

Colorado D.O.

Published by the Colorado Society of Osteopathic Medicine

February 2010

Board of Trustees

Officers

President:

Michael Mohr, DO

President-Elect:

Daniel Clang, DO

Vice President:

William Mandell, DO, JD

Deputy Secretary/Treasurer:

Terry Boucher, MPH

Immediate Past President:

Jeffrey Bacon, DO

Past President:

Robin Smith, DO

Trustees

Jonathan Bloch, DO

Eric Gish, DO

Kelli Glaser, DO

Robert Fillion, DO

Ian Levenson, DO, FACOFP, COEC Chair

Matthew Harrison, DO, Colorado ACOFP State Society President

Thomas Mohr, DO, FACOI, Interim Dean RVU

Guest Trustees

Joel Cooperman, DO, AOA Trustee

Timothy Judd, DO, DOF

John Kurish, DO, CSOF

Intern/Resident Representatives

Meghan Mont, DO

RVU Student Representative

Tyler Anstett, OMSII

Terry Boucher, MPH, Executive Director

Phone: 303-322-1752

800-527-4578

Fax: 303-322-1956

Website: www.ColoradoDO.org

WHAT'S INSIDE

President's Report	Page 1
Executive Director Report	Page 1
Community News	Page 3
COEC News	Page 8
News Notes	Page 10
Practice Opportunities	Page 11
Midwinter CME Information	Page 12

PRESIDENT'S MESSAGE

Michael Mohr, DO



I would like to wish you all a Happy New Year from the Colorado Society of Osteopathic Medicine. I hope this is a healthy and prosperous year for everyone in our Osteopathic family. The

Society has been very busy preparing for the CME conference in Keystone at the end of February. This conference will be focusing on "Promoting the Healthy Patient". The agenda has an excellent compilation of lectures concerning preventative medicine and I look forward to seeing you in Keystone.

The CSOM Board of Trustees will also be meeting during the conference. We continue to focus on putting together high quality continuing medical education for our future conferences. There will also be reports on the current legislative session in Colorado and in Washington. We still need your help and support by contacting your representatives concerning issues related to healthcare bills. The AOA continues to send out their GOAL advocacy alerts, please watch for these and respond when you are able.

I want to thank all the physicians that participated in the survey concerning the Systems of Care/ Patient Centered Medical Home Initiative. I attended the summit in October 2009 and the survey responses helped to make that summit a great success. Several priorities were identified, and we are continuing the work that was started with a follow-up summit at the end of February.

The AOA hosted representatives of state societies in Phoenix, Arizona for the 2009 Advocacy of Healthy Partnerships.

(Continued on page 2)

EXECUTIVE DIRECTOR'S REPORT

Terry Boucher, MPH



While the fate of the federal health care reform is unclear, the national discourse has crystallized one thing for the general public and policy makers: health care costs must be better controlled and providing more coordinated patient care is an imperative. How the medical community responds to this call to action may profoundly affect how care is delivered in Colorado and the nation in the future.

Last fall, Colorado physicians were surveyed to understand and develop strategies to address these issues as part of the Systems of Care/Patient-Centered Medical Home Initiative. This two-year grant program, funded by the Colorado Health Foundation, seeks to improve systems of care by supporting physicians in becoming medical homes and building integrating medical neighborhoods. The initiative is a collaboration between the Colorado Society of Osteopathic Medicine, Colorado Medical Society, Colorado Academy of Family Physicians, Colorado Chapter of American Academy of Pediatricians, Colorado Chapter of the American College of Physicians and Colorado Clinical Guidelines Collaborative. A multi-disciplinary steering committee, comprised of primary and specialty care leaders from over 10 specialty societies, directs the work of the initiative to meet physicians where they are at and provide resources to meet the demands of this changing world of health care.

Medical Home Community Landscape

A statewide survey of 10,725 practicing physicians in Colorado was conducted last year to assess perceptions and barriers to becoming or working with medical homes. Almost 750 physicians completed the survey; 57% were primary care and were 43% specialty care.

(Continued on page 2)

President's Message
Continued From Page 1

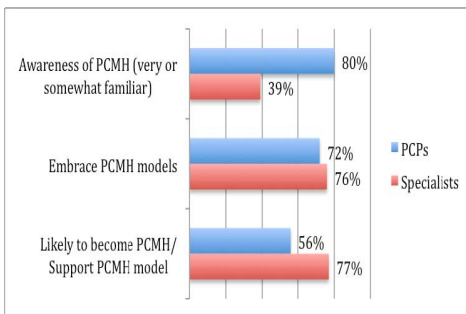
This was an excellent program that covered topics about current legislative issues, membership, social networking, and reimbursement. The highlight of the conference was participating in a Mock Senate Hearing. It was a very informative session and interesting to see "Senator" John Crosby's work behind the scenes to defeat our "mock" bill.

On January 29, 2010, the Colorado Chapter of ACOFP and CAFP hosted the 2nd Annual Medical Student Reception. This was an opportunity for community physicians to speak about their experiences being a family physician and why they chose that career. It was amazing to hear all of the different stories about how varied a family physician can be and the students were very appreciative of the opportunity to speak with these physicians.

In closing, I would like to say that I am very excited to see that the Colorado Society of Osteopathic Medicine is thriving and has become a strong force in supporting osteopathic medicine in our great state. I want to thank all of the board members for their hard work and dedication; it has been a great pleasure working with this group.

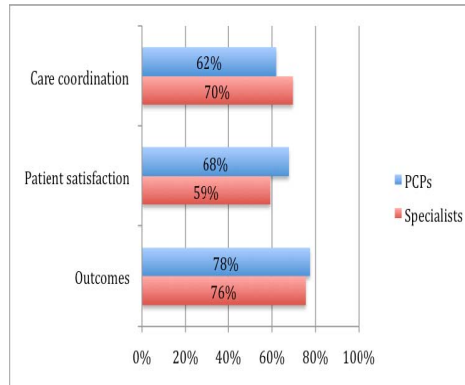
Executive Director's Report
Continued from Page 1

Results indicate a broader interest and readiness in medical home models than originally anticipated with 72% of primary care physicians (PCPs) and 76% of specialists embracing care delivery models that promote coordinated, patient-centered care (figure 1).



Polling results confirm that both PCPs and specialists are motivated to finding better ways to care for patients and experience similar barriers and pain points to practicing medicine in CO.

Figure 2 shows that the most compelling reasons to become or link to a medical home is driven by interest in improving health outcomes, patient satisfaction and care coordination. The poll suggests that many physicians are worried about the viability of their practices in the future, with only 42% and 49% respectively of primary care and specialist physicians rating their current financial security as excellent or very good.



Many primary care physicians are already promoting several medical home concepts by focusing on engaging patients in their own care, coordinating care at key transition points and working with registries of clinical data. An important finding is that Colorado specialists, unlike their counterparts in other states, generally do not perceive the medical home as a direct threat to referrals or related practice economics—this crucial distinction, if confirmed, puts Colorado ahead of the national curve in building medical homes and medical neighborhoods.

Systems of Care Construction

Very real and practical challenges exist to building medical home communities. Health information technology (HIT) is the backbone to an effective medical home and the poll shows that there is still a long way to go to achieving widespread HIT use. According to poll results, currently only 25% of PCPs and 17% of specialists have fully integrated electronic health record (EHR) systems. Both PCPs and specialists expressed concern about the funding and staffing commitments required to make the practice transformations necessary to become a medical home and work in coordinated systems. Low levels of satisfaction with communication and care coordination with fellow physicians of-

fers both a barrier and an opportunity to building integrated systems. As one physician survey respondent noted, "it's not about software, it's about complicated relationships."

