken, M.D., Ph.D., F.A.C.P

#### **What's New in Oncology**

William Shimp, M.D.

#### Practice Management Track

1:15 p.m. to 2:45 p.m.

#### **Coding Issues Critical to the Family Physician**

Jeanne Chapdelaine, Partners Healthcare Consulting

#### General Sessions

3:00 p.m. to 4:30 p.m.

#### **Current Infectious Threats to Public Health: What Physicians Need to Know**

Harry Hull, M.D.

#### **Common and Challenging Dermatology Cases**

Charles Crutchfield, III, M.D.

### Accreditation

This activity has been reviewed and is acceptable for up to 13 prescribed CME credits by the American Academy of Family Physicians.

### Cancellation Policy

Only cancellations received by April 17, 2006, will be refunded (minus a \$35 administrative charge.)

### Just For Medical Students

Making the right residency choice doesn't have to be the luck of the draw! Come to this free lunch session designed to help you get answers to important questions. Learn what to ask in your interviews and find out what residency programs are likely to ask you. Learn which residencies work with alternative medicine practitioners, with nursing homes or with sports medicine. Find out what is a good number of deliveries for OB. The student session will take place on Friday, April 21, 2006, from noon to 1:15 p.m. Don't just depend on luck!

### Exhibits

Visit the exhibit hall to learn about new products, job opportunities, and other health care providers, all in one convenient location. Exhibitors help keep Spring Refresher tuition down. The MAFP appreciates our partners' support of family medicine.

# Spring Refresher Registration

Name: \_\_\_\_\_ Send Confirmation to this Address: \_\_\_\_\_ City: \_\_\_\_\_

Professional Designation (circle): \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Clinic Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 M.D. D.O. Other \_\_\_\_\_

## Spring Refresher CME Selections

Please indicate which track you are likely to attend. Your responses will be used to determine room sizes, but are not binding.

### Thursday Morning Tracks (Choose One)

**Pediatric Track: 10:30 a.m. - 12:00 p.m.**

Pediatric Orthopedics - Later Childhood Problems  
 Medical Aspects of Child and Teen Obesity

**Obstetrics Track: 10:30 a.m. - 12:00 p.m.**

Early and Late Labor  
 First Trimester Screening

**Medicine Track: 10:30 a.m. - 12:00 p.m.**

Rheumatoid Arthritis  
 Practical Pain Management

### Thursday Afternoon Tracks (Choose One)

**Sports Medicine Track: 3:30 p.m. - 5:00 p.m.**

Developmental Issues in Sports  
 Controversy Over Stretching and Exercise

**Medicine Track: 3:30 p.m. - 5:00 p.m.**

Peri- and Post-Operative Management Issues  
 Heart Failure Update: A Focus on New Guidelines

**Practice Management Track: 3:30 p.m. - 5:00 p.m.**

Achieving Successful EHR Adoption  
 MC-FP: Tips for Success

### Friday Morning Tracks (Choose One)

**Sports Medicine Track: 10:30 a.m. - 12:00 p.m.**

Exercise in Pregnancy  
 Joint Injections

**Mental Health Track: 10:30 a.m. - 12:00 p.m.**

Post-Partum Depression  
 Eating Disorders

**Emergency Medicine Track: 10:30 a.m. - 12:00 p.m.**

ER Evaluation of Headache  
 Procedural Sedation

## Registration Fees

Please check the day(s) you plan to attend:

**Thursday, April 20**  **Friday, April 21**

	Two-day fee	One-day fee	Discount if mailed by April 7
<input type="checkbox"/> AAFP/MAFP Active Member.....	\$275	\$175	Less \$15
<input type="checkbox"/> AAFP/MAFP Life/Inactive Member.....	\$80	\$40	N/A
<input type="checkbox"/> Non-Member.....	\$375	\$275	Less \$15
<input type="checkbox"/> Allied Professional.....	\$190	\$130	Less \$15
<input type="checkbox"/> Resident Member.....	Free	Free	N/A
<input type="checkbox"/> Resident Non-Member.....	\$35	\$35	N/A
<input type="checkbox"/> Student Member or Non-Member.....	Free	Free	N/A

