

UNIVERSITY OF CINCINNATI COLLEGE OF MEDICINE
DEPARTMENT OF

Family and Community Medicine



University of
CINCINNATI

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CHAIR'S MESSAGE

Friends and Colleagues, it is a true honor to step into the role of Chair for the University of Cincinnati Department of Family and Community Medicine. This is our first newsletter since I transitioned from interim to permanent chair in August, following a nationwide search led by Dr. Michael Thomas, Chair of the Department of OB/GYN, along with a committee of our faculty members.

My passion for our mission and culture runs deep, and I am excited to embark on this journey with all of you as we work together to further our department's goals.

In this edition of the newsletter, we highlight the remarkable work being done by our UC medical students in the community, supported by our dedicated faculty. You'll also find updates from our Christ/UC Family Medicine Residency and our rapidly growing Palliative Medicine Division. Additionally, I'm thrilled to share that our very own Dr. Lawson Wulsin has authored a book—be sure to check it out!

Looking ahead, I hope you will join us for our Department's 50th Anniversary Celebration on November 2. It will be a wonderful opportunity to reconnect with alumni, friends, and partners while celebrating our accomplishments over the past half century. You can [register](#) and find all the details, along with photos and a link to Dr. Phil Diller's recent lecture on our department's history, at our anniversary website.

Thank you to those who have sent updates on your careers, families or accomplishments. I love to hear about the AMAZING things our departmental alumni are doing. Please keep sending them (with photos) and we will keep sharing them.

Thank you for your ongoing dedication and support. I look forward to seeing you on November 2!

Warmly, Christy



Christine O'Dea, MD
Chair
Christine.odea@uc.edu



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Please join us the weekend of November 1st to celebrate our department's 50th anniversary. To ring in this incredible milestone, we will have three separate events to commemorate our department's achievements:

On Friday, November 1, we will have a happy hour and panel unveiling to honor distinguished department alumni: Mary Agna, MD, Andrew Filak, MD, and Tom Todd, MD.

On Saturday morning, November 2, we will hold a CME event focusing on The Future of Family Medicine.

Saturday evening, we will celebrate our department's accomplishments with a dinner & reception at the Graduate Hotel.

50

YEARS PAST YEARS FORWARD

REGISTER NOW & JOIN THE CELEBRATION!

FRIDAY, NOVEMBER 1, 2024

- HAPPY HOUR & PANEL UNVEILING**
5-7 p.m. in the Smith Conference Room
Happy Hour Unveiling Commemorative Panels Honoring Mary Agna, MD, Andrew Filak, MD, and Tom Todd, MD
- SATURDAY, NOVEMBER 2, 2024**
- CME EVENT | THE FUTURE OF FAMILY MEDICINE**
8 a.m. - 1:45 p.m. at the UC College of Medicine
Plenary sessions featuring Lou Edje, MD, MHPE, FFAFP, and Andrew Bazemore, MD, MPH
- CELEBRATION | DINNER & RECEPTION**
6 p.m. - 10 p.m. at the Graduate Hotel
- GIVE | LOOKING 50 YEARS AHEAD**
Support innovation and service in family medicine in our community for the next 50 years

Let's Celebrate

SCAN
LEARN MORE
& REGISTER

www.ucfamilymedicineatuc.edu

To register and learn more about the event, please visit the [University of Cincinnati Department of Family and Community Medicine](#) website.

We look forward to celebrating our milestone 50th anniversary with everyone across all of our events!

DIVISION UPDATE:

UNIVERSITY OF
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PALLIATIVE CARE DIVISION

UC Medical Center, West Chester Hospital and The Christ Hospital

OUR MISSION:

To provide compassionate, evidence-based, expert palliative care for patients with serious and life-threatening conditions and their families throughout the UC Health (University of Cincinnati Medical Center and West Chester Hospital) and Christ Hospital systems using an interdisciplinary approach that addresses physical, psychosocial and spiritual suffering.

OUR VISION:

The University of Cincinnati Division of Palliative Medicine will be a leader in the field of palliative medicine by delivering exceptional palliative care to all patients with advanced illness, providing evidence-based palliative medicine education to patients, families, trainees and colleagues, and furthering research and scholarship that will improve quality of life for our patients.

**PROGRAM
COORDINATOR**

Sarah Jadeed
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Members of the UCMC Palliative Medicine Team after monthly team meeting.

