

ILLINOIS ACADEMY OF FAMILY PHYSICIANS  
2020 ANNUAL MEETING



# 2020 Updates and Appreciation

“

When everything seems to be against you,  
remember that the airplane  
takes off against the wind,  
not with it.

HENRY FORD

KEEPINSPIRING.ME

# Our Vision

1. Exercise stewardship through fiscal and operational accountability;
2. Advocate for family physicians with the challenges they face in practice and with the needs of their patients;
3. Collaborate pro-actively to increase awareness of our advocacy;
4. Improve the health care system;
5. Support and strengthen family medicine's workforce;
6. Promote professional development of family physicians;
7. Aspire to have equitable representation of those underrepresented or under-powered in medicine.



Visit the Virtual Exhibit Hall  
[iafp.com/annual-meeting](http://iafp.com/annual-meeting)

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# WANTED: Family Physicians

- Currently less than 10 percent of Illinois medical school graduates are matching into family medicine and many of them leave Illinois for other states.
- Illinois needs an additional 1,063 primary care physicians (+12%) by 2030.



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# Renew Your Membership!

It's easy  
to pay your  
2021 dues  
**ONLINE**

**Active members will receive a credit for 50% off one  
AAFP CME Livestream course of your choice if you  
renew by Dec. 31, 2020**

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**THE BRAINS BEHIND SAVING YOURS.®**

# Mental Health First Aid

## MENTAL HEALTH *First Aid*

Help your patients. Help your colleagues. Help yourself.

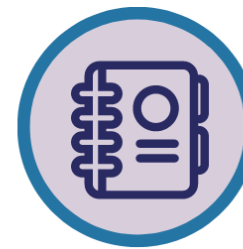
### #BeTheDifference



**What is Mental Health First Aid?** It is a course that teaches to identify the risk factors and warning signs for mental health and addiction and where to turn for help. Understand both recovery and resiliency and what individuals can do to get better.

**Find a Mental Health First Aid course near you!**

**NAMI** (*National Alliance on Mental Illness*) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Find a [NAMI MHFA course in Illinois or online!](#)



**MHFA**, *Mental Health First Aid USA* offers courses and online resources. [Find an online course or course near you](#), or email [info@mentalhealthfirstaid.org](mailto:info@mentalhealthfirstaid.org) to schedule a special training for your organization, company or group.



**Encourage clinical teammates** to complete a course. Become an ambassador for mental health training or become an instructor. [Click here to learn more about becoming a instructor.](#)

**#BeTheDifference with Mental Health First Aid.**



For more information visit  
[www.iafp.com/mental-health-first-aid](http://www.iafp.com/mental-health-first-aid)

# Healthy Conversations about Cannabis



## STOP AND IMAGINE

### Healthy Conversations About Marijuana

*Because it is now legal for adults age 21 and older in Illinois to use marijuana, it can be hard to understand if it is bad for you.*

Some people use it as a medicine, including people who aren't 21 yet. What is medicine for some doesn't mean that it is good for everyone. STOP to think and IMAGINE the consequences of using marijuana and the advantages you'll have when you choose not to use.

#### **How does marijuana hurt the lungs?**

Smoking marijuana can irritate the lungs just like a tobacco cigarette can. Marijuana that is smoked may contain some of the same harmful things, like carbon monoxide or tar.

#### **How does marijuana affect the brain?**

In our brain we have cells that are called neurons that allow our brains to work and we can do things like balance, remember and learn. Marijuana has a chemical in it called THC. Doctors and scientists have found out that THC can interfere with functions of the brain. *It is illegal and dangerous to drive with any marijuana in your system.*

**Marijuana can be a risk to your future.** Using marijuana has consequences. Using, buying or having marijuana is illegal for people under the age of 21 and can have serious punishments. You might not be allowed to be on sports teams or do other activities like music or art. Being caught with marijuana could cost you a college scholarship. Many jobs don't allow their employees to use marijuana, so don't let it get in the way of the job you want now, or the career you dream about for your future.

*Talk to your family physician!*

*Support provided by a grant from the AAFP Foundation through the Family Medicine Philanthropic Consortium*



"Stop and Imagine" information is used with permission from the Colorado Academy

# Infographics from your Foundation

## 5 HEALTHY HABITS YOUR DOCTOR WANTS YOU TO DO TO LIVE A BETTER LIFESTYLE

From the Family Health Foundation of Illinois



### EXERCISE OR MOVE MORE

The American Heart Association recommends a starting goal of 150 minutes, or 2 ½ hours, of exercise a week. If you're a beginner, or don't want to track the numbers, just move more! Find a type of exercise you like and can stick with, and incorporate more movement into your daily routine.