(Do you plan to attend the **STUDENT** lunch at 12:00 p.m. on Friday?  Yes  No)

## Friday CME Selections (Cont.)

### Friday Afternoon Tracks (Choose One)

**Women's Health Track: 1:15 p.m. - 2:45 p.m.**

Female Incontinence  
 Non-Medication Management of Perimenopausal Bleeding

**Medicine Track: 1:15 p.m. - 2:45 p.m.**

Ticks and Disease  
 What's New in Oncology?

**Practice Management Track: 1:15 p.m. - 2:45 p.m.**

Coding Issues Critical to the Family Physician

(For MAFP use only)

Check #: \_\_\_\_\_

Check Name: \_\_\_\_\_

Amount Paid: \_\_\_\_\_ Amount Due: \_\_\_\_\_

Reason: \_\_\_\_\_

## Spring Refresher Lunchees

One **REGULAR** lunch is provided with each day's registration.

I have a **special dietary need**.

Vegetarian  Other \_\_\_\_\_

**Guest Lunchees** (\$20 each)

Thursday \_\_\_\_\_ Friday \_\_\_\_\_

#Regular \_\_\_\_\_ #Regular \_\_\_\_\_

#Vegetarian \_\_\_\_\_ #Vegetarian \_\_\_\_\_

## MAFP President's Dinner

(Thursday, April 20)

\$15 per meal for physicians, allied prof. & guests  
 \$5 per meal for residents; Free for med students

\_\_\_\_\_ #Regular Meals \_\_\_\_\_ #Vegetarian Meals

Guest Names \_\_\_\_\_

**Total Payment:** \$ \_\_\_\_\_

\*If you belong to a state chapter other than Minnesota, please pay according to your membership status in that chapter (active, life, etc.)



# THE BULLETIN BOARD



## AAFP Defines Ideal Retail Health Clinic

The AAFP Board of Directors has created a list of desired attributes for retail health clinics. This list is meant to help local chapters and members determine whether to work collaboratively with retail health clinics, such as MinuteClinic, in their areas. At the top of the list is referrals to physician practices when patients' symptoms exceed the clinics' scope of work and an operating philosophy that encourages medical homes for patients. To read the full article from the AAFP go to [www.aafp.org/x40931.xml](http://www.aafp.org/x40931.xml).

## Medical Journal Changes Name

Effective January 2006, the Journal of the American Board of Family Practice will become the Journal of the American Board of Family Medicine. (JABFM). The website will also change to [www.jabfm.org](http://www.jabfm.org)

## AAFP Responds to ACG Legal Opinion

Last fall, the AAFP became aware of a legal opinion from the American College of Gastroenterologists (ACG) that was sent to hospital administrators. The opinion held that hospitals could be liable for negligent credentialing if they allowed physicians who are not Board-certified in gastroenterology to obtain endoscopy privileges. Although the ACG's conclusions were not substantiated by their legal opinion, the AAFP was concerned that the mailing would intimidate hospital administrators into changing their privileging policies to exclude family physicians from performing endoscopies. In response, the AAFP obtained its own legal opinion, which concludes that current law stipulates that the proper criteria to use in considering an application for privileges are the requesting physician's demonstrated experience, training and competence. The AAFP legal opinion was sent to all hospital administrators and family medicine department chairs.



## MINNESOTA ACADEMY OF FAMILY PHYSICIANS FOUNDATION NEWS



*The mission of the MAFP Foundation is to support family physician health care delivery, research and education, and to promote the specialty of family medicine.*



## Welcome New 2006 Board Members

*By Louise Mattson, M.D.  
MAFP Foundation President*

The MAFP Foundation is pleased to announce our newest physician board members, **Leslie Ahlers, M.D.**, and **David Thorson, M.D.** We look forward to their contributions to our mission. New board members also include two non-

physician members, **Carolyn Hudson, R.D., L.D.**, Midwest Dairy Council, and **Christine Larson**, AstraZeneca.

