

July 2017

Governor's Corner



By Joyce Wipf, MD FACP, WA-ACP
Governor

Hello, everyone,

I hope you all are enjoying our lovely summer! Check out the newsletter for a few highlights of our many terrific chapter activities. My appreciation to our member mentors and training program leaders for conducting our growing Spring Scientific Scholarship

Day. Following ACP Leadership Days in DC with our remarkable delegation of 18, a grass roots local effort to contact congressional members about patient access to care was led by Leah Marcotte, MD, co-chair Early Career Physicians, and Carrie Horwitch, MD, FACP and Regent.

"What are you going to do next in your career?" We physicians have been hearing this question since medical school! And for mid to later career physicians, *"When are you retiring?"* (This leads to reflection *"Why are you asking!?"*)

Little data exists to guide physicians on when to reassess our professional life. As we start the new academic year, I think about our students and residents learning from experienced physicians contributing a wealth of knowledge - and wisdom - from taking care of patients. I've commonly heard: *"I don't want to retire but I don't want my current position"* or post-retirement seeking something again in medicine. Those of you age 60+ years, look for an electronic survey from our chapter asking your thoughts on career and retirement. This survey has been adapted from national ACP by Dr. David Dale, MD, MACP, past President of ACP, who will lead a panel session that includes discussion of results at our November 2017 chapter meeting!

As always, it's a pleasure to work with all of you!

Best regards,

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American College of
Physicians - Washington
Chapter

Association Executive:

[Kimberly Conn](#)

2001 6th Ave Ste 2700
Seattle, WA 98121



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Phone: 206.956.3652

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WA-ACP Spring Scientific Scholarship Day – May 12

Our third annual Spring Scientific Scholarship Mentoring Day held May 12 at UW South Campus Center was a great success! We had over 70 people register to attend the event. The objectives for the day that we accomplished:

- Encourage scientific study in Research and Quality Improvement by students, residents and fellows-in-training.
- Provide opportunity for trainees to submit and present abstracts of their projects in Research and QI
- Mentoring in small groups to explore career goals and professional life

The day's program and activities were co-directed by Kim O'Connor, MD, FACP and Joyce Wipf, MD, FACP, and developed in conjunction with our Resident and Student Councils and advisors, and our new Residency Leadership Advisory Group, with representatives from each of the residency programs statewide, co-chaired by Alvin Calderon, MD, PhD (Virginia Mason) and Ken Steinberg, MD, FACP (UW).

Special thanks to so many individuals who helped to conduct the Spring Scientific Day, including regional residency program directors, our outstanding plenary speakers and panel discussants, workshop faculty leaders and mentors who co-led focused mentoring discussions over lunch. A large cadre of faculty served as reviewers and judges of the submitted and presented abstracts.

Sixteen submitted abstracts were accepted for oral or poster presentations. All showed impressive quality, innovation and effort. The abstracts were reviewed and winners selected by several teams of judges.

Congratulations to the abstract competition winners:

Student poster abstract awarded to: Sukhbir Randhawa, PNW University of Health Sciences

Resident poster abstract awarded to: Amiko Uchida, University of Washington

Oral abstract awarded to: Amy Thompson, Virginia Mason Medical Center





2018: We will soon begin to plan next year's Spring Scientific Scholarship Day. If you are interested in being on the Planning Committee please contact Joyce Wipf or Kim O'Connor.

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Washington State Chapter Local Involvement & Engagement

*Matt Hollon, MD MPH FACP
Governor-Elect, Washington Chapter*



As your Council continues to focus on ways that we involve and engage members throughout the state, I'd like to highlight two efforts: 1) involving members throughout the state in advocacy; 2) engaging members in their communities with CME.

Membership in the American College of Physicians offers many benefits to practicing internists. Examples of benefits include:

subscription to *Annals of Internal Medicine*; access to free evidence-based clinical guidelines, policies and recommendations; discounts on CME, meetings, courses, and products, including MKSAP; and state and national advocacy to ensure the voice of internal medicine is heard.

