

Volume 31 | July 2021



GEORGIA OSTEOPATHIC
MEDICAL ASSOCIATION
1902

Your monthly GOMA news & update

Welcome to GOMA's monthly newsletter where you can stay up-to-date on the latest osteopathic news and happenings in the GOMA community.

Applause Please!

Zac Owens, DO Recognized with GOMA Trimble Award



Zachary C. “Zac” Owens, DO, MPH follows his passions, and his excellence at PCOM Georgia was recognized last month by the Georgia Osteopathic Medical Association by awarding him the GOMA Trimble Award of Excellence. He started his internal medicine residency at Emory University on July 1st, his 31st birthday. Dr. Owens was born in Bloomington, Illinois but his parents moved to Florida when he was one year old. His father was working as a marketing and advertising professional while his mother raised him and his younger brother. The family moved to Atlanta when he was in the fifth grade, and he continued on to Brookwood High School in Snellville, GA.

Dr. Owens earned a B.S. in Cell & Molecular Biology with a minor in Neuroscience from Armstrong Atlantic State University (now Georgia Southern). One of his professors encouraged him to pursue a career in medicine and discussed allopathic and osteopathic medicine with him which was the first time he became aware of the D.O. degree. Dr. Owens took several gap years prior to starting medical school. He spent one of those working as a medical assistant in a local pediatric office and another two earning a Master of Public Health degree from the Rollins School of Public Health at Emory University with a focus in epidemiology.

Soon after starting at PCOM Georgia in Suwanee, Dr. Owens became heavily involved in teaching, serving as an anatomy teaching assistant and a peer tutor for multiple courses. He enjoyed teaching so much that he continued it during his third and fourth year while rotating in Moultrie, Georgia by creating a supplemental instruction program for

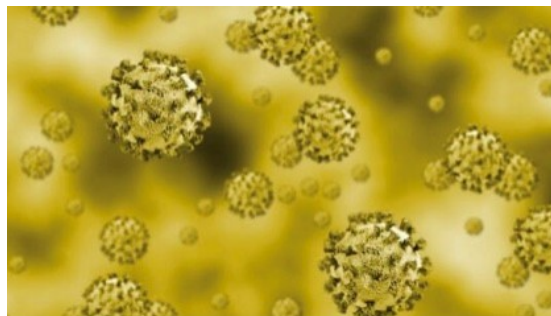
PCOM South Georgia students to help them focus their studying and prepare for licensing exams. He appreciates that osteopathic medicine allows him to broaden his differential diagnosis when seeing patients, and notes that he has a few favorite techniques for patients that have chronic or post-operative pain and atelectasis.

Dr. Owens stated: "I fell in love with the clinical reasoning of internal medicine" during his third-year rotations. Currently, he is "planning on pursuing a career as a hospitalist or pulmonary/critical care medicine and plans on being involved in medical education."

Dr. Owens met his girlfriend Emily at the Rollins School of Public Health where they were both pursuing M.P.H. degrees. Currently, she works in Kaiser Permanente's Division of Research as a data manager for a breast cancer and nutrition research group. They are living together in East Atlanta and enjoy hiking, running, weightlifting and walking to local breweries.

A Virus by Any Other Name...

The WHO Unveils a New Naming System for Coronavirus Variants



Instead of calling the coronavirus variant that was first identified in the United Kingdom, the "*British variant*," it will now be Alpha, according to the World Health Organization in early June. The "Indian" and "South African" variants will be Delta and Beta, respectively. The new naming system, based on the Greek alphabet, is meant to provide "non-stigmatizing labels" for new variants, the WHO said. "The WHO's guidance is intended for the general public: Scientists will continue using traditional (and highly technical) naming conventions. Those names haven't fully caught on in the wider discourse, because nonscientists can easily get tripped up when trying to remember the difference between the B.1.1.7 strand, which was first detected in Britain, or the B.1.617.2 variant that was initially documented in India." The Delta variant has come to represent more than 20% of coronavirus infections in the U.S. in the past two weeks. Thankfully, our vaccines are effective against the Delta variant.

Getting to Know You!

