



January, 2026

Tseganesh Selameab, MD, FACP, Governor



Minnesota ACP friends,

As we head into 2026, I find myself reflecting less on accomplishments and more on what it takes to keep showing up. This past year has reminded me how much courage and care our work as Internal Medicine doctors requires. It is moments of caring for patients in complex systems, advocating for communities made most vulnerable, and staying grounded in science and clinical integrity even when it's hard.

What gives me hope is this community. Across Minnesota, I see colleagues practicing with compassion, curiosity, and a deep sense of responsibility to their patients and communities. I see people supporting one another, speaking up when it matters, and holding onto the values that drew us to Internal Medicine in the first place.

I want to sincerely thank you for the work you do, often quietly, without fanfare, and always meaningfully. As we move into 2026, I'm grateful to walk alongside you in this work.

Warm regards,
Tseganesh Selameab, MD, FACP
Governor, Minnesota ACP
sela0007@umn.edu

MN-ACP Mission: *To foster excellence, education and professionalism among all internists in our community and to work together to shape the future of healthcare in Minnesota.*

MN-ACP Vision: *To be Minnesota's recognized leader for patient care, advocacy and education and to enhance career choice, satisfaction and collaboration for specialists and subspecialists in Internal Medicine*

MN-ACP 2025 Award winners

The statewide MN-ACP Awards Committee selected the following internal medicine physicians to receive 2025 awards:

- **Karthik Ghosh, MD, MS, FACP, FRCP** received the Minnesota Laureate Award

- **Michael Sundberg, MD, MPH, FACP** received the Community Volunteer Award
- **Brian Muthyala, MD, MPH**, received the Diversity, Equity and Inclusion Champion Award
- **James Montana, MD**, received the Community Based Clinician Award
- **Ben Trappey, MD & Maren Olson, MD**, received the Outstanding Scholarly Contributions in Medical Humanities Award



A profile and photos of the 2025 Minnesota award winners is also posted on our **website**:
<https://www.acponline.org/about-acp/chapters-regions/united-states/minnesota-chapter/about-the-chapter>

2025 MN-ACP Abstract Winners

Winners from the 2025 MN-ACP Abstract competition include the following with a Minnesota-ACP cash prize and medical student and resident travel scholarships:

Medical Students:

- **Michael Tschida**, Clinical Vignette winner (UMN)
- **Aarohi Shah**, Research/Quality Improvement winner (UMN)

Resident/Fellows:

- **Kyle Wansing, DO**, Clinical Vignette winner (Hennepin Healthcare)
- **Abhishek Chandra, MD**, Research/QI winner (Mayo)

Transitional Medical Graduate:

- **Prajwal Shetty, MBBS**

MN-ACP Doctors' Dilemma Winning Team

Thank you to each of the four participating teams for the Minnesota Doctors' Dilemma competition. The Mayo Clinic team will be representing MN-ACP in San Francisco at the [ACP IM:2026](#) national meeting.

Participants in each team included:

Mayo: **Dino Al-Shakarchi, MD**; **Carla Borre, MD, MPH**; **Vishwesh Bharadiya, MBBS**; **Jade Wexler, MD**

Hennepin: **Zohaib Abubaker, MD**; **Amro Awad, MD**; **Alexis Clark, MD**; **Zeeshan Shahid, MD**

Abbott: **Yahye Farajuun, DO**, **Danielle Meyer, DO**, **Brianna Vanderheyden, DO**; **Becky Windschitl, MD**

UMN: **Suchapa Arayakarnkul, MD**; **Sumarth Goyal, MBBS**; **Robin Lee, MD**; **Dil Patel, MD**



Mayo Team- going to San Francisco National Competition

Vishwesh Bharadiya, MBBS; Dino Al-Shakarchi, MD; Jade Wexler, MD; and Carla Borre, MD

The annual Scientific meeting was co-chaired by **Andrew Olson, MD, FACP, Chris Aakre, MD, FACP, Katie Helgen, MD, FACP and Mithun Suresh, MD, FACP**. The Minnesota Internal Medicine:2025 presentations, abstract competition, and Doctors Dilemma were held at the Hilton Hotel-MOA/MSP on Friday, October 24 with recorded sessions for both the general internal medicine and hospitalist sessions. For information on the presentations or to register to receive CME/MOC through October 23, 2026 visit the **MN-ACP meeting website**

<https://www.acponline.org/about-acp/chapters-regions/united-states/minnesota-chapter>.