For me this opportunity to participate in advocacy was transformational. As you will read about in other articles in this edition of Governor's Newsletter our professional society has remained a strong advocate at the national level for health policies that keep patients and the practice of medicine at the center. My years of participation in ACP Leadership Day have shown me that our presence "at the table" is critical to influencing policy and this influence comes from steady, long-term pressure on the part of members. In recent years, we have made a concerted effort to recruit Washington state ACP members from all ten of our legislative districts to travel to the other Washington and meet with our congressional representatives. Representation from across the state helps us to be more effective as advocates so if you are interested in advocacy at the national level please let us know and we can add your name to the pool.

We truly have one of the best state chapter meetings in the country and yet getting to Seattle for many of our 2500 members in our state can be difficult. To address this, over the past several years, we have held small local CME events in communities throughout the state. While these have been variably successful, the ones that have been most successful have had a local champion to help plan and promote the event. If you would like to see a local ACP supported CME event in your community please let us know.

And speaking of success – one of our most exciting initiatives to bring high quality CME for internists and internal medicine subspecialists to our local members just received a "Chapter Development Fund" award from national ACP. The purpose of the Chapter Development Fund is to support new or expanded local activities which support the growth of the chapter and national ACP. Our chapter received funding of \$1,200 in support of the Regional Webcast of State Chapter Scientific Meeting!

The webcast is the result of collaboration between our ACP chapter

and the Spokane Society of Internal Medicine. The goals of the webcast are to expand the value of ACP membership and make chapter activities more accessible for Eastern Washington members. This year's annual chapter meeting will be held in Seattle on November 3rd and 4th, 2017 and will again be simultaneously live webcast to Spokane and hosted at Gonzaga University's Hemmingson Center. Going forward, we hope that we can figure out the formula for covering the cost of the webcast production without relying on grant funding then offer it more broadly across the state.

If you have other ideas about how your ACP chapter can involve and engage you at a local level please don't hesitate to email me at mfhollon@uw.edu.

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Chapter Highlights at National ACP Meeting- April 2017 in San Diego

WA-ACP Jeopardy Team 2017



WA-ACP Jeopardy Contestants: Virginia Mason Residents: Kristen Beck MD, Kiran Agarwal MD, James Barlow MD.

Congratulations to our WA-ACP Chapter Jeopardy Virginia Mason team winners, who competed in the National ACP Jeopardy Competition at the annual meeting in San Diego!

Fellowship and Masters Convocation

We had fun celebrating and doing Fellowship Convocation with new fellows in April at the National ACP meeting

We want to congratulate the following:

Viviane M Bunin, MD FACP
Vlastimil Joseph M Calayan, MD FACP
Elhami N Hannan, MD FACP
Natalia Usoltseva, MD FACP
Sandar Win, MD FACP

New ACP Masters:

Paul Smith and Bruce Smith are our new Washington State Masters!

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November 2-4, 2017 WA-ACP Annual Meeting – Speaker and Program Highlights

Ginger Evans, MD and Joey Parker, MD, Planning Committee Co-Chairs

This year's Washington State ACP meeting will be held November 2-4, 2017 at Bell Harbor Conference Center in Seattle. We are thrilled to have an exciting mix of previously invigorating speakers as well as new speakers and topics that are sure to interest Internists in all areas of practice. We will offer the MOC course again, as well as pre-course in both hospital medicine and ambulatory care that focuses on Cardiopulmonary. The meeting will include a variety of workshops, including Caring for the Transgender patient, Addiction Medicine, Washington State Legislative and Regulatory Update 2017 and shoulder exams. Plenary sessions are of wide ranging topics including Congestive Heart Failure, Diabetes management, Radiology Topic: What is the best test to order? CT vs MRI, Women's Health, Topics in Renal disease, Update in Infectious Diseases 2017 and many more!

The course will again be simulcast to Spokane, as an opportunity for those who wish to participate remotely.

Please mark your calendars for Nov. 2-4, 2017. Registration information is coming soon! We look forward to seeing you there.

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2017 Washington ACP Story Slam –

please submit your stories!

Do you have a story involving your experiences as a physician that you would like to share with the Washington ACP audience?

This is a call to you, our members and trainees, to submit a short story or essay. We are looking for stories that capture the human side of our work, are personally meaningful and highlight your passion for medicine or medical training. ACP judges will select the top 3 submissions for oral presentation during the annual meeting (November 3rd-4th).

