

April 2009



## Message From The Governor

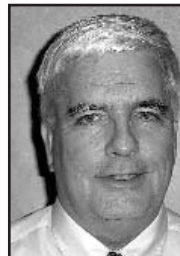
**Sara L. Rusch, MD, FACP**  
Governor, Downstate Region

**I**t is important that internists maintain their membership in the ACP. These difficult economic times make it even more critical to invest in an organization that helps us to strengthen our careers and our ability to provide quality care for our patients. The size of our membership makes us a much more effective voice for internists and for patients. However, I would encourage you to increase your involvement beyond simply being a member. Both of the Illinois Chapters are re-invigorating their Chapter Committee structures and there are lots of opportunities to participate.

Your participation is important to the Chapters and to the National organization. As the largest specialty physician organization, the ACP is a voice for all internists. We all anticipate that there will be changes in our health care delivery system and it is important that your voice be heard. The ACP values the input of its members and practicing physicians need to speak up. There are also important issues to be addressed in the areas of resident education, recertification, practice management, care for the uninsured and maintaining the viability of general internal medicine.

On the personal level, the ACP is a great organization to work with and provides opportunities for professional growth. This is my last newsletter as ACP Downstate Governor from Illinois. My four years as Governor have been a very rewarding experience. During my years as a member, then as a Council member and now as Governor, I have been able to meet exceptional physicians from across the state and across the country. I have had a chance to provide input on topics that mattered to me. I've enjoyed myself immensely and made friendships that will last for years.

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## Message From The Governor

**James J. Foody, MD, FACP**  
Governor, Northern Region

**M**any of us, I for one, feel that Internal Medicine is under assault. More students choose residencies in specialties such as Dermatology, Radiology, and Orthopedics while fewer choose Internal Medicine. Of those training in Internal Medicine, fewer are choosing office-based practice. At the same time, virtually every policy expert believes that continuity care is a fundamental part of restructuring health care. Who will those doctors be?

This diversion of talent has roots in disproportionately low compensation, unfavorable working hours, and perceived status. The ACP continues to be involved in policy deliberations as the champion of patients for better and more efficient health care. Even more important in my opinion, the ACP is the House of Medicine. We as internists form our professional identity. We set our professional expectations. We really are the champions of our patients.

The US healthcare system is not in crisis. It is an unplanned nearly dead hulking wreck. Born in the 19th century, medicine was a cottage industry long before scientific breakthroughs that we consider fundamental. I would contend that no one is in a better position than internists to assess what changes are necessary to make health care efficient, affordable, and effective. Individual voices are soft and hard to hear in the background hum. As organized internists, our voices are loud and heard. The College is truly a membership organization. Get involved. Get other sister and brother internists involved.

I wish to make a personal note. **Dr. Sara Rusch, FACP** completes her term as Downstate Governor in the spring. She has been a tireless, dedicated, and very effective leader for Illinois. She set a high standard for **Dr. Susan Hingle, FACP**, her successor

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**Sara L. Rusch, MD, FACP**  
Governor Message, from page 1

**Dr. Susan Hingle** will be the next Downstate Governor of Illinois. Her four-year term starts in April and I know that she will provide the chapter with very effective leadership. Please contact her at [shingle@siumed.edu](mailto:shingle@siumed.edu) to let her know that you are interested in increasing your involvement in the ACP.

### **Election of New Downstate Council Member**

**Dr. Vijaya Somaraju** was elected to the Illinois ACP Council for a two-year term. **Dr. Somaraju** is an infectious diseases specialist and is an Associate Professor of Clinical Medicine at the University of Illinois College of Medicine at Peoria. She will join **Dr. Janet Jokela** (Urbana), **Dr. Gary Rull** (Springfield) and **Dr. Prashanth Gowda** (Champaign) as the representatives of the Downstate Chapter.

### **Report on the October 2008 State Meeting.**

The annual ACP meeting for Illinois was held in Peoria. Those who attended gave the meeting very high marks for the content and the venue. The two day event provided up to 9.75 hours of CME. The audience heard presentations on a wide range of topics including pharmacogenetics, management of adult pharyngitis, and vaccination of healthcare workers. The meeting included both lecture and small group sessions and had a particular focus on infectious diseases. The Associates meeting was held concurrently.

