The alumni newsletter of the University of Wisconsin Department of Family Medicine and Community Health

Winter 2020

Rural Medicine in the 21st Century

Alumnus James DeLine, MD, helps Amish with rare genetic condition

ames DeLine, MD, (Wausau'83) has practiced family medicine in La Farge since 1983. In 2015 he started the Center for Special Children to care for Wisconsin's large concentration of Amish and Old Order Mennonite people.

Rural doctors pride themselves on being able to treat a wide range of conditions in their patients, but Dr. DeLine's practice brings him face to face with several rare genetic conditions that were present when the Amish and Mennonites immigrated from Europe to America and then Wisconsin. And that, in turn, has brought Dr. DeLine into a close collaboration with specialists at the University of Wisconsin–Madison who have developed tests, and suggested treatments, for some of those conditions, including siterosterolemia.

UNRAVELING A MYSTERY

In the fall of 2018, Dr. DeLine sat down to speak with the parents

from an Amish family he's come to know well in Wisconsin's Driftless Region.

Six of their 11 children live with siterosterolemia, an extremely rare disease that can cause joint damage, stroke or heart attack, due to accumulations of a plant-based fat akin to cholesterol.

Dr. DeLine and the parents recounted how they learned that the family carried a gene for the rare disease. Years previously one of their sons had been seen at the La Farge clinic with painful arthritis and large lumps in his limbs. "Later, when we discovered that a relative of his mother had sitosterolemia," DeLine explained, "we thought back to this young man and with some searching, we found him, had gene testing done at UW–Madison, and discovered that he too had the disease."

After starting medicine and changing his diet, the patient's elbow lumps began melting away,



Madison alumnus James DeLine, MD, founded the Center for Special Children in La Farge to attend to the particular health needs of the Amish and Old Order Mennonite families in Wisconsin. The Center exists within the La Farge Clinic, also started by Dr. DeLine, which is part of Vernon Memorial Health Care. PHOTO BY DAVID TENENBAUM

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CHAIR'S MESSAGE



Dear Friends,
elcome
to the
winter
issue of In Our
Family. We lead
off with a story
about, James
DeLine, MD,
and his unique
collaboration
with colleagues

at UW-Madison to treat genetic diseases in Amish and Mennonite patients in Wisconsin.

You'll find out where our newest graduates are practicing and meet a Madison residency grad who found her calling helping patients overcome addiction.

Finally, this is the last *In*Our Family in which I'll be responding as chair. It has been an honor to work with the faculty and staff of DFMCH for over 11 years—they are an amazing group. However, after 22 years of serving as a department chair, I'm ready to become a full faculty member again. Join me in supporting our excellent Interim Chair William Schwab, MD, as the chair search reveals the next person to lead DFMCH to even more success.

Valerie Gilchrist, MD

Millard Professor in Community Health Chair, DFMCH, UWSMPH

News Briefs

Dr. Jonathan Temte Receives AAFP Exemplary Teaching Award

Dr. Jonathan Temte recieved the 2019 AAFP Exemplary Teaching Award. The award recognizes an AAFP member who has demonstrated exemplary teaching skills as well as implemented outstanding educational programs and/or developed innovative teaching models.



AAFP Names FMIG a Program of Excellence

For the sixth time, the American Academy of Family Physicians (AAFP) named the SMPH's Family Medicine Interest Group (FMIG) a Program of



Excellence for its exemplary efforts to grow and support interest in family medicine. **More at: go.wisc.edu/j30tfp**

Dr. Sarina Schrager Named Champion in Women's Health

Dr. Sarina Schrager was named as one of five recipients of the Wisconsin Women's Health Foundation's 2019 Champion of Women's Health Award. The award recognizes individuals who have devoted themselves to improving the lives of Wisconsin Women and their families. More at: go.wisc.edu/usqxyd



Dr. Randall Brown Inducted into Alpha Omega Alpha Honor Society

DFMCH Professor **Randall Brown, MD, PhD**, **DFASAM,** was inducted in to the Alpha Omega Alpha Honor Society. A lifelong honor, membership in the society confers recognition for a physician's dedication to the profession and art of healing.





