

▶ LMEP HOLIDAY DECORATING PARTY ...1



▶ MEET MEDICAL STUDENT ZACH FREY.....2



▶ BUTT BANDIT PART 24



**LINCOLN
FAMILY
MEDICINE
PROGRAM**



Medical *minds*

ADDRESSING THE NEEDS OF FAMILY MEDICINE RESIDENTS WHILE PLANTING THE SEEDS FOR A HEALTHIER FUTURE

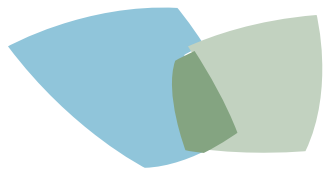
LFMP HOLIDAY CHEER

The Lincoln Family Medicine Program held its annual decorating party on December 2nd. Each year it is a great opportunity for everyone to bring our families together as one big LMEP family. We had a great holiday meal, decorated the clinic, and Santa made time to visit with the kids. Has anyone else noticed that Dr. Dalton also seems to find his way up front to sit on Santa's lap every Christmas. I wonder...maybe he has not been getting what he asks for. (more on page 3)



Dr. Barraclough hangs around to help decorate the clinic (above), Nurses, physicians and clinic staff (right) enjoy a nice meal as they wait to visit with our guest of honor, Santa.





Student Profile—Zach Frey

By Amber Sturzenegger, D.O.

As the old cliché states, “the acorn doesn’t fall far from the tree.” This was the vision in my mind while talking to medical student, Zach Frey when he rotated with us this fall. Zach is a Nebraska boy that grew up in Gretna. His father, also his role model, is a Family Physician in Omaha, and currently teaches at the Creighton Residency Program. His father has many characteristics that have been passed down to Zach—not only his dedication, motivation, and great personality, but also his joy in building relationships with others and taking things as they come. Zach’s father had a pilot’s license. He remembers one of his “best moments” as a kid was flying over the Christmas lights in December.

Zach’s mother is a miraculous woman as well. When Zach was four years old, his mother was diagnosed with breast cancer. Things did not get easier for her; at the young age of 35 she was diagnosed with lupus. His mother and their family battle everything together daily. She has taught Zach many things about medicine by observing and taking part in her care. He has a profound interest in rheumatology and has built an understanding of a personal relationship with his patients. He shows great promise in the field of Family Medicine.

Zach lived in West Virginia until fifth grade and then his family took a liking to Nebraska. He says the Midwest feels like home. He likes LMEP’s strong family environment and this brings him comfort. He also disclosed that he was convinced to do a rotation here once he had begun to read the newsletters. They continue to be favorite reading material for him. He

believes that LMEP, “has a core base of everything and the options are very diverse for the residents. It is a HUGE strength to be an unopposed residency here in Lincoln.” He also admitted that the “great food at noon conference is never a bad thing either.” ☺ His time here has been short, but he believes that it has been a very broad learning experience and has brought him some useful knowledge for the rest of his fourth year of medical school.

Zach spends his spare time with his beautiful wife whom he met at William Jewell College in Liberty, Mo. They pursued each other through many biochemistry classes. She is just as intelligent, with a Masters in Education, and is currently teaching high school Chemistry in Liberty, Mo.

It was a pleasure having Zach with us, and we wish him the best of luck with his future endeavors!



Zach Frey is a 4th year medical Student at the Kansas City University of Medicine and Biosciences in Kansas City, Missouri

“It is a HUGE strength to be an unopposed residency here in Lincoln.” ...and the “great food at noon conference is never a bad thing either.”



Pill Pushers Set to Dominate City's Worst BB League

LFMP's city league basketball team, the Pill Pushers, began their regular season at 1-0 on Jan 6 with a win by forfeit. Luckily ten players showed up so they could have a good scrimmage and not waste court time at Irving Middle School gym. Still, 2nd year resident Logan Pritchard noted some disappointment, "I kept signaling to the bench for a sub," but since all ten players were on the court he just had to suck wind. "Nobody else wanted to play half court," he lamented.

Once again the team is in the 'F' league, which is the lowest ranked league in the city according to Nate DeNell, 3rd year Family Medicine Resident. DeNell reports that the team won 3 of 4 preseason games, and they are looking better than the last few years. However the team's psyche is still damaged from 2 years ago when Dr. Dalton fouled with 0.8 seconds left in the championship game to blow a one point lead as the other team nailed both free throws.