[These residents and students won in their respective competitions.](#)

### **Poster Presentation Winners**

- 1st Place – **Anushree Agarwal-SIU**
- 2nd Place – **Susmitha Nimmagadda-UIU**
- 3rd Place – **Nishith Singh-SIU**
  - **Kathleen McElwee**
  - **Anushree Agarwal-SIU**

### **Oral Vignette Winners**

- 1st Place – Anushree Agarwal-SIU
- 2nd Place – Mazher Rasool-UIU
- 3rd Place – Monica Sandu-UICOMP

**James J. Foody, MD, FACP**  
Governor Message, from page 1

Downstate, and for me. I am privileged to have worked with **Sara** for these past couple of years. I look forward with enthusiasm to working with **Susan**. **Sara**, thank you. Illinois ACP is in your debt. I trust you and **Tom** will still brighten all our meetings.

IM 2009

**Internal Medicine 2009**, formerly known as the ACP Annual Meeting, will take place in Philadelphia April 23-25. Not only is it the premier continuing education opportunity for internal medicine, it is also a time to see old friends and maintain our identity as internists. New FACP will march in convocation on Thursday. Our Illinois Chapter reception will be Friday evening April 24 at 6:30 pm at Loew's Hotel on Market Street, just across from Penn Station and the Marriott. This is always a terrific event. The price of admission is just your smiling face. You can learn more about IM 2009 at

[http://www.acponline.org/meetings/internal\\_medicine/2009/](http://www.acponline.org/meetings/internal_medicine/2009/). If you have not been to Philadelphia in a while, you may be surprised at how it has evolved as a pleasant city over the years.

### **Leadership Day**

Leadership Day in Washington will be May 19-20 at L'Enfant Plaza Hotel. As presently registered, Illinois has the largest delegation of any state. All are welcome. You can register and find information for hotel reservations at

[http://www.acponline.org/meetings/internal\\_medicine/2009/](http://www.acponline.org/meetings/internal_medicine/2009/). A tip for the budget minded is that the rooms at L'Enfant, while discounted for ACP if you make reservations early, have two beds. You might want to share with a colleague and half your cost. Also, Dulles (IAD) and Baltimore-Washington International (BWI) are approximately equal on the ground from downtown Washington, an important fact for those who fly Southwest. For ground transportation information, visit these web sites: Dulles [http://www.metwashairports.com/dulles/parking\\_transportation\\_3/ground\\_transportation](http://www.metwashairports.com/dulles/parking_transportation_3/ground_transportation); BWI <http://www.bwiairport.com/en/travel/ground-transportation>. Tuesday holds seminars, panel discussions, briefings, and presentations about ACP positions and health care policy. A dinner in the evening features a guest keynote speaker. We will visit members of the House of Representatives and Senate on Wednesday.

**Sara Rusch, MD, FACP**  
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**James J. Foody, MD, FACP**  
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### **Student Poster Winners**

1st Place – **Syed Bokhari-U of Chicago**

2nd Place – **Namrata Shah-UICOMP**

### **Trivia Bowl Winner - UICOMP**

**Saravana Kumar**

**Nikhil Kalva**

**Anahit Cheema**

The winners are sponsored to attend the national meeting this year, which will be held in Philadelphia.



### **Downstate Illinois Laureate Award Winner**

**Dr. Susan Hingle** is the Downstate Chapter's recipient of the Illinois Laureate Award. Dr. Hingle did her residency and also a chief residency at Georgetown University Medical Center.

She is a general internist and an Associate Professor at Southern Illinois University School of Medicine. She also serves as the Associate Program Director for the residency.

Dr. Hingle has been very active in the ACP serving on multiple committees. Her efforts are particularly remarkable in the areas of volunteerism. Her work in this area led to her selection for the Walter J. McDonald Award for Young Physicians. This national award is given to only one ACP member each year. Dr. Hingle is also an advocate for Women Physicians and has served on the ACP's ad hoc Committee on Women in Medicine. Her career interests are women's health, resident education and the physician-patient relationship.

Dr. Susan Hingle is the Governor elect for the Downstate Illinois Chapter of the American College of Physicians. She began a year as Governor-elect in May 2008 and will assume the responsibilities of Governor in April of 2009. Her contributions to the ACP make her a great Laureate award winner and she will undoubtedly contribute even more during her term as Governor.

