



GEORGIA OSTEOPATHIC
MEDICAL ASSOCIATION
— 1902 —

GOMA News & Updates Volume 38, February 2023

V is for Valentine (and Virtual Osteopathic Conference)

The Virtual Osteopathic Conference (VOC) is coming up quickly and it is a great way to support yourself with quality convenient CME and support your state osteopathic organization. GOMA profits when Georgia doctors sign up for the conference. So really, you will be giving yourself and GOMA a present at the same time.

The VOC has up to 48 AOA 1-A and AMA PRA Category 1 Credits™ that can be viewed live or on-demand until June 30. The VOC occurs live February 17 thru 19th, but the on-demand broadcasts will start immediately afterwards. Last year's VOC got great reviews, and we expect the same again this year.

[Register here!](#)



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**Joy Ishii Zarandy, DO and Erik Zarandy, DO:
A GA-PCOM Anatomy Lab Love Story**



For Valentine's Day this year, we go back in the time machine to a Facebook post by Joy Ishii Zarandy, DO from February 13, 2022. She gave us permission to put this in the GOMA newsletter and even sent us the above photo which is a more recent picture of their osteopathic family.

"I was a first year DO student getting ready for our first upcoming anatomy lab exam. The anatomy TA's (2nd years) stayed late to help us prepare. I hated anatomy, and I was so stressed. When I was about ready to give up for the evening and go home, a TA came up to me and asked if I needed help. I looked up from the cadaver and saw the most handsome face I've ever seen in my life. Maybe it was the formaldehyde fumes getting to me, but I saw light rays beaming from his smile and angels started to sing. His name was Erik Zarandy, a second year DO student.

A week later when I was walking out from the anatomy lab after my test, I saw Erik in the school lobby talking to friends. My heart skipped a beat and I forgot my name in that moment, but I somehow managed to wave and mouth the words "Crushed it, thank you!" He mouthed back "Way to go!" and raised the roof in celebration. Later that day he "friended" me on Facebook and messaged me for my number. We went on our first date to Saigon Cafe near the school for lunch later that week, and we've been inseparable since. He proposed four years later, and we got married my first year of Residency. We now have two sons together (4 and 1 years old), and he can still make my heart skip :)."

- Joy Ishii Zarandy, DO '13, and Erik Zarandy, DO '12

January Advocacy Seminar for Primary Care Featured 10 Priorities & 12 Truths



On January 17, GOMA and the other sponsoring organization of

the Patient Centered Physician Coalition (PCPC) held a virtual seminar on advocacy. Each of the five groups spoke about their legislative priorities and two guest speakers educated on ways to be more effective when speaking to legislators as well as prognosticating how the legislative session would run this year.

Interestingly, Karen Turner, DO representing GOMA as well as the physicians representing Georgia Academy of Family Practice, Georgia Academy of Physicians (IM), Georgia Academy of Pediatrics and Georgia Academy of OB/GYN each spoke of legislative priorities and most of the priorities had been mentioned previously.

Dr. Turner outlined as follows:

- Addressing Georgia's tort environment, including exploring CANDOR (Communication and Optimal Resolution)
- Reducing administrative burden including improving prior authorization
- Ensuring the adequacy of health insurance networks
- Improving patient access to medication by advancing pharmacy benefit reform
- Continuing to support the process to ensure coverage of the uninsured and Support higher payments for Medicaid codes to closer mirror current Medicare rates
- Increasing Georgia's tobacco tax to improve public health
- Protecting the physician-patient relationship
- Addressing scope of practice issues that undermine patient safety
- Protecting against title misappropriation and ensuring proper oversight of non-physician clinicians
- More support of training programs whether they be medical schools or residencies.

Mr. James E. "Jet" Toney, a lobbyist of Cornerstone Communications Group, spoke of the twelve truths that he has learned over the past forty years of working as a lobbyist in

Georgia. He explained to the physicians attending that by keeping these twelve lessons in mind, one can become a more effective advocate for the profession.

