



ACUMEN

The Official Newsletter of the
Ada Canyon Medical Education Consortium

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News

May 2014 News

ACMEC Staff Changes

After 26 years, healthy change is needed to bring in new enthusiasm, motivation, and skill sets to ACMEC. We are pleased to welcome two new talents to the ACMEC program.

Rachel Shields is the new Administrative Assistant for ACMEC. Rachel is a graduate of Meridian High School and received her degree in Psychology from Boise State University. She has previously worked for the Idaho Medical Association and has insights to physician's educational needs.

Mayra Ruiz will be the new ACMEC Director. She is completing her EdD in Educational Leadership and Administration at the University of Southern California. She is currently the Associate Director of Student Affairs for the U.C. Irvine MBA program. She was previously Assistant Director of the Master of Medical Management Program at University of Southern California. Mayra brings both an academic skills set and lengthy experience in the variety of digital educational formats that CME will need to be presented in.

Mayra will begin a six week overlap with Dave Mueller beginning May 20th and Rachel is currently on staff. We will begin networking Mayra with the community immediately. With these two new staff on board, ACMEC continues its journey forward in excellent hands.

John Mohr, MD

Part of the changes at ACMEC includes the retirement of John Mohr, MD from his production of "Mohr's Musings." Dr. Mohr's column has been a mainstay of the monthly newsletter, "ACUMEN." His insights have brought clarity and morality to any number of medical practice issues for over 25 years. His support of ACMEC has been unfailing and his guidance is reflected by ACMEC's success.

Please join us in giving Dr. Mohr a sincere thank you for his tireless efforts on ACMEC's behalf.

Saint Alphonsus Nampa Grand Rounds Ends

After struggling to maintain sufficient attendance to justify the continuation of the noon Grand Rounds at

Saint Alphonsus Nampa the medical executive staff in conjunction with ACMEC have decided to terminate the series. ACMEC will continue to accredit the tumor board and track physician CME credits. We plan to broadcast the Saint Alphonsus Friday Grand Rounds in a format that Nampa physicians can access on their own computers.

Upcoming Conferences

June 2, 2014 Hospice and Palliative Care Conference, Will be held from 8:00am - 5:00pm with 7.5 CME credits Register at www.idqol.org/2014-hospice-palliative-care-conference

July 19, 2014 IMA Annual Scientific Session in Boise, Please contact Erin Trimble erin@idmed.org

Regularly Scheduled Conferences

Wednesday, 8:00 a.m. - Anderson Center

Friday, 8:00 a.m. - McCleary Auditorium

Other Regularly Scheduled Conferences

St Luke's RMC

Thoracic Tumor Board - 1st & 3rd Tuesday, 7:00 a.m

Tumor Board - Tuesday, 12:00 noon

Breast Tumor Board - Thursday, 7 a.m.

MSTI Pediatric Tumor Board - 2nd & 4th Wednesday, 12 noon

CHEERS (Children's Hospital Education Enrichment Review) - 1st Thursday, 8 am

Anderson Center - Ada -2; MATCH 2nd Thursday, 8 am

West Valley Medical Center

Tumor Board - Monday, 12:30 pm

Saint Alphonsus RMC - Boise

Tumor Board - Thursday, 12 noon

Breast Care Panel, Tuesday, 7:00 am

What's Ahead

June 2014

4 Topic TBA, Joshua Barton, MD

6 HIV in Pregnancy, Abigail Hoke, MD

11 Topic TBA, Derek Hayton, DO

13 Endoscopic Ultrasound, Akshay Gutpa, MD

18 St. Luke's Children's Hospital Grand Rounds, Coronary Calcium Scoring, Matt Budoff, MD

20 Sports Medicine: Pearls for the Primary Care Physician, Tobias Gopon, MD

25 Physician Burnout, Tait Shanafelt, MD

27 Topic TBA, Christian Zimmerman, MD

July 2014

Summer Schedule, No Conferences

Mohr's Musings...

Multivitamin and Mineral Supplements

Many people use multivitamins on a daily basis and are vocal about their benefits. Two large randomized studies and a meta-analysis cast doubt on their efficacy. The meta-analysis looked at all cause mortality among healthy individuals; the other studies looked at cognitive function in male physicians later in life and the prevention of adverse cardiovascular events in patients with a history of myocardial infarction. None of the studies showed any benefit. An accompanying editorial stated "most supplements do not prevent chronic disease or death, their use is not justified, and they should be avoided." We should encourage our patients to spend their money on healthy foods rather than supplements.

Lamas GA et al. Oral high-dose multivitamins and minerals after myocardial infarction: A randomized trial. Ann Intern Med 2013 Dec 17; 159:797. Grodstein F et al. Long-term multivitamin supplementation and cognitive function in men: A randomized trial. Ann Intern Med 2013 17; 159:806.

Fortmann SP et al. Vitamin and mineral supplements in the primary prevention of cardiovascular disease and cancer: An updated systematic evidence review for the U.S. Preventative Services Task Force. Ann Intern Med 2013 Dec 17; 159:824.

Guallar E et al. Enough is enough: Stop wasting money on vitamin and mineral supplements. Ann Intern Med 2013 Dec 17; 159:850.

Testosterone Supplementation

Men are being bombarded with advertisements for checking their testosterone levels if they have symptoms of tiredness, low energy, and low libido. Testosterone levels normally decrease as men age. A recent NIH supported observational study showed that in men at risk i.e. over 65 years of age or younger men with a previous myocardial infarction; the incidence of myocardial infarction during the first three months of therapy was significantly higher. Previous studies have shown a risk in older men who have other risk factors. Because of these studies the FDA is reassessing the safety of testosterone products.

Another Study Suggests Excess Cardiovascular Risk with Testosterone: Finkle WD et al. Increased risk of non-fatal myocardial infarction following testosterone therapy prescription in men. PLoS ONE 2014 Jan 29; 9:e85805.

John J. Mohr, MD

Weekly Conferences

May 2014 Conferences

Anderson Center, St. Luke's RMC, Wednesday 8:00 a.m.

7 Pharmacological Considerations of Drugs in the Elderly, Rodger Hefflinger, PharmD

14 Update in Rural Health Care, Lindsay Meredith, MD

21 St. Luke's Children's Hospital Grand Rounds, Immune Deficiency in Children, Hans Ochs, MD

28 Food Borne Illness, Leslie Tengelsen, PhD, DVM

Winter Room, Saint Alphonsus RMC - Nampa, Wednesday 12:15 p.m.

- 7 Discontinued
- 14 Discontinued
- 21 Discontinued
- 28 Discontinued

AW Horsley, VA Medical Center, Thursday 8:00 a.m.

- 1 Early Diagnosis of Rheumatoid Arthritis, Eric Palfreyman, MD
- 8 Pearl Diving: My Favorite Pearls Over 20 Years, Doug Paauw, MD
- 15 Topic TBA, Ken Steinberg, MD
- 22 Updates in Ambulatory Care, Bill Weppner, MD
- 29 Rheumatology for the Elderly, Desmond Anim-Appiah, MD

McCleary Auditorium, Saint Alphonsus RMC, Friday 8:00 a.m.

- 2 Update on Pap Smears, Guillermo Guzman, MD
- 9 Physicians Role in Advance Directives, Lisa Mullen, MD
- 16 Cardiovascular Screening in Young Athletes: A Review of the Seattle Criteria, Tyler Wheeler, MD
- 23 Transgender Medicine, Tara Whitaker, MD
- 30 Mesenteric Venous Thrombosis, Wes Arlein, MD

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