A New Name, A New Era

July 1, 2015, was the start of a new era for our department.

It was the first day we used our new official name: the University of Wisconsin Department of Family Medicine and Community Health (DFMCH).

The name change reflects our commitment to and involvement in community health for the last 45 years.

It also speaks to the fact that medical care contributes only 10 to 20 percent to what keeps people healthy; the other 80 percent is determined by people’s lives outside the clinic.

“Medicine continues to change,” noted Chair Valerie Gilchrist, MD. “Our department recognized decades ago that social and economic factors were critically important to health. We are not just philosophically in communities, but want to be there working in collaboration with other groups to promote health.”

Continues on page 10
Dear Friends,

Fall greetings from Wisconsin, where we’re feeling the first chill in the air and starting to look forward to the holidays ahead.

This issue marks our debut as the University of Wisconsin Department of Family Medicine and Community Health (DFMCH). Our new name is a clear expression of our long-standing commitment to improve the health of not just individuals and families, but entire communities.

We share some of our community health efforts to date in the cover story, and on page 3, we spotlight one of our alumni who directs a residency program responsive to the needs of his community in Colorado.

On pages 4 through 7, you’ll meet our newest residency and fellowship graduates. Their enthusiasm for family medicine and the role they play in the health of their communities is truly inspiring.

As family physicians, we ourselves are also a community: locally, nationally and globally. On page 8, you’ll see how members of the DFMCH have helped advance our discipline in Ethiopia by creating the first family medicine residency program there.

On page 11, we share updates from our alumni community—the great family physicians we taught, worked beside and befriended. I love reading what our alumni are up to, as I’m sure you do, too.

Finally, we’d love to feature you in a future issue. You can share professional or personal accomplishments, or simply update us on your practice and contact information. Just visit the alumni update form on our website (fammed.wisc.edu/alumni-update-form) and let us know what you’ve been up to!

Valerie Gilchrist, MD
Millard Professor in Community Health Chair, Department of Family Medicine and Community Health, University of Wisconsin School of Medicine and Public Health

News Briefs

AAFP Honors Our FMIG

Our Family Medicine Interest Group (FMIG) was one of 19 programs nationwide to earn a 2015 Program of Excellence Award from the AAFP. The award recognizes medical schools for outstanding activities in generating interest in family medicine.

Schwab Receives STFM Gold Humanism Award

Vice Chair for Education William Schwab, MD, received the STFM’s 2015 Gold Humanism Award. He was honored for teaching family physicians to be humanistic, compassionate and respectful caregivers.

More news at: fammed.wisc.edu

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Stay in Touch!
Address changed? News or accomplishments to share?
Update us at fammed.wisc.edu/alumni-update-form
We want to hear from you!
Altruism in Practice

Wausau alum leads residency program that meets community, learner needs

David Smith, MD, (Wausau ‘86) always promised his wife that someday, they would live in the Rocky Mountains.

After residency, the Monroe, Wisconsin, native began his career in Michigan’s Upper Peninsula. Fifteen years and three states later, Dr. Smith made good on that promise.

Since 2001, he has been on the faculty of North Colorado Family Medicine (NCFM) residency—a program he now directs—and has made Greeley, Colorado, his professional and personal home.

**Education for a Variety of Practices**

The NCFM residency has four tracks: a core track, a community health center track, a rural training track (RTT) and a hospitalist track. A second RTT will open in 2016.

The community health center track fills a critical need in a community where 40 percent of residents are on Medicaid; it’s the largest clinic in Greeley by volume. Approximately one-third of NCFM graduates now practice in community health centers.

Similarly, the program’s RTT—the second of its kind in the nation—teaches residents to provide patient care in rural communities, where resources are also often limited.

Approximately two-thirds of NCFM graduates enter rural practice. “Lots of our residents go back to their rural hometowns,” Dr. Smith said. “They have an altruism to serve the community where they grew up.”

**Health for the Underserved**

NCFM residents are also engaged in community health activities outside of the clinic. They teach classes at high schools on human biology and reproduction; perform physicals, screenings and other services at a refugee center; and staff a medical van to provide care for workers in agricultural fields.