Thank you **Lynne Lillie, M.D.**, **Jeannie Mohler, M.D.**, **Carol Berg, R.N., M.P.H.** (UCare Minnesota), and **Brendan Cassidy** (Minneapolis Radiology Associates) for their commitment and support serving as board members.

The Foundation Board actively seeks programs in which we can collaborate with community organizations and apply for funding jointly through grants and other sources. Exciting potential programs are being explored keeping in mind that they must align with the Foundation's mission and priorities.

Updates on three core Foundation programs are included in this article. Your financial support allows for these programs and we want you to be informed. Thank you. May 2006 be kind to us all!

## Externship Awards? Yes, you can!

Medical Students - there is still time to apply for the 2006 **David J. Mersy, M.D., Medical Student Externship Award**. This is an opportunity to receive \$2,000 for generating and completing a research project. Your family physician mentor will receive \$500. The MAFP Foundation will provide three Externship awards in 2006. The application deadline is February 24, 2006. Externship information can be accessed on the MAFP website at [www.mafp.org](http://www.mafp.org).

## Prescription Assistance Tips

Medicare Part D resources: MN Linkage Line 800-333-2433; [www.medicare.gov](http://www.medicare.gov); [www.socialsecurity.gov](http://www.socialsecurity.gov) or 800-772-1213; and [www.cms.hhs.gov](http://www.cms.hhs.gov).

Minnesota Partnership for Prescription Assistance Program (PPA) provides a single point of access to more than 275 public and private patient assistance programs. Your patients/caregivers can visit a user-friendly website ([www.pparx.org](http://www.pparx.org)) or call 888-477-2669 to speak with a trained specialist who will guide them through the application process.

## Patient Education Scholarship

**Stefanie Lange, M.D.**, United Family Practice Residency Program, St. Paul, attended the 27<sup>th</sup> Annual Conference on Patient Education, November 17-20, 2005 in Orlando, Florida. The clinical focus was on Childhood and Adolescent Obesity. "Thank you (MAFP Foundation) for affording me the opportunity to participate", said Dr. Lange.



**Family Medicine with OB opportunity: Fairmont Medical Center,** a Mayo Clinic-affiliated, 40-physician, multi-specialty group in Fairmont, MN, is expanding services for patients and seeks Family Medicine physician willing to do OB. OB Call 1:7; general FP call: 1:13. Fairmont, population 12,000, is a safe, friendly, small-town with first-rate schools, recreation and cultural activities. We offer attractive and comprehensive personal security and fringe benefits program, including two-year salary guarantee with liability insurance fully paid. Contact: John Shonyo: [shonyo.john@mayo.edu](mailto:shonyo.john@mayo.edu); Mayo Health System Administration, 200 1st St. SW, Rochester, MN 55905; 1-888-577-5660; Fax: 507-266-3153. [www.mayohealthsystem.org](http://www.mayohealthsystem.org)

**Columbia Park Medical Group Urgent Care Opportunities – Full-time and Moonlighting.** Columbia Park Medical Group is expanding our Urgent Care Department and recruiting physicians for both full-time and moonlighting opportunities. Set within our multi-specialty practice, our urgent care department offers a broad range of acute care needs, including pediatrics, geriatric, orthopedics, and minor trauma. Dedicated and experienced nursing and administrative staff, on-site lab and radiology services support our urgent care physicians. Attractive compensation and benefits package with shareholder opportunities. Contact: Judy Brown, Physician Services, Columbia Park Medical Group, 6401 University Avenue NE, Suite #200, Fridley, MN 55432. Telephone: (763) 586-5876. E-mail: [judybrown@cpmg.org](mailto:judybrown@cpmg.org). Website: [www.cpmg.org](http://www.cpmg.org)