Laurie Hicks, DO is One Cool DO

Lauri Hicks, DO was featured in an article by the American Association of Colleges of Osteopathic Medicine titled "Five



Osteopathic Physicians with the Coolest Jobs." Dr. Hicks serves as Director for the CDC Office of Antibiotic Stewardship. Globally, she has fostered collaboration between the CDC, European Union, and World Health Organization that led to joint antibiotic awareness observances around the world. [Read more:...](#)

Bill Craver, DO Spreads the Word in South Georgia

It is the true mission of PCOM South Georgia to train physicians who will serve in rural areas and fill the need for healthcare in underserved regions. H. William "Bill" Craver III, DO, FACOS who now serves as the Dean and Chief Academic Officer as well as a Professor of Surgery at the Moultrie campus had a chance to spread the word lately. In mid-June, South Georgia Business & Culture Magazine recorded an interview with Dr. Craver in which he discussed this mission and his personal experience with bringing PCOM South Georgia and the osteopathic philosophy to Moultrie, Georgia. Take a listen and [read more...](#)



When My Heart Skips

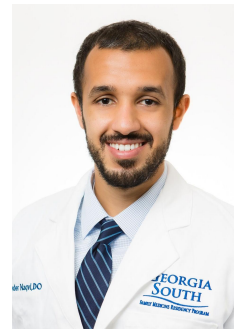


We have written previously about Gregory "J.C." Sue, DO's talent of taking complex medical conditions and writing a song about them. Dr. Sue is a 2019 graduate of the Alabama College of Osteopathic Medicine in Dothan, Alabama. He is currently a resident at the Dwight D. Eisenhower Medical Center in Fort Gordon, Georgia. His newest song is entitled "When My Heart Skips" and Sue comments, "I've written my most rhythmically unusual medical song yet! Since it's about atrial fibrillation, it's purposely written to have an irregularly irregular rhythm, including frequent time signature changes between 4/4, 7/8, 6/8, 8/8, 10/8 and 9/8!" Give it a listen. You may

actually [learn something](#) (besides a new tune).

Hyder Naqvi, DO Heads South for Residency

Hyder Naqvi, DO '20, discusses his decision to pursue residency at Georgia South Family Medicine Residency Program at Colquitt Regional Medical Center in Moultrie, GA, in the Moultrie Observer's latest Resident Spotlight: [Read more...](#)



Student Doctor Monali Shah to Lead Region 4 of AMWA



Congratulations to PCOM South Georgia student Monali Shah (DO '23) who will serve as the Region 4 Director of the American Medical Women's Association. [Read more...](#)

Doing Georgia Proud



High Achievers Graduated from PCOM Georgia

On May 26, 2021, graduates in the Sigma Sigma Phi national osteopathic honors fraternity were recognized for their hard work throughout med school. Later that day, military grads from our DO program were honored during our Military Pinning Ceremony. [Learn more!](#)

Volunteering to Feed the Hungry



Peter Choi (DO '24) is a first year medical student at PCOM Georgia in Suwanee and began volunteering at The Pantry at Hamilton Mill United Methodist Church in May 2021. The Pantry at HMUMC was established in 2009 and gives out over 35,000 pounds of food every Saturday morning. Although a newcomer, Choi has already made a big impact by bringing many new faces to The Pantry. “I saw a need in the community to help out and I didn’t hesitate. I jumped right in and boy am I glad I did.” Choi addressed the question of his motivation by saying, “I was looking for volunteer places and one of the first places that came onto my web search was The Pantry. I had no previous connections or knowledge, but I took a chance and called them to see what they needed. They said they would love to have me, so me and two of my classmates came and took a chance. We didn’t know what to expect, came in with zero expectations and everything else is history.”

Choi continued, “Initially, I actually didn’t want to bring a lot of my colleagues. I reached out to the class and said if anyone wants to join me, please feel free. Everyone left me on read text-wise. It was literally just me, my good buddy Patrick and a few other people. Then as this started growing and everyone started to hear about The Pantry’s widespread impact, people started to reach out to me. I only bring people who really want to come. Not because they think it’s some sort of gimmick or fun social time. It’s about the heart. It’s about the willingness to serve and being genuinely interested in helping.” In regards to the highlights of his volunteer work, Choi said,