More news at: fammed.wisc.edu/news

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Finding a New Path

Madison alumna Dr. Alison Miller helps patients overcome addiction

or Alison Miller, DO

(Madison'02), more than a decade of practice left her feeling burned out. An accompanying sense of being tied to the computer and overly focused on volume and quality metrics, she started to feel overwhelmed, isolated, frustrated. Sometimes she felt her job was more about responding to the needs of health insurance companies rather than her patients.

THERAPUETIC INTERVENTION

Health care organizations across the nation are beginning to adopt system-level interventions to mitigate physician burnout. At the same time, individual doctors like Dr. Miller are taking steps to reconnect to their purpose, which can also help improve their professional satisfaction and well-being.

For Dr. Miller, that began with a wellness approach: promoting self-care at the UW Health Yahara Clinic where she works, and improving her own health through diet and exercise.

She also wanted to focus on the reason she became a doctor in the first place. She wanted once again to help others. "I thought about what brings me joy at work and how I could get back the fulfillment I once had," she recalls. "I remembered what I liked best about being a family doctor."

Dr. Miller began seeing patients with addiction in her clinic. Recognizing that addiction is a chronic disease—and that as a family physician committed to whole-person care, she had the potential to help patients

overcome addiction—gave greater meaning to her work.

She began seeking day-to-day clinical advice on managing patients with addiction from DFMCH Associate Professor Aleksandra Zgierska, MD, PhD, a family physician and an addiction medicine expert who practiced at her clinic. With Dr. Zgierska's encouragement and mentoring, Dr. Miller went on to complete training to obtain a waiver to prescribe buprenorphine for patients with opioid addiction. Now, she's certified by the American Society of Addiction Medicine to teach waiver training herself. Her enthusiasm for medicine was revitalized.

"Being a primary care physician with the waiver has allowed me to help patients with substance use disorders return to a functioning lifestyle," she reflects. "I have seen patients feel normal again after years of struggle and searching for the care they need. This has been the most profound therapeutic intervention I have given in my career."

Dr. Miller is also grateful to Randall Brown, MD, PhD, DFASAM, a DFMCH associate professor, and Michael Miller, MD, an addiction psychiatrist and member of the University Hospital addiction medicine consulting service, for sharing their expertise with her. She's also deepened her knowledge and forged valuable professional connections through the University of Wisconsin Addiction Consultation Provider Hotline, the Addiction & Co-morbid Conditions: Enhancing Prevention & Therapeutics (ACCEPT) videoconference series and the Wisconsin



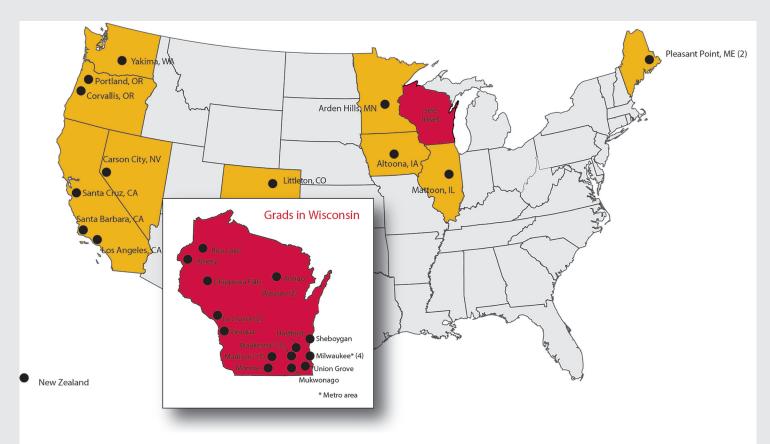
Madison faculty member Alison Miller, DO, finds greater meaning helping patients overcome addiction.

Society of Addiction Medicine-hosted monthly drop-in telephone town hall series, which is open to all clinicians.

Dr. Miller acknowledges that she now works harder than ever seeing all of her patients, finishing notes and reviewing files. But focusing on this population has renewed her energy and strengthened relationship with her patients.