- Credibility is paramount. Experience is an asset.
- Never, ever lie.
- Public officials will tell you what you want they think you want to hear.
- Know the background and life experience of the public official you contact.
- Relationships matter.
- Be prepared to explain all sides of an issue.
- Courtesy plants a seed. Aggression shuts a door.
- Pronouns slaughter clarity. (instead of saying “we”, say “the Georgia Osteopathic Medical Association”)
- Have a clear destination for your discussion with a public official. A clear ask. (a physician will be hard to ignore).
- Don’t assume the public official remembers any previous communication.
- Grassroots advocacy, done well, works; done poorly, cripples.
- A written note of thanks is still in vogue.

Mr. Bill Nigut, a program host and producer at Georgia Public Broadcasting over the past decade, discussed that at the time of the conference, legislators were discussing the \$31.5 billion budget that Governor Brian Kemp had just proposed. Mr. Nigut discussed the Georgia Pathways program that will add approximately 50,000 individuals to the Medicaid roster with a requirement for work or volunteering. While a million Georgians have signed up through the Affordable Care Act website this year, Gov. Kemp has proposed taking Georgia off of the ACA website and moving to a new yet-to-be released Georgia site. Mr. Nigut’s prognosticating became less certain since the leadership of the Georgia Senate (Lt. Gov. Burt Jones) and Speaker of the Georgia House (Rep Jon Burns) are both new to their positions and have not yet shown their legislative attitudes. Nigut

commented that Governor Brian Kemp is in a very powerful position after his big win in November.

[You can watch a recording of the webinar here.](#) The time marks of interest: Mr. Toney at 14:30; Dr. Turner at 56:30; Mr. Nigut at 1:01:30.

On March 2, the PCPC will host an in-person event that will feature getting a chance to speak to legislators in person. The Legislative Day is at the Capital and has limited seating as all the PCPC societies will send representatives. GOMA has only 10 seats designated. If you are interested in attending, contact GOMA Executive Director Betsy Hilt at gomaosteo@outlook.com immediately.

GOMA Board Members Meet with U.S. Representatives in Washington, DC



Sonbol Shahid-Salles, DO, GOMA President-Elect, traveled to Washington, DC, and worked on behalf of the osteopathic profession. On Wednesday, January 25, the AOA's Bureau of Federal Health Programs meeting occurred. The agenda included time to speak with legislators. Pictured above is recently installed Georgia Congressman from the 6th District Rich McCormick, MD (in blue suit)

with the AOA group including Dr. Shahid-Salles (to McCormick's right with white nametag), and former Surgeon General Regina Benjamin, MD, who serves as member-at-large of the AOA's Bureau of Federal Health Programs. They also met with Rep. Lori Chavez-DeRemer (R-OR) and Rep. Michael Burgess, MD (R-TX).

More opportunities like this are available this spring. You can earn 15 hours of CME credit and help advocate on behalf of the profession at DO Day 2023, April 15-16 and April 19-20, 2023, with options for in-person participation in Washington, DC, or virtual participation through the online advocacy and leadership conference. [Register here.](#)

Lunar New Year Celebrated by Osteopathic Community



Tuesday, Jan. 24, was the Lunar New Year. The Lunar New Year is the beginning of a lunar calendar and is a holiday recognized by many eastern cultures. This is the Year of the Rabbit. Marking a

fresh start, the holiday is often celebrated with well-wishes of good luck for the year ahead.

This year, PCOM Georgia's Office of Student Affairs and Office of Diversity held a Lunar New Year's Celebration on campus, inviting community members to celebrate. Participants had the opportunity to make origami cranes and rabbits, play bau cua ca cop (a Vietnamese game using three dice) for chocolate coins, enjoy boba tea from Sweet Hut Bakery & Café in Duluth and more.

Dr. Nathan Kim of Northeast Georgia Medical Center interviewed residents at NGMC asking about what Lunar New Year means to them and how they celebrate. The entire series can be seen [here](#), but we are including the interview with Amy Spence, DO with the Emergency Medicine Residency program. She is pictured above with her daughter. Dr. Spence is a 2022 graduate of PCOM Georgia who is in her first year of the program. She is a first generation Chinese-American who was born in California.