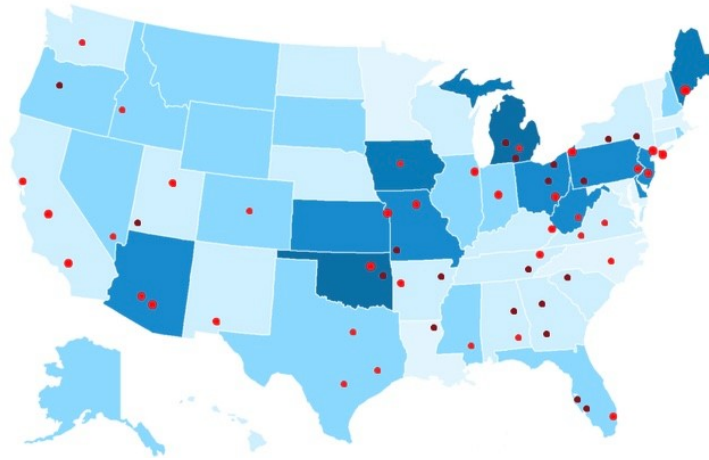
“I was very impressed by how large scale this was. I’ve never volunteered at a food bank before, but I’ve talked to friends who’ve said their volunteer experience has been very small scale. This is one of the biggest food pantries in Gwinnett County. So, for me to be part of something bigger than myself and to make such an impact on 400 to 500 families per week, it doesn’t get more impactful.”

Choi reflected on the impact that the food bank has on the community, “It shows a community that there are people that care. Despite the pandemic, there are people who are willing to come out and spend their time, even when they are busy.”

When asked if he sees his experiences with the food pantry influencing how he practices medicine in the future, Student Doctor Choi shares, “Medicine does not begin and end in a hospital room. It involves the home, community, fellowship, etc. The Pantry works hard to improve the quality of life for the community and Osteopathic Medicine emphasizes the connection between mind, body, and soul. One cannot exist without the others, and my time here has taught me to never underestimate the power of the holistic approach.”

Test Your Knowledge

Initials of D.O. Schools on a map QUIZ
(a matching game with answers at bottom of newsletter)



- | | |
|------------------------|-------------------------------------|
| 1. PNWU-COM | A. Lewisburg, West Virginia |
| 2. AZCOM | B. Pomona, California |
| 3. BCOM | C. Hattiesburg, Mississippi |
| 4. UIWSOM | D. Dothan, Alabama |
| 5. SHSU-COM | E. Lillington, North Carolina |
| 6. MU-COM | F. Erie, Pennsylvania |
| 7. WCUCOM | G. Harrogate, Tennessee |
| 8. ACOM | H. Indianapolis, Indiana |
| 9. PCOM Georgia | I. Provo, Utah |
| 10. PCOM South Georgia | J. Tulsa, Oklahoma |
| 11. ARCOM | K. Philadelphia, Pennsylvania |
| 12. ATSU-KCOM | L. Glendale, Arizona |
| 13. ATSU-SOMA | M. Kirksville, Missouri |
| 14. CHSU-COM | N. Clovis, California (near Fresno) |
| 15. CUSOM | O. Downers Grove, Illinois |
| 16. CCOM/MWU | P. Des Moines, Iowa |
| 17. DMU-COM | Q. Lynchburg, Virginia |
| 18. ICOM | R. Bradenton, Florida |
| 19. KCU-COM | S. Fort Smith, Arkansas |
| 20. LECOM | T. Mesa, Arizona |
| 21. LUCOM | U. Las Cruces, New Mexico |
| 22. LMU-DCOM | V. Yakima, Washington |
| 23. MSUCOM | X. Greensburg, Pennsylvania |
| 24. NYITCOM | Y. Meridian, Idaho (near Boise) |
| 25. Noorda-COM | Z. Ivins, Utah |
| 26. NSU-KPCOM | AA. Parker, Colorado |
| 27. OU-HCOM | BB. Biddeford, Maine |
| 28. OSU-COM | CC. Joplin, Missouri |
| 29. PCOM | DD. Elmira, New York |
| 30. RVUCOM South Utah | EE. Ft. Lauderdale, Florida |
| 31. RowanSOM | FF. Knoxville, Tennessee |
| 32. TouroCOM-NY | GG. East Lansing, Michigan |
| 33. TUCOM-CA | HH. Detroit, Michigan |
| 34. TUNCOM | II. Clinton Township, Michigan |
| 35. UNE COM | JJ. Lebanon, Oregon |
| 36. UNTHSC/TCOM | KK. Pikesville, Kentucky |
| 37. UP-KYCOM | LL. Buices Creek, North Carolina |
| 38. VCOM-Auburn | MM. Auburn, Alabama |
| 39. VCOM-Carolinas | NN. Kansas City, Missouri |
| 40. VCOM-Louisiana | OO. Old Westbury, New York |
| 41. VCOM-Virginia | PP. Jonesboro, Arkansas |
| 42. WVSOM | QQ. Fort Worth, Texas |

Osteopathic Care to the President of United States of America



In light of the patriotic holiday July 4th, we decided to feature three osteopathic physicians who cared for and counseled the President of the United States. Much has been made of the fact that 1 of every 4 graduating physicians has a D.O. degree behind their name, but with the last two physicians to the U.S. President being osteopathic physicians, it makes it ever easier for doctors to feature the D.O. degree behind their name.

