



Dear ACP South Carolina Chapter Members,

I would like to thank you all for making 2025 a successful year for our chapter and to wish you all a safe and healthy 2026.

There continues to be new South Carolina chapter members, some of whom have moved from other states. I welcome you and thank you for being a part of the ACP family.

Our annual scientific meeting was held October 17-18, 2025, in Charleston. I wish to thank all the council members and attendees from across the state whose contributions made it all possible. I'd also like to thank everyone who contributed to the MUSC Cares Clinic; your collective donations totaled \$1,540 and made a meaningful impact for this student-run organization that provides free medical care to uninsured residents of South Carolina under volunteer physician supervision.

Awards

Join me in congratulating the following scientific abstract competition winners who will be representing our chapter at the ACP National Meeting in San Francisco, CA in April 2026:

Dr. Rhea Matthew, PGY3 -best overall resident in the abstract competition.

Amber Jacobsen, IM candidate – best overall student in the abstract competition.

Let us also congratulate our chapter award winners – *Dr. Sandra Weber, MD, FACP*, received the James McFarland Award; *Dr. James Adamson, MD, FACP*, received the Laureate Award; *Dr. David Giovannini, MD, FACP*, received the Early Career Physician Award.

Finally, the ACP's highest recognition for exemplary physicians in leadership, service, and excellence in practice was awarded to *Mary Beth Poston, MD, MACP*, *Patricia Sadler, MD, MACP*, and *Harold Morse, MD, MACP*. Special congratulations to these deserving colleagues.

Volunteerism/Philanthropy Committee

Led by Dr. Leah Reid, the Volunteerism/Philanthropy Committee along with council members, rolled up their sleeves to support the Oliver Gospel Thrift Store in December. This great effort makes an impact in the Columbia community, and I thank you for your support and service.

Chapter Excellence Award

The ACP reviews chapters' management, financial stewardship, and programming annually. We were awarded Gold for last year's (2024-2025) activities. All these accomplishments were possible because of your membership and engagement in the various activities and programs that we provide. You can also provide financial support to help us continue these great chapter programs via the donation page on the ACP store. Visit [donation page for the South Carolina Chapter](#). I also ask that you share the work we are doing as you encourage your colleagues to become members of the South Carolina Chapter of the ACP.

Engagement

I would like to encourage all of you to increase your involvement in our ACP chapter. One important way is to become a council member and serve on one of our several committees. We have urgent personnel needs on the leadership council and I am asking for your help in filling these. Roles include:

- Advocacy Committee members
- Internal Medicine Interest Group members
- Council of Resident and Fellow members
- Council of Student Members

There are other committees that we are also seeking member participation on so please contact me at saundersps@outlook.com or April Koon at Aprilkoon@scmedical.org, if you are interested.

Advocacy

The ACP has always been at the forefront of advocacy for better care of our patients, access to care and improved working conditions for our members, and physicians in general. There is an increased need for advocacy on topics such as immunization/vaccines, physician payment reform, and visa issues related to IMGs, to name a few. Visit the [Where We Stand](#) page to learn more about the ACP's position on topics including inadequate physician payments, high drug prices, and lack of access to affordable health care. The [Latest ACP Advocacy](#) page is the ACP's new one-stop collection featuring articles, statements, and ways you can take action on various campaigns. You may also visit ACP's [Action Center](#) to learn more and take action.

The ACP's effectiveness in advocacy depends on your support and engagement. Please join over 15,000 internal medicine colleagues in the [Advocates for Internal Medicine Network](#) to receive timely updates and opportunities to engage directly with federal lawmakers.

We are working on increasing our state advocacy. We also plan to be a resource for our state lawmakers. If interested, contact to me at saundersps@outlook.com or Dr. Jilian Sansbury at rinehartjl@gmail.com.

Membership

Our members form the backbone of our existence. You are the reason that we have been successful and will be able to continue providing the range of services and benefits at the chapter level and nationally. Your membership and engagement are therefore crucial, and I take this opportunity to ask members who have not yet renewed their membership for the 2025-2026 cycle to renew.

Renew or join today at <https://www.acponline.org/membership>.

Advancement to FACP

The ACP recognizes members for excellence in internal medicine, continued professional development, and a commitment to leading internal medicine and improving lives – Fellows (FACP). Congratulations to the members who became fellows in 2025. You can also review the details on advancing to fellowship (FACP) online at [Requirements for](#)

[Advancing to Fellowship | ACP](#). Do not hesitate to reach out to me at saundersps@outlook.com with questions.