**Columbia Park Medical Group** is presently recruiting for a BC/BE family physician for a new clinic location in Blaine anticipated to open in early January 2006. We are an *independent, physician-owned and led* group practice with over 90 physicians in 21 specialties servicing the northern suburban communities of the Twin Cities. Our family practitioners share an excellent call schedule. Attractive compensation and benefits package with shareholder opportunities. Contact: Judy Brown, Physician Services, Columbia Park Medical Group, 6401 University Avenue NE, Suite #200, Fridley, MN 55432. Telephone: (763) 586-5876. E-mail: [judybrown@cpmg.org](mailto:judybrown@cpmg.org). Website: [www.columbiaparkmedical.com](http://www.columbiaparkmedical.com)

**Gundersen Lutheran Health System** offers practice opportunities for Family Physicians in rural settings in northeastern Iowa, southeastern Minnesota and southwestern Wisconsin. Comprehensive benefits, competitive compensation and the full support of dedicated specialists in a nationally recognized multispecialty group. Contact: Jerry Hess. Address: Gundersen Lutheran, 1900 South Avenue H02-009, La Crosse, Wisconsin, 54601. Phone: 800-363-9567 x 56314, 608-775-6314. Fax: 608-775-5594. Email: [jfhess@gundluth.org](mailto:jfhess@gundluth.org) Website: [www.gundluth.org](http://www.gundluth.org)

**HealthPartners Medical Group, Mpls./St. Paul - Urgent Care:** We have part-time or benefited Urgent Care positions available at a variety of our Twin Cities' metro area HealthPartners and RiverWay Clinics. We're seeking BC/BE full-range family medicine, trauma-skilled internal medicine, and internal medicine-pediatrics (Med-Peds) physicians. Qualified candidates must have scheduling flexibility and a willingness to travel to different clinic locations. We provide paid malpractice coverage and an excellent salary. Website: [www.healthpartners.com](http://www.healthpartners.com) To apply for our Urgent Care positions, please e-mail your CV and cover letter to Diane Collins at [diane.m.collins@healthpartners.com](mailto:diane.m.collins@healthpartners.com) or FAX to (952) 883-5395. For more details, call Diane at (952) 883-5453 or (800) 472-4695. EO Employer.

**Mercy Medical Center - Iowa:** Enthusiastic Family Physicians needed for thriving rural communities in north central Iowa. Affiliate with ten rural hospitals and 44 clinics in network. Obstetrics required in Cresco, Emmetsburg, Iowa Falls and New Hampton. No obstetrics in Ackley and Britt. First year salary guarantee, second year production. Comprehensive benefit package. Contact: Mr. Kim Price, Mercy Medical Center - North Iowa, 1000 4th Street SW, Mason City, Iowa, 50401, 888-877-5551, fax 641-422-6388, [pricek@mercyhealth.com](mailto:pricek@mercyhealth.com).

**West Side Community Health Services Physician Leadership/Staff Positions:** Urban community clinic organization seeks an *Associate Medical Director* to provide clinical leadership and site medical direction for newly acquired clinic with an active family medicine residency program affiliated with Regions Hospital. Responsibilities include management of provider resources; direct teaching and clinical care; and coordinating/integrating teaching activities in adjunct with the residency program director. Qualif. include BC family physician with master's in PH/related field pref.; and 3-5 years of patient care/teaching/leadership experience. *Compassionate, experienced family physicians* also desired to fill expanded staff positions. Positions offer a combination of clinic, hospital and teaching responsibilities. Qualified candidates will be BC/BE with experience and/or desire to work in diverse community-based setting. WSCHS is an FQHC serving 32,000 patients annually at 20 medical, dental, homeless, public housing, and school-based clinic sites located primarily in St. Paul. WSCHS serves large Latino, Hmong, immigrant, and refugee populations. Bilingual/bicultural candidates strongly encouraged to apply. Opportunities for loan repayment. Resumes/CVs to West Side Community Health Services, 153 Cesar Chavez Street, St. Paul, MN 55107; fax 651-602-7517; or email [hr@westsidechs.org](mailto:hr@westsidechs.org).