Their efforts help meet the needs of Greeley’s underserved, which includes many people from Mexico, Central America, Somalia and Myanmar.

**Kindness and Respect**

Dr. Smith’s “heart beats for the care of rural and underserved patients,” but he also recognizes that one of NCFM’s biggest strengths is its variety. For example, residents in the core and community tracks can choose paths on advanced maternity care, sports medicine, hospital medicine or global health.

“The most important training I received in residency was how to relate to people.”

“The most important training I received in residency was how to relate to people,” he reflected. “That’s what I’ve carried on as faculty in these 23 years: how to treat people with kindness and respect.”

Above: Wausau alum David Smith, MD, shows his Badger pride in Greeley, Colorado.

Left: Dr. Smith with a colleague and residents.
Meet Our New Grads

In July, 39 residents and 10 fellows graduated from our sponsored and affiliated programs. The map above shows where they entered practice—is one near you?

Baraboo Rural Training Track

Rachel Hartline, MD
Upland Hills Medical Center (Spring Green, WI)

Rebecca Pfaff, MD
Advanced obstetrics fellowship, Swedish Medical Center (Seattle, WA)

“I’m excited to practice in rural Wisconsin, and to put down roots in the community where I will practice and live. I’m also excited about the flexibility my new employer has given me to continue work I started during residency in global women’s health: cervical cancer screening in low-resource settings.”

—Rachel Hartline, MD

Learn more about our 2015 graduates and new residents at:
http://www.fammed.wisc.edu/our-department/newsletter/summer-2015/new-residents-grads
Eau Claire

Michelle Clark-Forsting, MD
Krohn Clinic
(Black River Falls, WI)

Shawndeep Dhaliwal, MD
Malton Medical Centre
(Mississauga, Ontario, Canada)

Syed Hasan, MD
Locum Tenens

Rajiv Mohan, MD
Dusk Medical Centre
(Brampton, Ontario, Canada)

Mandira Rajkarnikar, MD
Encompass Medical Group
(Kansas City, KS)

“I am happy to be back in my hometown community. In Black River Falls, we practice full-scope family medicine and are really integrated in the community we serve.

“Each of the physicians here has a different way of giving back, whether it be through physician leadership, staffing local sports teams or supporting local foundations and charities.”

—Michelle Clark-Forsting, MD, MPH

Fox Valley*

Erin Fisk, MD
Ottauau Medical Centre
(OTauau 910, New Zealand)

Amy Romandine Kratz, MD
Montana Family Medicine Residency–Riverstone Health Sports Medicine Fellowship (Billings, MT)

Angela Sargeant, DO
Affinity Medical Group
(Appleton, WI)

Joseph Schumann, MD
Affinity Medical Group
(Greenville, WI)

James Spencer, MD
ThedaCare Physicians
(Waupaca, WI)

Ashley Warmoth, DO
Aurora Lake Geneva Family Practice
(Lake Geneva, WI)

“I have moved to a small community where I will be doing full-scope family medicine, including inpatient care and obstetrics.

“As I begin my career, I am most looking forward to building lifelong relationships with my patients—seeing them through all stages of life, from birth to end-of-life-care and everything in between.”

—James Spencer, MD

* On July 1, 2015, the Fox Valley residency program transitioned to a new organization, Mosaic Family Health, which is a collaboration with ThedaCare, Ministry Health Care and the Medical College of Wisconsin.
Madison

Laura Flanagan, MD
Dean Clinic
(Stoughton, WI)

Erin Hammer, MD
UW primary care sports medicine fellowship
(Madison, WI)

Patrick Huffer, MD
UW DFMCH academic fellowship (Madison, WI)

Stephen Humpal, DO
Undetermined at the time of publication

Eugene Lee, MD
UW DFMCH integrative medicine fellowship
(Madison, WI)

Melissa Mashni, MD
Cherry Street Health Center (Grand Rapids, MI)

John McKenna, MD
Dean Clinic East
(Madison, WI)

Christa Piltner-Smith, MD
UW Health Cottage Grove Clinic (Cottage Grove, WI)

Trisha Schimek, MD
Heal Initiative global health fellowship
(San Francisco, CA)