Physician leaders from around the state took this survey data, along with information from three focus groups, and gathered at a two-day physician summit in late October to develop an action plan and communication strategy to drive the creation of medical homes and medical neighborhoods. The following directives for the initiative were developed:

- Simplify the message and create a coordinated approach;
- Provide education and resources to physician practices to support actionable steps around medical homes/neighborhoods;
- Focus on improving physician culture and communication; and
- Support policy changes that advance medical home and medical neighborhood models like payment reform and health information exchange/HIT.

What does this mean for CSOM members?

The SOC/PCMH initiative is using the results of the polling data to identify barriers and opportunities and to craft evidence-based resources to help physicians make informed choices about their participation with medical homes and other systems of care. While the survey research suggests a broad conceptual understanding of PCMH, focus groups and discussion at the practice level also indicate that most physicians don't understand the mechanics and practical aspects of becoming or linking to a PCMH. There is very likely an underlying skepticism about the short-term economic viability of becoming a medical home.

Building medical homes: At an individual practice level, the grant provides the opportunity to connect interested practices with resource advisors to help them start the medical home journey. Resource advisors from CSOM, CAFP, and CMS have combed through available services, programs and literature to offer physicians a practical toolkit to help make evidence-based decisions about medical homes.

(Continued on page 3)

CSOM COMMUNITY ACTIVITY

MEMBERSHIP COMMITTEE

Chair, Jonathan Bloch, DO

Members: Daniel Clang, DO; William Mandell, DO; Joseph Kupets, DO; Douglas Hill, DO; Melody Paulishak, DO; Kenton Asche, OMSI

In August of 2009, CSOM held its Annual Business Meeting at the Summer CME in Breckenridge. We would like to thank the members who attended and participated. There were many changes to the CSOM By Laws. Most important to the membership was the change of the dues cycle from May 1-April 30 to January 1-December 31. The change was made so the CSOM membership year matched the fiscal year.

In November a letter was sent attached to the first official billing of 2010. The letter explained that CSOM had changed the dues cycle and for one time only was billing twice in the same year. All members who paid the 2009/2010 dues year were offered a prorated rate based on their normal

dues rate. This payment would cover the rest of 2010, May 1-December 31. If you have any questions about these bills, or the new dues cycle, please contact Rachel Rayman at (303) 322-1752 or rachel@coloradoDO.org.

CSOM would like to congratulate its newest members! Welcome to the Society and the future of Osteopathic medicine in Colorado!

- Fred Margolin, DO** – Pediatrics, Denver
- B. Douglas Harris, DO** – Urology, Cheyenne, WY
- Richard Campbell, DO** – Family Practice, Greeley
- Daniel Kitei, DO** – Neurology, Englewood
- Rachel Allen, OMSI (Honorary Member)** – Chicago, IL
- Brad Kamstra, DO** – Family Practice, Parker
- Bruce Dubin, DO** – Allergy and Immunology, Parker
- Michael Noonan, DO** – Family Practice, Denver

Interested in Becoming a Member? Please visit www.ColoradoDO.org, email rachel@coloradoDO.org, or call (303) 322-1752



PUBLIC AWARENESS COMMITTEE

Chair: Kelli Glaser, DO

Members: Matt Harrison, DO; Louis Kasunic, DO; Juhi Asad, DO; Brian Koper, DO; Melody Paulishak, DO; Brit-tany Ganser, OMSI

A few updates for the PR committee this month. Many of the projects that are currently going on are being organized by RVU students. They are real work-horses and I hope that this will help energize the members of CSOM to get involved with some of the following activities.

(Continued on Page 4)

Executive Director's Report Continued from Page 2

Physician education programs will provide an overview of how to translate medical home principles into every day practice through webinars, presentations, and mentoring programs. Physicians will also have opportunities to learn from their peers by seeing certified medical homes in action at various "Parade of Homes."

Building medical neighborhoods: Primary care medical homes cannot survive without medical neighborhoods of specialists. Promoting that system integration between primary care and specialty care is a critical objective for the initiative.

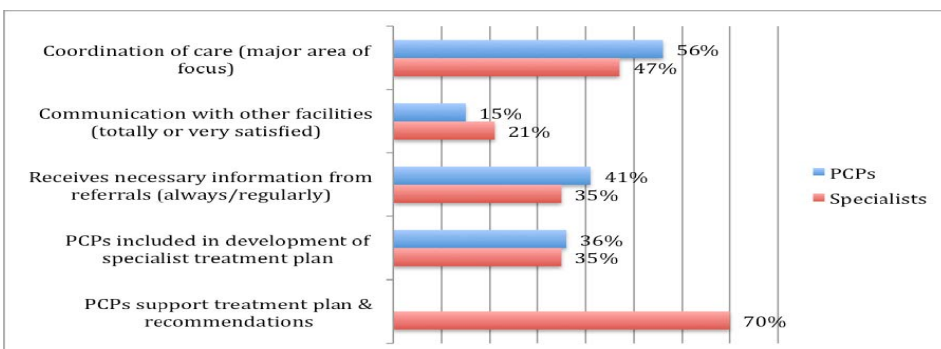
Figure three demonstrates that PCPs and specialists do not receive adequate information from one another during the patient referral process. Primary care physicians report that they receive information back from specialist on a patient referral only 51% of the time, while specialists report that they receive the necessary information on only 35% of referrals. The survey also highlights very low levels of satisfaction with communication with other facilities (15% and 21% respectively) as well. A key take-away from the summit and the poll is that practice constraints and loss of personal relationships adversely impact patient care by impeding effective "hand-offs" and clinical communication. However, 78% of specialists are

very or somewhat willing to meet with primary care physicians interested in becoming medical homes in their area to ensure better communication and care coordination. The SOC/PCMH initiative is looking beyond strictly technical solutions by working to engage specialty societies and large systems to develop broad standards of communication to support the referral process and develop physician compacts to facilitate patient co-management.

As one physician at the summit commented, "What has been lost across the board for physicians is the joy of medicine. It is that culture that is absolutely ripe for engagement." There is an important opportunity to engage specialists in developing collaborative models with PCPs that improve patient care by leveraging the shared benefits of becoming or working with a medical home.

If you are interested in learning more about the Systems of Care/Patient Centered Medical Home initiative or would like a resource advisor to visit your office, please contact Terry Boucher, CSOM Executive Director, at Terry@coloradoDO.org or at 720-874-2454.

(Continued on Page 4)



CSOM COMMUNITY ACTIVITY

(Continued from Page 4)

A couple of RVU students have begun research for an article about Osteopathic History in Colorado. When it is finished we are hoping that it will be published in one of the local newspapers.

If you have information to contribute or are interested in being a part of the research or editing process for this article please contact me or Rachel Rayman and we can put you in touch with the students who have begun this important work.

Several members of CSOM including myself, Dr. Joe Stasio, and Dr. Thomas Told will be assisting RVU students who are members of SOMA (Student Osteopathic Medical Association) and the Denver Osteopathic Foundation with putting on sports physicals for disadvantaged students in central Denver this February. If this is something you would be interested in getting involved with in the future please contact me or the Denver Osteopathic Foundation.

