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GEORGIA OSTEOPATHIC
MEDICAL ASSOCIATION
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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.

The ABCs of CME

The CME Challenges of 2021

The American Osteopathic Association's three-year Continuing Medical Education cycle ends December 31. Unfortunately, over the past one and a half years, most conferences have been adapted to prevent getting attendees in close contact due to the COVID-19 pandemic. Historically, GOMA has sponsored 50 hours of CME each year making it possible for DOs in the state to satisfy the three year requirements just by attending GOMA events. This article is an attempt to explain the ways that doctors can meet their needs.

While GOMA's Virtual 2021 Fall CME Meeting offers 14 hours of high quality courses, it may not be enough to fulfill a doctor's requirements. The AOA has an online [booklet](#) that explains the various options to get credits. It is located at:

The AOA has allowed for 15 hours of AOA Category 1-B credits to be converted to Category 1-A due to the burdens of the pandemic. Additionally, the AOA has increased the limit of 1-B credit from hospital committee work from 5 to 10 hours. A great source of AOA Category 1-A credit is to participate in the on-demand lectures available at the [CME Center](#) (formerly known as DOCME). The site makes it easy to select lectures based on subject. Another way to search at this site is by sponsoring state. There are over twenty states submitting past programs for review including Georgia. By using Georgia lectures, GOMA will get residual income from over 12 hours of past lectures. Of the over 900 hours of lectures available, many are accredited to provide *AMA PRA Category 1 Credit™*, ensuring The CME Center offers opportunities for all physicians regardless of board certification.

DON'T MISS OUT: REGISTER NOW!



GOMA Fall Virtual Virtual CME Preview: A Fantastic Fourteen Hours

The GOMA Virtual 2021 Fall CME Meeting will be held on Friday and Saturday November 12 – 13. The cost for GOMA members is \$425. Click here to [register!](#)

Setting it Straight

Toxicology Expert Dr. Melissa Halliday Gittinger Discusses Ivermectin



Ivermectin is being used by some Americans as a preventative and/or treatment for COVID-19 even though medical studies do not support the regimen. Unfortunately, most of the people are doing it outside of medical care by getting the medicine from animal care retail sites. In fact, often times, patients are not telling their doctor that they are taking Ivermectin especially when they have acquired it on their own.

Ivermectin is not without risks, and so we caught up with Melissa Halliday Gittinger, DO, FACMT who is an Assistant Professor of Emergency Medicine at Emory University, and serves as the Assistant Fellowship Director of Emory's Medical Toxicology Fellowship as well as the Director of the program's clerkship program.

Dr. Gittinger is a 2009 graduate of the Kansas City University of Medicine and Biosciences. She completed her residency in Emergency Medicine at Indiana University School of Medicine, Indianapolis, Indiana in 2012. Dr. followed her residency with a

fellowship at Emory University/Centers for Disease Control and Prevention Combined Fellowship in Medical Toxicology, Atlanta and graduated that program in 2014. Dr. Gittinger's responses to our questions are noted with **MHG**.

What are the symptoms of Ivermectin toxicity? MHG: Symptoms a patient may experience after Ivermectin toxicity include headache, nausea, abdominal pain, itching, confusion, muscle weakness and dizziness. Of these symptoms, the most commonly seen presenting symptoms are nausea, vomiting, diarrhea, abdominal pain, and headache.

What are the possible physical signs of Ivermectin toxicity? MHG: Clinically, patients with severe toxicity most concerningly demonstrate neurologic effects due to the effects of Ivermectin in the CNS. These signs include somnolence, generalized weakness, seizures, confusion, vertigo, coma, and respiratory failure. Other presenting signs may include edema, nausea, vomiting, diarrhea, headache, hypotension or hypertension, nystagmus, and transient visual changes. In patients who are concomitantly taking GABA agonists (barbiturates, benzodiazepines, ethanol), increased CNS depression may be seen as Ivermectin also potentiates GABA receptor activity leading to CNS depression.

Any other comments on this issue? MHG: Ivermectin is a remarkably safe and effective drug when used as directed. A typical human dose is 150-200mcg/kg. At therapeutic doses, Ivermectin does not cause neurologic toxicity as it is actively extruded from the CNS by a protective transporter known as p-glycoprotein. This active removal from the CNS keeps it from accumulating and causing toxicity. When Ivermectin is taken in large overdoses, however, this volume of drug overwhelms the p-glycoprotein, and it is unable to extrude all of the Ivermectin, causing the drug to accumulate in the CNS and potentially cause neurologic effects. Rarely, this accumulation can also be seen in individuals with genetic polymorphisms of the p-glycoprotein transporter that decrease its efficacy against Ivermectin. There is no specific antidote for Ivermectin toxicity and therapies for toxicity are generally symptomatic and supportive. Seizures may be treated with benzodiazepines; hypotension may be treated with IV fluids and vasopressors if needed. Patients with any signs of moderate to severe toxicity should be managed in consultation with a medical toxicologist at a poison center.

Thank you Dr. Melissa Halliday Gittinger!
This will help our doctors greatly.

Have You Heard?

Dr. Muneer Ali Joins Medical Advisory Board of Ehave, Inc.



Muneer A. Ali, DO is the associate medical director and child, adolescent, and adult psychiatrist at Amen Clinics, Inc. in Dunwoody, Georgia. He practices functional psychiatry utilizing brain imaging to help guide a holistic treatment for patients. Dr. Ali recently joined the Ehave, Inc. Medical Advisory Board. In this role, he collaborates with other members of the board to assist and advise the company on human trials for its cognitive and psychedelic opportunities, as well as assist and advise on mental health analytical

platforms. Dr. Ali received his D.O. degree in 2010 from Nova Southeastern College of Osteopathic Medicine (renamed to Dr. Kiran C. Patel College of Osteopathic Medicine of Nova Southeastern University) and did a psychiatry

residency and child & adolescent fellowship at the State University of New York achieving dual certification.

Dr. Candace White-Jackson Named Medical Director of CVS Health MinuteClinics for Georgia

Candace White-Jackson, DO, MPH, MS is the new medical director for CVS Health MinuteClinic for Atlanta Metro and surrounding areas of Georgia. She continues serve as a family physician at Emory Healthcare in Lithonia, GA. Dr. White-Jackson is a 2012 graduate of Dr. Kiran C. Patel College of Osteopathic Medicine of Nova Southeastern University. She completed her family practice residency in south Florida at the Broward Health Medical Center.



Dr. Mehrdod Ehteshami Named by AOF as the 2021 Georgia Emerging Leader



The American Osteopathic Foundation (AOF) selected Mehrdod Ehteshami, DO, MPH as the 2021 Georgia State Emerging Leader. By being one of nine emerging leaders across the United States, he was in contention to be selected as the winner of the James M. Lally, DO/AOF National Emerging Leader award. Unfortunately, on August 22 at the

AOF Virtual Gala, another young leader was selected for the national prize. AOF was impressed with Dr. Ehteshami who serves as an emergency physician with Tanner Health System/Higgins General Hospital and West Georgia Health, where he chairs the Emergency Department in Public Health. He is on faculty at the Philadelphia College of Osteopathic Medicine – South Georgia (GA-PCOM) Emergency Department and writes a monthly column in *Decaturish*, a news provider for Decatur, Georgia and the Atlanta Metro area.

After graduating from GA-PCOM in 2010, Dr. Ehteshami completed a family medicine residency at Piedmont Columbus Regional Health in Columbus, GA. He served on the American College of Family Physicians' Legislative Committee and on the Board of Trustees for Leaders Inspiring Fruitful Tomorrows, a nonprofit that provides scholarship, mentoring, and educational opportunities for students interested in medicine, law, and business.

Over the past year and a half, Dr. Ehteshami has been a vocal advocate for health worker safety in the face of the COVID-19 pandemic and has been featured in the

written press, radio and television.

Dr. Ehteshami says, “The honor of being seen among a group of incredible physicians in my beautiful state of Georgia as a young physician leader means, to me, that work and ethics consistent with the foundations of our profession are valuable, that, today, with the challenges we are faced with as a profession and as a society, sound leadership is of the utmost importance.”

Dr. Robert Bowers Shouldered the Atlanta Braves into the World Series

Robert Bowers, DO, PhD is a sports medicine physician at the Emory Sports Medicine Center. His experience as a former Division 1 college baseball player, and his expertise developed through his PhD in kinesiology/exercise physiology and a PM&R residency at Emory University allow him to serve as team physician for the Atlanta Braves.



While he serves as physician for multiple other teams, his role with the Braves allowed him a close up view as the home team beat the L.A. Dodgers in the National League Championship on October 23rd. The World Series against the Houston Astros started three days later.

Currently, Dr. Bowers is the director of the Emory Baseball Medicine Program, which is designed to treat baseball and throwing-related injuries, prevent further injury and enhance athlete performance. As an assistant professor in the Department of Orthopaedics and the Department of Rehabilitation Medicine at Emory, Dr. Bowers is actively engaged in teaching medical students, residents and fellows, in addition to providing direct care to patients.

Dr. Bowers grew up in Atlanta, he attended Woodward Academy before moving on to Furman University in South Carolina playing baseball and majoring in health and exercise science. He then attended graduate school at Auburn University where he earned a Master of Education degree in exercise science and his PhD. Following graduate school, Dr. Bowers earned his medical degree from Philadelphia College of Osteopathic Medicine – Georgia Campus. When he’s not working, Dr. Bowers enjoys spending time with his wife and three children and watching sports. He also shares his children’s passion for all things Disney. Also an avid exerciser, Dr. Bowers participates in weight training, rowing and cycling.

After celebrating the Braves winning the NL Pennant, Dr. Bowers wrote, “Honored to be a part of this medical staff with a great group of people. (Dr. Bowers is above

with the green jacket) This baseball obsessed kid from Atlanta is pretty lucky. Now let's go win a World Series! 4 more wins!"

All in the Numbers

How Many Employees Have Hospitals Lost to Vaccine Mandates?

An article in Fierce Healthcare by Dave Muoio dated October 4, 2021 tried to give a sense if Covid-19 vaccine requirements by hospital systems was chasing away employees. The below systems are only samplings and may be incomplete numbers due to various deadlines, but suggest 3% of employees will be fired or resign in the face of a Covid-19 vaccine requirement.

Advocate Aurora Health (IL) lost 440 employees of 75,000 due to system's mandate.
 Albany Med Health System (NY) suspended 204 of its 11,000 employees
 ChristianaCare (Wilmington, DE) lost 150 employees of its 13,412 employees
 Erie County Medical Center had 400 on leave of its 8,000 person workforce due to NY mandate.
 Houston Methodist had 153 resignations of 26,000 employees.
 Indiana University Health 125 of its 35,800 workers resign.
 Inova Health (VA) dropped 89 of its 20,000 person workforce
 Lewis County Health System (NY) had 30 resign out of 650 workers.
 MaineHealth had 58 employees resign out of its team of 23,000.
 Med Center Health (KY) fired 180 of its 3,800 workers.
 Medical University of South Carolina Health fired 5 employees of 17,000 people.
 Mohawk Valley Health Systems had 180 workers out of 3,600 separate due to NY's mandate
 New York Public Hospitals had 5,000 not allowed to work out of 50,000 employees.
 New York-Presbyterian had 240 out of 48,000 employees leave due to mandate
 Northern Light Health (ME) had 89 resign of 12,000 employees (but 5% have yet to meet the deadline)
 Northwell Health fired 1,400 employees out of 76,000 due to New York state mandate.
 Novant Health (NC) fired 175 of its 35,000 employees due to non-compliance with vaccine requirement
 Olean General Hospital had 25 resign of 840 due to a New York State mandate.
 RWJBarnabas Health (NJ) fired 6 supervisors of 2,979 supervisors.
 St. Claire Regional Medical Center (KY) had terminated 23 of 1000 employees.
 St. Joseph's Health (Syracuse) suspended 122 of 3,810 employees.
 St. Luke's Univ Health Network (PA & NJ) had 155 resign of 17,000, but 668 had exemption (test qWeek)
 St. Peter's Health Partners (NY) suspended 322 out of its 11,000 workforce.
 Tidelands Health (Carolinas) had 1 employee resign out of 2,010 workers.
 Truman Medical Centers/University Health had 39 of 5,000 workers resign.
 UNC Health had 70 resign of 30,000 workers (with deadline Nov 2, about 900 were still unvaccinated)
 University of Vermont Health Network had 30 terminated/resigned of a staff of 9,800
 Upstate University Hospital (Syracuse, NY) terminated/suspended 113 of a staff of 6,600
 Valley Health (VA & WV) terminated 72 of a staff of 6,300

GA-PCOM Students, Faculty & Staff Raise Funds for 3-D Mammography



On October 23, clad in pink and wearing masks, 26 students, faculty and staff members from PCOM-GA walked a mile on the Suwanee campus walking trail to help raise money to enhance mammography services in Gwinnett County. Part of Paint Gwinnett Pink 5K Walk/Run, event organizers asked companies and individuals to form teams and conduct virtual walks due to the pandemic. The Presidents Community Wellness Initiative (#PCOMCWI) also supported the effort. Get the whole story [here](#).

PCOM South Georgia Students Use Free Time to Help with Screening at Expo

PCOM South Georgia students ventured into the community during their free time on October 21st and supported community wellness at Sunbelt Ag Expo. They too blood pressures and checked cholesterol, blood glucose and pulse oximetry levels.



PCOM Book Author Features Dr. Orsini on November 23

Anthony Orsini, DO, founder of The Orsini Way and a practicing neonatologist, today announces the release of *It's All in the Delivery*. Through the book and his communication training company, Dr. Orsini teaches healthcare professionals a new way to communicate for improved outcomes and patient satisfaction. Dr. Orsini has moved his practice from New Jersey to Orlando, Florida. He is a 1990 PCOM graduate. He will be talking about the best way to present bad news to patients and their families. Register to attend this Tuesday November 23rd from Noon to 1 PM. Register [here](#).

Interns, Interns, Interns

This is the second part of a listing of all the new osteopathic interns in the state of Georgia. The interns associated with Medical College of Georgia were featured in last month's issue. Here are more of the new interns, and subsequent issues will feature other residencies.

Zachary Owens, DO	Internal Medicine	Emory	GA-PCOM
Alyka Glor Fernandez, DO	Emergency Med	Emory	Kansas COM
Alexander Molinari, DO	Preventative Med	Emory	Alabama COM
Alexander Paras, DO	Preventative Med	Emory	Western Univ/COMP
Siri Chinnamamilla, DO	Preventative Med	Emory	GA-PCOM
Alexandra Himes, DO	Pediatrics	Emory	GA-PCOM
Maansi Mohotra, DO	Pediatrics	Emory	New England COM
Lilit Aslanyan, DO	Radiology	Emory	
Janice Lee, DO	Internal Medicine	WellStar Kennestone	GA-PCOM
Sagar Patel, DO	Internal Medicine	WellStar Kennestone	GA-PCOM
Chimesiri Akurinye, DO	Emergency Medicine	WellStar Kennestone	GA-PCOM
Ryan Ferguson, DO	Emergency Medicine	WellStar Kennestone	LECOM-Bradenton
Kyle Reginald McDonough, DO	Emergency Med	WellStar Kennestone	VCOM – Auburn
Andrew Christian Smith, DO	Emergency Med	WellStar Kennestone	VCOM – Auburn
Matthew Smoot, DO	Emergency Medicine	WellStar Kennestone	New England COM
Alexander J. Santos, DO	Internal Medicine	Northeast Georgia	GA-PCOM
Sarah V. Ross, DO	Internal Medicine	Northeast Georgia	Marian Univ COM
Swathi Kanakamedala, DO	Internal Medicine	Northeast Georgia	VCOM – VA
Nina Le, DO	Internal Medicine	Northeast Georgia	GA-PCOM
Jasbir Kaur, DO	Family Practice	Northeast Georgia	GA-PCOM
Nicole L Pritchett, DO	Family Practice	Northeast Georgia	GA-PCOM
James T. Hong, DO	Family Practice	Northeast Georgia	GA-PCOM
Raven Hill, DO	General Surgery	Morehouse	GA-PCOM
Ryan Hill, DO	General Surgery	Morehouse	GA-PCOM
Cameron Moore, DO	General Surgery	Morehouse	GA-PCOM
Chinonso Ezike, DO	Family Practice	Morehouse	GA-PCOM
Chiwendo Korja, DO	Family Practice	Morehouse	GA-PCOM
Liana Hinds-Periera, DO	Pediatrics	Morehouse	Touss Univ – Calif
Yatmin Hadian, DO	Dermatology	Goodman/GA-PCOM	Touss Univ – Calif
Keith Pennycook, DO	Dermatology	Goodman/GA-PCOM	NOU
Kristina Carbon, DO	Internal Medicine	Northside Gwinnett	U of NCOM
Shelby Comeaux, DO	Internal Medicine	Northside Gwinnett	GA-PCOM
Kelsey Krynke, DO	Internal Medicine	Northside Gwinnett	PCOM – Philadelphia
Mubeen Mandani, DO	Internal Medicine	Northside Gwinnett	Alabama COM
Amel Medina, DO	Internal Medicine	Northside Gwinnett	Burrell College (NY)
Vini Patel, DO	Internal Medicine	Northside Gwinnett	Lincoln Mem – Delusk
Christopher Shoji, DO	Internal Medicine	Northside Gwinnett	Alabama COM

Sharing

We mourn the loss...



It was with great sadness we learned of, and now share with the GOMA community, the news of the passing of GCMB Executive Director LaSharn Hughes. To view a full article/obituary click [here](#).

“A few years’ experiences will convince us that those things which at the time they happened we regarded as

our greatest misfortunes have proved our greatest blessings.” ~ George Mason (1725 -1792)



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

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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.

Visit our website

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