

TRANSITIONS NEWSLETTER

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Check out the ACP Website for Resident & Medical Student Resources!

[www.acponline.org/
chapters/az](http://www.acponline.org/chapters/az)

ACP AZ CHAPTER CONTACTS

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Upcoming Events

Arizona Chapter 2014 Annual Meeting

October 24-26, 2014
Arizona State University
Tempe, AZ

“Succeeding in the Midst of Change: Science and Practice in the New Era of Medicine”

- Clinical updates in Medical Oncology, Pulmonary Disease and Internal Medicine

Distinguished Guest Speakers: **Leland Hartwell, PhD**, 2001 Nobel Prize winner.
Jeffrey Trent, PhD, President and Research Director, Translational Genomics Research Institute (TGen)

Residents Track featuring panel discussions related to career path decisions, Medical Students Track featuring career path discussions (Meet the Residency Directors – Mentoring opportunities)

- **Featured Events:**

Doctor’s Dilemma – *Medical Student round begins on Friday, October 24 @ 3:15pm, Resident’s competition starting on Saturday, October 25 @ 2pm*

Oral Vignette Presentations – *Sunday, October 26 at 10:30 am.*

Resident and Medical Student Poster Sessions – *Session 1 begins on Friday, October 24 4:30 pm, Session 2 is at 6:00 pm, Saturday, October 25.*

Governor’s Dinner (separate sign-up required) – to be held at the historic Old Main, Arizona State University, *Friday, October 24 at 6:30 pm.*

Registration open soon!!

Are you smarter than a 3rd Year medical student?
Turn the page to find out and enter to win movie tickets!

Want to know what's going on with healthcare reform?

Become an "Advocate"



Are you smarter than a 3rd year medical student???

Medical knowledge competition

The Associates Council has created a medical knowledge quiz to help foster some healthy competition between our residents. Each newsletter will feature an interesting clinical question that you get to answer! The winner will be randomly selected from those who submit the correct answer. ***If you are chosen as the winner, you will receive a \$25 gift card to Harkins Movie Theatres to see the movie of your choice!***

Are you smarter than a third year medical student?

A 45 year old male with diabetes mellitus, dyslipidemia, and hypertension for ten years is here for follow up visit. Social history is negative for alcohol or tobacco use. He follows a healthy lifestyle and exercises regularly. He states he feels well and has no complaints. His current medications are Aspirin, metformin, Lisinopril, and a statin. On physical exam, his temperature is 98.6 F, blood pressure is 135/89 mm Hg, pulse rate is 85/min and respiratory rate is 18/min. remaining physical examination including foot exam is negative for peripheral neuropathy. His laboratory test one month ago reveals hemoglobin A1C level of 6.8% and LDL of 95. His urinalysis was negative for microalbuminuria.

Which of the following is the most appropriate next step in management?

- A. Increase dose of Lisinopril
- B. Screen for HIV
- C. Add glyburide
- D. Increase dose of statin

Please submit your answer, as well as your name, email address and residency program to Dixie Swan at dswan@azmed.org by **Friday, June 20th**.

Then check the movie listings!!



E. © jgoode www.myJGD.com

Successful and so Informative!!

Bi-Annual ACP Residents and Fellows Council

Statewide Journal Club

Held Monday, March 2014

The Arizona ACP Resident & Fellow Council is proud to report another successful journal club as part of our Biannual Statewide Journal Club!

On Monday, March 24th, 2014 council members and residents met to discuss two controversial topics: Breast and Prostate Cancer Screening. The meeting was held at the University of Arizona in Phoenix with teleconference to the University of Arizona in Tucson. Brian Wojcek, PGY-1 from Mayo Clinic presented on Mammography Screening for Breast Cancer with guidance from a clinical decision published in the *New England Journal of Medicine*. Libu Varughese and Kirat Gill from Saint Joseph's Medical Center presented on Screening for Prostate Cancer: A Review of the Evidence for the U.S. Preventative Services Task Force with guidance from two Point/Counterpoint articles published in *Medical Care*.