RVU will be hosting another 9-Health fair again this year. It is being organized and run by student members of SOMA. We are looking for physicians who would be willing to offer their time to speak with patients who have medical questions, and this would be a great opportunity to educate patients about the Osteopathic profession. Contact me if you are interested in being a part of this.

Lastly, in the spring RVU student members of SOMA will be hosting a fun-run fundraiser in the city of Parker (date to be determined). Proceeds will go to the SOMA club to help send students to DO day on the hill. CSOM is considering having an informational booth to educate the public about Osteopathic Medicine. If you would be interested in sitting at the booth let me know. Alternatively, you may want to be a race participant. More information will follow.

Kelli Glaser

CSOM PR Committee Chair

Email: kglaser@rockyvistauniversity.org

Phone: 720-875-2834

MEET THE CSOM TRUSTEES



Robert Fillion, DO - Trustee-At-Large

Doctor Fillion is originally from Royal Oak, Michigan and came to Colorado in 1978 following an internship in Family Medicine. He is a board certified family physician practicing with fellow CSOM members Jeff Bacon, DO and Adam Mackintosh, DO in Sterling, CO.

Doctor Fillion attended A.T. Still University Kirksville College of Osteopathic Medicine (ATSU/KCOM) where he made the Dean's List and graduated in 1976. His internship was at Memorial Hospital in York, Pennsylvania. He had more post graduate training in the Air Force, where he reached the rank of Captain.

He has been a member of CSOM since 1985.



John Kurish, DO - CSOF Representative

Doctor Kurish currently practices family medicine in Colorado Springs, CO, and is the President-Elect of the Colorado Springs Osteopathic Foundation.

He is a 1974 graduate of ATSU/KCOM, and completed a family medicine (general practice) internship at Saginaw Hospital in Saginaw, Michigan in 1975.

He set up shop in Colorado Springs in 1975 and has been a member of CSOM since then. He is a board certified family physician.

OSTEOPATHIC PLEDGE OF COMMITMENT

As members of the osteopathic medical profession, in an effort to instill loyalty and strengthen the profession, we recall the tenets on which this profession is founded – the dynamic interaction of mind, body and spirit; the body's ability to heal itself; the primary role of the musculoskeletal system; and preventive medicine as the key to maintain health. We recognize the work our predecessors have accomplished in building the profession, and we commit ourselves to continuing that work.

I pledge to:

- ⇒ **Provide compassionate, quality care to my patients;**
- ⇒ **Partner with them to promote health;**
- ⇒ **Display integrity and professionalism throughout my career;**
- ⇒ **Advance the philosophy, practice and science of osteopathic medicine; Continue life-long learning; Support my profession with loyalty in action, word and deed; and live each day as an example of what an osteopathic physician should be.**

OSTEOPATHIC COMMUNITY NEWS

AOA

January 8-10, 2010 marked the 16th Annual National CME Sponsors Conference. It was held in Newport Beach, CA. Rachel Rayman, Membership & Events Coordinator was in attendance.

The conference schedule was packed with workshops and lectures revolving around the many changes happening in Continuing Medical Education. **For example: Extra credit will no longer be given for visiting exhibits at any CME conference.** Topics discussed included: Core Competency emersion into CME, encouraged formats of material delivery (interactive panels, case studies, workshops), and the importance of the development of a formal needs assessment in developing curriculum for CME programs.

For the CSOM members who have been involved as faculty in previous CME meetings, the process of education development has changed. If any member or prior/current speaker or moderator has any questions about the new guidelines, please call Rachel Rayman at the CSOM office.



ACOFP

Matthew Harrison, DO
CO ACOFP President
Greetings Fellow Family Physicians:

Happy New Year! I hope each of you had some relaxing down time over the recent holidays to refresh yourselves. Looking forward, the practice of medicine is facing some big challenges in the coming months. My guess from past experience is none of these will be fun for any one of us.

On the immediate horizon are the Medicare pay-cuts (Again!). If you haven't had a chance to let your voices be heard, contact your legislator and let them know the direct impact this will have on your practice, but more importantly your patients. If this is not addressed, we face a 21% cut in pay. I can't think of any other profession who continues to negotiate for modest pay increases while being threatened as we have been for years of drastic cuts.

We must let Washington know that change for the better is necessary for proper patient care moving forward. With the ever-aging population, this will only continue to get worse if not addressed and ended as soon as possible.

The other change that is looming bigger every day is the Health Care bill in Washington. As I write this no one truly knows what the outcome of the bill will be and how it will affect physicians and again our patients. Keep you eyes and ears on the eastern horizon to see how the political cat and mouse game unfolds in Washington.

I am preparing for both the CSOM Keystone Conference in February and the ACOFP National Convention in Las Vegas in March. I am looking forward to both. I hope many of you can find some time in your schedules to come to one or both for the CME as well as fellowship. I believe both will be educational yet lots of fun. Look me up if you are in attendance and introduce yourself. I haven't met many of you and I like to put a face and name together. Not to mention, it's always nice to hear what is affecting each of you in your practice and how we can help.

Have a great 2010!

BACK TO CAMPUS - ROCKY VISTA UNIVERSITY COM

The Rocky Vista University College of Osteopathic Medicine ACOFP Student Chapter invited all of the Colorado loan repayment programs for those in primary care to present an informational and Q & A panel on their loan repayment programs. The panel was recorded and posted on the school's media site for students to watch later. The event encouraged students to pursue family medicine in Colorado as there are loan repayment opportunities in both rural and urban areas. Rebecca Lewis, OMSII is the president of the RVU-COM ACOFP Student Chapter and National Student Board Parliamentarian.



CSOF – COLORADO SPRINGS OSTEOPATHIC FOUNDATION

John Kurish, DO - CSOF President-Elect

What's new with the Colorado Springs Osteopathic Foundation? In the fall of 2009 the Foundation implemented its Community Grants Program. For its first grant cycle, the Foundation awarded \$46,000 in grants to seven health-related nonprofit organizations. Grant recipients were Court Appointed Special Advocates (CASA), City of Colorado Springs Fire Department, El Paso County Medical Society Foundation, Mission Medical Clinic, Pikes Peak Hospice & Palliative Care, SET Family Medical Clinic, and the University of Colorado Foundation CU Aging Center. Health-related 501(c)(3) 509a1 and 509a2 nonprofit organizations in El Paso and Teller Counties are eligible to apply. February 12th is the deadline for receipt of proposals for the second grant cycle. Additional information about the Foundation's grant program and the Colorado Common Grant Application may be found on the Foundation's website: www.csof.org.

The Foundation's Osteopathic Medical Student Scholarship Program for students entering their third year of medical school at an accredited College of Osteopathic Medicine is being launched now. Two \$10,000 tuition scholarships will be awarded. These scholarships are renewed automatically for \$10,000 each for the fourth year as long as the students are in good standing with their College of Osteopathic Medicine. Students must be residents of Colorado. The application deadline for the first scholarships to be awarded is March 1st. Additional information about our scholarship program may be found on our website: www.csof.org.

OSTEOPATHIC COMMUNITY NEWS (CONTINUED)

DOF – DENVER

OSTEOPATHIC FOUNDATION

Unintentional injury is the leading cause of death and injury among children ages 1-14. The leading causes are motor vehicle crashes, drowning, suffocation, fires/burns and pedestrian related incidents. The Denver Osteopathic Foundation addresses 3 of the leading causes in its community service programs.