### EAT REGULARLY & CONTROL PORTION SIZE

When and how much you eat are just as important as what you eat. Cut back on portions, eat your meals on a regular schedule, and avoid late-night snacking.



### DON'T SMOKE OR DO DRUGS, & ONLY DRINK IN MODERATION

If you don't smoke, drink, do drugs - don't start! If you smoke or do drugs, speak to your family doctor about quitting today. If you choose to drink, do so only in moderation (up to one drink a day for women and two drinks a day for men).



### GET ENOUGH GOOD SLEEP

Sleep keeps your body and mind healthy. Most adults need 7 to 8 hours of good quality, regularly scheduled sleep in order to feel rested when they wake up. If you have trouble sleeping, or still feel tired even though you're sleeping the recommended amount, talk to your family doctor.



### DON'T DRINK SUGAR CALORIES.

The CDC is asking you to "Rethink your drink." Avoid high-calorie, sugar sweetened beverages, and drink more water. If you want to make water more exciting, add a slice of fresh fruit or a splash of 100% juice for a tasty treat! If you do opt for a sugar-sweetened beverage, go for the smallest size available.



## 5 TRUTHS YOUR DOCTOR WANTS YOU TO KNOW ABOUT VACCINES

FROM THE FAMILY HEALTH  
FOUNDATION OF ILLINOIS



### VACCINES ARE SAFE AND THEY WORK

Not only are vaccines a very safe medical product, they can help you avoid getting sick and spending extra money to get better. The risks with vaccines are much smaller than the benefits - which include saving money to treat diseases, preventing cancer, and even preventing death!

### YOU WON'T CATCH THE DISEASE FROM ITS VACCINATION

Vaccines are made from parts of an infectious substance, or a weakened one. They trick your body's immune system into thinking it already had the disease, so your body forms its own antibodies. This is why you might feel a little "sick" after getting a vaccine.

### VACCINES PROTECT YOU AND YOUR FAMILY

Diseases can strike anyone at any age, even if you're young and healthy. These diseases could cause not only you, but the children and elderly people in your life to get very sick, or even die. Not only will getting vaccinated help you protect yourself, you'll protect your loved ones, too!

### VACCINES (AND BOOSTERS) KEEP YOU HEALTHY

The Centers for Disease Control and Prevention (CDC) recommends vaccines for people of all ages to provide a lifetime of protection. Protect yourself! Visit your family doctor today to talk about vaccines and boosters for yourself and your family.

### THESE DISEASES AREN'T GOING AWAY

For many diseases, such as measles, meningitis, HPV, pneumococcal disease etc., the numbers of illnesses and deaths have gone down. The viruses and bacteria still exist and can be passed onto people who have not been vaccinated. Since people can fly around the world in a day, it's easy for diseases to travel, too.

Visit [www.iafp.com/foundation](http://www.iafp.com/foundation) for more information



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VillageMD

Illinois Academy of Family Physicians Presents

ESSENTIAL EVIDENCE UPDATE

VIRTUAL CONFERENCE

Friday October 30, 2020

9am - 5pm CT

6 hours of rapid-fire review of the most important research publications of the past two years from the safety of your home or office.

**For details & to register, please visit**

**<https://www.iafp.com/essential-evidence-update-virtual-conference>**

VIRTUAL!  
VIRTUAL!  
VIRTUAL!

# CARDIOVASCULAR RISKS IN DIABETES

Fast Facts from the Illinois Academy of Family Physicians

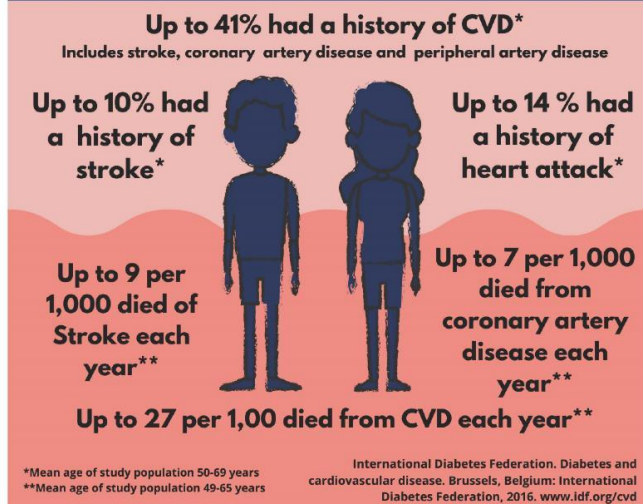


Oct  
2020

People with diabetes are at a higher risk of developing CVD. When compared to people without diabetes, CVD often appears in younger patients. As the number of diabetic patients increases, there is reason for concern as CVD is a major cause of death.