### **Chapter Meeting 2009**

We will hold our annual Chapter Meeting and Scientific Session on November 6, 2009 at the UIC Forum. You will receive more information at a later date. Please hold the date.

### **Associates Day**

Associates Day will occur simultaneously with the Chapter Meeting and Scientific Session. Competitions for oral vignettes, posters, and, of course, medical jeopardy make an exciting day. We will end the day with a joint reception for all members and associates.

### **Illinois Northern Chapter Council**

Our Council is set and has held its first meeting. Council members and their terms are **Vinny Arora, FACP** (2011); **Max Brito, FACP** (2011); **Will Germino** (2011); **Brian Hertz, FACP** (2010); **Edgar Lerma, FACP** (2010); **Valerie Press** (2010); and **Cheryl-Rucker-Whitaker, FACP** (2011); and **Celine Goetz**, medical student at University of Chicago. I welcome their willingness to serve.

### **Committees**

ACP is a membership organization, and we have work to do. Committees do most of the work in most organizations. I am excited about the response from members becoming involved as participants in the Chapter's work. We have a number of active committees.

#### **Health and Public Policy Committee**

**Chair: Dr. Cheryl Rucker-Whitaker, FACP**

Health & Public Policy Committee advises the Governor and Council about policy issues.

The Committee generates and debates resolution recommendations for submission to the Board of Governors. The Committee would review all national resolutions and advise the Governor prior to the semi-annual Board of Governors meetings.

#### **Membership and Credentials Committee**

**Chair: Dr. Vinny Arora, FACP**

The Membership and Credentials Committee is responsible for initiating efforts to increase membership in all classes. The committee, together with the Awards Committee, will recommend chapter members for promotion to Mastership. The committee will

explore ways and advise the Governor and the Council on initiatives to enhance diversity in the chapter. The committee will advise the Governor and the Council on initiatives to expand interest groups or committees for special subgroups of members, such as hospitalists, subspecialists, community based physicians, and so on.

### **Scientific Program Committee**

**Chair: Dr. Max Brito, FACP**

The Scientific Program Committee will plan the semiannual Illinois Northern Chapter meetings, which includes choosing themes and identifying and recruiting speakers. The committee will work with chapter staff to achieve certification for continuing medical education from ACP national. Illinois Northern meetings occur in the autumn of odd-numbered years.

### **Publication and Communications Committee**

The Publication and Communications Committee will be responsible for developing and soliciting authors for articles that will appear in the chapter newsletter. Since the newsletter is sent to all chapter members, both Illinois Northern and Illinois Downstate, the committee will work in coordination with the individual or committee designated by the Governor Downstate. The committee will advise the Governor and the Council on innovative ways to enhance chapter communication.

### **Finance Committee**

**Chair: Dr. Dan Dilling, FACP**

The Finance Committee will have oversight responsibility for financial position of the chapter. The chair of the committee will receive regular financial reports from the chapter's accountant. Further the chair, will exercise fiduciary responsibility to ensure all financial matters are in order, including preparation of taxes, year-end financial reports to national, and completion of state corporation papers. The chapter treasurer is ex officio chair of the Finance Committee. The Governors of both Illinois Northern and Illinois Downstate will appoint members of the Finance Committee.

### **Awards Committee**

**Chair: Dr. Joan Mullan, FACP**

The Awards Committee recommends nominations to the Governor for national awards and chapter Laureate awards. The committee will work in tandem with the Membership and Credentialing Committee to nominate members for advancement to Mastership.

### **Associates Day Committee**

**Chair: Dr. Steven Potts, FACP**

The Associates Day Committee organizes the annual Chapter Associates Day. Chief residents from the hosting academic medical center will participate.

The energy shown by members of the Chapter has been exciting for me. There are plenty of opportunities for members to become more involved in ACP. Look for more messages and contact me [jf\\_acp@comcast.net](mailto:jf_acp@comcast.net). Best wishes for a long anticipated springtime.