Treating patients with addiction has increased my job fulfillment and made me a better doctor and person. It has guided me out of feeling overwhelmed with work to feeling invigorated about a new pathway to helping others. —Madison faculty Alison Miller, DO

Meet the 2019 Graduates



DFMCH residents who graduated in 2019 are in 15 Wisconsin metro areas, nine additional states and one country over 8,000 miles away. Is one near you?

DFMCH-Sponsored Residency Programs

BARABOO RTT



Stacy Loerch, MDUndecided



Kayce Spear, MD South Tabor Family Physicians (Portland, OR)

EAU CLAIRE RESIDENCY PROGRAM



Matthew Gordon, MD Carson Tahoe Health (Carson City, NV)



Crystal Lalonde, MD, MSc Aspirus Family Medicine (Antigo, WI)



Steven Long, DO Amery Regional Medical Center (Amery, WI)



Caitlin Suilmann, MD Eau Claire Medical Clinic (Eau Claire, WI)

MADISON RESIDENCY PROGRAM



Lindsey Engel, MD SSM Health Dean Sun Prairie Clinic (Sun Prairie, WI)



Paula Goldman, MDPleasant Point Health Care
(Pleasant Point, ME)



Kellia Hansmann, MD UW DFMCH Primary Care Fellowship (Madison, WI)



Petra Kelsey, MD Locum Tenens (New Zealand)



Sheila Kredit, MD Community Health of Central Washington (Yakima, WA)



Kathryn Ledford, DO Group Health Cooperative, Capitol Clinic (Madison, WI)



Angela Marchant, DO Access Community Health Centers, William T. Evjue Clinic (Madison, WI)



Emily Metzger, MD Carle Mattoon on Hurst (Mattoon, IL)



Alexander Milsap, MD UW Health Deforest-Windsor Clinic (Windsor, WI)



Caitlin Regner, MD
Access Community
Health Centers, Joyce and
Marshall Erdman Clinic
(Madison, WI)



Kartik Sidhar, MD Pleasant Point Health Care (Pleasant Point, ME)



Ashley Taliaferro, DO The Iowa Clinic (Altoona, IA)



Benjamin Traun, MDUW Health Deforest-Windsor Clinic
(Windsor, WI)



Xia Vang, MD Ascension Medical Group, Marsho Clinic (Sheboygan, WI)

WAUSAU RESIDENCY PROGRAM



Caitlin Harris Hwang, MD Sansum Clinic Health Care (Santa Barbara, CA)



Dillon Myers, MDSanta Cruz Community
Health Centers
(Santa Cruz, CA)



Amanda Schoenfuss, DO Aspirus Family Health Specialists (Wausau, WI)



Elizabeth Schuebel, MD Aspirus Wausau Family Medicine (Wausau, WI)



Casey Totten, DO Monroe Clinic Hospital (Monroe, WI)



Tswjfwm Vang, DO HealthPartners (Arden Hills, MN)

Academic Partner Residency Programs

MILWAUKEE RESIDENCY PROGRAM



Matthew Gill, DO AltaMed Medical Group (Los Angeles, CA)



Alonzo Jalan, MD Aurora Family Care Center (Milwaukee, WI)



Kayla Parsons, DO Aurora 6 Points Clinic (West Allis, WI)



Rinal Patel, MD Aurora Urgent Care (Milwaukee, WI)



Christina Quale, MD Stoughton SSM Health Dean Medical Group Clinic (Stoughton, WI)



Mary St. Clair, DO Pinon Family Practice (Littleton, CO)



Abdulrehman Siddiqui, MD Aurora Urgent Care (Milwaukee, WI)



Joseph Vogelgesang, DO Osteopathic Neuromusculoskeletal Fellowship (Corvallis, OR)

LA CROSSE RESIDENCY PROGRAM



Wesley Fox, MD Gundersen Health System (La Crosse, WI)



Katya Alcaraz Voelker, MD Marshfield Clinic (Rice Lake, WI)

WAUKESHA RESIDENCY PROGRAM



Heather Koch, MD MPH Fellowship, Pro-Health Care Inc. (Waukesha, WI)



Michelle Morgan, MD ProHealth Care, Inc. (Waukesha, WI)