This article will feature Stephen Gleason, DO (President Bill Clinton); Sean Conley, DO (President Donald Trump) and Kevin O'Connor, DO (President Joe Biden). The most tragic profile is certainly that of Stephen Gleason, DO. Dr. Gleason was born and raised in Iowa, and graduated from osteopathic medical school from what is now known as Des Moines University in 1974 where he was valedictorian of his class. Gleason battled Crohn's Disease and became addicted to the painkillers prescribed as part of his treatment in the late 1970s. In 1980, Gleason's problem with addiction drew a probationary period of five years which he successfully completed. In response to his addiction, he founded a new addiction-treatment program through Mercy Medical Center to help others suffering the same fate. He held himself out as evidence that addiction can happen to anyone. Gleason remained sober for more than 20 years before relapsing in 2005. A prominent Democrat, Dr. Gleason became a health-care adviser to President Clinton and Hillary Clinton, and he worked for the Centers for Medicare and Medicaid Services. Gleason was a humanitarian, dedicating significant time to foreign disaster relief missions in Ethiopia and El Salvador. He is also a member of the Iowa Rock N' Roll Hall of Fame being recognized in 2001 for his drumming for the band The Cavaliers. Iowa Governor Tom Vilsack chose him to run the Iowa Department of Public Health in 1999. In 2002, Gleason was named chief of staff, which is the top administrative post in Iowa state government. Gleason held that job until 2005, when he resigned to pursue a career in Medical Consulting at Health Policy Strategies in Milwaukee, Wisconsin. In January 2016 he had a relapse into prescription drug addiction and the Iowa Board of Medical Examiners had filed formal disciplinary charges against him before his death. Gleason died on March 25, 2006 from a self-inflicted gunshot wound. Former President Bill Clinton was among the mourners at the funeral and he thanked the family for the opportunity on behalf of his wife Senator Hillary Clinton and himself. "She says her heart is heavy and she will always miss your Steve," Clinton told Gleason's family. "We just loved the guy, although I must say I didn't know what to make of him the first time I met him. I thought I had met, finally, the biological equivalent of the mythical perpetual motion machine." Clinton's observation drew laughter from the crowd. Clinton said

he was always “amazed” by Gleason’s optimism. “Sometimes when people give so much over and over again, they don’t keep back enough for themselves,” Clinton said. “I have only one request of every single person in this hallowed place today: we owe it to Steve Gleason to make sure he will be remembered not for how his life ended, but for how it was lived.”

Sean Conley, DO prominence in the news occurred when the whole country was paying attention to the pandemic affecting the nation and the nation’s leader, President Donald J. Trump. Misconceptions about osteopathic medicine occurred as Dr. Conley made daily press conferences outside Walter Reed National Military Medical Center in Bethesda, Maryland. Dr. Conley was born and raised in Pennsylvania, and graduated from the Philadelphia College of Osteopathic Medicine in 2006. Upon graduation, Conley joined the U.S. Navy, and then graduated from the Emergency Medicine Residency Program of Naval Medical Center Portsmouth in Portsmouth, Virginia. In 2014, he served as an emergency physician with the International Security Assistance Force in Afghanistan and became the head of the trauma department. Conley then served as the research director at Portsmouth Navy Department of Emergency Medicine prior to his assignment to the White House Medical Unit. Conley became the physician to the president upon the nomination of the previous physician, Ronny Jackson, for Secretary of Veterans Affairs. On May 4, 2018, Conley became physician to the President. Conley diagnosed President Trump with a positive COVID test on Friday October 2, 2020 and in fact was the leader of the team that was caring for President Trump at Walter Reed where he received various treatments leading up to Trump’s return to the White House on Monday October 5th. Monday October 12th, Dr. Conley said that the President had tested negative for COVID-19 on consecutive days, allowing Trump to travel to campaign rallies. Conley continue to care for President Trump until the end of his presidency. The AP reported that Conley would be taking on a “teaching role” at the Uniformed Services University of Health Sciences in Bethesda, Maryland.