BOG Resolutions

Spring BOG Resolutions will be available online in early February until March 1st. Member comments inform the ACP's leadership on policy direction, priorities, and practices, including advocacy. Please review and comment on these resolutions when they become available. The ACP will solicit your feedback via email.



Student Resident Corner

There continue to be numerous resources that could improve the quality of your educational experience so take the opportunity to utilize them. Medical students are not charged membership dues, so they enjoy a wide variety of benefits for free! Resident/Fellow members pay a reduced national dues rate and do not have to pay chapter dues. Resident/Fellow members enjoy [benefits](#) specific to this stage in their careers, including opportunities to present abstracts, access electronic products, and receive discounts on many of ACP's programs, products, and services. Encourage your colleagues to join the ACP today and begin to enjoy the numerous benefits that are available [Join Today!](#)

Leadership Day 2026 will be held May 12-13, 2026, at the Westin Washington, DC Downtown Hotel. Leadership Day enables the College to increase its presence on Capitol Hill and advocate directly with Congress in support of legislation directly impacting internal medicine physicians and their patients. **Four scholarships (\$1000 each)** are available for students, residents or fellows in training to attend. Details on qualifying have been provided in previous emails.

Learn more and register: <https://www.acpservices.org/leadership-day>

Wellbeing

The demands of medical school and residency can be overwhelming, making it essential to foster a supportive environment that helps mitigate burnout and promote wellbeing. Resources from the ACP can be found at [ACP's Resident Well-being Learning Hub](#).

Updates on Educational Resources



ACP MKSAP focuses on individualized learning and convenience, in a perpetually updated format with hundreds of new multiple-choice questions added each year. With your ACP MKSAP subscription, you'll always have access to the latest clinical information and self-

assessment questions you need to navigate your lifelong learning journey. When reserving your ACP MKSAP subscription, choose either a 1- or 3-year subscription: [Order Now](#).

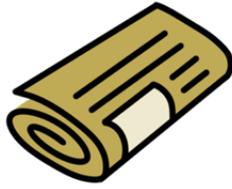


Wellness Corner



I hope everyone is in for a good start to the new year. I am Poornema Ramasamy and 2025 was difficult for me personally as I had to be in caregiver position for an ailing cousin and nanny and lost both of them. I realized that being a caregiver and watching a loved one suffer is one of the most difficult things in life. I found this self-compassion series with Dr. Kristin Neff very helpful. This specific [video/audio](#) is particularly helpful to get in touch with reality and to allow us to go over these words of wisdom -“Everyone is on their own life journey; I am not the cause of this person’s suffering, nor is it completely within my power to make it go away, even though I wish I could. Moments like these are difficult to bear, and yet I will try to help if I can”. The other [link](#) I would like to share is to help us navigate through difficult emotions in general. It helped me work through the process of grief. Thank you, Dr. Ramasamy for sharing your personal and emotional challenge and how you navigated it. This is an example of how we make each other stronger as we travel our individual journeys through life.

You may also explore the curated tools and resources available at the [I.M. Emotional Support Hub](#), designed to help you connect with peer support and provide practical strategies to help you navigate challenges.



In The News

The ACP continues to advocate for better health and access to health across our nation. The two articles below provide valuable information about ACP's activities in this area.

[ACP Continues to Push for Restoration of ACA Enhanced Premium Tax Credits to Ensure Access to Health Insurance for Millions of Americans](#)
[Immigration Enforcement Impact on Public Health](#)



Save The Date

Internal Medicine Meeting 2026

ACP's annual meeting will be held in San Francisco, CA, from April 16-18, 2026.

Register now: <https://annualmeeting.acponline.org>

Leadership Day 2026

Tuesday, May 12 & Wednesday, May 13, 2026, Westin Washington, DC Downtown Hotel

Learn more and register: <https://www.acpservices.org/leadership-day>

SC Chapter Annual Scientific Meeting

The South Carolina Chapter of the American College of Physicians Annual Meeting will be held in Greenville, **October 16-17, 2026**, at the Hyatt Regency. Registration will open late spring.

In closing, thanks for what you continue to do for our patients, colleagues and the ACP. Do not hesitate to utilize the numerous resources for all membership categories that are available on the ACP website at [American College of Physicians | Internal Medicine | ACP](#). You can also follow our chapter on Instagram @scacpchapter.

In Service,
Steve Saunders, MBBS, FACP
ACP Governor, South Carolina Chapter