Amy Spence, DO: "I really love Chinese New Year! We celebrate every year and it's similar to a Christmas for Americans/Westerners. It's a spectacle where family always comes together with a huge feast on the table. My grandmothers and mom and aunts would all be cooking with all that love poured into food, which is fundamental in Asian cultures. As I've gotten older, the season has shifted more towards reflections of my extended family. Now as I'm here in Gainesville and I have my own family, fondly reflect on family gatherings when I was little. Even being older, my parents made conscious efforts towards the Chinese New Year and celebrating as we can. As our family has gotten more spread out across the country and the opportunity to see them in person has decreased, I've really appreciated more about this holiday, my family and what family means. Now that I have my own baby, this is something that I want to pass along to her. I hope that this is something ingrained in her: the importance of family and food. Some of the other fond traditions we have is that all the older generations would have red

envelopes for the younger generation. Everyone wears red for the season as it has its important meaning. Growing up we would burn incense for respect of our ancestors. I have really enjoyed this celebration!

One more specific example I'd like to share, is of my American friends who don't know Asian culture at all. I love sharing with them the importance of food by coming around a table and eating family style, which can be a different experience to them. For some of my friends, they are used to having single plates with servings already prepared for them. But to sit around a table and to have a whole bunch of food for everyone to taste; this is one thing I find really important!

East Georgia Has Plenty of New Osteopathic Residents

Last month, this newsletter featured the newest osteopathic physicians in Georgia that are doing internships in metropolitan Atlanta, but this month we focus further east.

Augusta Athens

Abdullah Baosman, DO	IM	PCOM-GA
Nathan Haverstick, DO	IM	PCOM-GA
Ummar Jamal, DO	IM	PCOM-GA
Vinod Jeyaretnam, DO	IM	WVSOM
Stephanie Watson, DO	IM	Lincoln DeBusk COM
Tariq Zakaria, DO	IM	Lincoln DeBusk COM

Augusta Univ/MCG

Teresa Cabrera Vera, DO	Anes	Arizona COM
Tyler Cook, DO	Anes	VCOM – Carolinas
Karim Makar, DO	Anes	Liberty Univ COM
Razaan Mateen, DO	Anes	Rocky Vista COM
Faizah Miah, DO	Anes	Campbell Univ SOM
Ali Mroue, DO	Anes	Rocky Vista COM
Ankit Soni, DO	Anes	VCOM – Virginia

Nathan Schlies, DO	FP	VCOM - Auburn
Curtis Smith, DO	FP	Alabama COM
Adrian G. Davies, DO	IM	VCOM - Carolinas
Daniel Staursky, DO	IM	Wm Carey Univ COM
Han Saem Yoo, DO	Neuro	NY Inst Tech COM
Alex W. Johnson, DO	Ophth	Liberty Univ COM
Mary Chessman, DO	Path	Alabama COM
Rebecca Watkins, DO	Peds	VCOM-VA
Sumaira Shakir, DO	Peds	Lincoln DeBusk COM
Justin Nguyen, DO	Peds	VCOM-VA
Anna Ngo, DO	Peds	Ohio Univ COM - Heritage
Ben-Patrick Gorion, DO	Peds	PCOM-GA
Anna Schilling, DO	Peds	Ohio Univ COM
Rebecca "Dani" Watkins, DO,	Peds	VCOM - Virginia
Carlisle Godley, DO	Radiol	VCOM - Carolina
Brittan Gruber, DO	Radiol	VCOM - Carolina
Christopher M. Lewis, DO	Radiol	PCOM - GA
Brenan Miccio, DO	EM	LECOM - Eerie, PA
Steven Nguyen, DO	EM	Campbell Univ SOM
Aaron Walker, DO	EM	Rocky Vista COM

Augusta/Military

Christopher Alberts, DO	EM	Midwestern Univ - AZ
Hunter Crawley, DO	EM	VCOM - Carolinas
Mathew McLaughlin, DO	EM	Idaho COM
Joshua Mihalicin, DO	EM	Arkansas State COM