**Visit the Chapter website at**  
**[www.acponline.org/about\\_acp/chapters/il](http://www.acponline.org/about_acp/chapters/il)**

## HPPC COMMITTEE REPORT

The Health and Public Policy Committee got off to a roaring start with our first meeting being held a few weeks after the presidential election at the end of 2008. In that meeting, we had a general discussion about issues we felt most pressing to us and the general membership. To organize ourselves, we set up three committees: 1) the resolutions committee; 2) the governmental affairs committee; and 3) the publications and communications committee. Because no one could remember the last time that the Illinois chapter submitted a resolution to national, we charged the resolutions committee to come up with at least 2 resolutions that would reflect the concerns and interest of Illinois physicians. The committee worked feverishly with a short deadline, busy schedules, and many ideas to develop 4 very well written resolutions that were accepted by the membership of the Illinois Northern Advisory Council. These have now been forwarded to national for consideration. The committee chair, **Dr. Cheryl Whitaker**, thanks everyone for their hard work. Our next task will be to gear up the governmental affairs committee. Stay tuned for a pending meeting announcement.

## Illinois Northern Student and Associate Update



*This has been an exciting and productive year for students and associate members of the Illinois Northern Chapter. **Jami Rothe**, a fourth year medical student at the University of Chicago with the support of **Vineet Arora, MD, MAPP, FACP** and Chapter Governor, **Jim Foody, MD, FACP** planned and implemented the first annual Northern Illinois Student and Associate Networking Event. This was a successful event that provided students and residents from across the city to meet each and learn more about the opportunities that being a member of the ACP provides. Several participants signed up to be members and approximately 15 signed up for the Key Contact Program. This event also launched recruitment for a Student and Associate Council. Finally, this event also raised funds for the Imermans Angels Foundation. A wonderful program that provides one-on-one support for cancer survivors. Another exciting update is that **Celine Goetz** a second*

*year student at the University of Chicago was just selected for the National ACP Council of Student members. She will serve a two year term representing the Midwest Region, as well as serving as a member on the Ethics committee. Finally, we are excited that **Jami Rothe** was awarded the Joseph Johnson scholarship to attend this year's annual Leadership Day representing the Illinois Northern Chapter.*

**Valerie Press, MD, MPH** under the mentorship of **Vineet Arora, MD, MAPP, FACP** applied for and was awarded a \$10,000 grant by the American College of Physician Foundation for Health Literacy for their work with the Chicago Breathe Program. This program is a resident education and research collaborative that strives to provide service learning opportunities to internal medicine residents regarding learning about and then teaching about asthma and respiratory inhaler technique to members of our Chicago communities, including the South Side and Cicero.

## Illinois Chapter Members

You are cordially invited  
To Meet and Greet  
at  
Illinois Chapter Cocktail Reception  
Friday, April 24, 2009  
6:30 – 8:30 PM

Loews Hotel  
1200 Market Street  
Philadelphia, Pennsylvania

### Northern Illinois Laureates

#### **Cheryl Rucker-Whitaker, MD**



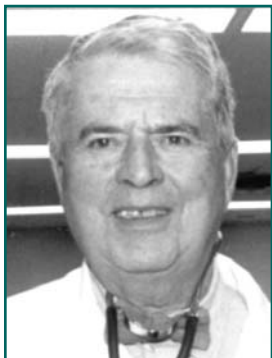
**Cheryl Rucker-Whitaker, MD**, is an assistant professor of preventive medicine at Rush University Medical Center in Chicago, Illinois. As a researcher trying to bridge the gap between her work and clinical practice, she serves as the founding director of the Rush Prevention Center, a new clinical center that will focus on integrating evidence based behavioral principles into the practice of disease risk reduction.

As a researcher, she conducts intervention research that hopes to impact the lifestyle factors that affect overall health and living. She is currently funded by the National Institutes of Health to work in the Lawndale community with people with living with co-morbid chronic diseases (hypertension and diabetes). In the past, she was the principal investigator of a grant by the Robert Wood Johnson Foundation to work with urban communities of color to teach and evaluate self-management practices for community dwelling participants with the common chronic conditions (asthma, diabetes, hypertension, low back pain and cardiovascular disease). Additionally, Dr. Rucker-Whitaker is a co-investigator on a \$5.5 million behavioral clinical trial funded by the National Institutes of Health to evaluate the efficacy of a self-management intervention for participants with moderate heart failure. Her expertise continues to develop in the adaptation of such curricula to diverse populations.