- DOF programs reached 3,000 students and their parents between October 2009 and January 2010.
- DOF Teen mother program provides education and car seats to young mothers in need.
- DOF works with schools in Denver, Douglas, Arapahoe and Jefferson Counties.

DOF supports its programs through grant funding and foundation match.

The Denver Osteopathic Foundation member physicians are collaborating with Rocky Vista University medical students and faculty to conduct comprehensive sports physicals for middle school students in need.

- 96 sports physicals were completed in the fall 2009.
- 150 sports physicals will be completed in February 2010.



ROCKY VISTA UNIVERSITY-COM

*Bruce Dubin, DO, JD
Dean*

As the new dean for RVUCOM, I want to extend a personal thank you to all the CSOM members and the warm reception they have extended my way. A lot is happening here at RVUCOM, and we're all pretty excited about it. At our recent board meeting, three new student tracts were approved for our RVUCOM students. A new International Medicine tract is being developed to help osteopathic medical students supplement their traditional osteopathic training with increased didactic exposure and clinical rotations throughout the world. The international tract will build upon the already established RVUCOM curriculum to include increased

training in international public health, infectious disease, health education, and international health policy. Increased rotation opportunities are anticipated in Asia, Africa, Great Britain, Europe, and Central and South America. The development of this track is in response to increased student demand for this sort of training as part of a medical school curriculum.

In addition to the international tract, we are also piloting a Rural Medicine / Wilderness medicine tract here at RVUCOM. Meeting the needs of underserved populations in Colorado and throughout the Mountain West region, this tract, being developed by Tom Told, DO, will establish increased training in the competencies necessary for successful practice in rural and underserved communities. Clinical rotations will occur in both rural and tertiary settings, providing optimal training for the many skills necessary to be a successful wilderness doctor. This curriculum will add an additional 20 hours of classroom contact time in addition to the regular curriculum.

With over 50 medical students receiving military scholarships, RVUCOM has the largest number of military physicians in training, outside of the Uniformed Services University of the Health Sciences medical school (USUHS). Based upon the large interest in the military as a professional path as a physician, RVUCOM is also initiating a "Military Tract" to insure that our student in the United States military receive the best medical education possible. Building upon our current curriculum, this tract will add additional didactic experiences in trauma, disaster life support, infectious diseases and military medicine. Osteopathic physicians have had a long and distinguished history in serving in the United States military. We look forward, as a university, to even further enhance that relationship.

Lastly, I wish to extend an open invitation to my fellow members of the Colorado Society of Osteopathic Medicine. The doors of RVUCOM are open to you. Please come by and visit. I welcome the opportunity to "show off" the excellence in osteopathic medical education being

created here in Colorado.

Faternally yours,
Bruce Dubin, DO, JD, FACOI, FCLM
Dean, RVUCOM



RVU-COM STUDENT REPORT

*Tyler Anstett, OMSII
SGA President*

Student Government Association Updates

Since November, SGA has been very active -

always striving to represent our classmates, provide new opportunities, and foster a positive climate at RVUCOM. SGA and Class Governments have been attending regular Curriculum Feedback Sessions with the Dean, Phase Directors, and Course Directors. These meetings allow students to provide important feedback about ongoing courses. In the interest of improving our performance, SGA is currently working on updating our constitution and by-laws. I am happy to announce Student Services has agreed to a proposal to implement a Safe Zone program at RVUCOM to support members of the LGBT community. SGA has also been active in fundraising for charity: we raised over \$300 for the Prostate Cancer Education Council and donated RVUCOM tee shirts and money to the DOCARE Haiti relief effort. Always active in promoting Student Welfare, SGA hosted a Dia de los Muertos celebration, Finals Coffee Day, and our annual end of semester Talent Show and dinner was a great success. We are currently focusing our welfare efforts on the End of the Year party and Awards Dinner, which is scheduled to occur in late May. Finally, I and other SGA officers attended the Council of Osteopathic Student Government Presidents (COSGP) Meetings in New Orleans and Fort Lauderdale.

Student Outreach

As always, our clubs and students have been very active in reaching out to the community. CMDA and SOMA partnered for the 2nd Annual Sox Place Day where students, faculty and families served food, donated items, and performed health screenings to "street kids" at Sox Place in Denver. The pediatrics club (ACOP) held their 2nd Annual

Toy Drive, collecting and distributing over \$1200 in toys to children at the Children's Hospital in Denver. Students who volunteer for the local outreach organization, There With Care, raised thousands of dollars to help a family in need over the holidays. In February, SOMA and the Denver Osteopathic Foundation will once again be partnering to provide Sports Physicals for students at Morrey Middle School in Denver.

On-Campus Activities and Updates

On January 14th, RVUCOM held a memorial service for Brandon Trusell, OMS-I who lost his life in a traffic accident while driving home for Winter Break. With Brandon's family in attendance, RVUCOM granted Brandon the first Doctor of Osteopathic Medicine Degree and will be planting a tree in his memory this Spring.

Students in the Class of 2012 are anxiously awaiting their 3rd year rotation assignments and the Class of 2013 is settling into their systems courses. In preparation for upcoming board exams, the schedule for the Class of 2012 has incorporated board review sessions and practice tests during the semester. An official Kaplan board review course is scheduled for May. Independent professional test proctors will now preside over all secure sessions – including examinations and post-test reviews. Finally, new construction began in December with the building of new study rooms, storage space, and the President's suite.

Other

Since last October, the RVUCOM has been posted on the front page of the Denver Post...twice! The first story, "Healing Course" which ran on October 11 prominently featured RVUCOM in a discussion of how the two Colorado medical schools are attempting to fill the looming shortage of physicians in the state. The story included a large photograph on the front page showing two RVUCOM first-year medical students working in the OMM lab along with comments from Dr. Thomas Mohr, formerly RVUCOM's In-terim Dean and Dr. Thomas Told, Associate Dean of Clinical Affairs. The second front page Denver

Post article focused on RVUCOM's standardized patient program and ran in the newspaper on November 24. This story featured a front page photograph of a student examining a standardized patient along with interviews with both standardized patients and a student. The purpose of this article was to show readers how medical schools like RVUCOM utilize standardized patients to help train prospective physicians.



ADVOCATES OF CSOM (ACSOM)

Sara Harrison, ACSOM President

On January 22nd ACSOM had their first meeting of 2010. We had a great turnout with some energetic new faces. We look forward to doing great things in the New Year!

Look for us at the Keystone conference. Stop by our booth and learn about membership opportunities, and how to donate to Silent Angel, and Scholarship funds. Remember, we are a non-profit; your donations are tax deductible!

We will once again host a golf tournament in conjunction with the CSOM Breckinridge meeting! Stay tuned for more information on this fantastic event!

Remember, the Advocates need your support to keep going strong! If you'd like more information on how you can become involved with this fantastic organization please email goACSOM@gmail.com or call 720-875-2888.

DENVER REGIONAL OSTEOPATHIC SOCIETY (DROMS)

*Maria Gentile, DO, President
Kelli Glaser, DO, Vice President
Ellice Goldberg, DO, Sec-Treasurer*

Please note: Due to changes in Pharma Guidelines, DROMS meetings will no longer offer CME credit. DROMS dinners are meetings of District 1, accompanied by a lecture. Any meeting sponsored by a non-pharm company is open to members and a guest that does not have to be a healthcare professional. DROMS dues are an extra \$25 on top of the CSOM dues rate.