Savannah Memorial

Gina Brock, DO	FP	Idaho COM
Hannah Fischer, DO	FP	VCOM - Carolinas
Marc Poirier, DO	FP	LECOM - Eerie, PA
Brittany Bare, DO	Peds	Campbell Univ SOM
Timothy Clark, DO	Peds	Lincoln DeBusk COM
Chandler Williams Sapp, DO	Peds	PCOM-GA
Holli Parker Spikes, DO	Peds	PCOM-GA
Jay Mehta, DO	IM	PCOM-GA
Kelsey Mines, DO	IM	Lincoln DeBusk COM
Douglas McLaughlin, DO	IM	VCOM - Carolinas

Sahara Peters named the PCOM Georgia Student DO of the Year



Sahara Peters (DO '24) has been named the PCOM Georgia Student DO of the Year. She is well-known for her contributions to the osteopathic medicine program in the midst of a tough time for the students with the Covid-19 pandemic having changed the style of learning. She was selected for recognition by a committee of students and faculty at the school.

A third year student doctor, Peters has exhibited this commitment since she first stepped onto the campus of PCOM Georgia in the midst of the COVID pandemic. "I am honored that my peers nominated me and that the SDOY committee selected me for this award. I am also so grateful for PCOM Georgia and the many opportunities it has provided me. The PCOM Georgia DO class of 2024 contains a very special group of students all of whom have demonstrated tenacity, compassion and camaraderie. It brings me great joy knowing that I was working to help my classmates, my program and my community."

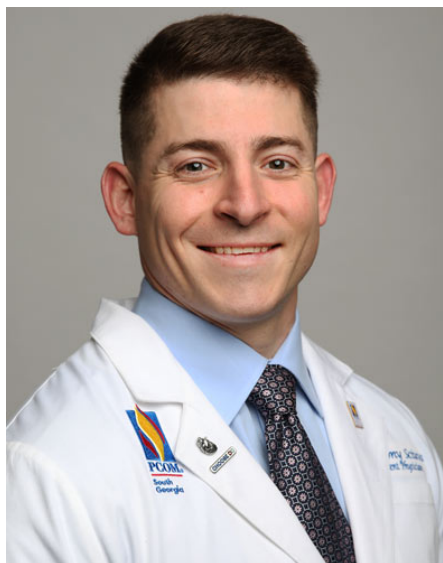
During her time at Davidson College, Peters was named the 2013 Davidson College Outstanding Community Service Award recipient.

Her accomplishments over the past 2.5 years are too numerous for this newsletter, but suffice it to say that Peters is well known on the campus for her contributions to the osteopathic medicine program, its students and the profession. [This link goes into details about all of her activities.](#)

Andrea Mann, DO, FAAP, dean of the osteopathic medicine program at PCOM Georgia, said, "Student doctor Sahara Peters is a real gem, adored and admired by students, staff and faculty alike! She embodies this award's true meaning: a humble and dedicated student leader who works tirelessly to serve her student community and the community at large."

Peters' name and application will be submitted for consideration for national honors to the Council of Osteopathic Student Government Presidents National Selection Committee. According to the committee, the national honor recognizes an osteopathic medical student who is committed to the principles of leadership, community service, dedication and professionalism.

Tony Sciuva named the PCOM South Georgia Student DO of the Year



The PCOM South Georgia community has selected Tony Sciuva (DO '24) as the College's Student Doctor of Osteopathic Medicine of the Year.

Currently in his third year of medical school, Sciuva, who was nominated by his peers for the award, serves as an Osteopathic Manipulative Medicine Scholar (OMM) Fellow at PCOM South Georgia.

He completed his undergraduate degree in systems engineering at the United States Military Academy at West Point then completed a graduate degree in healthcare administration from Purdue University Global. Sciuva attends PCOM South Georgia along with his wife, Destiny Sciuva (DO '25). He said, "My family is so dearly important to me and that means all of them—my school, staff, faculty, students and community are my family."

Over the last few years, Sciuva has held numerous leadership positions at PCOM South Georgia including Student Government Association president, Doctor of Osteopathic Medicine Council president and national chair for the Council of Osteopathic Student Government Presidents. He has also served as the president of the College's Student Osteopathic Medical Association, president of the American College of Osteopathic Surgeons Medical Student Section and a PCOM South Georgia admissions ambassador.