Tyler Narloch, MDProHealth Care, Inc. (Mukwonago, WI)



Victoria Bodendorfer, MD Gundersen Health System (La Crosse, WI)



Beth White, MD Gundersen Health System (Viroqua, WI)



Laurie Portratz, MD Ascension (Union Grove, WI)



G. Carter Ward, DO Aurora HealthCare (Hartford, WI)



Jennifer Zeman, MD ProHealth Care, Inc. (Waukesha, WI)

Fellowships



Matthew Brown, MD (PCSM) Group Health Cooperative East Clinic (Madison, WI)



Sean Duffy, MD, MPH (PCR) Wingra Family Medical Center (Madison, WI)



Anna Chase, MD
(A)
Coeur d'Alene Family
Medicine
(Coeur d'Alene, ID)



Susan Flowers Benton, PHD (PCR) Southern University (Baton Rouge, LA)



Milap Dubal, MD, MPH
(A)
UW Health Union
Corners Clinic
(Madison, WI)



Ellen Goldstein, PhD (PCR) UW Department of Family Medicine and Community Health (Madison, WI)



Jared Dubey, DO
(IH)
UW Health Northeast Family
Medical Center
(Madison, WI)



Parker Hoerz, MD (IH) Undecided



Elise Wessol, DO (AM) Carle Addiction and Recovery Center (Urbana, IL)

DFMCH FELLOWSHIP PROGRAMS

A = Academic AM = Addiction medicine IH = Integrative health
PCR = Primary care research PCSM = Primary care sports medicine

Congratulations to the Class of 2019 Graduation Award Winners!

DFMCH-SPONSORED PROGRAMS

Baraboo RTT

 Chief Resident Leadership Awards: Stacy Loerch, MD, and Kayce Spear, MD

Eau Claire Residency Program

- Chief Resident Certificates: Steven Long, DO, and Caitlin Suilmann, MD
- Teaching Award: Caitlin Suilmann, MD

Madison Residency Program

 Chief Resident Leadership Awards: Emily Metzger, MD; Alex Milsap, MD; Caitlin Regner, MD; Xia Vang, MD • Resident Teacher Award: Caitlin Regner, MD

Wausau Residency Program

- Dr. Russell Clayton Esprit de Corps
 Award: Amanda Schoenfuss, DO;
 Caitlin Harris Hwang, DO
- Outstanding Teaching Award:
 Amanda Schoenfuss, DO; Caitlin Harris Hwang, DO

ACADEMIC PARTNER PROGRAMS

Milwaukee Residency Program

- Heip Trieu Memorial Award for Patient Dedication: Joseph Vogelgesang, DO
- Golden Find Award: Alonzo Jalan,

- MD, and Abdulrehman Siddiqui, MD
- Len and Jeannine Perushek Award: Abdulrehman Siddiqui, MD
- Service to the Residency Award: Matthew Gill, DO
- Chief Residents Award: Abdulrehman Siddiqui, MD, and Joseph Vogelgesang, DO
- STFM Certificate: Alonzo Jalan, DO

Waukesha Residency Program

- Chief Resident Awards: Heather Koch, MD, and Jennifer Zeman, MD
- STFM Teaching Awards: Jennifer Zeman, MD

Committed to Community Health

Madison alumnus Dr. Jonathan Temte takes new role at UWSMPH

onathan Temte, MD, PhD, MS (SMPH '87, Madison '93), continues advancement of the UW School of Medicine and Public Health's pioneering vision in new role as dean for public health and community engagement.

"This is a crucial time to build a better bridge between the historically separated visions of public health and individual health," Temte said, adding that he sees significant needs and opportunity for today's medical students to gain hands-on knowledge of public health practice. "In creating these opportunities, we are uniquely situated to create a new generation of physicians that is highly in tune with the needs of our community."



Dr. Temte received the Leadership Physician Excellence Award from Dean of the School of Medicine and Public Health, Robert Golden, MD, in 2018.