Sagar Shah, MD
UW DFMCH integrative medicine fellowship
(Madison, WI)

Jonathan Takahashi, MD
UW DFMCH integrative medicine fellowship
(Madison, WI)

Zachary Thurman, MD
University of Cincinnati Health Primary Care
(Cincinnati, OH)

Aistis Tumas, MD
Chequamegon Clinic (Ashland, WI)

“

I work at a clinic with a largely underserved patient panel in the heart of Cincinnati. I will be an advocate for patients left behind in the city’s gentrification process. I also hope to plant roots of service-oriented care in the impressionable soil of those in training.”

—Zachary Thurman, MD

Milwaukee

Crystal Cichon, DO
Aurora Health Center
(Waukesha, WI)

Lorin Even, DO
Aurora Wiselives Center
(Wauwatosa, WI)

Nora Guschwan, DO
Undetermined at the time of publication

Bethany Howlett, MD
UW Health DeForest-Windsor Clinic
(Windsor, WI)

Khalyne Johnson, MD
Aurora Sheboygan Clinic (Sheboygan, WI)

Jessica Konarske, DO
UnityPoint Health (Marion, IA)

“I practice full-scope family medicine with a focus on women’s health and long-term continuity care. As a family physician, I play a role in the health of the community by focusing on preventive medicine and controlling chronic medical issues.”

—Crystal Cichon, DO

Katherine Meyers, DO
UnityPoint Health
(Arnoma, IA)

Ayissa Mohorek, MD
Aurora Advanced Health Care Northwest Clinic
(Milwaukee, WI)

Anthony Sturm, MD
Wildwood Clinic (Madison, WI)
Wausau

Adam Clements, DO
Aspirus Wausau Hospital (Wausau, WI)

Kyle Dembowski, MD
Langlade Memorial Hospital (Antigo, WI)

Tou Shoua Lor, MD
Aspirus Kronenwetter Clinic (Mosinee, WI)

Minh Nguyen, MD
Mercy Clinic (Springfield, MO)

“I grew up in Wausau and am excited to come back and serve those who helped me along the way to becoming a family physician. I’m looking forward to making and developing relationships with patients in the community I grew up in.”

—Tou Shoua Lor, MD

Fellows

Thomas Hahn, MD (A)
Assistant professor (CHS), UW DFMCH (Madison, WI)

Adrienne Hampton, MD (IM)
Assistant professor (CHS), UW DFMCH (Madison, WI)

Supriya Hayer, MD (CAM)
Research specialist and lecturer, UW DFMCH (Madison, WI)

Jeremy Johnson, MD (SM)
Primary care sports medicine physician, The Polyclinic (Seattle, WA)

Molly Rossignol, DO (AM)
Addiction specialist, Concord Hospital (Concord, NH)

Tanya Schlam, PhD (PCR)
Associate scientist, UW Center for Tobacco Research and Intervention and Department of Medicine (Madison, WI)

Sandra Sulzer, PhD (CAM)
Assistant professor of sociology, Xavier University (New Orleans, LA)

Kevin Thao, MD (PCR)
Faculty, Aspirus family medicine residency program, UW DFMCH (Wausau, WI)

Rachel Thompson-Fleming, MD (PCR)
Pediatric hospitalist, Gundersen Health System (La Crosse, WI)

Andrew Watson, MD (PCR)
Assistant professor, UW Department of Orthopedics and Rehabilitation, Division of Sports Medicine (Madison, WI)

“I am excited to be the project director of a study that will soon launch with 1,000 smokers in primary care clinics. The study, which is part of a National Cancer Institute grant to the UW Center for Tobacco Research and Intervention, examines what treatments are most effective following a failed quit attempt.”

—Tanya Schlam, PhD (primary care research fellow)

DFMCH FELLOWSHIP PROGRAMS
A = Academic
IM = Integrative medicine
CAM = Complementary and alternative medicine research
SM = Sports medicine
AM = Addiction medicine
PCR = Primary care research
Making a Difference in Ethiopia
Faculty, alums advance family medicine education, gender equity

University of Wisconsin Department of Family Medicine and Community Health (DFMCH) Professor Cynthia Haq, MD, has been instrumental in establishing the first family medicine residency program in Ethiopia.

