

Family & Community MEDICINE

Summer 2017

IN HIS ROLE AS RURAL FAMILY PHYSICIAN, PATIENTS DESCRIBE

KEVIN FRAZER

AS FRIENDLY & FOCUSED ... CARING & CONNECTED ... SKILLED & SENSITIVE

“DR. FRAZER IS AWESOME. He sits on the floor and plays tractors with us every time we see him,” says Jonathan Pycke, 5.

“And he always gives us a sucker before we leave,” adds Jonathan’s younger brother, Jackson, 4.

“Taking my boys to the doctor is never stressful!” explains their mother Amanda Pycke, who lives in Slater, a town of 1,850 located 30 miles from the Fayette Clinic where Dr. Frazer practices. She has taken her sons to Dr. Frazer since they were babies. **“Dr. Frazer knows how to talk to them at their level. He makes them laugh and feel comfortable ... even when they don’t feel well.”**

Three years ago when George Snodgrass, 84, wasn’t feeling well, his cardiologist recommended he see Dr. Frazer. Mr. Snodgrass lives in New Franklin, a rural town of 1,000 that’s 15 miles south of Fayette.

“He attacked my illness without hesitation at my first appointment with him. Very soon after that, I felt better,” says Mr. Snodgrass. **“I credit Dr. Frazer for my quick recovery. I believe he truly cares about my health. I wouldn’t trade him for anyone!”**

George’s wife agrees. In fact, if Elizabeth, 74, wants to go to the doctor when Dr. Frazer is not in clinic, she will wait until she can see him. **“I don’t want to see anyone else. Dr. Frazer is the best!”** says Mrs. Snodgrass.

GROWING UP, KEVIN FRAZER dreamed of being a professional athlete. He was tall and enjoyed playing basketball and baseball. “But during high school, reality set in,” he says. “I was a good athlete but clearly lacked the skills and work ethic required to make a living in either sport.”

By the time Kevin started college, he had a new career goal: to become a doctor. Those who know Kevin describe him as a people-person who listens, cares and wants to help. His intelligence, patience and sense of humor make him easy to like and easy to trust. His patients agree: Kevin Frazer clearly has what it takes to be an excellent physician.

In 2006, when Kevin enrolled at MU’s School of Medicine, he was unsure which specialty he would pursue. It wasn’t until his third year of school, after finishing an offsite rotation with Dr. Juan Dominguez, a family physician in St. Joseph, MO, that Dr. Frazer knew what kind of medicine he wanted to practice.

“I liked the variety of Dr. Dominguez’s patient population and the care he provided them. His patients were all ages and came to him for acute and chronic care. He worked in clinic and the hospital,” says Dr. Frazer. “It was obvious that Dr. Dominguez loved his job. He was an incredible role model for small town family practice. I began residency at MU sure that I would be heading back to St. Joseph when I finished my training.”

Located in northwest Missouri with a population of 75,000, St. Joseph was home to Kevin Frazer. It’s where he grew up and where his family lived. His residency experience, however, and the opportunities he had to learn and work in an academic environment, greatly influenced his decision to stay in Columbia and join MU’s Family Medicine faculty when he graduated in 2012.

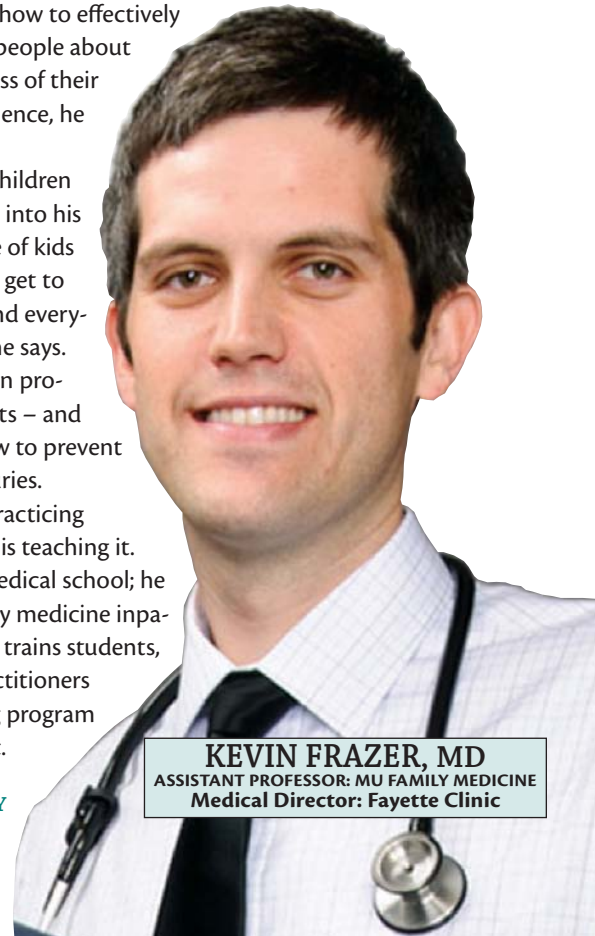
“As a resident, I discovered my love for academics, so when MU offered me a job, I jumped at the opportunity to teach and practice rural medicine,” he explains.

Today, as a faculty/physician at MU Family and Community Medicine, Dr. Frazer provides full-spectrum family medicine to a diverse patient population at the Fayette Clinic. In addition to families from small towns all across mid-Missouri, Dr. Frazer cares for students and staff from Central Methodist University, Fayette, so the health literacy of his patients varies. This has challenged him to learn how to effectively communicate with people about health care, regardless of their knowledge or experience, he explains.

Dr. Frazer loves children and welcomes them into his practice. Taking care of kids is fun and helps him get to know and understand everyone in their family, he says. He also performs skin procedures, and he treats – and teaches patients how to prevent – sports-related injuries.

When he’s not practicing medicine, Dr. Frazer is teaching it. He teaches in the medical school; he attends on the family medicine inpatient service, and he trains students, residents, nurse practitioners and athletic training program students at his clinic.

KEVIN FRAZER STORY
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KEVIN FRAZER, MD
ASSISTANT PROFESSOR: MU FAMILY MEDICINE
Medical Director: Fayette Clinic

CHAIR'S MESSAGE

Three simple recommendations come from Forrest Church, past minister at the All Souls Unitarian Universalist Church in New York City.

Want what you have.


Striving for resilience in life and work can be challenging; being appreciative is an important strategy. The Three Good Things project at Duke showed that recalling three good things that happened that day when preparing for sleep helped physicians become more positive about their work, feel better rested, and less likely to make mistakes. We should appreciate those around us – our colleagues, team members and patients wherever we work and live. Say hi and bye, smile and say thank you! Wanting what we have means not being driven by wanting more than we need.

Do what you can.

We are the 21st century manifestation of the personal physician – the healer. Be there for your patients. Help them to be whole. Strive to relieve suffering. Our resilience is sustained by finding meaning in our work. Also recognize our responsibility to our colleagues and communities. Be a good teammate. Work with others to improve quality. Change the system for the better. Teach others to be good doctors, too.

Be who you are.

Just two generations ago, MU FCM leaders helped create the modern version of family medicine. There have been nearly 500 residents and 90 fellows who have made up that legacy. Each of us is also uniquely qualified to be who we are, to transcend all physicians who have come before us. When we feel most able to do the work we do best, we are in the right place. Being fully genuine with those around us helps fulfill our unique role as human beings.



STEVEN ZWIG, MD, MSPH
PROFESSOR AND CHAIR

JACK & WINIFRED COLWILL ENDOWED CHAIR

FACULTY FOCUS

WELCOME — — —

LUKE STEPHENS, MD, MSPH, returned to Missouri to serve as an assistant professor of MU Family and Community Medicine. Dr. Stephens will practice at MU's newest family medicine clinic being built in Ashland, a small town of 3,700 located just 15 miles south of Columbia. He is also seeing patients with sports-related injuries and concerns at Missouri Orthopaedic Institute.

A 2011 MU Family Medicine Residency graduate, Dr. Stephens completed an academic fellowship here in 2013. For the next year he cared for patients and taught residents at our clinic in Callaway County. He moved to Chicago in 2014 to complete a sports medicine fellowship while his wife Amanda, an OB/GYN physician, enrolled in a maternal-fetal medicine fellowship at the University of Chicago. She is returning to MU as an assistant professor of clinical obstetrics and gynecology in the Division of Maternal Fetal Medicine.

Both Luke and Amanda are excited professionally and personally to be moving back to Columbia. They have three children, Isabelle, 7, and Isaac, 5, and Eleanor, 1.



CONGRATS — — —

RICHELLE KOOPMAN, MD, MS, associate professor and director of research at MU Family and Community Medicine, has been selected for the 2017-2018 Class of Fellows in the Hedwig van Ameringen Executive Leadership in Academic Medicine (ELAM) Program. Established in 1995 by the Institute for Women's Health and Leadership at Drexel University College of Medicine in Philadelphia, ELAM promotes the advancement of women in medicine.

"Acceptance into the ELAM program is based on the accomplishments of each participant as a leader in academic medicine," said Steven Zweig, MD, MSPH, Professor and Jack and Winifred Colwill Endowed Chair, MU Family and Community Medicine. "Recognition by this very competitive program reflects Dr. Koopman's role as a national leader in family medicine research and her commitment to and skills in local institutional leadership."

Upon completion of the one-year ELAM program fellowship, Dr. Koopman will join a community of accomplished women in a variety of leadership positions including department chairs, research center directors, deans, college presidents, and chief executives in health care and accrediting organizations.

A 1993 graduate of the University of Pittsburgh School of Medicine, Dr. Koopman completed her family medicine residency at the University of Pittsburgh Medical Center-St. Margaret Memorial Hospital. She joined the faculty here at MU Family and Community Medicine in 2007.



MELISSA LEWIS, PhD, assistant professor at MU Family and Community Medicine, became the first non-Australian or New Zealander to receive the 2017 LIMelight Award from The Leaders in Indigenous Medical Education (LIME) Network, a program at the University of Melbourne in Australia. The LIMelight Award recognizes outstanding work in the teaching of indigenous health in medical education, as well as indigenous student recruitment and support.

Dr. Lewis, who was honored for being first in the US to develop a mandatory medical school curriculum related to indigenous health, traveled to Australia to receive the award and present her research. The indigenous health curriculum was pioneered at the University of Minnesota-Duluth in 2014 while Dr. Lewis was on faculty at UMD.

Since earning her PhD in medical family therapy from East Carolina University in Greenville, NC, Dr. Lewis received additional training from NIH in cardiovascular disease and indigenous health disparities. She joined the faculty here at MU Family and Community Medicine in 2016.



KENNETH SCHAFERMEYER, DO FAMILY PHYSICIAN & TEACHER COMMITTED TO HIS PATIENTS & STUDENTS

KENNETH SCHAFERMEYER, DO, graduated from Kansas City University College of Osteopathic Medicine in 1977; completed a rotating internship at Charles E. Still Osteopathic Hospital (now Capital Region); Jefferson City, then began his 40-year career as a family physician in Jefferson City. In 1996, he decided to share his skills, knowledge and experience in family medicine with medical students. Since then, Dr. Schafermeyer has earned strong words of praise from those who have worked and learned alongside him:

“DR. SCHAFERMEYER was a great mentor and teacher and the best preceptor I’ve worked with so far. He was very knowledgeable and up-to-date with the current standards of care. He has a successful practice, which was obvious to me by observing how hard he works and how much his patients trust and appreciate him.”

“DR. SCHAFERMEYER provided me a significant role in his clinic and allowed me to formulate differential diagnoses, assessments, tests that were needed, as well as treatment plans. He watched and evaluated my interviewing and physical exam skills, then gave suggestions on how I could improve.”

“DR. SCHAFERMEYER and his clinical team provided me a valuable experience of private practice family medicine. This off-site rotation was my most enjoyable rotation so far, and overall Dr. Schafermeyer provided the perfect learning environment that I think every student should experience.”



KENNETH SCHAFERMEYER, DO
FAMILY PHYSICIAN/TEACHER: JEFFERSON CITY

Why medicine ... why family medicine?

DR. SCHAFERMEYER: I learned from the compassion of my mother who was a traveling nurse for the Jefferson County Health Department, St. Louis. She did home visits, and her motivation for helping people was strong and genuine. As a young boy, I remember her coming home from work and telling us about all the people she took care of that day. Through her work, I became aware of the suffering experienced by so many people, and I developed an understanding of how meaningful and important it is to find ways to contribute to society.

I became a doctor knowing I'd have ongoing opportunities to help people. As a family physician, my goal is to provide patients the same compassion and care I learned from my mom. She was a brilliant woman and incredible role model.

How would you describe your practice?

DR. SCHAFERMEYER: I work in Jefferson City with another family physician and take care of patients all ages (six weeks and up) at clinic and in the hospital. I would say we have a suburban-type practice with patients from all parts of the world.

Why do you teach?

DR. SCHAFERMEYER: Learning is a two-way street when I'm with students. In my role as preceptor, I teach but I also learn from my students. When we're in the exam room, I tell them that if they see something I don't see, please tell me. Students have valid opinions that can be helpful. It's important to listen and respect what they say. Most of my patients have always welcomed and appreciated having learners in the room with us.

Medical students are intelligent, motivated, morally correct and good people. They haven't changed during the 20 years I've been teaching them. They will play an important role in the future

of health care, and that's encouraging and exciting for all of us. I'm grateful for the opportunities I have to prepare them for that role.

What's the most rewarding part of your job?

DR. SCHAFERMEYER: Health care is a team effort between me and my patients. I consider it a privilege to help people, and as their physician, it is very rewarding for me to see my patients feeling happy and able to maintain healthy, productive lives.

What's the most challenging part?

DR. SCHAFERMEYER: It's a challenging time in health care ... for providers and our patients. Many people can't find health care that is affordable, do not understand their illnesses, and do not know how/where to get care. Also, it's challenging for us to know where to send patients who need specialized care.

Family medicine is one of the most difficult jobs in medicine. Family physicians need to be intelligent and committed to knowing everything about their patients. The better we know our patients, the easier it is to provide them good, effective care. Family medicine is challenging work, but I wouldn't trade it for any other job in the world.

What makes you want to come to work every day?

DR. SCHAFERMEYER: Practicing family medicine is an intellectually and socially rewarding job. When I wake up in the morning, I never know what I'll see or learn ... maybe I'll read about a new medical drug, cure or treatment, or maybe I'll celebrate with a patient who has quit smoking or reached a healthy goal we set.

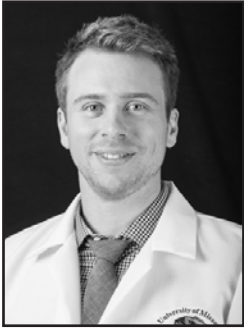
I have nice patients who make every day nice for me.

Hobbies?

DR. SCHAFERMEYER: I like doing the Argentine Tango and learning languages. I know German, French, Italian and Chinese.

CONGRATULATIONS TO OUR RESIDENCY GRADUATES

CLASS OF 2017



John Ballantyne, MD

John moved home to Ottawa, Canada, to practice rural emergency medicine. He and his fiancée, Sara, will be getting married in September.



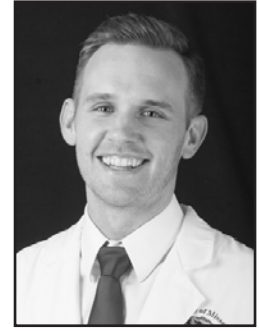
Andrea Bickerton, MD

Andrea, her husband, Darren, and children, Caleb, Ashlynn and Aaron, moved to Naples, FL, where she is practicing at Physicians Regional Pebblebrooke Center.



Asa Chu, MD

Asa decided to move back home to Canada. Asa is practicing at the Family Care Medical Centre, an outpatient family medicine clinic located in Toronto.



Chase Ellingsworth, MD

Chase is working as a hospitalist at Cox Hospital, Springfield, MO. He, his wife, Megan, and their children, Owen and Madelyn, are excited for their new journey.



Erin Pearson, MD

Erin, her husband, Chris, and daughter, Josephine, moved to Pittsburgh. Chris joined the University of Pittsburgh faculty; Erin plans to work after their son is born this fall.



Carlos Rubio-Reyes, MD

Carlos and his wife, Jessica, are happy to stay in Missouri. Carlos is practicing outpatient family medicine at BJC Medical Group-North, located in Columbia.



Andrea Schuster, MD

Andrea joined the MU Family Medicine faculty. She is practicing at our Fayette Medical Clinic and working on our OB and inpatient services.



Veronica Sievert, MD

Veronica joined the MU Family Medicine faculty and is practicing at our Keene Clinic. She and her husband, Nick, have a daughter, Claire, who just turned one.



Ben Stevens, MD

Ben and his wife, Caroline, moved back home to Arkansas where Ben is practicing inpatient and outpatient in Dewitt, a rural town with a population of 3,200.



Howard Tseng, MD

Howard decided to stay in Columbia to train in emergency medicine. He started his first year as an MU Emergency Medicine Resident this summer.



Megan Warhol, DO

Megan returned home to the St. Louis area. She was recruited by the SSM Health System to practice family medicine at an SSM clinic in Troy, MO.



Christine Wilson, DO

Christine joined the MU Family Medicine faculty and is practicing at our South Providence Clinic and working on our OB and inpatient services.

A NEW CLASS OF FAMILY MEDICINE RESIDENTS

WE ARE PLEASED TO PRESENT OUR FIRST-YEAR AND INTEGRATED RESIDENTS

RESIDENT

PICTURED LEFT TO RIGHT

MEDICAL SCHOOL

ROW 1	Joshua Bacon, MD	AUC School of Medicine, Florida
	Lisa Camilleri, MD	Saba University, Caribbean
	Justin Chang, MD	University of Iowa
	Gabriel Eljdid, DO	AT Still University-Kirksville, MO
ROW 2	Stephanie Espinoza, MD	University of Virginia
	Tyler Gouge, MD	University of Missouri
	Jonathan Hoskins, MD	AUC School of Medicine, Florida
	Eric Kadlec, MD	University of Nebraska
ROW 3	Mary Murphy, MD	University of New Mexico
	Misty Todd, MD	University of Missouri
	Carl Tunink, MD	Creighton University
	Lisa Wadowski, MD	University of Arizona



INTEGRATED RESIDENTS:

FOURTH-YEAR MU MEDICAL STUDENTS ... PICTURED LEFT TO RIGHT

Alex Finck
Colin McDonald
Zachary Treat



CONGRATULATIONS TO ANNA HULBERT, MD FIRST PHYSICIAN TO COMPLETE OUR NEW ONE-YEAR HOSPICE AND PALLIATIVE MEDICINE FELLOWSHIP

ANNA HULBERT, MD, a 2016 Family Medicine Residency graduate, will be joining our faculty and the palliative medicine care team here at MU later this summer.



PHOTO: ANNA HULBERT, MD, is congratulated by PAUL TATUM, MD, MSPH, Hospice and Palliative Medicine Fellowship Program director.

WELCOME TO TAYLOR CORDONNIER, MD 2017-2018 HOSPICE AND PALLIATIVE MEDICINE FELLOW

TAYLOR CORDONNIER, MD, begins our Hospice and Palliative Medicine (HPM) Fellowship program this summer. A graduate of Ross University School of Medicine, Taylor completed his Internal Medicine Residency at Brookdale Hospital in Brooklyn, NY. Taylor is excited to move closer to his hometown, St. Louis. As an HPM Fellow, he will be working with a multidisciplinary team that performs assessments and provides care to patients in a range of settings.



MU Family Medicine Graduates: Alums not included in our 2017 ASK FOR ADVICE project (pages 6-13)

James Lord, MD	1977 RESIDENT
Joseph Mathey, MD	1977 RESIDENT
Augusta Hays, MD	1987 RESIDENT
Frances Hedrick, MD	1987 RESIDENT
Randall Mueller, MD	1987 RESIDENT
Richard Doisy, MD	1997 RESIDENT
M. Shane Foster, MD	1997 RESIDENT
Rebecca Kelley, MD	1997 RESIDENT

Sandra Kwan, MD	1997 RESIDENT
Ronnie Thomas, MD	1997 RESIDENT
Jennifer Lea Claycomb, MD	2007 RESIDENT
Eva Rabuy Del Rosario, MD	2007 RESIDENT
Melinda Hecker, MD	2007 RESIDENT
Laurel Sommer, MD	2007 RESIDENT
G. Howard Hays, MD	1987 FELLOW
Gary Kearn, MD	1987 FELLOW



AL BERG

“Giving advice is ‘past life’ – just cultivate things you can enjoy after that last paycheck.”

Al Berg, MD

RESIDENCY CLASS OF **1977**

DR. BERG: “Professor Emeritus, Family Medicine, is my title since I retired in 2013, after serving 34 years on faculty at the University of Washington. During the years 1989-2007, I served as department chair. I still do occasional work for the

National Academy of Medicine (formerly IOM),

including chairing a report on genetic testing released in March.

I am immensely enjoying music (as a verb), travel, reading and the arts ... don’t know how I ever had time for work.”



TOM GREER

“If possible, don’t delay goals until later. Time flies.”

Thomas Greer, MD

RESIDENCY CLASS OF **1977**

DR. GREER: “I retired as a professor in the University of Washington Department of Family Medicine on July 3, after forty years in the Pacific Northwest. For many of those years, I served as director of medical student education in family medicine and also co-director of the required, six-week family medicine clerk-

ship. In recent years I have been co-director of TRUST, a program designed to address rural workforce shortages in the WWAMI (Washington, Wyoming, Alaska, Montana and Idaho) region. In 2013, we received the STFM Innovative Program Award.”



RUSS WHITE AND HIS WIFE DARA

“ ■ Select an area of medicine in which you have interest.

■ Practice with a group of colleagues and discuss cases with them to maintain the educational process.

■ Be willing to consider and move to a new area, possibly academic medicine, during your career.”

Russell White, MD

RESIDENCY CLASS OF **1977**

DR. WHITE: “I am retired from academic medicine, having served on the School of Medicine faculty at both University of Missouri-Kansas City and University of South Florida-St. Petersburg. For the past two years, I have been working part-time supervising the MinuteClinics, which are owned by CVS Pharmacy. I provide back up and clinical reference for the nurse practitioners who staff the MinuteClinics in/near Springfield, Missouri.

My wife of nearly 50 years, Dara, and I continue to live on our farm in Aurora, a small town in southwest Missouri located 30 miles from Springfield.”

“The practice of medicine has changed in many ways, yet it remains the same! My advice to younger colleagues is this: Follow the pathway that interests you and make changes when necessary to remain fresh and excited about your career! For me, it helped to develop a Ten Year Plan. This kept me focused and committed to practicing medicine as I got older.”

Devera Elcock-Skimming, MD

RESIDENCY CLASS OF **1977**

DR. ELCOCK-SKIMMING: “I still work full-time as a physician and am not ready to retire yet! It seems like only a few years since I was a Family Medicine Resident at Mizzou!

Our youngest daughter is a third year psychiatry resident at the University of Maryland and has already published a few articles in her field. Our oldest son is a pediatric cardiologist in Ft Lauderdale, FL. One of our children is an architect and the other three have careers in business.

Fortunately, my husband and I continue to be blessed with good health. Home for us is in Chesterfield, MO, but we try to spend our winters in Scottsdale, AZ.”

“Try to resist seduction by the flood of ‘evidence’ that supports our bloated profession and health care system. Much of what is published is corrupt and misguided. Most is published to extract money from our adoring patients. You will be serving profiteers despite your best efforts. Health improvement through patient relationships exceeds what can be accomplished through costly technology, chemical assaults and invasions of human minds and bodies. That is why family medicine remains my last hope for systematic efforts to improve health. Try to avoid cynicism for as long as you can!”

Larry Halverson, MD

RESIDENCY CLASS OF **1977**

DR. HALVERSON: “I am retired and spend significant time traveling, golfing, gardening and playing bridge. I have also sampled painting and increased my joy of reading. I remain a Royals fan. I am blissfully married to Martee and enjoy regular visits with my 30s-something daughters (Nicole and Natalie) and their significant partners.

I still visit our residency program and teach medical students on a very limited basis. Now that I am out of the silo, I am gaining new insights on the US health care non-system. I am displeased with the dysfunction evident in the profession that I once admired and cherished. We have worked so hard and accomplished so little that actually improves health. However, we are wealthy.”



LARRY HALVERSON



DAVID BRUMLEY

“During the very busy work and demands of clinical practice, it’s important to consider from time to time the broad economic aspects of health care and the implications of public policy on how medicine is practiced. Be active in your community, through your professional society, and in other organizations to advocate for a health care system that is as caring, rewarding and efficient as possible. Physicians have a great deal of credibility and influence. When that is not applied, others will make decisions that may impact patients in ways that are not the best. Best wishes for the future!”

David Brumley, MD
RESIDENCY CLASS OF **1987**

DR. BRUMLEY: “I am currently vice president of medical affairs for Fallon Health in Worcester, MA. After practicing in a family medicine group in Nashua, NH, for several years, I switched to administrative work in health plans, mostly in Massachusetts.

In my current job, I work with health plan staff primarily on medical policy, alternative payment models, pharmacy management and quality initiatives. My training in family medicine at Mizzou has been very helpful in this role, providing a broad clinical perspective. As a resident, I also gained an appreciation of how to think about the relationship between patients and their families. Understanding how to think from a systems perspective has been critical to my role within health plans.

I live in Duxbury, MA, near Boston, with my wife, Laura. We are celebrating our 30th wedding anniversary this year! I have two children, Colin, 25, who works for WGBH, a public radio station in Boston, and Annie, 19, who just finished her second year of college.”



BILL ENGLAND AND HIS GRANDSON

“Even if you’re an employed physician, understand the business side of the practice and how you get paid. Don’t let your training or residency designation define your practice choices. Fund retirement early. Have grandchildren first.”

William England, MD
RESIDENCY CLASS OF **1987**

DR. ENGLAND: “Between good financial planning and marrying well, I retired in April 2015 and am enjoying Idaho, six grandkids, and doing exactly what I like. Our daughter, Laura, and her family live locally; son, Will, and his family are nearby in the Sun Valley area; and daughter, Kelle, and her family are in Salem, OR. We still have Australian Shepherd dogs. The photo is me with our newest Aussie puppies and grandson, Everett.”

“Cultivate your skills and understanding of the mind-body and psychosocial dimensions of medicine. This will not only strengthen your ability to care for and connect with patients, it will also help you maintain your own resilience and well-being. I believe that my residency training at MU provided me a strong foundation in this area.”

James Carow, MD
RESIDENCY CLASS OF **1987**

DR. CAROW: “I continue to do outpatient family medicine at Bronson LakeView Family Care in Paw Paw, MI. During the past 10 years, my patient population has changed and no longer includes children. Most of the people I care for are adults and geriatric patients. I am busy and still enjoy my role as family physician.

My wife, Christine, and I recently celebrated our 40-year anniversary. Family is important to us. We love and appreciate time spent with our grandchildren: Emily, 18, who lives in Florida. She is the child of Maureen, our daughter who passed away 10 years ago from cardiac issues. Our grandsons, Christopher, 23, and Justin, 22, live in Wisconsin and are the children of Shannon, our other daughter (and Maureen’s twin).”



JIM CAROW AND HIS WIFE CHRISTINE

“ ■ Don’t let the bottom-line people bully you!

■ When you come into an exam room, sit down and cross your legs. Ask, ‘What can I do for you today?’ ... and then shut up. If you don’t immediately start interrupting a patient with questions, they will usually tell you everything you need to know in 2-3 minutes. And most importantly, the patient will feel he/she has been listened to.”

Charlotte Clark, MD
RESIDENCY CLASS OF **1987**

DR. CLARK: “I finally found my niche! I came back to medicine after 13 years of working in totally different fields to take on a part-time job as a hospice medical director, job-sharing with another ‘semi-retired’ MD. Working mostly behind the scenes, I provide support for a fantastic team of nurses and social workers. I feel so blessed to be able to use my training again in this richly rewarding service. Retirement? Bah, humbug!

After residency, I first ran a one-doc branch clinic in rural Wisconsin for many years, then spent two years at a small clinic on the edge of the Navajo Reservation in New Mexico. I came back to the Midwest to help care for aging parents, finally settling in Winona, MN, a beautiful Mississippi River town of 27,000 with flourishing month-long Beethoven and Shakespeare festivals to help feed my arts habit. Life is good.”



CHARLOTTE CLARK

“ ■ Make time to take care of yourselves so your patients can know you're practicing what you preach!

■ Secondly, learn to sit down with your patients at every visit so that you're at their level – making eye contact with them, not the computer screen – even if it's only for two minutes. I've learned there's value in doing this. My patients always leave satisfied knowing that I've listened, now an anomaly in our chaotic schedules.”

Constance Irick, MD

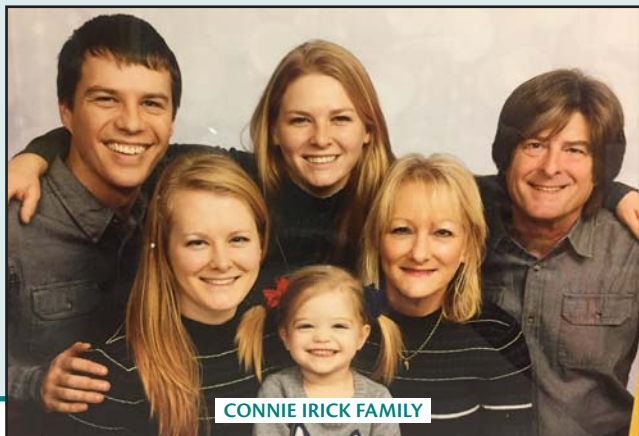
RESIDENCY CLASS OF 1987

DR. IRICK: “Today, 30 years after finishing my family medicine residency at MU, I've landed happily (still) in private practice. In fact, I've been working solo for the last 10 years (I do share office space with two brave solo family practice guys), after spending my first 18 years working for HCA Midwest Health in the KC area.

I am anticipating a move to the Overland Park, KS, area. There, I will downsize my space and still work independently and practice my own version of family medicine with a wellness focus, having been influenced by my naturopathic doctor daughter who lives in Port Townsend, WA. I feel fortunate to have a loyal staff here at Irick Family Medicine, who have stuck with me for the last 10 years. They even presented me with my own shingle that patients sign and I display happily, violating HIPPA regulations.

Besides a rewarding family of patients, Ron and I, after 37 years of marriage agree that our most transforming experience has been becoming “Glammy and Grandpa” to our first grandchild, Coraline Force. Her sibling is on his way, and, like his sister, he will be delivered at home this November. What an indescribably delicious experience for me as a physician, mother and grandmother! Ron and I are torn as my loyal practice of patient families are here, as is our youngest daughter, Sara. Yet our family is growing rapidly in the Northwest. Our son, Chance, and his FNP wife, Sarah, moved to Port Townsend, WA, where our daughter, Molly, and her husband, Sam, live. Chance is practicing ER medicine. Needless to say, we travel.

Family Medicine is at a crossroads and so am I. For now, I will forge along learning new technology and practice more virtual visits with my EMR so I can stay in touch with my patients while visiting my Northwest clan. As Ron and the Grateful Dead would say, ‘It's been a long strange trip!’”



CONNIE IRICK FAMILY

“Professional joy stems from your relationships with patients and staff, so put your energy there. Insurance and government bureaucracies will sap your joy and energy if you let them. Focus on caring for your patients and you will find satisfaction.”

William Kimlinger, MD

RESIDENCY CLASS OF 1987

DR. KIMLINGER: “I quasi-retired about two years ago from my practice. I still do a little urgent care and telemedicine, but mostly I enjoy visiting children and grandchildren with a few dive trips every now and then. Please check out Will Kimlinger's Underwater Video Channel: TortugaVideo.com.”



WILLIAM KIMLINGER

“Strive to keep work/life balance throughout your career. Your practice is important, but so is your family and other outside interests.

Take a break! When you have a window of opportunity, say yes to it. It's important to get away and experience a simpler life, free from distractions. This will help you appreciate the people and things you have in your life. (Read about the hike I took last year in my update.)”

Jonathan Rigden, MD

RESIDENCY CLASS OF 1987

DR. RIGDEN: “I continue to do outpatient family medicine at the Mayo Clinic: La Crosse, WI. The Mayo System is a multi-specialty group that includes nearly 100 physicians. I've worked here since 1991; today I practice with six other family physicians. We don't do OB and stopped doing hospital work four years ago. I spend most of my time in clinic, taking care of patients.

Family continues to be the focus of life for me and my wife, Ann. Our children are grown and out of the house. Melanie, our oldest, is a nurse and has three children. Katie is a teacher and has two children. Walter works and is attending college. And our youngest, Anna, is a nurse and works at Mayo's ER.

We still have our cabin on 93 acres, which is a 30-minute drive or two-hour bike ride away from our home, where we gather frequently for fun, solitude and quiet. Every March, a group of us meet at the cabin to tap maple trees. Maple syruping is hard work, but it's fun and a tradition we look forward to.

Last year, I took a six-month vacation to hike the Appalachian Trail. From March to September, I walked 2,189 miles; my hike crossed 14 states, extending from Springer Mountain, GA, to Mount Katahdin, MN. Everything I brought, including my tent, fit into my back pack. Except for visits from a few friends and family members, I was alone and had plenty of time to reflect and contemplate about life. It was an incredible experience, and if I could, I'd do it again. I kept a blog during my hike: <https://sites.google.com/site/appalachianjonny/>”



JONATHAN RIGDEN: 9-15-16
Completing his hike of Appalachian Trail



STEVE RICHARD AND HIS WIFE AGNES

“It’s cliché but never forget that life is a gift and enjoy every day to its fullest. Pepper every day with humor; take time to ‘smell the roses.’ Also never forget that the other guy’s cart is always bigger and harder to pull than yours (at least in his/ her opinion).”

Stephen Richard, MD
RESIDENCY CLASS OF **1987**

DR. RICHARD: “I am clinical director of Henrico County Health Department, serving a population

of nearly 330,000. I run the tuberculosis program and oversee family planning, STI testing and treatment, and refugee care, and I coordinate schedules for six nurse practitioners. We have a fairly busy maternity program, but I’m not actively doing maternity medicine anymore. For the past 12 years, I’ve managed a small membership-based practice and see my patients three mornings a week in a private office.

Somehow my wonderful wife, Agnes, has put up with me these past 27 years. We’ve been blessed with three sons, Michael, Marshall and Ross. Also, we have a menagerie of animals: three Labradors, one cardigan Corgi, one Chihuahua, two cats and our latest addition ... a Texas micro pig named Josephine. When I’m not caring for patients or animals, I have fun at ‘the river’ fishing or hunting.”



KEVIN KANE FAMILY

“ ■ Remain true to your values.

■ Remind yourself why you went into medicine, especially during those challenging days.

■ Remember to take care of yourself both physically and mentally so that you can continue your good work of helping others.”

Kevin Kane, MD, MSPH
RESIDENCY CLASS OF **1997**

DR. KANE: “I currently serve as the associate dean for education improvement at the University of Missouri School of Medicine. I enjoy working with medical students on their journey to becoming physicians. I have an interest in global health and assist students and residents in setting up international medicine rotations. I also see patients at our South Providence Medical Building.

My wife, Cynthia, continues to practice family medicine at Cynergy Health. Trinity, our daughter, participates in 4H, loves horseback riding and volunteers at Second Chance. My family enjoys traveling, gardening and spending time exploring the Lake of the Ozarks.”

“Hmmm. Find a thing in your work that brings you joy, and figure out a way to do more of it. And be fearless about growing into a new thing time and again.”

Elizabeth Kvale, MD
RESIDENCY CLASS OF **1997**

DR. KVALE: “I will be leaving University of Alabama at Birmingham, where I serve as director of the UAB Supportive Care and Survivorship outpatient clinic, to join the faculty at the Dell School of Medicine, University of Texas-Austin this fall. At UT, I have accepted the role of palliative care section chief. My new position balances program building, research and service; it feels daunting ... but in a good way.

I am mom to two boys, now 17 and 14 (also daunting in a good way). In my free time, I like to cycle, row and cook.”



ELIZABETH KVALE

“Learn to surf in Costa Rica.”

Steven Heim, MD
RESIDENCY CLASS OF **1997**

DR. HEIM: “I’m practicing medicine in rural central Virginia, which includes taking lots of OB call (there are only three of us left, please send help!). I’m teaching residents and medical students; traveling the world; drinking IPAs; dancing like a fool and laughing every day.”



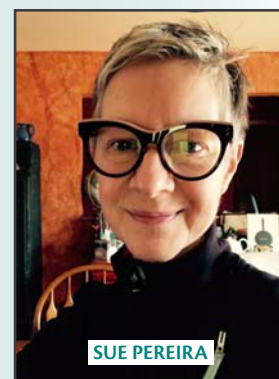
STEVE HEIM AND HIS WIFE DAKOTA

“The magic happens in the room with patients, so even though it’s important to surround yourself with people you admire, who you can ask questions of, and can get professional support from, the beauty of this honorable job is when you connect with those you serve. Savor it.”

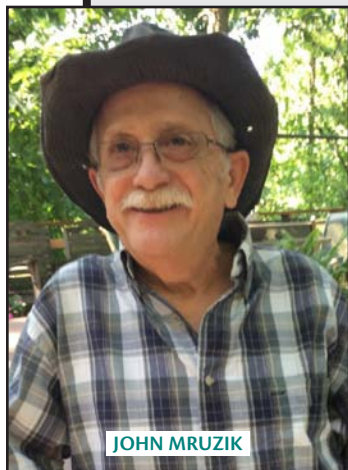
Sue Pereira, MD
RESIDENCY CLASS OF **1997**

DR. PEREIRA: “I am no longer practicing medicine. I set down my stethoscope in the spring of 2017.

I now spend a bit of time with community action supporting health care advocacy and agency. The rest of the time I watch my garden grow, and I listen to birds.”



SUE PEREIRA



JOHN MRUZIK

“Remember who is important when you’re with patients; be attentive when you listen and thorough when you explain. By telling them not only what you are thinking, but why you are thinking it, you show patients that you have solid reasoning and compassion for their condition.”

John Mruzik, MD
RESIDENCY CLASS OF **1997**

DR. MRUZIK: “I’m celebrating 20 years in my role as medical director of Boone Convenient Care (BCC), a BJC HealthCare clinic located in

Columbia, MO. I started working there as an MU Family Medicine resident. We are open seven days a week and our medical staff includes me and four nurse practitioners.

We see everything at BCC. All of us work well together and enjoy what we do. Patients seem to appreciate our positive attitude and the care we provide them.

My wife of 16 years, Nancy, and I continue to live on our farm, which is located out in Boone County, with our 10 terriers.”



WES SCOLES

“Never forget why you went into medicine! You are not only your patient’s doctor – you are also their advocate, counselor and friend.

Always write a note to the family at the death of a patient. Tell them a story or joke the patient shared with you. It will not only do you good, it will let that patient say ‘goodbye’ one more time to the people who were closest to him/her.”

Wesley Scoles, MD
RESIDENCY CLASS OF **1997**

DR. SCOLES: “Our family still lives in Tallahassee, FL, where Lisa practices law, Blaire (our daughter) will be going to medical school at the University of Florida, Zane (our son) will be starting college at Florida State University, and I practice rural medicine in the sleepy, picturesque town of Monticello with best friend from medical school, Brian Deem.

I teach medical students and doctor of nursing practice (DNP) students from FSU, and I am medical director of all outpatient primary care offices and high risk OB for Tallahassee Memorial Hospital.

I also work in the jungles of the Amazon providing medical care for 100 small villages that have no access to care.”

“Graduates, realize first and foremost that each patient, no matter how annoying, no matter how trivial their complaint, no matter how tangential the history – every one of them has a good reason (somewhere in their head) to come and see you. The real fun can be discovering why they are there. Approaching the patient as a mystery to be solved has helped me over the years keep in mind that I am there to help them, and to stay friendly and engaged when I feel tired and grumpy.

Never refer to patients by their symptoms, as in, ‘the sore throat in room 3,’ but always as ‘the lady in room 3 with a sore throat.’

Remember the principle of ‘Gravitas’: always be composed, and at least act as if you know what you are doing. If you panic and start losing it, everyone on your team will likely cue in on that and begin a spiral of failure. Do not yell or throw things. That helps nothing. Rather, ask for input, discuss and work with your team.

Cultivate relationships, especially with your family. This job will eat all the time you have unless you intentionally guard it. Even then, it is hard.”

Christopher Poor, MD
RESIDENCY CLASS OF **1997**

DR. POOR: “I’m still working full-time ED in Murray, KY. Professionally, it is a great job that is always challenging, with lots of patient interaction and little administrative duties. Prolonging lives and relieving suffering is rewarding work, and I have a great team around me. This year, I am chief of medical staff at the hospital, but the workload is not too stressful. I mostly work night shifts, which frees me to be home and mostly awake in the daytime.

Bridget and I have five wonderful children: Katelyn (25 and married), Sabry (22 and married), Savannah (19 and attending Murray State University), Samuel (17), and Benjamin (12). All of them still live nearby, and we see them several times a week.

We live on a 47-acre plot of forest 12 miles from the hospital, on a cleared hilltop with a vineyard, orchard and large gardens. In the last year, I’ve started learning to make wine and mead.

We adopted our son, Samuel, from Nepal in 2003, when God called us to go back and find him six years after the medical mission trip we took during the late ‘90s. In 2010, He called us to China to find our other son, Benjamin.”



CHRIS POOR FAMILY



DEANNA SIEMER AND
HER DAUGHTER ANNIKA

“My advice to the graduating residents is to make time for yourself and your family. Teach yourself to:

- NOT sweat the small stuff
- overlook that pile of papers
- NOT answer the phone when you aren’t on call

It can be hard, but it is possible to teach yourself these things. After 20 years, I’ve taught myself to enjoy my family without feeling too guilty.”

Deanna Siemer, MD
RESIDENCY CLASS OF **1997**

DR. SIEMER: “Professionally, I continue to be an independent practitioner in my hometown of Jackson, MO. I still see my own hospital patients, practice OB, and am currently the chief of family medicine at Southeast Health Hospital in Cape Girardeau.

Personally, I live outside of Jackson with my husband and our three children, Cole (17), Cael (14), and Annika (11), and we all stay busy with sports. I enjoy being one of those crazy sports moms and also love to golf whenever I can.”



SHANE CASS FAMILY

“Stay cognizant of what you like about your practice. Then, try to do more of it! Medicine offers many opportunities and can be a long career; commit yourself to doing things that you enjoy and keep you happy with your work.

Also, once you’ve got your feet under you, take a look at leadership roles. Become a member of the hospital credentialing committee, help out on the state board, etc. I’ve been surprised by how much these activities have broadened my interests and sense of purpose. We advocate for our patients, sometimes it’s nice to advocate for providers, too.”

Shane Cass, MD
RESIDENCY CLASS OF **2007**

DR. CASS: “I’ve spent the last six years in Albuquerque, NM, where I returned to do a sports medicine fellowship. I stayed on to join the University of New Mexico faculty and serve as a team doctor for the University of New Mexico Lobos. In addition, as an assistant professor, I’ve been teaching fellows and residents musculoskeletal (MSK) and sports medicine.

At the end of the summer, we’ll be moving. I accepted a position with the orthopedics/sports medicine department at Kaiser Permanente in Colorado.

We’re excited to get back to Colorado and closer to family. My wife, Kamila, and I have three children, Arianna, 11, Blake, 8, and Donovan, 7. We stay busy with sports and outdoor activities and look forward to enjoying more mountain and snow fun.”

“■ Choose the type of medical setting where you can see yourself succeeding and enjoying. Going to work and loving what you do will make you a better physician.

■ If you are married, have honest conversations about how you are balancing work and home. If changes need to happen, make them. When you are off work and with your family – truly be off. Let your family have all of you. They need that, and so do you!

■ Take on the challenge of teaching students of all levels. They will keep you on your toes and ask great questions. Make sure that your clinical practice has good evidence behind it. That will improve care for your patients and help you focus on learning throughout your career.

■ Remember where you came from and treat everyone with respect and kindness. It doesn’t matter if your patient is a homeless man or the CEO of the hospital. Everyone deserves respect.”

Sarah Wiederholt, MD
RESIDENCY CLASS OF **2007**

DR. WIEDERHOLT: “After graduation in 2007, I joined a busy family practice clinic in Saint Joseph, MO. I see patients of all ages and am humbled to see a lot of multi-generation families.

Our hospital has recently rebranded from Heartland Health to Mosaic Life Care. Since this occurred, we’ve switched to ‘focus on the entire patient.’ This creed matches-up very well with how I was trained to practice medicine while at Mizzou. It’s been great to see these changes, and I’ve been very proud to be part of our hospital and the new direction it’s going.

I married my husband in 2010, and I thank God for him every day. We have two beautiful children, ages 5 and 2. They keep us on our toes between learning to read, playing at the park, learning dance and t-ball. We are avid Royals fans – and have been since the days they were giving away tickets, and we have a lot of fun as a family watching games.

My children and husband have definitely contributed to helping me be a better physician, by challenging me to be the best mom and wife I can be. I believe most working parents are constantly trying to improve upon the balance between work and home. It’s not easy – but it’s do-able.”



SARAH WIEDERHOLT FAMILY

Melinda Hecker, MD

RESIDENCY CLASS OF **2007**
Assistant Professor

UNIVERSITY OF MISSOURI
FAMILY AND COMMUNITY MEDICINE





SARAH SWOFFORD FAMILY

“Enjoy what you do every day. It is such a privilege to be able to care for patients through all stages of life. I’m still humbled and appreciate that patients allow me to be there for some of their most vulnerable experiences; those experiences help keep my job rewarding. When not

at work, focus on staying connected with family and your spouse. Plan at least two vacations every year.”

Sarah Swofford, MD, MSPH

RESIDENCY CLASS OF **2007**

DR. SWOFFORD: “I’ve been on faculty at MU Family Medicine since residency. I see patients at South Providence Medical Building, take call and supervise residents at Women’s and Children’s Hospital, and co-direct the family medicine clerkship.

My husband, Adam, and I have two children, Molly, 13, and Luke, 10.”

“Take time to get to know your patients. It’s very easy to get tired and bogged down with the long hours and the charting. Remember why you chose to go into medicine. It really is all about the patients. Take a minute to learn about them, not just why they came to see you. When you get to know them, it makes taking care of them a lot easier.”

Brigham Wise, MD

RESIDENCY CLASS OF **2007**

DR. WISE: “My family and I live in Walnut Creek, CA, where I work for Kaiser Permanente. I work in the orthopedics department doing sports medicine exclusively. We are currently in the process of creating a sports medicine department, which is really exciting for me. I spend a lot of time outside of the office on fields and courts around town.

Fortunately when I’m not working, I’m watching my own five kids compete – at times that can be even more stressful.”



BRIGHAM WISE FAMILY

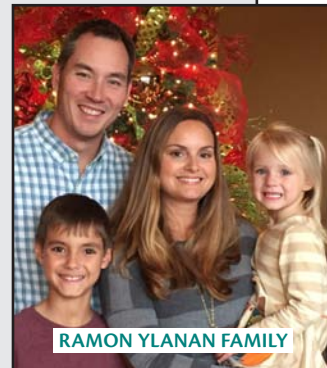
“Focus on humility. A humble approach to medicine and your patients will always keep you out of trouble.”

Ramon Ylanan, MD

RESIDENCY CLASS OF **2007**

DR. YLANAN: “I’m working at Advanced Orthopaedic Specialists, alongside four orthopedists and two other primary care sports medicine specialists, in Fayetteville, AR. I am head team physician for the University of Arkansas Razorbacks, and program director of the University of Arkansas Medical Sciences (UAMS) Northwest Primary Care Sports Medicine Fellowship.

My wife, Melissa, and I have two children, AJ, 9, and Mia, 5.”



RAMON YLANAN FAMILY

“At the end of the day, your happiness will not be related to how much you get paid, how many hours you work, or how beautiful your office is. The people you surround yourself with (the patients whom you see over time and get to know, the colleagues whom you can learn from and share with, and the staff whom you will depend on to get you thru the day) will be the most important ‘commodity’ predicting your happiness and joy.

Make sure you surround yourself with great people, and then try very hard to be the excellent worker, colleague and friend to them, as you hope they will be to you.”

Mark Knudson, MD, MSPH

FELLOWSHIP CLASS OF **1987**

DR. KNUDSON: “I am at Wake Forest School of Medicine, where I’ve been since I left Missouri. While in the family medicine department, I served many roles (director of student activities, residency director, etc.). Then, two years ago, after six years as dean of students for the medical school, I came back to family medicine to become vice chair.

It’s been a joy to return to seeing patients, teaching residents, running a procedure clinic, and taking a week of inpatient call every two months. I am now surrounded by people who believe in family medicine, and that makes work a lot easier.

Outside of medicine, I still pursue biking as a hobby, and when I get a chance, I hike on the NC mountains. The rest of my time is spent with my wife, traveling for fun (Cuba most recently), or visiting our three kids, Jessica, an assistant principal at an ESL elementary school in NY, Melissa, who is finishing her first year of pediatric residency in Philadelphia, and Joshua who is taking classes and working at a winery in Portland, OR.”



MARK KNUDSON



TERRI WEBER FAMILY

“Whenever I learn about a new drug coming out, I remember the advice that Dr. Jack Colwill gave us, ‘don’t be the first to use the drug ... and don’t be the last.’”

Terri Bradbury Weber, MD, MSPH

FELLOWSHIP CLASS OF **1987**

DR. WEBER: “My husband, whom I met over a cadaver at Mizzou when he was an internal medicine resident, later trained to become an infectious disease specialist. We continue to live in Colorado Springs.

I’ve worked part-time in the past. I’m trying to work part-time again, but unfortunately the number of family medicine doctors who actually want to take care of patients and maintain an ongoing relationship with them is dwindling. This is making it hard to recruit anyone to our group, so I feel compelled to keep practicing. Part of me wants to be semi-, if not fully, retired. I experience true joy in my life when I see a patient and he/she tells me, ‘I just needed to talk to you ... thank

you so much!’ Hearing that makes my job fun and very rewarding.

I’m still grateful for people I was able to rub elbows with while at MU, I see that Betsy Garrett retired – bittersweet. She was a phenomenal role model and one of the first women who really took hold of leadership roles in medicine. I still consider Mike LeFevre to be an inspiration – what he taught me in statistics, how he reads the literature, and his work on the USPSTF.

We have two children – both in New York, a daughter who is a surgeon and a son who is an advertising photographer. We also have two grand dogs.”



JOHN GAZEWOOD AND HIS WIFE PATTY

“Cultivate a community that will support you and keep you grounded. My wife and I have been part of a couple’s group for 19 years, and I belong to a men’s group that has met weekly for the last 18 years. These people have been there to help us share the joys

and trials of life – they have been much more important to us than we ever imagined.

Seek out and be grateful for that which brings you joy; don’t hide from suffering, and when it gets too crazy, go fishing (or wherever else you go for rejuvenation).”

John Gazewood, MD, MSPH

FELLOWSHIP CLASS OF **1997**

DR. GAZEWOOD: “I am entering my 11th year as residency program director at the University of Virginia, Charlottesville. Professionally, I think this is the best ‘job’ I’ve ever had – with a good balance of clinical work, clinical supervision, teaching and administration. I love working with our residents.

Patty and I just celebrated 30 years of marriage, and we enjoy traveling. Our four kids are in various stages of high school to post-college life. I have been running and think I’m up for a marathon this year (maybe?). I like fly-fishing and hiking, too. In the past year, I’ve developed the discipline for daily meditation. It took a long time to learn to sit still without falling asleep.”

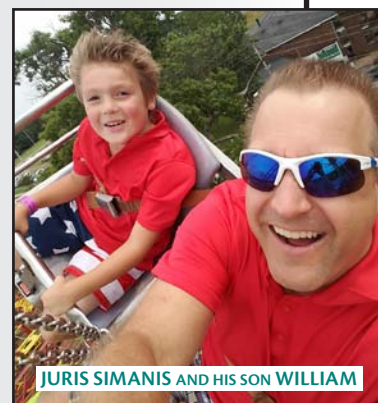
“There are never enough hours in a day to do what you want to do. Work and other commitments will fill up your time, if you let them. So try hard to find and maintain balance and happiness. Do not let your life dictate your priorities; instead set your priorities first and then work your life around them.”

Juris P. Simanis, MD

FELLOWSHIP CLASS OF **2007**

DR. SIMANIS: “Currently I practice at Citizens Memorial Hospital Parkview Orthopaedic Clinic, Bolivar, MO, providing care for sports-related injuries. In 2013, I earned board certification in musculoskeletal ultrasound (RMSK) and also completed training to do ultrasound guided percutaneous surgeries using Tenex. I serve as head team physician of South West Baptist University, an NCAA Division II university, and I’m active in the National Ski Patrol and work as a National Ski Patroller and ski patroller instructor at Snow Creek Resort, Missouri. In addition, I received a Diploma in Mountain Medicine through the Wilderness Medical Society in 2016. That was a grueling experience and a distinction that not many people in the US have received. To learn more about this diploma, please check out the Wilderness Medical Society website: m.wms.org.

I have a son, William Juris Simanis, 6. I love what I do but to maintain my sanity, I cycle, swim and complete multiple 100-mile rides annually.”



JURIS SIMANIS AND HIS SON WILLIAM

"Teaching is rewarding work, and it motivates me to stay up to date with what's going on in the world of medicine," says Dr. Frazer. "For me, teaching at the bedside, with patients and learners present and involved in the process, is the best way to teach future physicians. I feel fortunate to have patients who are willing to work with students and help them understand the importance of primary care in small towns."

When Kevin Frazer talks about his job, he speaks with passion and enthusiasm.

"I really enjoy my job, and the day-to-day variety it provides. I love teaching, and I love patient care, and most days I get to do both. Plus, I get to experience the joys of rural medicine," Dr. Frazer says. "The patients we care for at the Fayette clinic are special. They make us feel welcome and appreciated. They value our services and take pride in having their own clinic not far from where they live and work."

The rewards of rural medicine are big, but so are the responsibilities. Dr. Frazer embraces and feels grateful for both.

"As their family physician, I'm the person who has the complete and ongoing picture of my patients' health. I know about their problems and try to manage as many of those as I can," says Dr. Frazer. "If I can take care of their diabetes, hypertension, and also take off a skin cancer all in one visit, that makes health care simpler and less stressful for my patients. People prefer not having to take a trip out of town to see a specialist, so my colleagues and I make every effort to respond to emergencies – big and small – and to provide a full range of care, services and procedures for our Fayette Medical Clinic patient population."

Making an effort to connect with patients outside the exam room is also important, says Dr. Frazer. Although he doesn't live in Fayette, Dr. Frazer has a presence at local events throughout the year. As team physician at the Fayette High School Football games, he is able to interact with patients and their families out in the community. These encounters can be rewarding and often help him better understand his patients' health and health care needs. In the spring, he and his clinic staff provide free sports physicals to students in the area.

"Fayette Clinic is the best. I can't imagine a better staff or community," says Dr. Frazer. "I love my job and feel fortunate for the opportunities I have to care for patients, to teach students, to work with colleagues who support and respect me, and to be part of an academic health center, where I feel challenged and committed to learning and being the best I can be."

Mostly, Kevin feels fortunate for family, and he credits his wife, Jessica, for keeping him focused on what's important in their lives: watching their sons, Jacob, 8, and Owen, 3, grow!

"Everyone loves Dr. Frazer! Kevin is always even-tempered and calm, and he never gets angry. He listens and he cares, and he knows how to relate to patients, colleagues, students and clinic staff."

— Marcia Granneman, RN
CHARGE NURSE AT THE FAYETTE CLINIC

"Kevin and I complement each other. I have experience and know procedural skills, and he is organized and has a tremendous knowledge base. I love being able to go to him with questions on recent research/up-to-date treatment. He is an excellent medical director ... well-liked and respected by everyone in our clinic."

— Robert Buffaloe, MD
MU FAMILY PHYSICIAN AT THE FAYETTE CLINIC

"Dr. Frazer is one of the most caring and compassionate physicians I've ever met. He is absolutely adored by his patients for his bedside manner and sense of humor. As residents, we all definitely look up to Dr. Frazer for how he truly epitomizes and embraces his role as a family physician. I feel so lucky to have learned from him."

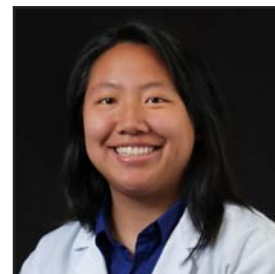
— Megan Warhol, MD
2017 MU FAMILY MEDICINE RESIDENT



**KEVIN FRAZER
WITH HIS WIFE AND SONS**

MU FAMILY MEDICINE RESIDENTS gain understanding, knowledge and skills from GLOBAL HEALTH EXPERIENCES

SHARI CHANG, MD, went on MU School of Medicine's annual medical mission trip to Jamaica for two weeks in March. She talks about her experience and the values of global health training for physicians.



SHARI CHANG, MD
third year family medicine resident



Local Post Office

“We worked most days at the Falmouth Clinic, an outpatient facility staffed year-round by US primary care providers and dentists. We also made several trips to rural towns to see patients at outreach clinics. Our health care team included MU Family and Community Medicine Associate Professor Hanna Gov-Ari, MD, other

MU physicians, medical students, nurses and a pharmacist.

Our group began each morning early, with a walk along the beach, then spent the rest of our day taking care of patients. Some of us saw patients in Falmouth; others traveled to nearby towns to care for patients living in smaller communities.

We had an opportunity to work in Sherwood Content, the town where Usain Bolt grew up. Born in 1986, Bolt is an Olympic gold medalist widely considered to be the greatest sprinter of all time. We also had the privilege to see and care for the second oldest living person in the world on her 117th birthday.

Patients came to us for various reasons, including routine follow-ups, medication refills, acute illnesses and minor procedures. In the evening, we had lectures on infectious diseases and



Falmouth Clinic Waiting Room

environmental medicine presented by MU Medicine Professors Dr. Gordon Christianson and Dr. William Parker.”

why: “I developed an interest in global health after hearing some of my classmates talk about medical mission trips they had taken. They described their experiences as life-changing. I decided I wanted to go outside my comfort zone and learn first-hand about the chal-

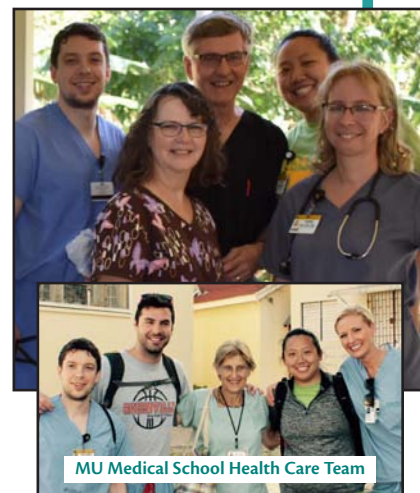
lenges of practicing medicine in a community with very limited resources and poor health literacy. This trip was my first international health experience, and it was powerful in many aspects.”

rewards: “The people of Jamaica were polite and grateful for our time and presence. The opportunity to get to know

and care for them, and at the same time see how much they appreciated our help, was so rewarding. Living and practicing in a place where the people and culture are so different from anything I knew was an eye-opening experience. When I came home, I had a better understanding about my job as physician and the role I play in my patients' lives. Also, after working in an underserved community, I realized how fortunate I was and how much I take for granted as a person and a physician living here in the US. Ultimately, my Jamaican experience reminded me of why I became a doctor.”

value: “I believe that participating in medical mission trips and other service projects are important for all health care providers, personally and professionally. They help us become well-rounded physicians capable of taking care of patients with varying health issues, and they teach us to practice medicine under sometimes difficult conditions. My time in Jamaica was valuable in many ways. On a personal level, I learned new languages

and traditions; I enjoyed different and delicious food, and I realized the joy in serving others! I am so grateful for the opportunity I had to take this mission trip and would definitely recommend it to others. I've gained skills and understanding that will make me a better physician throughout my career, regardless where I practice.”



MU Medical School Health Care Team

jamaica

Every year, one or more MU Family Medicine Residents take a medical mission trip that is funded in part by our **GLOBAL HEALTH TRAINING FOR FAMILY MEDICINE RESIDENTS FUND.**

Donations to this fund will sustain our commitment to providing global health training opportunities to residents.

For more information or to make an online donation, please visit: fcm.missouri.edu/giving



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Chair:

Steven Zweig, MD, MSPH

Vice Chair:

Michael LeFevre, MD, MSPH

Administrative Manager:

Michael Anderson, MBA

*Questions and comments about this
newsletter should be directed to:*

Kathy Boeckmann, MA

573-884-7916

boeckmannk@missouri.edu

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MU Family and Community Medicine:**

fcm.missouri.edu/giving



For more than 40 years, Family Medicine has played a predominant role in providing and expanding primary care services for MU Health Care. We appreciate the opportunities we've had to build our capacity and meet the needs for excellence in patient care in Columbia and surrounding areas. This summer we are opening a new clinic just south of Columbia, MU Family Medicine: Ashland. Our department now manages six family medicine clinics, three of those are in Columbia and three are in nearby small towns. We also manage MU Urgent Care and three Mizzou Quick Care clinics.

FAMILY MEDICINE CLINIC: ASHLAND **101 Redtail Drive --- Ashland, Missouri --- 573-882-9060**

Located in Boone County, 15 miles south of Columbia, Ashland Family Medicine will open in mid-August. The medical team at this newly established clinic includes:

Luke Stephens, MD, MSPH, MU Family Medicine Residency and Fellowship alum

Sue Runyon, FNP, Family Nurse Practitioner