**IN THE UNITED STATES,  
22.8 - 30.9% OF THE PEOPLE (AGED 15+)  
WITH DIABETES ALSO HAVE CVD.<sup>2</sup>**

**Prevalence of cardiovascular disease in  
middle-aged people with diabetes  
living in high and middle income countries**



## ACTION PLAN

- Encourage patients to be more physically active and eat healthier
- Regularly monitor and screen patients in at risk populations
- Discuss tobacco cessation at every visit
- Focus on monitoring blood pressure and controlling with medication if necessary

**A BALANCE OF PREVENTION AND  
TREATMENT IS YOUR PATIENT'S BEST  
WEAPON AGAINST CVD AND DIABETES.**

## FAST STATS

**RISK FACTORS FOR DIABETES-RELATED  
COMPLICATIONS US ADULTS AGED 18+  
WITH DIAGNOSED DIABETES:<sup>1</sup>**

**Smoking** - 15% were current smokers, while 36.4% were former smokers (100+ cigarettes in their lifetime)

**Overweight/Obesity** - 89% were overweight or had obesity (25 kg/m<sup>2</sup>)

**Physical Inactivity** - 38% were "physically inactive," defined as getting less than 10 min/week of moderate or vigorous activity

**A1C** - 50% had an A1C value of 7.0% or higher

**High Blood Pressure** - 68.4% had systolic blood pressure of 140 mmHg or higher or diastolic blood pressure of 90mmHg or higher and were on prescription medication for their high blood pressure

**High Cholesterol** - 43.5% had a non-HDL level of 131 mg/dL or higher

**Number and rate of emergency department visits per 1,000 adults aged 18 years or older with diabetes for selected causes, United States, 2016**

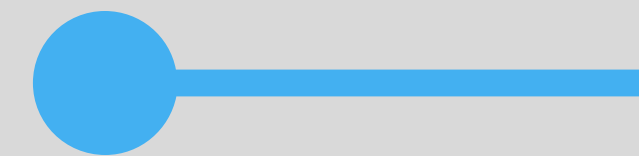
Risk Factor	Number in thousands	Crude rate per 1,000 (95% CI)
Diabetes as any listed diagnosis	7,833	339.0 (317.6–360.4)
Major cardiovascular disease	1740	75.3 (70.4–80.2)
Ischemic heart disease	438	18.9 (17.6–20.2)
Stroke	313	13.6 (12.7–14.5)

\*Mean age of study population 50-69 years  
\*\*Mean age of study population 49-65 years

1. Centers for Disease Control and Prevention (CDC). "National Diabetes Statistics Report 2020, Estimates of Diabetes and Its Burden in the United States", 2020  
2. International Diabetes Federation. Diabetes and cardiovascular disease. Brussels, Belgium: International Diabetes Federation, 2016. www.idf.org/cvd

# NEW FAST FACTS ON CV & DIABETES FROM IAFP!

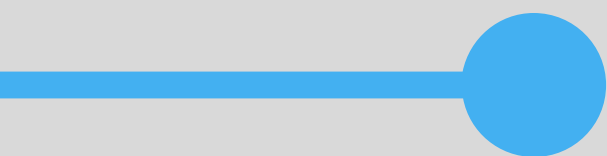


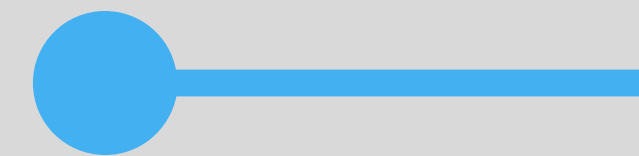


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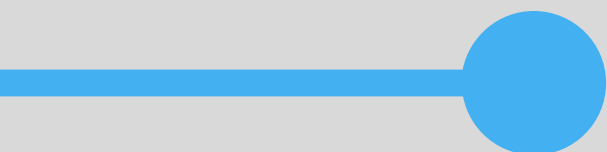
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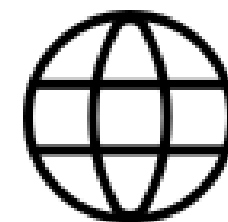


# DO YOU PRESCRIBE OPIOIDS?

Even if you do not,  
your patients are likely seeing other  
physicians.