January 20, 2010 DROMS kicked off its 2010 series. The lecture was held at the Cool River Café in Greenwood Village and was attended by more than 25 health care professionals.



Takeda Pharmaceuticals North America sponsored the lecture given on Gout, its risks, and its causes. Lawrence Zyskowski, MD was the speaker.

The next dinner/lecture will be held Tuesday, March 9, 2010 at Maggiano's in the Denver Pavilions. The speaker is CSOM member Gregory Hogle, DO and he will be talking about Allergic Rhinitis just in time for allergy season! Mark your calendars!

Please remember to join DROMS when paying your yearly dues! If you have suggestions for dinner sponsors or subjects, please contact Rachel Rayman at (303) 322-1752 or rachel@coloradoDO.org.

<p>CSOM EVENTS CALENDAR February 20-21, 2010 - Ligamentous Articular Strain/ Balanced Ligamentous Tension, RVU-COM, Parker, CO: 14 Hours of Category 1-A, www.coloradodo.org/EventsCalendar February 21-25, 2010 - CSOM Midwinter Conference, Keystone Lodge, Keystone: 31 Hours of Category 1-A www.coloradoDO.org February 26, 2010 - CSOM Closed</p>	<p>March 9, 2010 - DROMS Meeting: Allergic Rhinitis, Maggiano's Denver Pavilions, Sponsored by: Alcon Labs March 17-21, 2010 - ACOFP House of Delegates and Annual Convention, Venetian/Palazzo Resort, Las Vegas, NV 35 Hours of Category 1-A, www.acofp.org March 17-21, 2010 - AAO Convocation The Broadmoor Hotel, Colorado Springs 26.5 Hours of Category 1- www.academyofosteopathy.org</p>
---	--

COLORADO OSTEOPATHIC EDUCATION CENTER

Chair: Ian Levenson, DO, FACOFF

Committee Members: Joseph Lovato, DO; Scott Strauss, DO; Mark Twardowski, DO, FACOI; Jeff Bacon, DO; Tom Moore, DO

The 2nd Orientation of the 2009-2010 academic year was held on August 26 & 27, 2009 for the five (5) students arriving in Denver from KCUMB (Kansas City). It was practically a carbon-copy of the earlier Orientation we held in July for Kirksville and Touro students with the exception of Alan Lembitz, MD speaking on Risk Management for COPIC, and the Scrubbing Lab held during the following week, September 2nd.



The Kansas City Students paused for a moment during their Orientation for a picture taken by our veteran staff photographer. Pictured here are: (l-r) Seth Lummus, April Woody, Alex Parmelee, Nina Frank, Emeen Kiureghian.

Again, it was a full two-day schedule that included site trips to four local area hospitals including PSL's Medical Library. Each stop provided a look at what they will be introduced to during the next two years in Colorado. COEC Chair, Ian R. Levenson, DO, FACOFF, welcomed everyone and then gave them a glimpse of the past (the founding of COEC in 1999) and the present (expectations including standards of behavior, dress code, attendance, and appropriate use of "down time").

Marie Kowalsky, past Executive Director of CSOM, welcomed the students to Colorado and explained that CSOM is the State Society of DO's and provides legislative representation at the State Capitol as well CME meetings and information on the profession in Colorado.



Scott Hilton OMSIV, a PCSOM student from the Pikeville College in Kentucky, presented his insight for their upcoming year while giving some

hints and tips for their third year rotations.

EDUCATION DAY

On September 14th, Drs. Levenson and Scott Strauss presented a two hour Orientation to the components of this year's Education Day. These include Oral Case presentations and a Journal Club article. Each third-year student presents two Oral Cases and one Journal Club. The schedule has continued the every other Friday afternoon schedule for this academic year. Our Moderators this year are Ian Levenson, DO, FACOFF, Scott Strauss, DO, Louis Kasunic, DO, FACOFF, Rob Sanders, DO, Ken Greenberg, DO, and Marie Gentile, DO who are part of our teaching faculty evaluating the students' presentations and providing lectures.

A guest lecture is also an integral part of each Education Day provided by many of the students' preceptors.

How to Survive 4th Year

This time of year brings great anticipation, excitement and anxiety for COEC's 3rd year students as they prepare to set up 4th year rotations. Each year, the COEC staff is prepared to



Dr. Louis Kasunic kicked off the Education Day year with his lecture on H & P's and Writing Orders. Here he is pictured (center) with fellow COEC preceptors (left) Richard Barber, DO (FP) and (right) Lawrence Varner, DO.

assist them. Following COEC's February 5 Education Day presentations and physician lecture, Justine Holck, COEC Rotation Coordinator, gave a brief introduction to the 3rd year students on COEC's role during their 4th year and how to follow protocol when working with Colorado preceptors. Several handouts were provided to each stu-

dent written by recent COEC graduates. These documents included pearls of wisdom on a wide variety of fronts. With each school having similar, yet unique graduation requirements, students separated into their respective schools to interface with their own 4th year students. These students did an exceptional job sharing their experiences of recently completed rotations and interviews. This left the 3rd year students feeling more prepared and more in control of their residency hopes a year from now.

Time goes by quickly for 3rd year students as their days, weeks and months are spent completing Core rotations, sitting for exams, preparing oral case presentations, Journal Club presentations and studying for OMM labs. With high expectations of their Core rotations still fresh in their minds, the stakes are even higher for them as 4th year students. Taking the reins and directing their residency ambitions in 4th year can be daunting, so COEC will continue to provide an in depth look at how this process works.

OMM Lab

Since the earliest days of COEC, Dr. Chris LaFontano continues to instruct OMM Lab. This is a required didactic Lab for all COEC's 3rd year students and one that is seen as invaluable and useful on rotations. Students can, and do, utilize OMM techniques if they are able to incorporate them early in their patient experiences. Feedback from our students, past and present, confirm the appreciation of this program being available to them and Dr. LaFontano's outstanding teaching methods is more than worthwhile.



Scott Strauss, D.O., COEC Committee Member, shown with Student Doctors Todd Shogan and Joe Morris, both 3rd year KCOM students.

stability matters.

If there is one thing to learn from the recent financial turmoil, knowing who to trust is paramount.

Medical Protective, a proud member of Warren Buffett's Berkshire Hathaway, has always believed that to provide our healthcare providers the best defense in the nation, our financial stability needs to be *rock-solid*, stronger than any other company.

Stability even in the worst of times.

Medical Protective is the only medical professional liability insurance company to protect their healthcare providers through all the business and economic cycles of the last 110 years, including the tough economic times of *the Great Depression*. We are also proud to have provided unmatched defense and stability during all the medical crises.



We provide the greatest stability with the highest ratings from A.M. Best and S&P and the backbone of Berkshire Hathaway.



Trust Stability. Trust Medical Protective.



Contact us today for a medical insurance check-up and a FREE, no-obligation quote.

- Call: 800-4MEDPRO
- Email: experts@medpro.com
- Visit: www.medpro.com
- Contact your local Medical Protective agent

All products are underwritten by either The Medical Protective Company® or National Fire and Marine Insurance Company® both Berkshire Hathaway businesses. Product availability varies based upon business and regulatory approval and may be offered on an admitted or non-admitted basis. ©2010 The Medical Protective Company® All Rights Reserved.

NEWS NOTES

News Notes are items of interest involving our members and the osteopathic community. We are honored to have these esteemed physicians as part of our Society. Please send your items to Rachel@coloradoDO.org.