Dr. Rucker-Whitaker holds degrees from the Washington University School of Medicine and the Harvard School of Public Health. She completed her training in internal medicine at Stanford University and the University of California San Francisco, where she developed expertise in the medical care of the diverse populations of the Bay area. As a student at the Harvard School of Public Health, she was the recipient of the Secretary of Health and Human Services Award for Innovations in Health for her proposal to develop an exercise program in urban African-American women. As a junior faculty member, she was awarded the Midwest Trainee Investigator Award given by the Central Society for Clinical Research for her work on disparities in amputation rates between blacks and whites. While training as a hypertension specialist, she received the GlaxoSmith Kline Medical Fellowship Award, a distinction that recognizes emerging leaders in hypertension treatment and research for underserved populations. She was recently given the Chapter Laureate Award by the Illinois Chapter of the American College of Physicians (to be presented at the annual chapter meeting in October

2008). Dr. Rucker-Whitaker is a sought after as a speaker and lecturer. She has been interviewed by Essence Magazine and has appeared on Fox-News Chicago. She is currently the health contributor for WVON ® AM 1690 Radio and hosts a weekly segment, "Your Health Matters."

### **Walter S. Wood, MD, FACP**



**Dr. Wood** was born in Gettysburg, Pennsylvania and raised in various Eastern states, primarily in suburban New York City. Dr. Walter Wood entered college in 1941 and took 3 years out with the United States Army Air Force and re-entered Columbia College in 1945, following service with a bomber crew in the South Pacific. His College experience included participation in several team sports and student government functions.

Following a fully appreciated undergraduate experience, Dr. Wood entered the Columbia College of Physicians and Surgeons in 1947, graduating some four years later, totally pleased with the academic exposure, including electives with future research potential. Dr. Wood migrated to Chicago in 1951 to attend the University of Illinois Research and Education Hospital, including Residency, two years of Fellowship in

Infectious Disease and one year as Chief Resident in Internal Medicine.

Subsequently joined the faculty of the University of Illinois Research and Education Hospital in 1957, working in Internal Medicine as well as Preventive Medicine. He became Director of Infectious Disease at Cook County Hospital in 1958, concurrent with directing a research laboratory in Immunology and Infectious Disease at the affiliated Hektoen Institute for Medical Research.

Dr. Wood transferred his university academic affiliation to the Loyola University Stritch School of Medicine in 1961, as Chairman of Preventive Medicine, with a dual appointment in the Department of Medicine, as Chief of the Section of Infectious Disease and, several years later, as Chief of the Section of General Medicine.

Dr. Wood also served as Chief of Staff at Loyola University Medical Center for one year. He "semi retired" from Academic Medicine and was given the "Professor Emeritus" in 1988.

Through the years, Dr. Wood has actively served voluntarily in a number of community health care agencies, including planning, formulation, and direct patient care. This has been at the local, state and federal levels, including municipal departments of health.

Dr. Wood helped to develop and served, again voluntarily, as Medical Director of the Southwest Suburban Center on Aging Medical Clinical from 1975 to 1995. The clinic is located in this multiple care social center in LaGrange, Illinois. At the time of his association with this comprehensive geriatric center, the clinic was affiliated with Loyola University Stritch School of Medicine. Dr. Wood's wife, Mary, took an extensive "refresher" course in nursing and was a most essential and effective member of the clinic's staff. Medical students and residents in medicine "rotated" through this service.

His appointments as a Fellow of the American College of Physicians is uppermost in his memberships, followed by past activity in the American Medical Association, Chicago Medical Society, APHA (American Public Health Associates) Association of Teachers of Preventive Medicine, Chicago Geriatric Society, Alpha Omega Alpha, Chicago Institute of Medicine, and several research societies.

He continues to make "teaching rounds" with students and house staff one half-day per week at Edward Hines, Jr., VA Hospital on the Infectious Disease Service and attends teaching conference at both Hines VA and Loyola University Medicine Center Department of Medicine. All such participation is deeply appreciated.

Dr. Wood feels that he has received considerably more recognition than deserved for his efforts through the years, but none more highly rewarding as the current consideration.