Kevin O’Connor, DO has been caring for President Joe Biden ever since February 2009 when he was appointed “Physician to the Vice President”. From 2017 to 2020, he continued to care for Joe Biden from his office of Executive Medicine on the campus of George Washington University. Dr. O’Connor became physician to the President in February 2021. Dr. O’Connor completed his Medical Degree at the New York College of Osteopathic Medicine in 1992 and Residency training at The Mountainside Hospital in Montclair, New Jersey, where he was named Chief Resident in 1995. He remains a Diplomate of the American Board of Family Medicine, by which he has been board certified since 1995. He was appointed as a Fellow of the American Academy of Family Physicians in 2009 and inducted into the Order of Military Medical Merit in 2013. In 2016, Dr. O’Connor received the Army Surgeon General’s “A” Proficiency Award, the highest level of achievement in the Army Medical Department. Dr. O’Connor is currently a Colonel in the Army. Having served 22 years in the Army has allowed him to travel over 70

countries including deployment on numerous combat rotations in support of classified missions in Afghanistan, Iraq, and Bosnia.

It is hard to believe that the last two physicians to the President have been osteopathic physicians, but it is reassuring that the most powerful leader in the world is getting high quality compassionate holistic care.

Sharing

Prayer for the Doctor

On this day,

As You graciously receive our prayers,

Help us to hear Your call.

Grant us enough health to fulfill our duties,

And the compassion we need to attend to others.

Teach us humility that we may perceive our own faults,

And grant us the wisdom to be forgiving of others.

Give us the courage to be true to our highest selves,

and the charity to see the best in those around us.

Give us patience enough not to become discouraged,

Hope enough to overcome all fears for the future,

and faith enough to know Your Presence.

O Source of Blessing, look with favor upon us;

may offerings be acceptable to You.

Answers to the Quiz

(with actual names of the school and year established)

