



GEORGIA OSTEOPATHIC
MEDICAL ASSOCIATION
— 1902 —

GOMA News & Updates Volume 37, November 2022

GOMA Fall Conference was a Virtual Gem

The Fall CME program was virtual again this year due to uncertainty of the Covid-19 pandemic, but that didn't slow it down at all. But if you didn't sign up for the conference, [you still can register and get yourself 16 hours at your convenience as long as it's before November 30.](#)

The conference has gotten great reviews and featured experts from around the country as well as local to Georgia. We will summarize the conference in this article.

After a few minutes of welcome by GOMA President Randy Durbin, it started with two 30-minute lectures that addressed the needs of primary care physicians.

The first lecture was by Lyndsay L. Madden, DO, FACS, FAOCO, an Associate Professor of Otolaryngology – Head & Neck Surgery at Wake Forest University School of Medicine. Dr. Madden spoke on Hoarseness Management: Updated Clinical Guidelines. She differentiated Hoarseness from Dysphonia on her first slide with

the former being symptom of altered voice quality as reported by the patient and the latter being impaired voice production diagnosed by the clinician. The lecture used the most recent (2018) clinical practice guidelines from the Otolaryngology Board which was updated from the 2009 guidelines which had multiple problems.

Joseph Bax, DO spoke on Palliative Care. Dr. Bax is physiatrist, pain specialist who is also board certified in hospice and palliative care who is an Assistant Professor dually appointed in the departments of Orthopedics and Rehabilitation Medicine at Mount Sinai School of Medicine in New York City.

Amanda Chase Avera, PhD spoke on “Narcissistic Personality Disorder: The Many Faces of Mean”. She is a Licensed Mental Social Worker (LMSW) with a specialization in crisis and trauma work who has a doctorate degree in general psychology. Dr. Avera has served as the director of social services at a psychiatric hospital’s crisis stabilization unit, and as of 2018, has been working as an Assistant Professor of Psychology at Middle Georgia State University.

“Greenman’s Dirty Half Dozen” by William Delp, DO was intriguing and presented by William “Bill” Delp, DO, recently retired Associate Professor of OMM at PCOM Georgia. It focused on the six most common patterns of somatic dysfunction.

J. Mark Bailey, DO, PhD, FACN is a professor of neurology and anesthesiology at the University of Alabama at Birmingham who spoke for one hour on “Controlled Substance Prescribing”. This lecture will satisfy the state of Georgia requirement for opioid training and will come with a certificate of completion.

“Dizziness” was the title for the lecture by Denise S. Taylor, DO. Dr. Taylor is a neurologist and epiltologist located in Athens, GA and always a popular speaker for GOMA.

Karen J. Nichols, DO, MA, MACOI, FACP, CS-F is known to most of the osteopathic community at the former President of the AOA (2010 – 2011), but more recently as an author on a book about

leadership. Of course, her talk “The 11 Skills Every Doctor Needs to be an Effective Leader” was full of “pearls” of wisdom.

Some may recognize the name Carla Schnitzlein, DO from when she spoke at a multi-cultural seminar that GOMA did virtually at the beginning of the pandemic. Since that time, Dr. Schnitzlein has retired from the Army and moved from Augusta to Connecticut to become the medical director at Natchaug Hospital. She spoke on “Understanding the Gender Journey” which has been a specialty of hers since the Army decided to cover soldiers transitioning.

“Transgender Health Considerations” was a similar subject but more medically focused and was presented by Lauren Abern, MD, Assistant Professor of OB/Gyn at Emory University.

William “Bill” Bostock, DO is a member of the Georgia Composite Medical Board gave an update that included warnings on telemedicine companies as well as “boundary violations”, mandatory reports and how licensees get in trouble.

Craig Kubik, DO is always a popular speaker for GOMA. The past president of GOMA continues to practice gastroenterology in Waycross, GA and gave practical advice during his “Dysphagia and Odynophagia” lecture.

“Testosterone Therapy: Facts and Myths” by William Clearfield, DO, FAAFRM, FAAMA, FABMA of Reno, NV is the Executive Director of two organizations, the American Osteopathic Society of Rheumatic Diseases and Integrative Health Alliance. His lecture will definitely have you thinking about this subject differently.

L. Michael Waters, DO, FACOP is the new chair of primary care at PCOM Georgia. Dr. Waters spoke on an “Osteopathic Approach to Patients with Concussion.”

“Long COVID” is a lecture that spanned multiple specialties and is so important at this point in the pandemic. It was presented by

Heather Bell, DO, medical director of the Hope Testing Clinic in Tulsa, Oklahoma.

“Evaluation of the Patient with Elevated Liver Enzymes” by Benjamin Shepard, DO was edifying. Dr. Shepard is a gastroenterologist of North Alabama’s Marshal Medical Clinic associated with the Huntsville Hospital.

GOMA Board member Naveen Raj, DO is a rheumatologist at the Arthritis & Rheumatology Center located in Woodstock, GA. Dr. Raj spoke on “Gout Management: A Combination of Science and Art.”

“Management of Dementia with Behavioral Disturbances” by Jason Greenhagen, DO of Vanderbilt University’s Department of Psychiatry was unforgettable.

[Not a Member of GOMA? Join Now!](#)

Mitch Cook, DO, FAAFP is the 2022 GAFP Family Physician of the Year



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Year. The award will be present to Dr. Cook at the GAFP Annual Meeting held in Atlanta on November 11, 2022.

Dr. Cook wrote, “I am honored and humbled to receive this recognition. There are numerous people who have helped me reach this milestone! I have recently changed the office staff to be able to mentor graduated from The University of Georgia who are and who want to further their education in medicine as physicians, physician assistants and nurse practitioners. My mission continues to be one of recognizing God as my Creator, Christ Jesus as my Savior and the Great Physician and Holy Spirit my Comforter and Guide. The patients I have the honor to treat, I treat like I would want to be treated! Yes, I tell them the truth and I tell them “no”! At times, I don’t sugar coat information. However, I pray with them when prompted by the Holy Spirit. I hug every patient and make them laugh. I love what I do because it is the way God designed me!”

Dr. Cook continues to serve in the leadership of Georgia Academy of Family Practice. He has represented Georgia at the national AAFP meetings as a Commission member over the last eight years. And of course, he continues to work at Clarke-Oconee Family Medicine.

Laura Makaroff, DO Launches Cancer Moonshot from White House



Laura Makaroff, DO was at the White House on October 24 to be part of the launching of the Cancer Moonshot. She was part of a group from the American Cancer Society leading two roundtables and in the picture above is on the left with leaders of the breast cancer roundtable and the cervical cancer roundtable. The day's activities were led by first lady Dr. Jill Biden. Dr. Biden said, "What does the world we're building look like? It's a world where people don't have to face complicated plans alone. Where a diagnosis is no longer a death sentence. The Cancer Moonshot is about building a future where we don't have to be afraid of the word 'cancer' anymore." A Question & Answer about cancer with Dr. Makaroff was featured in a GOMA newsletter in February 2021, which is still available on the GOMA website.

Limiting Antibiotic Overprescription in Pandemics: New guidelines

Publish date: September 22, 2022

By Marta Zaraska

A statement by the Society for Healthcare Epidemiology of America, published online in Infection Control & Hospital Epidemiology, offers

health care providers guidelines on how to prevent inappropriate antibiotic use in future pandemics and to avoid some of the negative scenarios that have been seen with COVID-19.

According to the U.S. Centers of Disease Control and Prevention, the COVID-19 pandemic brought an alarming increase in antimicrobial resistance in hospitals, with infections and deaths caused by resistant bacteria and fungi going up by 15%. For some pathogens, such as the Carbapenem-resistant Acinetobacter, that number is now as high as 78%.

The culprit might be the widespread antibiotic overprescription during the current pandemic. A 2022 meta-analysis revealed that in high-income countries, 58% of patients with COVID-19 were given antibiotics, whereas in lower- and middle-income countries, 89% of patients were put on such drugs. Some hospitals in Europe and the United States reported similarly elevated numbers, sometimes approaching 100%.

“We’ve lost control,” Natasha Pettit, PharmD, pharmacy director at University of Chicago Medicine, told this news organization. Dr. Pettit was not involved in the SHEA study. “Even if CDC didn’t come out with that data, I can tell you right now more of my time is spent trying to figure out how to manage these multi-drug resistances”

White Coat Ceremonies Held for Class of 2026 at PCOM Georgia & PCOM South Georgia



On October 21, osteopathic medical students of the class of 2026 received their white coats. The medical students took a major step in their medical education journey while their loved ones looked on.

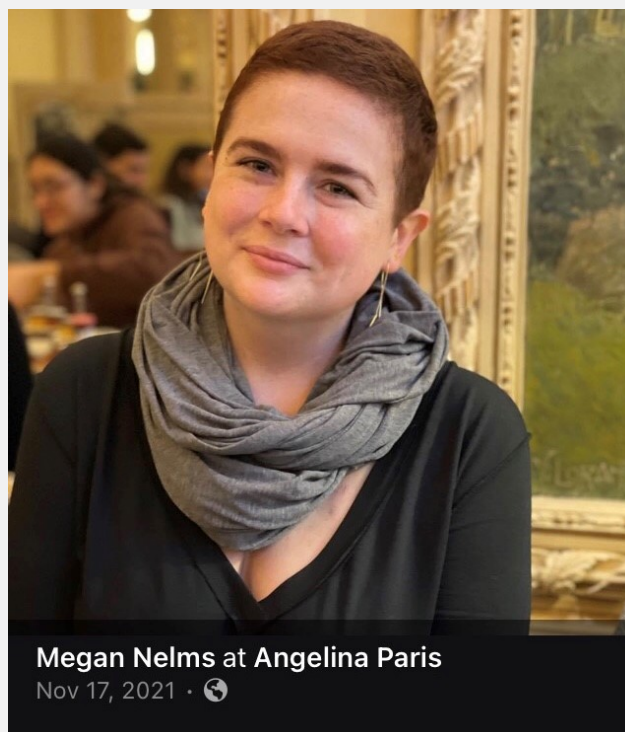
PCOM South Georgia's white coat ceremony (photo above) was led by the dean of the school H. William "Bill" Craver, DO, and featured speeches from Kirby Smith, DO, and Richard Chase, DO. Dr. Smith, director of Colquitt Regional Medical Center's Family Medicine residency, congratulated the students on their accomplishment and encouraged them to reflect on the moment. He said, "By donning your white coat, we are endorsing you as one of us ... We expect you to diligently pursue your medical training and be lifelong learners." Richard Chase, DO is a past President of GOMA and sent regards from the Executive Board of the organization. He reminded that they represent the osteopathic profession and the significance of that fact. Dr. Kirby starts at the 30:00 mark and Dr. Chase starts at the 54:00 mark. [Here is the PCOM South Georgia ceremony.](#)

PCOM Georgia's white coat ceremony (photo below) was led by the dean of the school Andrea Mann, DO, and featured a speech by Barbara Joy Jones-Parks, DO, a GOMA member. AOA House of Delegate Christian Geltz, DO was present to represent GOMA as well. Dr. Jones-Parks spoke of the growth and lessons that she

has learned in the decade that has passed since she put her white coat on for the first time. She used the metaphor that the students were the seeds that would bloom into physicians. Dr. Mann starts at 26:00 mark, and Dr. Jones-Parks starts at 55:00 mark. [Here is the PCOM Georgia ceremony.](#)



Megan Nelms, DO Graduated from PCOM-GA in 2021 and Died in 2022



On October 24, Megan Nelms, DO (DO '21) died from cancer. Dr. Nelms wrote from Madrid, Spain on her Facebook page on June 28, "After my second transplant, my goal was to travel as much as I possibly could and see all of the places on my bucket list as soon as I was healthy enough to do so. In the past year I've been incredibly lucky to have been able to travel to the Netherlands, the UK, Greece, Monaco, Bulgaria, Belgium, various regions in France and even lived in Paris for two months. I've had the absolute best year of my life and made so many incredible and unforgettable memories, achieving exactly what I set out to do and more. This week I received the unfortunate news that my leukemia has returned. At this time, we will be exploring the life-extending treatment options available to us. If you've been a part of my life in the past year, thank you so much for making it so very special. Here's to my last hurrah and outsmarting leukemia for hopefully a little bit longer."

Dr. Nelms peacefully passed surrounded by family and friends. Her classmates found her inspirational as she battled with leukemia at such a young age.

PCOM-GA Students Help at International Soccer Match



In mid-September, PCOM-GA's Sports Medicine Club were on the sidelines of a soccer match held at Mercedes Benz Stadium in Atlanta. Erik Zarandy, DO who graduated from GA-PCOM in 2012 led a group of ten osteopathic medical students from the PCOM-GA's Sports Medicine Club as they served as the Stretcher Crew for the Paraguay vs Mexico International Friendly Match held at the large venue located in downtown Atlanta. As the team doctor for Atlanta United FC, Dr. Zarandy helped organize the opportunity for the students, who had a blast representing the College on an international level.

PCOM South Georgia student Stacie Fairley has Abstract Published

Stacie Fairley of Moultrie's PCOM South Georgia had her first abstract published in October. It was about increasing applicants to medical school by underrepresented groups. The International Association of Medical Science Educators' 26th Annual Conference featured oral

presentations by medical students and the plenary abstract was published based on that presentation.

Marla Golden, DO, Discusses the Importance of Partnerships with Regional Physicians



Take a listen as Marla Golden, DO, MS, FACEP, Associate Dean of Clinical Education, [discusses the importance of PCOM South Georgia's clinical partnerships with regional physicians](#). It is worth a listen to the 3-minute video and see if you might partner with PCOM.

PCOM-GA in Suwanee Fertile for Community Garden



Squash, tomatoes, bell peppers, basil, rosemary, lavender and mint. These are just some of the delectable foods growing in the community garden on the campus of PCOM-GA in Suwanee. Madison Cohen, MS/Biomed '21 (DO '25), chair of the Doctor of Osteopathic Medicine class of 2025, with the assistance of faculty members and students, started the garden as a way for campus gardeners to “unwind, get active and give back to the community.”

The vegetable garden has already proven useful. The herbs were used to flavor the foods prepared by DO students in the culinary medicine course taught this summer. And the Wellness Committee is working with Cohen to host a gardening event for students this fall. In the future, Cohen said she hopes to donate crops to a local food bank or even to the campus food pantry, which is available for students.

[Read the full story here.](#)

Contaminants in Soil Studied by PCOM-GA Student Jaci Carithers



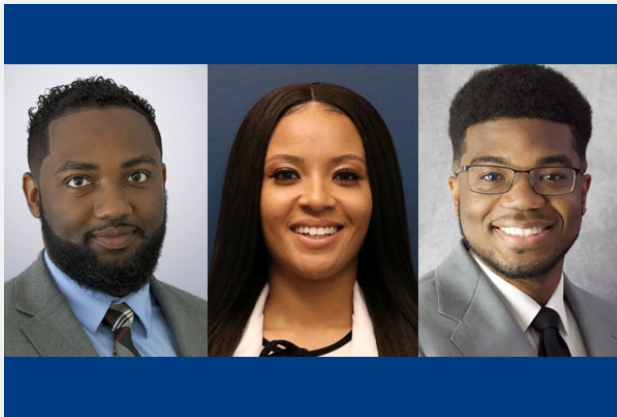
Jaci Carithers, MS (DO '26) is studying lead in the soil and interested in the health effects of contaminants in the soil. She started her research while working on her master's degree at PCOM-GA and has continued as she pursues becoming an osteopathic physician. [Read her story here.](#)

PCOM South Georgia Students Help Register Voters

PCOM South Georgia students worked tirelessly to make national history in the Vot-ER Health Democracy Campaign! Destiny Sciuva (DO '25) and Steven Li (DO '26) led the efforts for PCOM South Georgia – helping 36,262 people to vote! The Vot-ER Health Democracy Campaign is a national voter registration drive led by students in medical schools and healthcare professional degree programs.



Treating Joubert Syndrome with OMT



DO students from PCOM South Georgia have successfully used osteopathic manipulative techniques (OMT) to treat a patient living with a rare brain malformation. Woody Dominique (DO '23), Jasmine Rogers (DO '23) and Anthony Hubbard (DO '23) conducted research that demonstrates the first documented case of successful use of osteopathic manipulative techniques for Joubert syndrome.

[Read more here.](#)

In Other Words POEM by PCOM South Georgia student Jordan Erdfrocht

As a medical student, Jordan Erdfrocht (PCOM South Georgia DO '23) has learned from anatomical donors since first beginning his medical journey in 2019. As a personal way to honor the anatomical donors he has worked with during his medical education, he wrote a poem titled "Anatomy: A Cadaveric Poem" that was featured in In-Training, an online peer-reviewed publication for medical students, on October 13, 2022.

Anatomy is more than flesh and bone and blood.

It's more than the donor and the scalpel teaching the student.

*Anatomy shakes hands —
it tells and creates stories.*

Anatomy smiles —

it cries.

It can do both at the same time.

Anatomy carries the soul.

It carries the spirit and the mind.

*Just as anatomy teaches in life,
so too in death.*

*Anatomy births life and returns to dust —
Complete.*

Of his poem, Erdfrocht said, "The beautiful souls who donated their bodies for our education should be treated with nothing but respect. At times, students forget that they are working with and cutting open a human being. Someone with jobs, stories, memories, and countless other experiences. There were times when I felt disconnected from that fact, and I wrote this poem to assure that I would not forget how meaningful these people's lives were and continue to be."