The Addis Ababa University (AAU) program is now in its third year, and to date has enrolled 22 residents.

Dr. Haq’s work is remarkable, but it would not have been possible without UW vascular surgeon Girma Tefera, MD, who spearheaded collaborations; DFMCH colleague Ann Evensen, MD; resident alum Elizabeth Kvach, MD (Madison ’13); resident alum and current fellow James Conniff, MD (Madison ’14); and partners at the University of Toronto, the Ethiopian Ministry of Health and AAU.

Supporting a New Residency
The AAU family medicine residency program launched on February 4, 2013, with eight residents.

Dr. Dawit Wondimagegn, the program’s inaugural director, said in the opening ceremony, “I think family medicine is going to change the face of primary care in Ethiopia.”

Efforts to introduce family medicine education in Ethiopia had already been underway for several years, but were strengthened by a National Institutes of Health-funded Medical Education Partnership Initiative (MEPI) between AAU and the University of Wisconsin-Madison.

Through that grant, the DFMCH and the University of Toronto were able to host a faculty development fellowship for AAU faculty in 2012.

Fellows visited with DFMCH leaders, including Gene Farley, MD; Marc Hansen, MD; John Frey, MD; Kathy Oriel, MD; Michelle Grosch, MA; and Jacob Bidwell, MD.

“I think family medicine is going to change the face of primary care in Ethiopia.”

They learned about the development of family medicine in the U.S., and visited hospital teaching services and community practices to see family physicians in action.

Continues on page 10
On September 16, 2015, we welcomed Jeannette South-Paul, MD, as our 2015 Farley Visiting Professor. Dr. South-Paul is the Andrew W. Mathieson professor and chair of the University of Pittsburgh Department of Family Medicine.

That evening, we also announced the recipients of the 2015 Frey Writing Awards. These awards recognize individual creative writing by DFMCH faculty, learners and staff. Read the winning poems below.

**Diagnosis: MRI With And Without Contrast**

*Deb Schultz, MD*

Light and shadow  
Shadow and light  
Stark images  
Cast grey and white  
Cast cold and harsh  
Only these remain  
There were no colors  
No warmth, no softness  
To embrace, enfold  
To promise possibilities  
To speak of hope  
All lost. Forever gone.  
Your body betrayed  
Our souls laid waste  
Ravaged  
By desolate dark truths  
That echo still across the years  
Aggressive. Widespread. Terminal.  
Disseminated Death.

**Sickle cell**

*Parker Hoerz, MD*

She comes in monthly,  
Reciting an old story to new ears that can’t register her frequency.  
Microscopes obscure the pathology she knows too well.  
Trapped inside a sickle-shaped cell  
Cutting off her hands, infarcting her life.  
Together we live in the hospital,  
My classroom, her prison.  
I graduate in three years.  
Her residency goes on.

Read the prose winners and more writing submissions at: [https://inside.fammed.wisc.edu/sites/default/files/JFrey_Writing_Award.pdf](https://inside.fammed.wisc.edu/sites/default/files/JFrey_Writing_Award.pdf)
NEW NAME (continued)

Several DFMCH faculty are already leading projects that reflect community needs.

Faculty at Madison’s Northeast Family Medical Center partner with nearby Lake View Elementary to support the health of students there, many of whom live in poverty.

In addition to creating a volunteer garden (see page 1), faculty at the Verona Clinic are collaborating with a local gym and supermarket on an initiative that helps patients eat better, exercise more and live healthier lives.

The Wausau residency program’s Kevin Thao, MD, MPH, (Madison ’14) oversees a coalition to improve the health of Hmong people in their community.

The Eau Claire residency program partners with Chippewa Valley Technical College and the University of Wisconsin—Eau Claire to help employees meet health goals.

And in Milwaukee, a long-standing collaboration with the Walnut Way Conservation Corporation promotes health, wellness and community revitalization in the Lindsay Heights neighborhood.

Residency Curriculum Adapts

The DFMCH’s residency curriculum is also evolving; residents now design a community health learning plan, which can consist of hands-on projects, research or writing.

“Our goal is to prepare family physicians to respond to the general health of their communities, as well as provide personal care for individuals and families,” Dr. Gilchrist explained.

ETHIOPIA (continued)

Impressed with what they learned, the fellows returned to Ethiopia with a vision of how to improve access to high-quality primary health care for their nation of 90 million.

“The primary contribution of the UW team was to serve as teachers, catalysts and facilitators of work in progress at AAU,” Dr. Haq explained.

A Return to Celebrate, Teach

Since the launch, the DFMCH team has traveled to Ethiopia several times to celebrate and recommend future developments, which include expanding to two more universities.

They’ve also led Advanced Life Support in Obstetrics (ALSO®) Provider and Instructor courses—critical education in a nation where 16 percent of deaths in reproductive-age women are due to maternal causes.

Dr. Evensen, who serves as a resident supervisor, is also conducting a faculty development needs assessment with AAU resident Dr. Sawra Getnet. They are part of an international network of family physicians doing similar work across sub-Saharan Africa.

Gratitude and Optimism

Dr. Haq thanks her colleagues in Wisconsin, Canada and Ethiopia for working towards change.

“It is gratifying to see that AAU has made important strides to establish family medicine and lay the groundwork to promote gender equity,” she reflected.

“There is a great deal of work ahead, but if our collective efforts are successful, many lives could be positively affected.”

Adapted from our e-newsletter: http://www.tammed.wisc.edu/our-department/newsletter/summer-2015/strengthening-family-medicine-ethiopia
Catching Up With Our Alumni

Baraboo

Bridget DeLong, MD (‘11), practices outpatient family medicine with obstetrics at Dean Clinic in Baraboo, Wisconsin, and is on the faculty of the DFMCH’s Baraboo Rural Training Track.

Eau Claire

Amy Coulthard-Atwater, DO (‘07), practices at Aurora Health Care in Kaukauna, Wisconsin. She is married with a son and is expecting a daughter in October.

Erik Dickson, MD, FAAFP (‘00), practices at Marshfield Clinic in Cornell, Wisconsin, and recently received the AAFP’s Degree of Fellow.

Fox Valley

Andrew Villamagna, MS, MD, FAAFP (‘09), is a family physician at JSA Medical Group in Pinellas Park, Florida. Before that, he was a National Health Service Corps scholar, caring for the underserved in St. Petersburg, Florida.

Bobby Yun, MD (‘06), is the founder of and a physician at Urgent Care Physicians, Ltd, an independent urgent/acute care clinic in Appleton, Wisconsin.

Madison

Marjorie Bass, MD (‘85), was the only physician on Washington Island, Wisconsin, for 16 years. She retired in 2001, but still lives on the island, as do seven of her 23 grandchildren. She enjoys gardening, reading and quilting.

Michelle Brogner, MD (‘99), practices at UW Health Urgent Care in Madison, Wisconsin, and is an active member of the Wisconsin Environmental Health Network and Physicians for Social Responsibility.

Jennifer Mastrocola, MD (‘14), practices full-scope family medicine in an underserved area of Hartford, Connecticut, and is an assistant professor and assistant residency program director at the University of Connecticut family medicine residency program. She and her husband welcomed a daughter, Emma Marie Mastrocola, on September 28, 2015.

Milwaukee

Mark Robinson, DO (‘08), is the associate director of the Aurora family medicine residency program in Milwaukee, Wisconsin, and is the director of the DFMCH’s statewide osteopathic residency program. He partners with the Aurora Sports Medicine Institute as a consultant for Marquette University Athletics, and is the lead physician for the Marquette women’s volleyball team.

Paul Hartlaub, MD, MSPH (‘90), is the medical director for population health and clinical quality for Wheaton Franciscan Healthcare, in Milwaukee, Wisconsin, and developed “Prevention Checklist,” an iPhone app that provides evidence-based clinical prevention recommendations.

Wausau

James Dickman, MD (‘02), is vice president of Richland Medical Center, in Richland Center, Wisconsin. He is the proud father of five children, and he and his wife love going to Packer games every year.

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