1. V=Pacific Northwest University of Health Sciences Col of Osteo Med in Yakima, WA (2005)
 2. L= Arizona College of Osteopathic Medicine of Midwestern University in Glendale, AZ (1995)
 3. U=Burrell College of Osteopathic Medicine in Las Cruces, NM (2013)
 4. BBB=University of the Incarnate Word School of Osteo Med in San Antoni, Texas (2015)
 5. CCC=Sam Houston State University College of Osteo Med in Houston, Texas (2019)
 6. H=Marian University College of Osteopathic Medicine in Indianapolis, Indiana (2010)
 7. C=William Carey University College of Osteo Medicine in Hattiesburg, Mississippi (2010)
 8. D=Alabama College of Osteopathic Medicine in Dothan, Alabama (2010)
 9. DDD=Philadelphia College of Osteopathic Medicine Georgia Campus in Suwanee, GA (2005)
 10. EEEE= Philadelphia College of Osteopathic Med South Georgia Campus in Moultrie, GA (2019)
 11. S=Arkansas College of Osteopathic Medicine in Fort Smith, Arkansas (2014)
 12. M=A.T. Still University of Health Sciences Kirksville College of Osteo Med in Kirksville, MO (1892)
 13. T = A.T. Still University of Health Sciences School of Osteo Med Arizona in Mesa, Arizona (2006)
 14. N = California Health Sciences University College of Osteo Med in Clovis, CA (near Fresno) (2016)
 15. E = Campbell University Jerry M. Wallace School of Osteo Med in Lillington, NC (2011)
 16. III = Chicago College of Osteo Medicine of Midwestern University in Downers Grove, IL (1900)
 17. P = Des Moines University College of Osteopathic Medicine in Des Moines, Iowa (1898)
 18. Y = Idaho College of Osteopathic Medicine in Meridian, Idaho (near Boise) (2016)
 19. NN = Kansas City University College of Osteopathic Medicine in Kansas City, Missouri (1916)
 20. F = Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania (1992)
 21. Q = Liberty University College of Osteopathic Medicine in Lynchburg, Virginia (2012)
 22. G = Lincoln Memorial University – DeBusk College of Osteo Med in Harrogate, Tennessee (2007)
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23. GG = Michigan State University College of Osteo Medicine in East Lansing, Michigan (1969)
 24. OO = New York Institute of Technology College of Osteo Med in Old Westbury, New York (1977)
 25. I = Noorda College of Osteopathic Medicine in Provo, Utah (2019)
 26. EE = Nova Southeastern Univ Dr. Kiran C. Patel College of Osteo Med in Ft Lauderdale, FL (1979)
 27. UU = Ohio University Heritage College of Osteopathic Medicine in Athens, Ohio (1975)
 28. J = Oklahoma State Univ Center for Health Sciences College of Osteo Med in Tulsa, OK (1972)
 29. K = Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania (1899)
 30. Z = Rocky Vista University College of Osteopathic Medicine in Ivins, Utah (2017)
 31. AAA = Rowan University School of Osteopathic Medicine in Stratford, New Jersey (1976)
 32. FFF = Touro University College of Osteopathic Medicine in Harlem, New York (2007)
 33. GGG = Touro University College of Osteopathic Medicine – California in Vallejo, California (1997)
 34. JJJ = Touro University Nevada College of Osteo Med in Henderson, NV (near Las Vegas) (2004)
 35. BB = University of New England College of Osteopathic Medicine in Biddeford, Maine (1978)
 36. QQ = Univ of North Texas Health Science Ctr at Fort Worth – Texas College of Osteo Med (1970)
 37. KK = University of Pikeville – Kentucky College of Osteo Med in Pikeville, Kentucky (1997)
 38. MM = Edward Via College of Osteo Medicine – Auburn Campus in Auburn, Alabama (2014)
 39. SS = Edward Via College of Osteo Med – Carolinas Campus in Spartanburg, South Carolina (2010)
 40. ZZ = Edward Via College of Osteo Med – Louisiana Campus in Monroe, Louisiana (2019)
 41. RR = Edward Via College of Osteo Med – Virginia Campus in Blacksburg, Virginia (2003)
 42. A = West Virginia School of Osteopathic Medicine in Lewisburg, West Virginia (1972)
 43. B = Western Univ of Health Sciences College of Osteo Med of the Pacific in Pomona, CA (1977)
 44. JJ = Western U Health Sciences Col of Osteo Med of the Pacific-Northwest in Lebanon, OR (2007)
 45. DD = Lake Erie College of Osteo Med at Elmira in Elmira, New York (2019)
 46. R = Lake Erie College of Osteo Med at Bradenton in Bradenton, Florida (2004)
 47. X = Lake Erie College of Osteo Med at Seton Hall in Greensburg, Pennsylvania (2009)
-
48. V = Pacific Northwest Univ of Health Sciences College of Osteo Med in Yakima, WA (2005)
 49. AA = Rocky Vista University College of Osteopathic Medicine in Parker, Colorado (2006)
 50. CC = Kansas City Univ College of Osteopathic Medicine at Joplin in Joplin, Missouri (2012)
 51. FF = Lincoln Memorial Univ – DeBusk College of Osteo Med at Knoxville in Knoxville, TN (2019)
 52. HH = Michigan State Univ College of Osteo Med at Detroit Medical Center in Detroit, MI (2009)
 53. II = Michigan State Univ College of Osteo Med at Macomb Univ in Clinton Township, MI (2009)
 54. C = William Carey University College of Osteopathic Medicine in Hattiesburg, Mississippi (2010)
 55. PP= New York Institute of Tech College of Osteo Med in Jonesboro, AR (Arkansas State U) (2016)
 56. TT=Nova Southeastern Univ Kiran C. Patel College of Osteo Med – Clearwater in Florida (2019)
 57. VV = Ohio Univ Heritage College of Osteo Med – Cleveland in Warrensville Heights, Ohio (2015)
 58. WW = Ohio Univ Heritage College of Osteo Med – Dublin in Dublin, Ohio (2014)
 59. XX = Oklahoma State Univ College of Osteo Med at Cherokee Nation in Tahlequah, OK (2020)
 60. HHH = Touro College of Osteo Med – Middletown in Middletown, New York (2014)

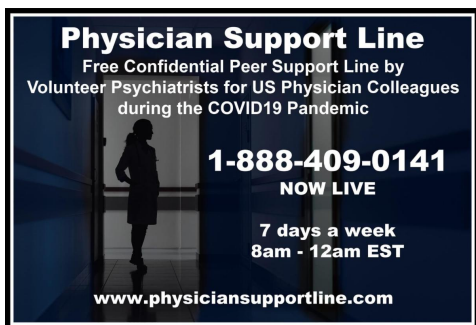


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*Helping your professional society,
and the osteopathic community weather these
uncertain times.*

CLICK HERE to: Renew or Join GOMA!



Mona Masood, DO is a general adult psychiatrist in the greater Philadelphia area is the founder and chief organizer of the Physician Support Line. , a free confidential peer support line by volunteer psychiatrists was started. It is supported 8 AM to Midnight seven days a week.

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