CSOM & RVU-COM Rally for Haiti!

CSOM member Bruce Dubin, DO, RVU Dean and David Kanze, DO, Associate Professor of OPP both traveled to Haiti to volunteer their medical help to the victims of the earth quake. CSOM is proud of its members lending a hand. We also made donations in the form of food and clothing.

CSOM Member Mark Winslow, DO was in Haiti at the time of the earth quake and he and his group "Team Matthew 25" worked out of the Matthew 25 house in Port Au Prince. <http://denverchildrenshelpshaiti.blogspot.com/>



CSOM Member Receives Lifetime Achievement Award

Local Colorado Springs Osteopathic Foundation Member and Dermatologist, Charles G. Hughes, D.O. received the A.P. Ulbrich

Lifetime Achievement Award recently at the American Osteopathic College of Dermatology Annual Meeting held in New Orleans.

The Award is the American Osteopathic College of Dermatology's highest honor, bestowed upon one of its members for lifetime dedication to the college and the field of dermatology.

CSOM Participates in Blood Drive!

CSOM employees Rachel Rayman and Elizabeth Mongeau participated in a blood drive at RVU-COM in January. The drive was the first of many that the AO-BIM Student Chapter has decided to hold. The need for the drives is the incredibly low supply currently in the Bonfils blood bank. To find out where there is a blood drive near you, please visit www.bonfils.org

IN MEMORIAM

Since the publication of the last ColoradoDO magazine, CSOM has learned of the following members of our community passing away:

Chester Owens, DO (1921-2009) – Doctor Owens passed away on November 19, 2009. He was a CSOM member for 53 years. He is survived by his wife Ann Lee, 5 children, 13 grandchildren, and 11 great grandchildren. Dr. Owens graduated from DMU-COM and practiced Family Medicine in Burley, CO for 51 years.

Brandon Trusell, OMSI (1986-2009) – Student Doctor Trusell had just begun his journey at RVUCOM. He and his sister were traveling home for the holidays when they were killed in a car accident. Brandon is survived by his parents: James Trusell, DO and Kathryn Conklin Trusell, DO and his brothers Ryan and Tim.

Resourceful Responsive Right here



At COPIC, we take pride in the unexpected—like resolving claims while preserving patient relationships, giving you 24/7 access to physician risk experts, and helping to shape Colorado's health care environment.

 **COPIC**
Better Medicine • Better Lives

- NEJM- recognized "3Rs" early resolution program
- Med student scholarships and risk management rotations
- Collaborate/coordinate with CMS's legislative efforts
- Round-the-clock hotline to physician risk managers
- Online access to clinical guidelines, model forms, and risk management knowledge base
- Lawsuit Stress Support Sessions
- Discounts for expanding risk management knowledge

Today and in the future, you can count on COPIC to be resourceful, responsive, and right here.

Contact Ms. Pat Zimmer, Director of Sales, at (720) 858-6186 or (800) 421-1834, x6186 or email sales@copic.com for more information or to obtain an application or premium indication.

7351 East Lowry Boulevard, Denver, CO 80230 • www.callcopic.com
Exclusively endorsed by the Colorado Medical Society and the Nebraska Medical Association

PRACTICE OPPORTUNITIES

Parker, CO - Space For Sub-Lease: Beautiful new clinic space attached to the Rocky Vista University COM building! Contact Sara at sharrison@rockyvistauniversity for more information!

Colorado Springs, CO - General Medicine Physician opportunity located at the Fort Carson Army Medical facility. The Physician will provide medical reviews, screenings and evaluations for the military personnel for their Soldier Readiness Program. Operational hours are primarily Monday-Friday, 7:30AM-4:30PM, no holidays, no weekends, no billing and medical malpractice insurance is covered. Requirements: Completion of a Family Practice or Internal Medicine Residency, Colorado license and U.S. citizen. Please send CVs via fax or e-mail: Pamela Garces, Sterling Medical Corporation, 411 Oak Street Cincinnati, OH. 45219

Family Practice Arvada, CO- Dynamic opportunity for full-time FP with OMT skills in Arvada. Nice established practice in a good suburban setting of Denver. Some hospital rounds but no OB. Looking for a board certified or board eligible physician who enjoys the spectrum of family practice with a holistic approach. Excellent salary with benefits. Fax CV (303) 423-1640 or call Patricia (303) 423-1360

Westminster, CO - Two Family Medicine Physicians seek a third BE/BC FM Physician who is interested in joining and working in a Patient-Centered Medical Home. Westminster Medical Clinic is a busy, expanding private practice with an established patient base and no Medicaid or OB. We offer excellent benefits, an attractive call schedule and the opportunity to join a great health-care team active in health care reform and clinical research. For more information contact our Office Administrator at (303) 487-5166 and/or fax your CV to (303) 487-5196 or e-mail to westmedlinda@comcast.net.

Boulder, CO - Alternative Pain Treatment Center looking for osteopathic medical director. This clinic will provide evidence based alternative pain care services utilizing manipulation, biomedical acupuncture, nutrition and lifestyle counseling, behavioral therapy, massage and exercise rehab. The proper, medicinal use of medical marijuana will be one of the tools recommended for the treatment of cancer pain, HIV and neuro-musculoskeletal disorders. Thorough evaluation and monitoring of patients will be standard protocol with interdisciplinary care. This clinic works with the medical community as our main referral source. This includes the pain, cancer and neurology community. This physician will also perform typical family practice (little-to-no manipulation), co-manage care, create treatment plans and supervise the allied medical staff listed above. Clinics in Boulder and Littleton with expansion in 2010. Salary and ownership interest. Please contact Mark at 303.885.9630 or email info@bccare.net

Littleton, CO - Ancient Art Health Center is proud to announce the completion of 11 new treatment rooms in their clinic. We have expanded our facility in order to include additional quality health care providers as part of our cohesive team. We are a well established, multi-disciplinary, health care practice on Main Street in historic downtown Littleton. To schedule a tour of our clinic or inquiries, please call Ruth @ 303-797-6656.

Central Denver - Seeking a NMM/OMM board certified physician to join a small, rapidly growing OMT practice in Denver, CO. Please contact Dave Zarou, DO at : dave@oimcare.com

Centennial, CO - Doctor of Osteopathic Medicine needed for large multi-discipline practice. Must have interest in sports medicine, alternative medicine, women's wellness & natural hormone replacement. Full time & experienced. Fax resumes to Justin at (303) 721-0972 or e-mail to justinb@clinixusa.com

General Surgeon – Grand Junction. Work with three top-notch osteopathic general surgeons who are looking to add another surgeon to help meet the growing needs of the community and extend their passion for taking care of patients. This well established, well respected group has displayed great loyalty in supporting patients' needs over many years and strives to stay very active in the medical community as well. Call is 1:4. Grand Junction's quality of life is attractive to businesses, individuals and tourists alike. The combination of spectacular scenery and recreational opportunities make the Grand Junction area an easy choice. According to the Metropolitan Statistical Area (MSA), Grand Junction is the 9th fastest growing metropolitan area in the United States 2006-2007. The population increased 3.7% making it the fastest growing city in Colorado in 2007. Email your CV to Connie Mack, Professional Relations Director, Community Hospital: cmack@gihhosp.org or call (970) 255-2141.