Help keep your patients safe  
by using the resources at the Illinois PMP!

Register for a free account today at  
[www.ilpmp.org!](http://www.ilpmp.org)



[WWW.ILPMP.ORG](http://WWW.ILPMP.ORG)

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Care and Choice at the End of Life

FAMILY MEDICINE MIDWEST VIRTUAL CONFERENCE

November 13-14, 2020

# “The Flexibility of Family Medicine in a Changing World”

Something for everyone!

Live educational sessions, independent learning,  
posters session, workshops, residency fair, career corner  
& family medicine fun all streaming to your home or office!

Visit <https://fmm.fmmidwest.org> for more  
information & to register!

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HCCI<sup>TM</sup>

HOME CENTERED CARE  
INSTITUTE



# Thank you, Mentor Connection Mentors

- Eugene Lee, MD
- Kristina Dakis, MD
- Dhuha Maki, DO
- Patrick Ennis, MD
- Kwame Foucher
- Monica Fudala, MD
- Noman Shahid, MD
- Shami Goyal, MD
- Raj Shah, MD
- Elizabeth Salisbury
- Hannah Graham, MD
- Mary Eguia, MD
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- Jeffery Tillery, MD
- Marjorie Guthrie, MD
- Vanessa Gallien



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NEW ONLINE  
EDUCATION  
WEBPAGE**

at <https://iafp.mclms.net>

**Redesigned for  
an improved user  
experience!**



# THE IMPORTANCE OF FAMILY MEDICINE IN ILLINOIS

Family physicians are residency-trained, primary care specialists dedicated to treating the whole person. With a focus on prevention, primary care, and overall care coordination, family physicians provide a wide variety of clinical services, and, when necessary, refer their patients to a specialist, while continuing to advocate for that patient's care.

## Family Physicians in the U.S. Health Care System

More Americans depend on family physicians than on any other medical specialty. AAFP members are the main source of primary health care for the Medicare population and see a large proportion of new Medicaid beneficiaries.<sup>1</sup>

**91%**  
participate in Medicare

**83%**  
accept new Medicare patients

**69%**  
accept new Medicaid patients

## Family Physicians<sup>2,3,4</sup> in Illinois

**5,004 AAFP members**

**32 family medicine  
residency programs**

**1 teaching health  
center program**

## Physician Shortage in Illinois

Due to an aging, growing, and increasingly insured population, addressing both physician shortages and geographic maldistribution of primary care physicians requires analysis and action on both the federal and state level.<sup>5,6</sup>

# IAFP Legislative Tracking

Follow our Priorities  
[Illinois Capitol Group](#)

## Illinois Academy of Family Physicians 2020 End of Session Report

In response to COVID-19, the Governor's first Disaster Proclamation was issued on March 9, 2020 and the state legislature subsequently canceled scheduled session days until returning May 20, 2020 and completing their work in the early morning hours of May 24, 2020.

Preparations were made prior to the legislature's return to provide family



Gubernatorial Disaster Proclamation

## Illinois Family Physicians care about:

- Universal access to timely, acceptable and affordable health care of appropriate quality
- Making comprehensive and longitudinal primary care a foundation for EVERYONE
- Making Telehealth parity permanent
- Improving Vaccine confidence and eliminating Vaccine hesitancy
- Improving Substance Use Disorder (SUD) Care
- Supporting diversity, equity, and inclusion in all its forms

# The Year in Pictures



NOW PLAYING



Thomas D. Huggett, MD featured in the Wall Street Journal for protecting Chicago's Homeless





SIU Medicine · Follow

April 14 at 4:38 PM · 🌐

### COVID-19 and Your Pregnancy

Can virtual visits replace some prenatal appointments? What are hospitals doing to protect new moms and babies? Navigating a global health pandemic on top of being pregnant can often leave expecting couples with more questions than answers.