Stories should be limited to 400 words. Please email your stories to: Kimberly Conn, ACP Executive, at admin@washingtonacp.org. The deadline for submission is 10/6/17.

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ACP Leadership Day – May 23-24



Joyce Wipf, MD, FACP, WA Governor and Matt Hollon, MD FACP, Governor Elect led the Washington State delegation of faculty, residents and students to the annual ACP Leadership Day in Washington DC on Capitol Hill. Leadership Day enables the College

to increase its presence on Capitol Hill and bring our issues to the attention of U.S. lawmakers.

The two-day event provided ACP members with advocacy and media training, an update on College's priority legislative issues; briefings by members of Congress, administration officials and key Capitol Hill staffers; and an opportunity to meet with our state's elected officials. [Click here](#) to learn more about Leadership Day.





Medical Student on Capitol Hill



Quincy Pham, Rachel Hoffman, Katie Strandberg, Kim Matsumoto, (back row) Elizabeth Richards.



(L to R): Katie Strandberg, UW medical student, Dr. Stephen Carr (R3), Dr. Matthew Hollon, Dr. Rachel Safran, Dr. Sarah Newton (R2).

The 2017 WA-ACP Leadership Day delegation included:

Joyce Wipf, MD, FACP, Governor
Matt Hollon, MD, FACP, Governor Elect
Carrie Horwitch, MD, FACP, Regent
Leah Marcotte, MD
Rachel Safran, MD
Salil Rajayer, MD
Charanya Krishnan, MD

Stephen Carr, MD, Resident
Jesse Isenstadt, DO, Resident
Sarah Newton, MD, Resident

Kim Matsumoto, Student
Mustufa Jafry, Student
Rachel Hoffman, Student
Elizabeth Richards, Student
Quincy Pham, Student - Osler Club Liaison
Katie Strandberg, Student

Medical Student Reflections on Leadership Day

Kim Matsumoto, MS2, School of Medicine, Seattle Foundations Site, University of Washington

Not knowing the fate of the Affordable Care Act in recent months has been more than distressing, as I was a first-hand witness of the dramatic impact Medicaid expansion had on my community health center and the patients we served. This is a crucial time for American healthcare, and as a medical student I felt privileged to be included in the Washington Chapter of the ACP to lobby for policies that will affect me, my patients, and the healthcare system.

When I considered speaking with our state politicians and their aides, I was nervous that I would be unprepared or would have little to contribute among the policy experts and experienced physicians. However, after attending the ACP orientation prior to our Capitol Hill meetings, I felt equipped to discuss the legislative priorities and my own personal and patient experiences with the healthcare system. The speakers at the orientation were knowledgeable, passionate and helped me to appreciate the importance of continued advocacy throughout my career.

This year we had the largest group of people from Washington, including six medical students. We began the day with a meeting at Senator Maria Cantwell's office. Her aide listened to many of us voice our concerns over the potential repeal of the ACA as well as other ACP agenda items. I had the opportunity to tell a story of a patient who had a life-changing experience due to the expansion of Medicaid. Later, prior to a meeting with her aide, we briefly met Senator Patty Murray before she ran back to the Senate floor. Our group then split up to meet nine of the ten State Representatives. As the day progressed and I listened to and learned from the others, my confidence and comfort level in speaking to these people grew. I gained an appreciation for the nonpartisan, patient-first stance that the ACP takes toward healthcare reform. I came to understand why the "forward-looking" theme was important considering the threat to the ACA and the current political climate.

My experience at Leadership Day opened my eyes to the impact that the ACP has on issues that are so important to patients, medical students, residents, and physicians. It was a great way to connect with my future colleagues, and I am excited to continue to be involved with the ACP and advocacy throughout my career. I would like to thank the ACP for giving my classmates and me the opportunity to participate in Leadership Day 2017.