Clinical experts, Dr. Alan Bryce and Dr. Donald Northfelt both from the Department of Oncology at Mayo Clinic offered their unsolicited and excellent advice and comments regarding the topics. Prior to the presentation, audience members were given the opportunity to network while sharing a delicious dinner provided by ACP. Special thanks to the presenters, experts and Dr. Preethi Williams for their guidance and assistance.

If you would like to be involved in the presentation of the upcoming journal club this fall, please contact Dixie Swan Dswan@azmed.org.

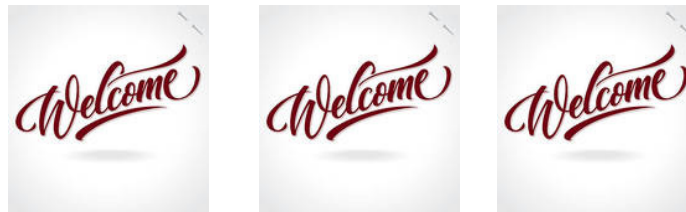
Heather Fields, MD, Statewide Journal Club Coordinator
Arizona ACP Resident and Fellows Council leader

1. Smith, Robert A PhD, Kerlikowske, Karla MD, Miglioretti, Diana L PhD, Kalager, Mette MD, PhD, Mammography Screening for Breast Cancer. *New England Journal of Medicine* 2012. E31 (1-5).
2. Melnikow, Joy MD, MPH, LeFevre, Michael MD, MSPH, Wilt, Timothy MD, MPH, Moyer, Virginia A MD, MPH. Counterpoint: Randomized Trials Provide the Strongest Evidence for Clinical Guidelines. *Medical Care* 2013; 51; 4 (301-303).
3. Etzioni, Ruth PhD, Gulati, Roman MS, Cooperberg, Matt R MD, Penson David M MD, Weiss, Noel S PhD, Thompson, Ian M MD. Limitations of Basing Screening Policies on Screening Trials. The US Preventative Services Task Force and Prostate Cancer Screening. *Medical Care* 2013; 51; 4 (295-300).
4. Schroder, Fritz MD, Hugosson, Jonas MD, Roobol, Monique J PhD, Tammela, Teuvo L.J. MD, Ciatto, Stefano MD, Nelen, Vera MD, Kwiatkowski, Maciej MD, Lujan Marcos MD, Lilja, Hans MD, Zappa, Marco PhD, Denis, Louis J MD, Recker, Franz MD, Paez, Alvaro MD, Maattanen, Liisa PhD, Bangma, Chris H MD, Aus, Gunnar MD, Carlsson, Sigrid MD, Villers, Arnauld MD, Rebillard, Xavier MD, van der Kwast, Theodorus MD, Kujala, Paula M MD, Blijenberg, Bert G PhD, Stenman, Ulf-Hakan MD, Huber, Andreas MD, Taari, Kimmo MD, Hakama, Matti PhD, Moss, Sue M PhD, de Koning, Harry J MD, Auvinen, Anssi MD. Prostate-Cancer Mortality at 11 Years of Follow-up. *New England Journal of Medicine* 2012; 366; 11 (981-990).



This is the time of the year when we say goodbye to Residents who have completed their work at our Arizona programs, and are heading out! The Arizona Chapter is so pleased to have known so many outstanding residents!!

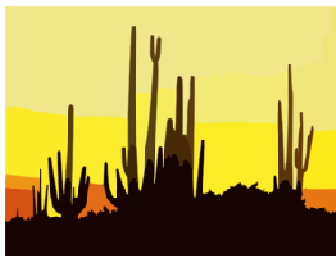
We are compiling pictures and lists of graduates from all AZ programs. Watch for the Governor's Newsletter, scheduled for publication in June, for all of that valuable information.



And, as we say goodbye, we are also looking ahead to welcoming the incoming classes of Residents!

Our Tucson members will be hosting a "Welcome to Arizona" event on **Tuesday, June 24, 6-8 pm in Kiewit Auditorium**. Tucson members, please invite newcomers and plan on coming as well, to share all the details of adjusting to Residency in a new town...things you wish someone had shared with you!! Notices will be sent through the ACP Portal!