This section may contain third party advertisements and links to third party websites. The Colorado Society of Osteopathic Medicine (CSOM) does not make any representation as to the accuracy or suitability of any of the information contained in those advertisements or websites and does not accept any responsibility or liability for the conduct or content of those advertisements and websites and the offerings made by the third parties. Third party advertisements and links to other sites where job opportunities, goods or services are advertised are not endorsements or recommendations by the Colorado Society of Osteopathic Medicine of the third party websites, goods or services. The CSOM takes no responsibility for the content of the ads, promises made, or the quality/reliability of the products or services offered in all advertisements. CSOM reserves the right to remove any advertisement that was previously approved. CSOM has discretion to deny an advertisement because of the dubious nature of its content.

Colorado Society of Osteopathic Medicine



*Promoting the
Healthy Patient*

39th Annual Midwinter CME Meeting 2010

**Matthew Harrison, DO
Program Chair**

This program has been approved for
31 AOA category 1-A CME credits.
AAPA (Physician Assistants)
CME and AAFP
prescribed course credits are anticipated.



**February 21-25, 2010
Keystone Lodge
Keystone, Colorado**

2010 CSOM Midwinter Conference Registration

Name _____ AOA# _____ Specialty _____
 Address _____ City, State, Zip _____
 Phone _____ Email _____ Osteopathic College _____ Grad. Year _____

CME program February 21—25, 2010	Early Bird (Before Feb. 5)		(After Feb. 5)		
CSOM Member/Non-Member:	Mem.	Non-Mem	Mem.	Non-Mem	
Full course	\$485	\$760	\$560	\$835	\$ _____
Limited course (circle any 3 days) S M T W R	\$365	\$585	\$440	\$660	\$ _____
Retired Physician Member/Non-Member					
Full course	\$330	\$510	\$405	\$585	\$ _____
Limited course (circle any 3 days) S M T W R	\$270	\$420	\$345	\$495	\$ _____
Out of State DO (Member /Non-Member of your state society - Please provide proof of membership)	Mem.	Non-Mem	Mem.	Non-Mem	
Full course	\$570	\$760	\$645	\$835	\$ _____
Limited course (circle any 3 days) S M T W R	\$450	\$585	\$525	\$660	\$ _____
MD, DPM, DDS, DC:					
Full course	\$760		\$835		\$ _____
Limited course (circle any 3 days) S M T W R	\$585		\$660		\$ _____
PA, RN, NP:					
Full course	\$385		\$460		\$ _____
Limited course (circle any 3 days) S M T W R	\$290		\$365		\$ _____
Interns, Residents, Medical Students	\$150		\$150		\$ _____
Guest Registration: (All guests must register to receive a badge and have access to the exhibit area & food functions)					
Spouse/Adult: Name of Guest: _____	\$90		\$115		\$ _____
Child: (under 12) Name of Child: _____	\$45		\$55		\$ _____
Advanced Registration Required: *Welcome Dinner Sleigh Ride—Reservations by Feb. 12th Menu Choices: Please indicate how many of each item	\$95.00/adult _____		\$18.00/Lap Child (3 years & under) _____		
Steak: _____ Chicken: _____ Salmon: _____	\$50.00/child _____				\$ _____
Vegetable Dish: _____	(4-12 Years)				

_____ **I Prefer a CD to a Printed Syllabus** Total Registration Fee: \$ _____

Fax credit card registration to **303-322-1956** or mail to:

Colorado Society of Osteopathic Medicine, 8401 S. Chambers Rd, Parker, CO 80134

Please circle: Visa / MC / AMEX # _____ **Expiration Date** ____ / ____ **Security Code** _____

Name on Card _____

Signature _____

Physician, PA, NP, RN registration includes course syllabus, breakfast and breaks daily, partial cost of Welcome Dinner Sleigh Ride and Wednesday president's reception.

Spouse/Guest registration includes breakfast and breaks daily, partial cost of Welcome Dinner Sleigh Ride and Wednesday president's reception.

Cancellation policy: Cancellations received before February 12, 2010 will be refunded registration amount less \$60. Federal law requires us to inform you that payments to CSOM are not deductible as charitable contributions. Payments may be deductible as ordinary business expenses, of which \$300 is allocated for meals.

Require assistance for disability. (CSOM will contact you)

Promoting the Healthy Patient - Agenda

Matthew Harrison, DO, Program Chair

CME Program Objectives

Physicians are constantly being asked to mend the broken, heal the sick and rescue patients from the throes of disease. According to AT Still, the Osteopathic founder and mentor, "To find health should be the object of the doctor, anyone can find disease." All of us have been to great conferences that discussed the current and best treatments for any given disease, but rarely have we had in-depth lectures on providing our patients with the means to be healthy. Billions of dollars are spent in this country to treat patients after a

diagnosis of a problem is made, yet we continue to overlook the countless savings to the "system" in dollars and time that would occur if we focused on keeping our patients healthy. Recently we have seen a trend to enter into this arena, but as a medical community we have barely scratched the surface. There should be a culture of change by focusing on health at this conference. It is the focus of the program to assist all who attend the Midwinter CME 2010 in providing some practice pearls that can not only assist physicians, but make an impact in the lives of the patients everyone treats.

PRELIMINARY PROGRAM AGENDA *Promoting the Healthy Patient* Keystone, CO - February 21-25, 2010

Sunday, February 21st

8:00 am – 11:00 am	Exhibitor Set-Up
12:00 noon	CSOM Board Meeting
2:00 pm – 3:30	Work Shop – Medical Home
3:30 pm – 5:00	Work Shop – Practice Management
5:00 pm – 6:00	Exhibitor Reception

Monday, February 22nd

6:30 am	Registration opens with breakfast
6:30 am-12:00 pm	Exhibits
7:00-8:00 am	OMM Workshop

Morning Session

PEDIATRICS	SUZANNE ROGERS, DO, MODERATOR
8:00-9:00	Pediatric Asthma
9:00-10:00	Common Dermatologic Conditions
10:00-10:30	Pharmaceutical Updates
10:30-11:30	Immunization Update for Children & Adolescents
11:30-12:30	Food Allergies
12:30-1:00	Pharmaceutical Updates
	Lunch Provided in the Exhibit Hall

Afternoon Session

MULTIDISCIPLINARY APPROACH TO A HEALTHY ADULT	
	KELLI GLASER, DO, MODERATOR
1:00-2:00	Facts, Fears, and Fixes COPIEC Lecture – Lunch Sponsored One ERS Point
2:00-3:00	Physiological Adaptations & Benefits of Exercise
3:00-4:00	Mental Health Maintenance for Adults
4:00-4:30	Pharmaceutical Updates
4:30-5:30	Smiles for Life: A Primer on the Primary Prevention of Dental Diseases
5:30-6:30	A PCP's Approach to Prevention: Revisiting the USPSTF Guidelines

Tuesday, February 23rd

6:30 am	Registration, Breakfast & Pharmaceutical Updates
---------	--

Morning Session

WOMEN'S HEALTH PROMOTION	
	NICOLE HOFFMAN, DO, MODERATOR
7:00-8:00	Cardiovascular Health
8:00-9:00	Sleep Disorders
9:00-9:30	Pharmaceutical Updates

9:30-10:30	Incontinence
10:30-11:30	Breast Cancer Diagnosis & Aftercare
11:30-11:45	Pharmaceutical Updates
11:45-12:45	Thyroid Dysfunction in Women
1:00-3:00	NASTAR Race
4:00 pm	Welcome Dinner Sleigh Ride