MN-ACP Council Updates

Your Governor's Council met October 24th with Committee Chairs, IM Residency programs and Internal Medicine Interest Groups providing reports. The groups reviewed the Balanced Scorecard, Strategic Plan, Membership Growth and Engagement Plan, and Budget and Financials (a \$5 dues increase was approved at the June Council meeting due to a \$8700 budget deficit in 2025). The Council discussed the MN-ACP meeting as well as a Spring Retreat (scheduled for February 4th) where we will work on a more formalized structure for our current committees and committee Chair positions. The Council approved the IRS 990 documents and the 2026 budget.

- Scientific Session Planning Committee – Co-Chairs: Andrew Olson, MD, FACP; Chris Aakre, MD, FACP, Katie Helgen, MD FACP, and Mithun Suresh, MD, FACP, Co-Chairs
- Health Policy Committee – Sally Berryman MD, FACP, Chair
- Early Career Physicians Committee - Chair, TBD
- IM Retired Committee – Mary Miley, MD, David Williams, MD, Ellen Coffey, MD, Co-Chairs
- Membership Committee –Chair, TBD
- Hospitalists Committee – Claudia Thomas, MD, FACP, Chair
- AI Committee (formerly Health Information Technology Committee) – Ryan Jelinek, DO, Chair
- Council of Resident/Fellow Committee – Suchapa Arayakarnkul, MD, Ciana Keller, MD, Co-Chairs
- Women Internists Committee – Anya Jamrozy, MD FACP, Chair
- Wellness Committee: Chair, TBD
- Awards Committee – David Hilden, MD, FACP, Chair



Please complete the **Council/Committee volunteer survey** using the QR code if you are interested in participating in any of these committees in 2026.

MN-ACP Council of Resident/Fellow Members

Internal Medicine Residents from five programs in Minnesota serve on the Council of Resident/Fellows. Resident/Fellow members from the Minnesota training program collaborate through regular calls and social media to support resident/fellows. Thank you to **Drs. Suchapa Arayakarnkul and Ciana Keller** (Mayo) who are Chairing the Council in 2025-2026.

MN-ACP I.M Retired Committee (formerly Advanced Career Physicians/Physicians in Transition)

Doctors David Williams, Mary Miley and Ellen Coffey met with retired and soon to retire physicians around the state in September and December 2025 for breakfast, learning, and fellowship. The next meeting of this group will be on Friday, March 5, 2026 at the French Meadow bakery in Minneapolis. Please join if you are available and interested. Watch your email for topic and details.

MN-ACP Health and Public Policy Update -Sally Berryman, MD, FACP

Thank you to members who rated our MN-ACP Health Policy priorities for 2025. Highest priority topics included in our 2025 MN Legislative policies include the following:

- Improve Patient Health/Behavioral Health Care Affordability and Access
 - Support Legislation that ensure funding for Medicaid, MN Care and ACA Marketplace Coverage
- Improve Public Health
 - Address Declining Vaccination Rates
 - Reduce Death and Injuries by Firearm
 - Support Legislation to Maintain Outpatient Reimbursement Rates for Mental Health Services to At Least 100% Medicare
- Support Minnesota Physicians' Ability to Practice
 - Support Prior Authorization Reform
 - Support Physician Collective Empowerment Strategies
 - Prohibit the Role of Private Equity in Health Care – 2022 ACP Policy Paper
- Promote Primary Care
 - Support Efforts to Recruit/Mentor High School and College Students, Especially Black, Indigenous, and People of Color (BIPOC) Young Adults into Medical Careers and Medicine
 - Explore Pathways to Practice for International Physicians (SGIM doing a study on this; TN Pathway to Practice, TN State Law SB1451)

Our legislative monitor, Chad Fahning, provides MN-ACP with timely updates on our key policy concerns. Natalie Schmidt-Larkin will be transitioning into the role in 2026.

We are recruiting medical students, resident/fellows, and physicians with an interest in health policy to participate in the MMA Physicians' Day at the Capitol on **March 19, 2026**. We will meet for lunch at 12:00-1pm, followed by remarks from invited legislator and meetings with lawmakers from 1:30-3:30pm. [Registration and Information](#).

ACP Leadership Day will be held in Washington, DC on **May 12-13, 2026**. Travel scholarships are available for 3 Medical students, resident/fellows, and an early career physician to attend. Please complete the **MN-ACP Leadership Day Scholarship application** [2026 Leadership Day Application](#) by Feb. 2, 2026 if interested.

If you have not Renewed your ACP Membership in 2025, your benefits will soon end

Don't lose access to your amazing ACP benefits valued at over \$3,300!

Time to **renew your membership** now if you haven't already done so in 2025

<https://www.acponline.org/acp-membership-renewal-information> Continue your complimentary access to JournalWise, DynaMedex, and enjoy exclusively deep member discounts for MKSAP, Resolve (Physician Compensation services), Group insurance plans through AGIA, and so much more. Did you know your dues are also tax deductible? So do not delay! The deadline to renew your membership is Jan. 30, 2026. Otherwise, you'll lose access to these and many more valuable member resources. Renew today so you won't miss out!