"Throughout all of these positions I have tried to emulate the qualities and passion of the leader I have always wanted to be," Sciuva said. "I strived to find ways to empower our students by creating multiple new positions within student organizations, streamline processes to increase efficiency in communication and execution and even built relationships with school and community teams to enhance the student experience."

Phil Goerlitz-Miller, DO, OMM scholar director, works closely with Sciuva. He said, "Student Doctor Sciuva's eagerness to jump in and assist wherever he can and take on additional responsibilities is outstanding. He is an inquisitive learner with an open mind to outside ideas while maintaining confidence in his own abilities and knowledge. It is truly a delight to have him as a member of our team."

Sciuva said receiving this recognition is like the proverbial head nod from a coach when the game is on the line. “Someone is placing their trust in you for recognition of the skills, attitude, work ethic, and resilience to always place the interest of the team ahead of your own,” he said. “A person looks to their left and right and asks who would be the person that I think represents our institution in all actions and words and carries the spirit of our school in those regards.” He continued, “The staff and faculty on the South Georgia campus work hard to create a culture that exudes care, kindness and compassion for learners from all walks of life—so much so that it is one of the main reasons why I ended up here. When a student steps on campus at PCOM South Georgia, they are not just a student, they are family and are welcomed with open arms.”

Sciuva’s name and application will be submitted for consideration for national honors to the Council of Osteopathic Student Government Presidents National Selection Committee. According to the committee, the national honor recognizes an osteopathic medical student who is committed to the principles of leadership, community service, dedication and professionalism.

PCOM South GA’s Brothers & Sisters in Medicine Program Supports Minorities



Less than five percent of physicians identify as Black or African American. It’s that startling number that inspired PCOM South Georgia to create Brothers and Sisters in Medicine – groups that

cultivate a network that supports Black men and women in medical and healthcare, scholarly inquiry and service to local communities. Hear Dr. Robert Walker who started the program nationally as well as faculty member Jennifer Mitchell discuss the value of the program for students. [Osteopathic students Evan Curry and Janai Groves speak of the support they are getting at PCOM South Georgia in this WALB news story.](#)

Students Can Become an Osteopathic Physician One Year Faster

To encourage more regional students to pursue a medical education, PCOM South Georgia offers articulation agreements with many undergraduate institutions in southwest Georgia. These agreements allow qualified students to attend their institution through their junior year, then transfer to the Doctor of Osteopathic Medicine (DO) program at PCOM South Georgia and take medical school courses a year early while completing their undergraduate degree. [See more information here.](#)

Personal Self-Defense Taught January 18 at GA-PCOM



January was National Personal Self-Defense Awareness Month, so, with help from Joy Zarandy, DO '13, Assistant Professor of Family Medicine at PCOM Georgia, students with the Family Medicine Interest Group (also known as SAACOF) hosted a self-defense course led by Inspiration Martial Arts!

Guided by instructor Jonathan Chapovsky, participants reviewed the ARM (Avoid, Resolve, Manage) approach to conflict; students learned techniques to resolve or manage different dangerous scenarios in the event of a physical attack.

**Georgia Campuses Welcomed NBOME
President & CEO John R. Gimpel, DO**



On January 12, PCOM Georgia welcomed John R. Gimpel, DO, Med, FACOFP, FAAFP, President and CEO of the National Board of Osteopathic Medical Examiners (NBOME) to the campus. Dr. Gimpel, a 1988 graduate of PCOM Philadelphia, went to PCOM South Georgia in Moultrie the following day. Students and members of leadership had an opportunity to learn more about the transition of the COMLEX-USA Level 1 score report to pass/fail, among other updates. NBOME news of note is that the COMLEX – USA Level 2-PE or performance examination was discontinued in June 2022. Candidates are now verified as proficient in clinical skills for osteopathic medical practice by attestation from their medical school dean. The skills include patient communication, incorporating hands-on physical exams and other data-gathering skills, performing osteopathic manipulative treatments, and documentation. [Click here to read more.](#)

In Other Words

"You know, a lot of people don't love themselves. And they go through life with deep and haunting emotional conflicts. So the length of life means that you must love yourself. And you know what loving yourself also means? It means that you've got to accept yourself.

— Dr. Martin Luther King Jr.,
"The Three Dimensions of a Complete Life" Sermon