Resident Reflections on Leadership Day

*Jesse Isenstadt, DO
PGY2 at Trios Health Care Center
Kennewick WA*

American College of Physicians (ACP) Advocacy Day is a very

important day where physicians, medical residents and students visit Washington D.C to advocate to their state legislatures on important issues regarding healthcare. This year was especially important, as the atmosphere has been very contentious as a result of the Affordable Care Act (ACA) of 2010 (also known as Obama care). Recently, with the Republicans now in charge of congress, the Affordable Care Act has been under extreme threat. The American Health Care Act (AHCA) was just passed by the House of Representatives. This has threatened to reverse the gains of the ACA, in terms of coverage to millions of Americans, as well as bringing back pre-existing conditions when purchasing health care insurance. This year, I joined several passionate residents, medical students and practicing physicians throughout the state, in order to meet with state legislatures and their staffers to advocate for several key healthcare issues. On the day I advocated (May 24, 2017), the CBO score for the recently passed bill had not yet been released. However, a previously written bill several months prior estimated that 24 million Americans would lose coverage.



One of the major policies we advocated for was to continue the gains of the ACA and urged congressmen who supported the AHCA to reconsider their position on the bill. However, this was not the only issue that was addressed. This year, the ACP placed approximately 9 health care issues on their agenda to be discussed with senators and representatives across the United States.

One of the prominent issues that were discussed with the legislatures in Washington State was the issue of drug prescriptions. One of the bills discussed was the Creating And Restoring Equal Access to Equivalent Samples (CREATES) Act, which would improve patient access to alternative low –cost prescription drugs and biological products, by preventing

prescription drug manufacturers from misusing the FDA's risk evaluation and mitigation Strategies (REMS) process. This process makes it difficult for competing generics to be brought to the market. The second bill discussed was the Medicare Prescription Drug Price Negotiation Act, which grants authority to the secretary of HHS, to negotiate prescription drug prices with manufacturers of high cost drugs under Part D of Medicare. In addition to promoting lowering drug prescriptions, the ACP is also advocating for a bill which will improve care of patients with chronic disease; that will eliminate beneficiary copayments for non-face-to-face services. Other topics that were on the agenda that were not heavily discussed, included attempting to create a task force that will find ways to reduce administrative tasks on physicians and patients, reform of the medical liability system, increasing general medical education slots, continued funding for medical and health service research, and continued funding for substance abuse treatment.



ACP Advocacy Day was an important day that allows current practicing physicians, residents, and medical students to voice their opinions on many health care issues that are important to the healthcare field today. Although the congressmen were fairly busy, we still had the opportunity to meet with their staffers and tell them about our experiences that are troubling our patients and our fellow colleagues. While it seemed that some legislatures were unwilling

to budge on some issues, such as the AHCA, they were still willing to look at other key legislative positions and attempt to work collaboratively on those. Overall, this experience was a good opportunity to truly learn about the key health care issues facing America today and a good opportunity to feel what it is like to be a constituent.

Resident Reflections on Leadership Day

Sarah Newton MD, Resident, Spokane, WA

I have to be honest: I have never been politically savvy nor am I originally from Washington. I was therefore surprised (and quite honored) to have been allowed to travel to Washington DC in order to represent my colleagues back in Eastern Washington during ACP Leadership Day. I didn't quite know what I was getting myself into—reminiscent of medical school and, currently, residency—but I had the very good fortune to be accompanied by Leadership Day veterans from my program and an assortment of new acquaintances from across the state, all of whom made the experience fun, perspective-changing, and completely worthwhile.

Being in the midst of residency in Spokane has made it very easy to bury my head in the sand (I can't even tell you the last movie I have seen in a theater) and, even in the midst of our current erratic political climate, I admit to being out of the loop on multiple issues. Part of this stemmed from my cynical belief that government is driven by self-interest and, therefore, what difference could I make? Leadership Day gave me the opportunity to be surrounded by a legion of physicians who had traveled from across the country on their patients' behalf. I got to be a part of a huge group of people who have put their personal interests aside to selflessly fight on the behalf of those they care for. And, perhaps paradoxically in this large group, for the first time I truly believed that I could make a difference. The day spent on Capitol Hill, talking directly with Congresspeople and their staff and getting to tell my patients' stories, was one of the most fulfilling experiences of my life. Our healthcare policy is going to be determined mostly by a group of people who have never treated a patient and therefore cannot possibly understand the logistical and emotional challenges we face everyday. Thus, the opportunity to provide them with some perspective is, I think, one of the most significant contributions a physician can make.