Fertility specialist and Chair of the Department of Obstetrics and Gynecology Ricardo Loret de Mola, MD, sat down with Chief Medical Officer Harry Lausen, DO, to answer your pregnancy and COVID-19 questions. [See Less](#)



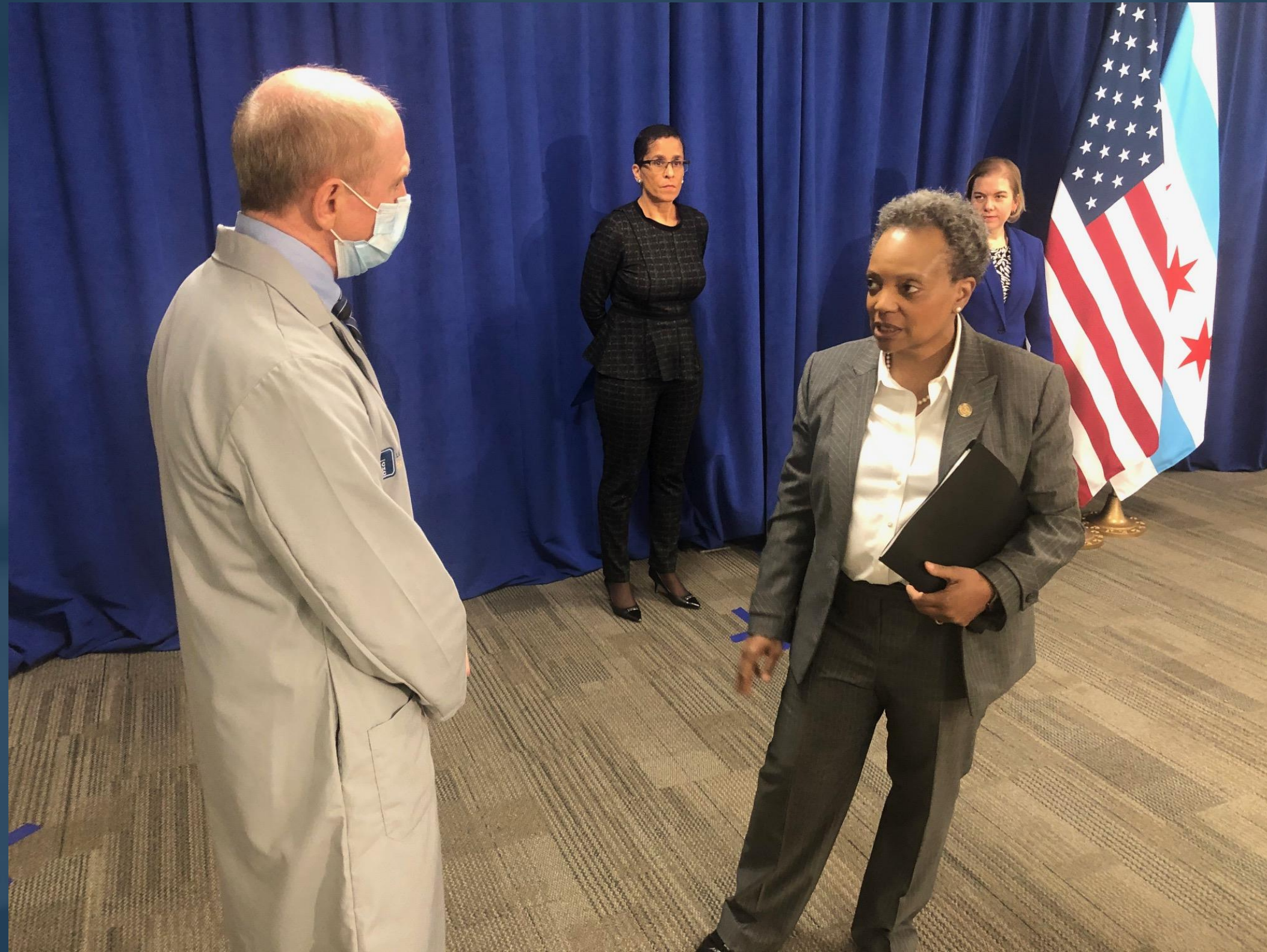
Harald Lausen, DO (left) Live discussing pregnancy safety during COVID



Evelyn Figueroa, MD on WTTW Chicago Tonight



## 2020 Summer Externship FQHC Experience at Mile Square Cicero



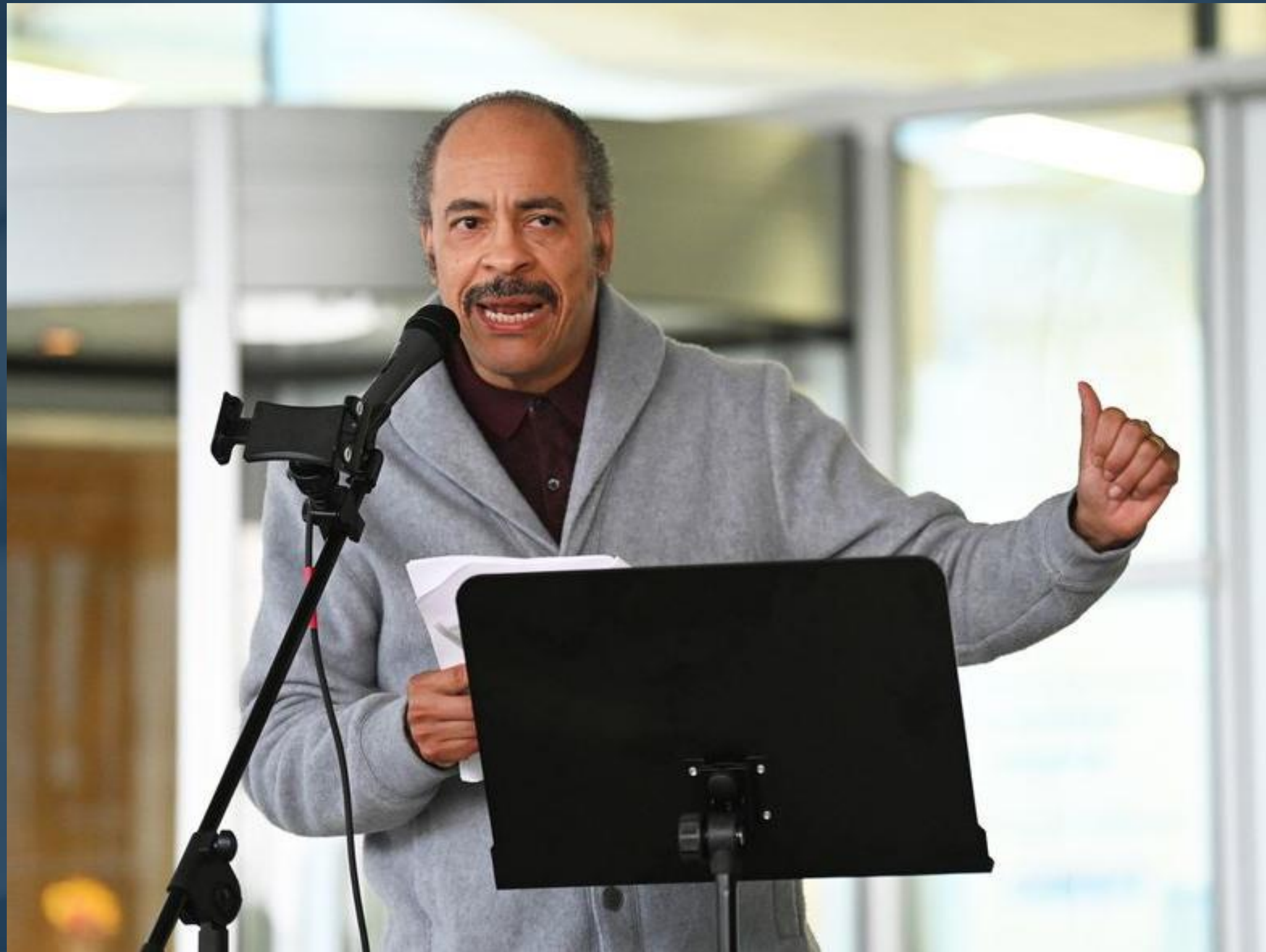
**Thomas Huggett, MD with Chicago Mayor Lori Lightfoot addressing solutions for the Homeless during COVID-19**



**Live on the air – supporting Teaching Health Centers  
Santina Wheat, MD and Kevin Volkema, DO**



**Ronald Rembert, MD and Fred Richardson, MD**  
**“Admit the Six” at Rosalind Franklin Univ. 09/07/2020**



**Fred Richardson, MD**

**Thank you,  
Vince Keenan, CAE**



31 Years with IAFP  
Retiring officially Dec. 31

Learn more and send your well wishes at [www.iafp.com](http://www.iafp.com)

2020 IAFP Annual Meeting  Virtually Possible



# In Memoriam

Members who passed away in 2020

- Timoteo R Castro Jr, MD
- Wayne B Cox MD
- Clement P Cunningham MD
- Ludwig Dech MD
- Gregory John Delost, MD
- John Joseph Hurley MD
- Lee L Johnson MD
- Tamara T. Mitchell, MD
- Julio Antonio Ramos MD