CREATING CONNECTIONS

Dr. Temte has dedicated his career to creating connections between primary care medicine and public health practice. A professor at DFMCH and a family medicine physician at Access Community Health Centers, Dr. Temte has served as a clinician, teacher, and researcher for over 25 years. With PhD training in zoology, evolutionary physiology and marine mammal biology, Dr. Temte brings a unique perspective to public health. His extensive body of research includes investigation of the relationships between communities, primary care and respiratory viruses.

NATIONAL EXPERT

An expert in vaccines and immunization policy, Dr. Temte has served on the US Advisory Committee on Immunization Practices (ACIP), also acting as chair of its Evidence-Based Recommendations Work Group. Dr. Temte was the first family physician to chair ACIP from 2015-2019.

Dr. Temte is currently chair of the Wisconsin Council on Immunization Practices and serves as Medical Director for Public Health Madison and Dane County. On the National level, Dr. Temte is currently serving an appointment to the Center's for Disease Control and Prevention Board of Scientific Counselors.

A COMMUNITY FOCUS

In addition to helping craft national vaccine recommendations, Dr. Temte has also led extensive



Madison alumnus Jonathan Temte, MD, PhD, MS, has new role as UWSMPH dean for public health and community engagement.

public health research and policy at the community level in Wisconsin. Dr. Temte and his team have earned multiple CDC grants for an ongoing study tracking absenteeism in the Oregon, Wisconsin, school district as a warning system for influenza outbreaks in the broader community.

In addition to leading efforts to integrate public health into all of the school's portfolios, Dr. Temte will oversee the Office of Rural Health and the Area Health Education Center, as well as the Center for Urban Population Health, which is a partnership with the University of Wisconsin-Milwaukee, Aurora Health Care, and the University of Wisconsin-Madison

Rural Medicine (continued)



Amish and Old Order Mennonite families do not own motor vehicles or use telephones or electricity in the home. PHOTO BY DAVID TENENBAUM

DeLine said. "He has had no further arthritis, and his exercise tolerance has improved." Eventually, with genetic testing at UW–Madison, the mutation was diagnosed in six of the 11 children.

In the tradition of family doctoring, Dr. DeLine has become an expert in the culture, family relationships, and medical needs of the Amish and Old Order Mennonites (sometimes called the "Plain" people). Although their acceptance of technology is highly constricted by culture and religion, the Plain benefit from Dr. DeLine's hybrid of 19th century rural doctoring with 21st century genetic medicine.

The genetic work has relied on clinicians from the School of Medicine and Public Health, and on testing at the State Laboratory of Hygiene. The State Lab has already developed fast, low-cost diagnostic tests for more than 30 conditions afflicting Plain populations in Wisconsin.

Funding for these tests and related activities came from grants totaling \$800,000 from the Wisconsin Partnership Program in the School of

Medicine and Public Health.

"This team's innovative and successful community-engaged research has resulted in increased newborn screenings and affordable genetic testing that have the potential to spare our state's Plain families from fatal medical conditions and costly hospitalizations," said Richard Moss, PhD, senior associate dean for basic research, biotechnology and graduate studies at UW-Madison.

Genetic diseases among the Plain arise from "founder mutations" that were present in the few Amish and Old Order Mennonites who immigrated to America in the 19th century. A second "genetic bottleneck" occurred among smaller groups that moved to Wisconsin, starting about a century ago.

Most of the genetic diseases he sees can be treated if not cured, Dr. DeLine said.

MIXING OLD AND NEW

Dr. DeLine's long and deep experience with many Amish families, and his anthropological knowledge of family relationships are part of his doctor's toolkit. So are home visits.

"He talks about how helpful it is to see a child in the home environment, surrounded by siblings, grand-parents, parents," said Christine Seroogy, a professor of pediatrics. Seroogy is one of several UW–Madison colleagues who provide outreach clinical services with the Center for Special Children. "It's been quite an experience, an honor, to take part in those home visits."

When Dr. Seroogy began working with Dr. DeLine in 2007, one focus was severe combined immune deficiency (SCID, or "bubble boy") disease. Though fatal, SCID can be detected with newborn screening and in some cases treated with bone marrow transplant. Over the years, she has worked closely with Dr. DeLine, newborn screening experts at the State Laboratory of Hygiene, and Plain families to improve SCID diagnosis and treatment.