The practice of medicine is not for the faint of heart and I try to embrace opportunities that put me outside of my comfort zone. I found that, much like medical school and (yes, even) residency, my experience at ACP Leadership Day is something I will treasure. And, much like with medical school and residency, it has provided me with a new identity and responsibility: that of an advocate for those who are underserved and unheard.

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Membership Committee Report

By Kemi Nakabayashi MD FACP, Membership Committee Chair

Thanks to Gary Forbes MD and Carrie Horwitch MD for planning a regional event in Sequim last month. For other locales, please contact me at nakabayashimd@gmail.com with comments or ideas for additional regional outreach. As we foster the transition of our doctors in training to the Early Career Physician group, this time of year is particularly important to reach out to new potential members. As a reminder, ACP's Recruit-A-Colleague program has begun again for the new membership cycle.

Talk to your post-training colleagues about ACP so they can experience the College's benefits. And to thank you for your time and effort, ACP offers between now and March 1, 2018, the following incentives:

- \$100 credit toward your 2018-19 annual dues when you recruit one member
- \$200 credit toward your 2018-19 annual dues when you recruit two new members
- \$300 credit toward your 2018-19 annual dues when you recruit three new members
- Free membership in 2018-19 when you recruit four or more new members

For more information, [click here](#).

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New! Hospitalist Happy Hour

The hospitalist Committee held their first Hospitalist Happy Hour on May 18th in Bellevue. Dr. Elia Gonzalez from Swedish discussed delirium management and general psychiatry consult questions. All people in attendance were ACP members. It was a fun time meeting new Hospitalists in our area and reconnecting with past colleagues.

Save the Date: Thursday, August 31, 2017 at 4:30 PM

Copperleaf Restaurant
18525 36th Avenue South, SeaTac

Hospitalists of all specialties, residents, and medical students are invited to join us for a casual, no-host networking event. We will be talking about the joys and challenges of being a hospitalist in the Puget Sound area. **Bring a friend!** Feel free to invite hospitalists from your team to the Happy Hour and introduce them to ACP.

While reservations are not required, it will help us in planning how many tables to reserve if you let us know that you are planning to attend. Please RSVP by August 28th to [Midori Larrabee MD](#), ACP

Executive Council Member. For more information contact: Midori Larrabee, MD at midori.larrabee@gmail.com

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Women in Medicine News

Cathrine Wheeler, MD, FACP, Erin Edwards, MD : WIM Co-Chairs

The WA chapter ACP WIM “Dim Sum around the Sound” continues to be hugely popular with our members. Our last gathering was recently held in Edmonds on June 3 at T&T Seafood restaurant.

Save the Date: Aug. 27 for the Women in Medicine Picnic

Details for all WIM events will be communicated via Washington ACP eblast (email). Direct further inquiries regarding Dim Sum around the Sound to Kemi Nakabayashi at



nakabayashimd@gmail.com.

The Women In Medicine Interest group hosted an introduction to Tai Chi session in May. Against the backdrop of the Mercer Slough, we learned some basic Tai Chi movements and concepts taught by certified instructor Denise Geroux. Participants said the experience was informative, and some were inspired to learn more Tai Chi in the future.

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Call for Internist Award Nominations

To recognize the outstanding efforts of Internists in our state, we need your nominations for the following awards:

- **Washington ACP Internist of the Year**

We seek to honor a community-based internist considered to be a role model by his or her peers. Nominees should possess excellent clinical skills, dedication to patients, enthusiasm for medical practice, leadership, and the ability to maintain humanity and a healthy balance between professional and personal interests that we can all strive to emulate.

- **ACP Community Service Award**

We seek to recognize an internist or group of internists who have an exceptionally positive impact on their community through volunteer activities.

- **ACP Golden Apple Award**

We seek to honor volunteer teachers who have made a substantial contribution to the education of medical students in his/her community.

Please take a few minutes to tell us who is deserving of a recognition award by submitting your nomination with a brief statement why this person should be considered for the award. The deadline for submitting your nomination is September 9, 2017.

[W-ACP Chapter Awards Submission Form](#)

Awards will be presented at the Washington Chapter ACP Annual Meeting, November 2-4, 2017 in Seattle, Washington.