Minnesota members at the American College of Physicians IM:26

Minnesota will be well represented with the following speakers at the **IM:2026** international meeting in San Francisco. Pre-course Minnesota speakers include:

- **Precourse - Dr. Thomas Martens** with Automated Insulin Delivery: Practical Management for Internal Medicine Physicians (Non-CME Activity)
- **Precourse - Dr. Gregg Simonson** with Automated Insulin Delivery: Practical Management for Internal Medicine Physicians (Non-CME Activity)
- **Precourse - Dr. James Newman** with Hospital Medicine: Success in a Complex Environment
- **Precourse - Dr. David Tierney** with POCUS: Foundational Skills for Internal Medicine Physicians

List of speakers for other sessions to be announced soon.

Congratulations New Fellows!

Achieving ACP Masters and Fellowship is a mark of distinction and a milestone in a physician's career. Please join me in congratulating the following as new Minnesota Masters and Fellows named by ACP in the last 9 months:

- **Sreekant Avula, MBBS, FACP** of Eden Prairie
- **Clair E Bourgeois, MD, FACP** of Minneapolis
- **William E Conroy, MD, FACP** of Minneapolis
- **Jeffery B Cunningham, MD, FACP** of Lakeville
- **Dominic P Decker, MD, FACP** of Minneapolis
- **Margaret W Doose, MD, FACP** of Minneapolis
- **Stephanie L Grach, MD, FACP** of Rochester
- **Zachary Grice-Patil, MD, FACP** of Edina
- **Ryan Huynh, MD, FACP** of Woodbury
- **Allyson K Palmer, MD, PhD, FACP** of Rochester
- **Mariya O Pogorelova, MD, FACP** of Rochester
- **Mithun Suresh, MD, FACP** of Vadnais Heights
- **Aaron J Tande, MD, FACP** of Rochester
- **Isaac D Weeks, MD, FACP** of St. Paul

Welcome New Minnesota Medical Students to ACP and MN-ACP!

Thirty-eight new medical students have joined ACP and MN-ACP in the last three months. Welcome to your new training programs in Minneapolis, Rochester and Duluth, MN.

Welcome New Minnesota Resident/Fellows, Affiliates, Transitional Residents and Members!

Twenty-Six new internists, physician affiliates, resident/fellows, affiliates, and transitional medical graduates have joined ACP and the MN chapter in the last three months. Thank you for your membership and count ACP and MN-ACP as a professional home and resource for you.

Members in the News

- **Dr. Dimitri Drekonja** submitted a letter to the editor on vaccine and infectious diseases https://replica.startribune.com/infinity/article_popover_share.aspx?guid=f4c40c64-241e-4f09-a80c-ff9bf9ac09a3&share=true

If you or a colleague of yours are in the news, PLEASE email minnesota.acp@gmail.com with details for inclusion in our next newsletter.

Save the Dates:

Feb. 2, 2026 – Deadline for ACP Leadership Day travel scholarship submission, complete the [MN-ACP Leadership Day Scholarship application](#)

February 4, 2026 – Spring Council Meeting and Retreat, 6:00pm, Green Mill, St. Paul

February 5, 2026 – Conference Planning Committee, 6:15pm, Green Mill, St. Paul

Feb. 19, 2026 – Minnesota-ACP Day at the Capitol- Governor's Conference Room noon-1pm and MMA meet with legislators 1-3pm [Info/Register](#)

March 19, 2026 – MMA Physicians' Day at the Capitol, St. Paul, [Info/Register](#)

April 16-18, 2026 – ACP Internal Medicine:2026 in San Francisco, [Info/Register](#)

April 17, 2026 – MN – ACP and Mayo Alumni Association reception at the Marriott - details to come

May 12-13, 2026 – Advocacy Day at Capitol Hill, Washington, DC, [Info](#)

Oct. 23, 2026 – MN-ACP Minnesota Internal Medicine:2026 in Bloomington, MN

Visit us online: MN-ACP <https://www.acponline.org/about-acp/chapters-regions/united-states/minnesota-chapter>

MN-ACP LinkedIn <https://www.linkedin.com/in/minnesota-acp-a044b446> Twitter/X https://x.com/mn_acp

Instagram <https://www.instagram.com/mn.acp/>

How can we better serve you? Please contact me with questions or thoughts on how the MN-ACP can serve you. Tseganesh Selameab, MD, FACP Governor, MN-ACP Minnesota.ACP@gmail.com