In Phoenix, programs are more spread out and diverse, so there will be alternative plans made. Watch your emails for similar planned events.



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 Want to know what is happening in Health Care?? *Become an ADVOCATE!!*

### **Advocates for Internal Medicine Network - AIMn**

ACP's continued success on Capitol Hill greatly depends upon year-round grassroots support from the College's more than 8,000 participants in the Advocates for Internal Medicine Network (*formerly known as the "Key Contact Program"*). Advocates e-mail, call and meet with their members of Congress on issues of importance to medical students, internists and their patients, and report the results back to ACP.

To enroll as an Advocate, ACP members are not required to have existing relationships with their members of Congress. ACP gives them the tools necessary to develop and maintain relationships. The program is open to all membership categories.

**Enroll in the Advocates for Internal Medicine Network at <http://capwiz.com/acponline/mlm/signu>**

## What does it mean to be part of the ACP as a Resident or Fellow?

By Jewel Kling, MD MPH, Arizona ACP Resident and Fellows Outgoing Council Chair

The American College of Physicians has always engaged Residents and Fellows in their activities and view us as a crucial part of the organization.

ACP provides many opportunities for us to develop our presentation and critical thinking skills, such as through the poster and oral presentations at the Chapter Meeting. In addition, the ACP Doctor's Dilemma contest is held annually at the Chapter Meeting. The winners represent Arizona at the national ACP meeting and have the opportunity to participate in the national competition.

Locally, the Resident and Fellows Council organizes statewide journal clubs, webinars and procedure based simulation courses for our residents.

For those interested in legislative activism, "American College of Physicians, Arizona Chapter, Day at the State Legislature" scheduled for February 5<sup>th</sup> 2014 at the AZ State Capital is a great way to learn about the activities of the legislature that affect us and our patients, as well as to voice the opinions of students, residents and fellows on matters such as GME funding.

Additional resources available for residents and fellows include MKSAP for internal medicine board review, the Annals of Internal Medicine and the "In the Clinic" series, as well as other features included on the website.

All associates are encouraged to visit the chapter website for more details:

<http://www.acponline.org/membership/benefits/residents/>

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## The Resident and Fellows Association – Here for you!

The ACP Residents and Fellows Council includes members from all residency programs in Arizona, with the goal to represent all resident and fellow members within the state chapter.

We bi-annually publish a resident's newsletter entitled "Transitions" that allows our council to communicate the activities of the Chapter that residents can participate in and the various benefits available to residents. We also organize events such as journal clubs & webinars to provide Internal Medicine educational opportunities across the state.

Please contact our current representatives with any suggestions you may have to better our councils' work. *Dixie Swan can supply you with email addresses.* ([DSwan@azmed.org](mailto:DSwan@azmed.org))

**Incoming Chair of Council is Preethi William, MD** ([preethisandria@yahoo.com](mailto:preethisandria@yahoo.com))

**And members:** Spencer Lee, MD; Hossein Ghofrani, MD; Aaron Fernandes, MD; Gina Wu, DO; Joseph Hanna, MD; Pete Zervogiannis, MD; Alex Hu, MD; Salma Patel, MD; Natalya Azedah, MBChB; Kathryn Williams, MD; Anju Nair, MD; Tanway Patwa, MD; Sabyasachi Roy, MBBS; Heather Fields, MD; Jeff Schenk, DO; Umema Burney, DO; Sadia Moinuddin, MD; Pratik Shah, MBBS; Mohamad Lazkani, MD; Maheen Sheikh, MD; Ryan Van Woerkom, MD; Christopher Chen, MD, MBA, Ali Raof, MD, Sarika Savajiyani, DO

## Why Activate your ACP Online Account?

When you activate your ACP Online account, you will have access to the Mentoring Database and PIER, and you will be able to access the full online benefits of ACP journals & publications. Your username and password can be used immediately after you register.

**[Activate Now](#)**

\* Note regarding *Annals.org*., ACP members and *Annals* subscribers can now log in at *Annals.org* with their ACP username and password.