Bob Rauner, one of the regular hoopsters, is optimistic about the year. With 1st year residents Derek Brickner and Dan Schneider as new additions to the team, Bob is predicting another dominant tournament run. Also he

reports that Jason Blomstedt hasn't missed any layups yet this year, so his wife's off-season coaching must have done him some good. Rauner mentioned in passing that most of the guys are accustomed to being power forwards. "They are good rebounders," he says, "but no one has really stepped up as a ball handler."



So with recruiting season in full swing, we are looking for a strong candidate with good grades, strong board scores and excellent recommendations who can also dribble, drive and dish. And 3-point range would be welcome, too.

Everyone is encouraged to come cheer the team on as they make their annual run to be the best 'F' league basketball team in Lincoln. Also if you have a camera that takes action shots better than these— bring it along. Or maybe it's not the camera and actually these guys' unbelievable breakaway speed.

More Holiday Party Pics!

Tam and Brian, sons of 2nd year resident Tuyen Nguyen, visit Santa Claus at the Christmas Party.



If you aren't sure which list Dr. Myers was on this year, the "naughty" hat gives it away!



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Book Review: Worried Sick:

A Prescription for Health in an Overtreated America

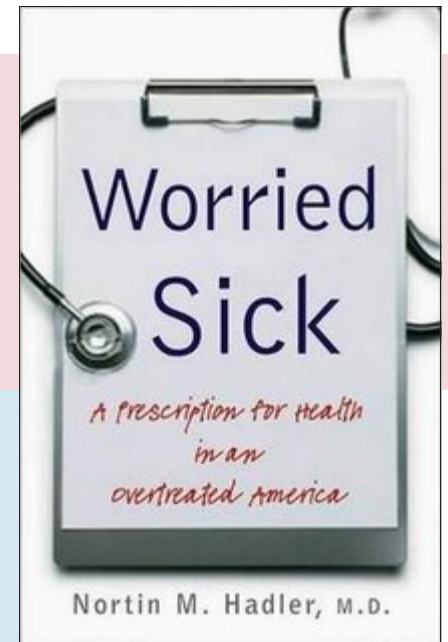
by Nortin M. Hadler, M.D.

Chris Worthen left a copy of this book in my mailbox and asked me to read it. Initially I was a bit skeptical. At first blush it seemed to be just another indictment of the healthcare system, albeit one written by a physician. But on further reading, Hadler is merely expressing the philosophy that when it comes to dealing with doctors, he believes less is more.

Hadler, a teaching rheumatologist from the University of North Carolina, begins with the statement that we will all die. Most of us by about age 85. Many of the arguments in the book are based on the observation that regardless what we do in the field of medicine, that fact doesn't change. He begins with a scathing review of interventional cardiology noting that continued new technology and interventions have not altered the natural history for most patients with coronary disease. He argues that we do too many cancer screenings, prescribe too many statins, and overdo surgeries. In doing so he exposes some of the abuses of these modalities that we as family physicians appreciate when discussing risks and benefits with our patients.

However, I think he takes his point to an illogical extreme as he states that high blood pressure and high blood sugars are normal parts of aging and should not necessarily be treated. Evidence seems to be pretty solid that controlling these two variables really does have significant effect on quality and quantity of life, whereas drug eluting stents do not.

I also found interesting his idea that socioeconomic status is an important disease risk factor. This idea is intuitively appealing, but would be hard to isolate as a variable in a disease based study. In this era, when the U.S. spends the most money on health care, but cannot show the best outcomes compared to other developed nations, this book gives us a little insight. It is good reading for primary care physicians—maybe not for us to agree with all the arguments Hadler makes—but to remind us to have a healthy skepticism as we discuss risks and benefits with patients who might prefer a minimalist approach. —C.K. Haeefe, MD



Valentine's Butt Bandit No Longer At Large

In the interest of “full disclosure,” we wanted to follow up on our previously reported story on the Butt Bandit of Valentine, Nebraska. In the last edition of Medical Minds we ran a fictional account of Dr. Cui's brush with this nefarious character. In the meantime, the Butt Bandit has been apprehended and charged with his crimes. If you would like to read more about his arrest and see the actual police report, go to:

<http://www.thesmokinggun.com/archive/years/2008/1125081lotion2.html>



“Every now and then go away and have a little relaxation. To remain constantly at work will diminish your judgment.”

—Leonardo Da Vinci