Wednesday, February 24th

6:30 am	Registration, Breakfast & Pharmaceutical Updates
7:00-8:00 am	OMM Workshop

Morning Session

CHRONIC CONDITIONS & PREVENTIONS	
	SCOT LEWEY, DO, MODERATOR
8:00-9:00	Approach to Abnormal Liver Tests
9:00-10:00	Colon Cancer & Polyps
10:00-10:30	Pharmaceutical Updates - Exhibits Close
10:30-11:30	New Approaches to Dysphagia and GERD
11:30-12:30	Fatty Liver Disease

Afternoon Session

SPECIAL CONSIDERATIONS FOR THE ATHLETE	
	GIRISH PARANJAPE, DO, MODERATOR
2:00-3:00	Non-Traumatic Collapse of the Athlete: Syncope to Sudden Death
3:00-4:00	Counseling & Motivating the Injured Athlete
4:00-4:15	Break – in Lecture Hall
4:15-5:15	Meniscal & Articular Cartilage Lesions in the Knee
5:15-6:15	Hip Femoroacetabular Impingement in the Athlete
7:00-8:00	President's Reception – Co-Sponsored by RVU-COM

Thursday, February 25th

6:15-7:30 am	Registration and Breakfast – In Gallery
--------------	---

Morning Session

EPIDEMICS – HOW DO AVOID THEM	
	RONALD BLONDER, DO, MODERATOR
7:30-8:30	Lipids Fueling the CAD Epidemic
8:30-9:30	The Epidemic of Sudden Cardiac Death
9:30-9:45	Break
9:45-10:45	Pediatric Diabetes Epidemic
10:45-11:45	Cardiovascular Impact of Community Smoking Cessation Laws

11:45 Adjourn

Ingredients: Snow, Sun, Sky, Mountains, CSOM and YOU!

Experiencing Keystone

A winter wonderland. Slopes for all levels of skiing and snowboarding. Night skiing is available Wednesday-Sunday. The lifts are open from 8:30 am — 8:00 pm, so you won't miss out while in class. Keystone lift tickets are good at Breckenridge and Arapahoe Basin.

Located at the base of Keystone Mountain, the Children's Center is great for guests on vacation! Open 8:00 am—5:00 pm, accepts children as young as two months. For **reservations** call **800-255-3715**, extension 6.

What's New: Experience the new Independence Bowl! 300 acres of expert hiking and Snowcat ski/ride terrain!

For 2010 - Complimentary Adventure Passport

Keystone's Winter Adventure Passport offers all registered guests of the Keystone Lodge a variety of complimentary activities upon check in to the Keystone Lodge.

Discounted Lift Tickets - Beginning Sunday morning, February 21st, CSOM will be selling discounted lift tickets that are good for day and night skiing, plus Arapahoe and Breckenridge. Three or More-day tickets are good for one (1) day at Vail or Beaver Creek. A "Pre-Order" form will be sent with your CSOM registration confirmation packet.

Welcome Dinner Sleigh Ride - Tuesday, February 23 4:00 pm - 8:00pm

Embrace a beautiful Colorado winter evening as a team of Belgian Draft horses pull our sleighs through the woods & across a snow-covered valley. We will be greeted by the warmth of a rustic cabin & the charm of Keystone's wranglers. A hearty home-cooked meal awaits us with soda, hot chocolate, wine and beer. The cost is only \$95.00/adult and \$50.00/children 4-12. (3 and under is \$18.) This is discounted off of their usual price of \$102.00 and \$54.00 because CSOM picks up the rest as our Welcome Party! Join us for some winter fun! Reservations must be made by February 12th. Absolutely no "walk-in" reservations can be taken. Meet at the Adventure Center 30 minutes prior to ride time. Please note that a Wagon may be substituted for a sleigh based on snow conditions.

Need Skis? Rentskis.com offers discounts on advance ski rentals.

There's more than skiing at Keystone...

The largest outdoor skating facility in the U.S...swimming pools, spas, sleigh rides, scenic gondola rides, snowmobiling, cross country skiing or snowshoeing and lots of shopping. For more shopping, 80-factory outlet stores are only seven miles away in Silverthorne.

Looking for bargain airfares?

Keystone's reservation desk has travel packages which do not require Saturday night stay for air, Colorado Mountain Express or rental car and lodging, Keystone's packages honor **CSOM'S** lodging rates. Call reservations at 800-258-0437, group code CK2OM0. **Extended Cutoff date for room rate is January 22, 2010.**

How to get there

Not to worry, there are no mountain passes and Keystone is easy to find. From Denver, take Interstate 70 west through the Eisenhower Tunnel to Dillon, exit 205. Continue six miles east on Highway 6. This will bring you directly to Keystone Resort on the right.

Resort Express

Vans depart DIA every hour on the half hour from 8:30am to 10:30pm. Return coaches leave Keystone to DIA from 5:00am to 7:00pm daily. Call Colorado Mountain Express at 800-334-7433 or reserve online at www.ridecme.com. Use group code **CSOM** for Colorado Mountain Express for a 10% discount.



Come Join in the FUN!! Anticipated Group Activities



- * Welcome Dinner Sleigh Ride, the President's Reception, and the CSOM NASTAR Race!
- * NASTAR is come as you are! Simply report to the mountain in the time blocked (see agenda) and tell them CSOM sent you! We will get your times and trophies will be handed out at the President's reception!
- * Sign up now for the Welcome Dinner Sleigh Ride! Please call or check the box on the registration form for more information.

Be sure to mention CK2OM0 to receive group rate.

Extended Cutoff date for room and group rates is January 22, 2010!

LOOK!! ☞ Great Room Rates	KEYSTONE LODGE		EVERGREEN CONDOS			
		<u>Single</u>	<u>Double</u>	<u>Single</u>	<u>Double</u>	
	Lodge	\$230	\$230	1 Bedroom	\$210	\$210
	Loft	\$280	\$280	2 Bedroom	\$300	\$300
	CONFERENCE VILLAGE		THE INN AT KEYSTONE			
		<u>Single</u>	<u>Double</u>	Single	\$159	
	Studio	\$215	\$215	Double	\$159	
	1 Bedroom	\$235	\$235	(Not in the village, but only a five minute shuttle ride)		
	2 Bedroom	\$315	\$315	Keystone Group Reservations		
	3 Bedroom	\$400	\$400	Box 38, Keystone, CO 80435		
4 Bedroom	\$520	\$520	Phone: 800-258-0437			
(Luxury condominiums with fireplace, kitchen and living area)		Fax: 970-496-4343				

Colorado Society of Osteopathic Medicine
8401 S. Chambers Rd
Parker CO 80134
Phone: 303.322.1752 Fax: 303.322.1956
www.ColoradoDO.org

**Daily Prize Drawings for Physicians,
Exhibitors and Registered Guests.**

Three days of Exhibits

World Class Skiing

Day and Night

A deposit of first night's lodging plus tax and surcharge is required at the time of booking. Children 12 and under stay free. Rates do not include state, local taxes and resort surcharge. Cancellations outside of 30 days will be charged a \$30.00 cancellation fee and the balance of the deposit will be refunded. Cancellations less than 30 days prior to arrival will forfeit one night deposit. No shows, late arrivals and early departures will be charged for the entire reserved stay. Check in time is after 4 pm.

We have assurance that these rates are the lowest for the types of rooms we have reserved.