**Physician/Assistant Professor: The Department of Family Medicine and Community Health at the University of Minnesota** seeks a family physician for a position in our affiliated rural family medicine residency program located in Mankato, MN. This is an annually renewable appointment, 100% time, academic professional title of Physician (#9721) with a courtesy title of Assistant Professor, without salary. Applications will be reviewed upon receipt and position will remain open until filled. Salary and start date are negotiable. For a full description and application information, visit: [www1.umn.edu/ohr/employment/openings/sjob133077.html](http://www1.umn.edu/ohr/employment/openings/sjob133077.html). The University of Minnesota is an Equal Opportunity Educator and Employer.

**Seeking Family Practice Physicians: The Duluth Clinic** is a nationally recognized, 390+ physician multi-specialty group serving the regional population of 460,000 in northeastern Minnesota, northwestern Wisconsin and upper Michigan. Part of the SMDC Health System, the Duluth Clinic practice extends to 18 regional sites and 4 hospitals, and represents 42 specialties and sub-specialties. We are currently looking for Family Practice Physicians in Ashland, Hayward, Spooner and Superior, WI; Duluth, Hibbing, International Falls and Virginia, MN. If you share our passion for delivering the highest standard of care, and if you are searching for a place where your work and your life can peacefully coexist, we invite you to join us. Please contact Carri Prudhomme at 800-342-1388 X63908 via email at [cprudhomme@smdc.org](mailto:cprudhomme@smdc.org) or fax your CV to 218-722-9952.

**Luther Midelfort-Mayo Health System in Osseo, WI** seeks a BC/BE Family Medicine physician. Join two physicians and two mid-level providers at an integrated hospital and clinic in Western Wisconsin. Call is 1:4. OB is not required. Certification in ACLS, ATLS, PALS and/or CALS preferred. In-house specialty care network available. Guaranteed salary plus production and benefits package. Metro area nearby. For more information contact Christine Rodman at 800-573-2580 or [rodman.christine@mayo.edu](mailto:rodman.christine@mayo.edu).

**Affiliated Community Medical Centers, Willmar, MN:** Physician-owned multi specialty clinic is seeking a full-time physician to join the Family Practice Department in their Willmar, Granite Falls and Marshall affiliates. These positions offer a guaranteed salary plus production incentive and an outstanding benefit package. For further information please contact Kari Bredberg, Physician Recruitment Coordinator, Affiliated Community Medical Centers, 101 Willmar Avenue SW, Willmar, MN 56201, 320-231-6366 or e-mail [karib@acmc.com](mailto:karib@acmc.com).

**Fairview Northland Medical Group** is a primary care practice comprised of 4 clinics located in Elk River, Zimmerman, Princeton and Milaca, MN with close proximity to the metro area. All clinic sites are a short drive to the 54-bed hospital. Physicians perform in-clinic obstetrical ultrasounds and nonstress testing, as well as a full array of office procedures. Obstetrics is desired at most locations. High-risk and c-section coverage provided. This growing practice seeks family medicine physicians to join teams in each of their sites. Call: 1:22 weeknight, 1:10 weekend (one day/weekend). Please call 612-672-2288 or 800-842-6469 (TTY/ 612-672-7300), fax 612 672-2986, e-mail [recruit1@fairview.org](mailto:recruit1@fairview.org) or visit our Web site, [www.fairview.org](http://www.fairview.org) EOE

**Fairview Health Services** has both single and multiple specialty clinics in urban, suburban and semi-rural locations throughout Minnesota. We currently have family medicine openings in Elk River, Zimmerman, Princeton, Milaca, North Branch, Zumbrota and Hibbing. All sites (except Hibbing) are within an hour drive of the Twin Cities metropolitan area. Our partnership with the University of Minnesota's Academic Health Center-one of the nation's premier research and teaching facilities-allow us to treat a broader range of patients than most health care systems, including the most acute cases. Please call 612-672-2288 or 800-842-6469 (TTY/ 612-672-7300), fax 612 672-2986, e-mail [recruit1@fairview.org](mailto:recruit1@fairview.org) or visit our Web site, [www.fairview.org](http://www.fairview.org) EOE