In many cases, a true diagnosis can keep patients out of hospitals and away from physicians who tend to order an endless series of costly tests that cause more trouble than healing. "When we must deliver news about a child with a lethal disorder," Dr. DeLine said, "if the family knows what's going on, sad though it is, it's a gift to the family to take the child home and care for them surrounded by their community and their family. It's hard to treat something you don't recognize, understand," Dr. DeLine added. "Each time a new condition is identified, the search for a cure can begin."

Adapted from an article by David Tenenbaum that appeared online in UW-Madison News. Full story at: https://go.wisc.edu/5q33jr

Catching Up: Send Us Your Updates

n each issue of *In Our Family*, we feature DFMCH alumni with updates about their careers and reflections on mentors and colleagues.

In our spring issue, we'll celebrate the 50th anniversary of DFMCH, and we want you to be a part of it. Send us your updates, stories and fond memories from your time at DFMCH!



ARE YOU A DFMCH ALUM? SEND US YOUR STORIES AND PHOTOS!







Clockwise from top: First year Wausau residents in 2015; residents enjoying a picnic in 1973; DFMCH fellows circa 1985; family medicine residents on Match Day 2013.

STAY IN TOUCH!

Got news or updates? Share them at: fammed.wisc.edu/alumni/alumni-form

REMEMBERING OUR VISIONARIES



Many physicians, teachers, researchers and leaders built the UW Department of Family Medicine and Community Health into the great department it is today. By donating to the Visionaries Fund, you can honor those who shaped our department.

Learn more at: go.wisc.edu/492vkf

Faculty Transitions

WELCOME 10 NEW FACULTY

Between July 1, 2018 and June 30, 2019, the DFMCH welcomed 10 new faculty, four of whom are alumni of our residency programs:

- Allison Couture, DO Verona Clinic
- Titus Dutcher, MD DFMCH Float Pool
- Erin Hammer, MD, MPH Verona Clinic
- Michele Malloy, MD
 Odana Atrium Clinic
- Katherine McCreary, MD Fitchburg Clinic
- Lauren Mixtacki, MD
 Sun Prairie Clinic
- Christopher Nicholas, PhD Addiction Medicine Faculty
- Eve Paretsky, MD
 Deforest- Windsor Clinic
- Jennifer Shafer, MD Mt. Horeb Clinic
- Robert Terbrack, DO Yahara Clinic

PROMOTIONS

The following faculty received promotions between July 1, 2018 and June 30, 2019. All three are alumni of either UWSMPH or the DFMCH residency or fellowship programs.



James Bigham, MD, MPH, was promoted to clinical associate professor. Dr. Bigham practices at the Yahara Atrium Clinic. He earned his medical degree and master's in public health from the University of Wisconsin School of Medicine and Public Health and completed his family medicine residency at the DFMCH's Madison residency program.



Ann Evensen, MD, was promoted to professor on the clinical health sciences track. Dr. Evensen practices at the UW Health Verona Clinic. She earned her medical degree from the University of Wisconsin School of Medicine and Public Health and completed her family medicine residency at a University of Washington-affiliated program in Renton, Washington. She is the DFMCH's director of global health; her professional interests are low-risk obstetrics; women's health; office-based procedures; and the intersection of primary and emergency care, including emergency obstetrics.



Russell Lemmon, DO, was promoted to associate professor on the clinical health sciences track. Dr. Lemmon practices at the UW Health Northeast Family Medical Center. He earned his medical degree from the Chicago College of Osteopathic Medicine; completed his family medicine residency at the MacNeal Hospital Family Medicine residency program in Berwyn, Illinois; and completed a fellowship in academic integrative health at the DFMCH. He served as a family physician in the US Air Force, and was deployed with the special forces in Iraq. His professional interests include integrative medicine, medical acupuncture, osteopathic manipulation, and integrative approaches to pain.



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SAVE THE DATE: July 24–26, 2020 THE DFMCH'S 50TH ANNIVERSARY CELEBRATION

Join friends and colleagues in Madison for a weekend of education, memories and fun!

Details to come at fammed.wisc.edu/50years or follow us on social media:





