



**Governor's Message**

As your new Governor, I am looking forward to serving you and the ACP in the best manner that I can. I would like to thank our former Governor, **Lawrence Loo, MD, FACP** for his great leadership, inspiration, dedication and devotion in making our chapter one of the best in the nation over the last four years. His job was not an easy one. However, because of his determination and vision, we have a great chapter today. It was a great pleasure to present Dr. Loo with a plaque showing the chapter's appreciation. Of note, Dr. Loo will be on the Governor's Council for Region II and will continue to support and improve the organization. Thanks Larry for a Job Well Done!

Let me tell you a bit about myself. I have been a member of the ACP for years and live in Laguna Hills, California. I am a physician of many paths including internist, multispecialist, medical historian and lecturer. I am pursuing a doctorate in public health at UCLA. I am an Associate Clinical Professor of Medicine at the David Geffen School of Medicine, UCLA. I have very active in physician advocacy and running medical organizations having been the President of the LA County Medical Association-District 1 from 2006-2008 and currently the President of the LA Neurological Society since 2006. I went to McGill University Medical School, did my internship and residency in Internal Medicine at the Medical College of Wisconsin Affiliated Hospitals, did my Rheumatology fellowship at Louisiana State University, did my second residency in Neurology at LA County and University of Southern California Medical Center and did my Master of Public Health at UCLA. I have been in private practice, specialty practice, emergency medicine and urgent care, practiced within the universities, worked for the state and the government, etc.

We have a new Governor's Council which had its first meeting on July 10, 2008. The Governor's Council will consist of the following individuals:

- Alpesh N. Amin, MD, MBA, FACP**
- Thomas C. Cesario, MD, MACP**
- Philip M. Gold, MD, MACP**
- Douglas R. Hegstad, MD, FACP**
- Lawrence K. Loo, MD, FACP**
- Maher A. Roman, MD, MBA, FACP**
- Melvyn L. Sterling, MD, FACP, FAAHPM**
- Jeremiah G. Tilles, MD, MACP**
- George Sarka, MD, MPH, FACP, FACR**

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Your Governor's Council has a wealth of individuals with years of experience and dedication to your region, former experience as previous governors and strong ties with the community and the state. Welcome to our members of the Governor's Council!

There are many plans for the near future for our Chapter including the following:

- American College of Physicians-All California Chapter, Tenth Annual Internal Medicine Review and Update Course of Southern California on July 18, 19 and 20, 2008 (Don't forget to register)
- Initiation of the Dinner Lecture Meeting Series in various regions of our Chapter to promote medical education, to meet local politicians, etc.
- Keeping the Chapter members abreast of ACP activities
- The Chapter Newsletter
- Our Upcoming Annual Regional Meeting sponsored by Chapters I, II and III in Indian Wells, CA on October 17, 18 and 19. This year, we will also have a SEP Program. (Brochure is soon to come out)
- A Mini Symposium in early 2009 on the History of Medicine and Related Areas
- Campaign to support Fellowship of members from our region for the ACP
- Campaign to increase membership in our chapter
- Discussion of Medical Issues and Topics in future Chapter Newsletters

In regard to Fellowship, I would like to congratulate our three new members who achieved the honor of Fellowship in the ACP from Chapter II. All three were honored in a formal cap and gown ceremony in Washington, D.C. in May 2008.

- **Javed Ahmad MD, FACP** of Rancho Mirage, CA
- **Shehryar Mahmood MD, FACP** of Rancho Mirage, CA
- **Augustus K A Ohemeng MD, FACP** of Buena Park, CA

As Governor of your Chapter, Congratulations to all of you for a job well done and you may display your new title of FACP with honor and pride!

This brings up one of my missions as governor. There are many individuals in our chapter who are eligible for fellowship but have not applied or think that they are not qualified for this honor. Nonsense! If you do not try, you will never know. Fortunately, there are many pathways to this award. I would encourage you to check the ACP website at [www.acponline.org](http://www.acponline.org) to pursue this accomplishment by clicking on Membership icon and then to the Fellowship icon where all the pathways are explained. This award is your fulfillment of your specialty as internist and should be sought by all. It is designed for the physician that practices and serves his/her community as well as the physician who works for the county, state or university. Every physician has his/her unique way of treating patients and practicing medicine. Likewise, the pathways for fellowship deal with this. In our upcoming, Dinner Lecture Series, I will speak about this further.

### **You're Chapter II ACP at work:**

Politically, your chapter was active in Washington D.C. this May in fighting the proposed Medicare cuts, encouraging the Medical Home Concept and emphasizing the importance of the internist in the medical arena.

I want to hear from you. If you have suggestions, know of people with recent accomplishments who are ACP members in our chapter, etc., let us know.

Your Governor may be reached at the following address:

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Note that in our next Chapter News Letter, I plan to write an article about the following subject: "Why Every Internist Should Know About Polycystic Ovary Syndrome."

Thank you and success and fulfillment in your profession.

Sincerely,

**George Sarka MD, MPH, FACP, FACR**  
**Governor of the ACP, Southern California, Region II**

### **ACP Chapters Health Literacy Awards Program**

During the 2008 Annual Internal Medicine meeting, the ACP Foundation announced its new Health Literacy\* Awards Program for ACP Chapters. There will be five \$10,000 grants available to ACP Chapters in 2009. Interested ACP Chapters may submit a proposal to the Foundation. This program was created to raise awareness of health literacy and the Foundation at the chapter level. The ACP Foundation focuses not just on internists but on the care and health of their patients.

There are five priority areas that ACP Chapter projects can address to improve health literacy:

1. Improve patient care by enhancing health communication among the patient, family and care team.
2. Increase quality of health literacy communication skills for medical students and practicing health care professionals.
3. Reduce medical errors by identifying and enhancing patient self-care practices, including their ability to take medication properly.
4. Improve communication with patients about what they need to know to take care of themselves.
5. Reduce cultural and language barriers to improve health literacy.

**All ACP Chapters are eligible to submit a grant application for a project. Applications are available at [http://foundation.acponline.org/hl/hlawards/hl\\_awards.htm](http://foundation.acponline.org/hl/hlawards/hl_awards.htm)**

**Proposals are due by September 15, 2008.**

The winners of the ACP Chapters Health Literacy Awards Program will be announced December 15, 2008.

*\* Health literacy is defined as "the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions."*

Please contact your Governor if you'd like to work with your chapter to increase health literacy in your area.