**MeritCare Health System** is seeking BC/BE Family Medicine physicians to join staff in several of our 26 clinic locations. Clinic-based opportunities are available in Minnesota and North Dakota. You have your choice of urban or rural locations whether you're craving a shimmering lake or the rolling prairie. Each community offers its own unique setting and personality. These are excellent practice opportunities with comprehensive compensation and benefits packages being offered. MeritCare Health System, with main offices located in Fargo, North Dakota is a fully integrated 411-physician multi-specialty group practice and 583-bed tertiary/trauma hospital including the 56-bed Children's Hospital and 26 regional clinics in two states. AA/EOE. Drug free work place, Relocation assistance is provided. No J-1 opportunities available. Visit our website - [www.meritcare.com](http://www.meritcare.com) or contact: MeritCare Health System, Physician Recruiting Office - 375, P O Box MC, Fargo, ND 58103-9983, email: [Jill.Gilleshammer@meritcare.com](mailto:Jill.Gilleshammer@meritcare.com), Phone 800-437-4010, ext 280-4851.

**Scenic Rivers Health Services - Cook, MN:** Four seasons recreation in northern St. Louis County: canoe/kayak, fish, hunt, hike, cross country ski, snowmobile. Scenic Rivers Health Services seeks BC/BE Family Practice Physician to join 1 FP and 1 IM. No OB. Practice includes outpatient, inpatient and ER call coverage. No buy in. Excellent benefits package. Salary is above the national average for Community Health Centers Practice. Current HPSA score indicates possible federal/state loan repayment opportunities for eligible physicians. Contact Elizabeth Storm, 218-666-5102; Scenic Rivers Health Services, 20 5<sup>th</sup> St SE, Cook MN 55723; [estorm@cook.sisunet.org](mailto:estorm@cook.sisunet.org).

**Fairview Mesaba Clinics**, part of Fairview Range Regional Services is seeking a family medicine provider to join their Hibbing site. The clinic is housed within the 175 licensed-bed hospital and is 3 hours north of the Twin Cities metropolitan area. This is a 6-provider group. OB is optional. Call is 2-3 overnights/month. Fairview Range Regional Health Services combines the area's finest medical services to provide the most comprehensive health care system on the Iron Range and Northeast Minnesota. This locally integrated health care system is comprised of three entities: Fairview University Medical Center- Mesabi- main facility, located in Hibbing; Fairview Mesabi Clinics-community-based clinics throughout the region, with sites in Hibbing, Chisholm, Mountain Iron and Nashwauk; and Fairview HealthLine-which provides the community-based home health care and hospice services that support and complement both UMCM and Mesaba Clinics in the overall continuum of patient care. Please call 612-672-2288 or 800-842-6469 (TTY/ 612-672-7300), fax 612 672-2986, e-mail [recruit1@fairview.org](mailto:recruit1@fairview.org) or visit our Web site, [www.fairview.org](http://www.fairview.org) EOE

**Allina Medical Clinic Mora - Mora, MN Seeking a FP w/OB Physician:** Stipend offered to residents while completing residency, full scope rural practice, call 1:8-9, 24-hour ER coverage, provided by hospital, routinely participate in medical student education and C-section training available. New clinic; recently renovated and financially sound hospital located 65 miles north of Minneapolis. We offer a competitive salary, comprehensive benefits package and malpractice insurance. For more information, please contact Becky Keller at Allina Physician Recruitment Services, 8450 City Centre Drive, Woodbury, MN 55125 Phone: 1-800-248-4921 Fax: 651-714-3311 E-mail: [recruit@allina.com](mailto:recruit@allina.com)



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Orthopedic Hand Surgeon



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