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Welcome New Members

We are pleased to welcome the following new members since January 2017:

Name	City
Zeshan K Ahmad, MD	Kent
Dante J Arranza, MD	Lake Tapps
James L Barlow III, MD	Seattle

Jessie E Bay, MD	Issaquah
Marissa A Black, MD	Seattle
Kirk D Blais, DO	Richland
Kathryn A Bowman, MD	Seattle
Lauren Brown, MD	Seattle
Stephanie A Carr, MD MBA	Seattle
Lisa Jun Castaneda, MD	Seattle
Julie Cella, MD	Seattle
Chiajin Chiou, MD	Seattle
Daniel J Coffin, DO	Kirkland
Thomas Cuff, MBBS	Seattle
James B Darnton, MD	Seattle
Lakshmi Datla	University Place
Caroline W Davis, MD	Seattle
Stefanie A Deeds, MD	Seattle
Neha S Deshpande, MD	Seattle
Jaspreet Dhami, MD	Kent
Jessica D Eilert, MD	Spokane
Adam Y Elisha, DO	Spokane
Victor D Estacio, MD	Bellevue
Robin Fernandes, MBBS	Seattle
Natalie Freidin, MD	Seattle
Nathan W Furukawa, MD	Seattle
Rachna Gadhok, MD	Kirkland

Mellena Giday, MD	Seattle
CAPT Brooke L Gray, MC USA	Tacoma
Joshua M Gulvin, MD	Seattle
Katherine R Haney, DO	Tacoma
Livia L Hegerova, MD	Kirkland
Katherine G Hicks, MD	Seattle
Lindsay Hoffman, MD	Sequim
Yi Huang, MD	Issaquah
Suzanne D Hughes, MD	Federal Way
Isma Hussain, AHP MD	Seattle
Jessica Jahn, MD	Olympia
Muniba Javed, MBBS	Spokane Valley
Randall J Johnson, DO	Spokane
Swapna Joseph, MD	Seattle
Vanessa Julsen, MD	Spokane
Linda Kampp, MD	Seattle
William Kim, MD	Seattle
Nikolay Kolev, MD	Bellevue
Daniel Z Kuo, MD	Seattle
Judy Y Kwok, MD	Seattle
Kevin S Lee, MD	Bellingham
Joshua M Liao, MD	Seattle
Iryna Lototska, MD	Kirkland
Anne Mahoney, MD	Seattle

Richard L Martin III, MD	Spokane
Ian B May, MD	Spokane
Shannon McConnaughey	Seattle
Cristina Maria Merkhofer, MD	Seattle
Sylvia Mollerstrom, MD	Sammamish
Ana R Moreno, MD	Auburn
David Musnick, MD	Bellevue
Kelly Nakamura, MD	Seattle
Cosmas Okaru, MBBchB	Spokane
Maryann Overland, MD	Seattle
Wesley D Pidcock, DO	Spokane
Alexandra M Popescu-Vladimir, MD	Seattle
Sara Rahman, MD	Stanwood
Shafeen Rahman, MD	Bremerton
LT Kelli R Randell, MD	Anacortes
Antony C Raubitschek, MD PhD	Seattle
Alberto Roman Cabezas, MD	Yakima
Serkan M Sahin, MD	Spokane
Kevin M Simonelic, MD	Issaquah
Janet J Singh, MBCh	Puyallup
Caleb P Skipper, MD	Spokane
Trevor C Steinbach, MD	Seattle
Amy C Thomas, MD	Seattle
Amy L Thomson, MD	Seattle

Yirgalem Tiruneh, MD	Port Angeles
Jasleen Tiwana	Kent
Amanda L Tschauner, DO	Spokane
Meghaan Walsh, MD	Seattle
Lesley E Wood, DO	Burlington
Fenfen Wu, MD	Bellevue
Nathan Yee, MD	Seattle
Su Yin	Mercer Island
David B Zhen, MD	Seattle

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American College of Physicians - Washington Chapter
Association Executive: [Kimberly Conn](#)
2001 6th Ave Ste 2700, Seattle, WA 98121
ph (206) 956-3652 or (800) 552-0612 Ext. 3033
[Visit us online!](#)