University of Cincinnati Medical Center (UCMC)

Palliative medicine began at UCMC in 2010, and we were welcomed by the Department of Family and Community Medicine in 2017. We are staffed by 6 board certified (or board eligible) physicians (Melissa Bender, MD; Rynita Bohler, MD; Phil Diller, MD; Joshua Jameson, DO; Betsy Rabkin, MD; Danielle Shoreman, MD) and 2 advanced

practice providers (David Wilson, CNP; Amanda Williams, CNP). Additionally, our team is comprised of three social workers (Michelle Atallah, Donna Benke, Allison Pitman), a chaplain (Amy Arnold) and a pharmacist (Daniel Arendt). We support not only patient care at the UCMC, but we have a large role in education. We have developed a

palliative medicine curriculum for the internal medicine residents and contribute to lectures for several other service lines including: radiation, oncology, medical oncology, social work and many others. Our team provides evidenced-based palliative medicine to our patients and we are committed to the advancement of our discipline.

West Chester Hospital (WCH)



Part of the WCH Palliative care team rocking it across University Drive from their office to the hospital. Pictured right to left: Mark Fightmaster, Chaplain; Lisa Kiser, MD; Casie Stevens, CNP; Melissa Jesse, SW; Fiza Warsi, MD. Photo courtesy of Danielle Johnson, MD, FM R1.

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PROGRAM
COORDINATOR
Sarah Jadeed
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Birthing on December 5, 2022, the WCH Palliative team has been providing patient-centered, goal-oriented care with flare. Our care envelopes patients, their families and the staff that surrounds them as they navigate complex and rough waters.

This extraordinary team is staffed by Melissa Jesse, SW; Mark Fightmaster, Chaplain; Casie Stevens,

CNP; Dr. Lisa Kiser, Dr. Joshua Jameson, Dr. Reid Hartmann and Dr. Fiza Warsi. We are excited to be a team-member richer by the end of the year with the addition of Dr. Samantha Puckett.

In the spirit of academia, we welcome learners of all levels on this journey- MS4s, FMC residents, ER residents and soon-to-be Palliative

Care Fellows. The Hospice and Palliative Care Fellowship takes flight under the direction of Dr. Reid Hartmann in the summer of 2025.

Excited for our growth and new horizons, the WCH Palliative team continues to strut their way into compassionate patient care.

The Christ Hospital (TCH)

The Christ Hospital was the first practice site in the division. Betsy Rabkin (palliative division, internal medicine) started inpatient palliative care consultation at TCH, 2005 to 2007, at which point she was recruited to UC to provide both inpatient and outpatient consultation there. In 2009, after completing palliative training in London with Dame Cicely Saunders (the founder of modern hospice), Doug Smucker launched the current TCH Palliative Care team, joined by Phil Diller, Reid Hartmann, Jennifer Hester, Marge Jones, Raj Lakhia, Steve Mueller and Lisa Turner. Doug was able to secure a large HRSA grant to fund the launch of the first Hospice and Palliative Medicine fellowship in the area in 2012.

Every other physician currently in the division was subsequently fellowship trained by the TCH Palliative Care team. TCH is proud to hold Palliative Care certification through the Joint Commission. The TCH team is known for playing goofy palliative-themed board games at their holiday parties, a Spotify play list with contributions from every team member and an endless GroupMe of palliative pearls and articles. We would love to host you for a day of shadowing if you'd like to learn more about our work; just email Sara Kleinschmidt at kleinsso@ucmail.uc.edu.



TCH Palliative Care after hours bonding

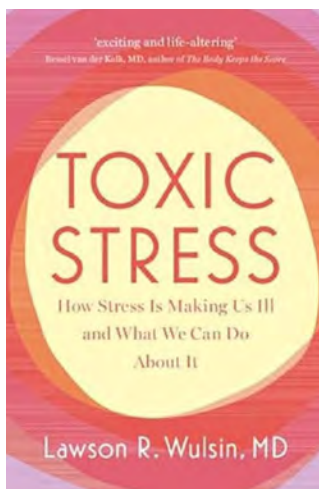
SPOTLIGHT:

Toxic Stress Lawson R. Wulsin, MD

Dr. Wulsin is a professor of Psychiatry and Family Medicine at the University of Cincinnati, where he has taught for the past 35 years in his subspecialty areas of psychosomatic medicine and primary care psychiatry. His writings explore the lifelong dance between the mind and body, and the power of human attachments in everyday life and healing.

In 1995, he founded the University of Cincinnati/Christ Hospital Family Medicine and Psychiatry residency program, which trains graduates to practice both family medicine and psychiatry. He sees patients in primary care and psychiatric clinics who have combined medical and psychiatric disorders. In addition to his regular teaching duties, he has made presentations at national and international meetings on depression and heart disease and role of the stress response system in the development of obesity, diabetes, and heart disease.

He is the father of four sons and is married to Victoria Wells Wulsin, MD, DrPH, a physician epidemiologist and professor of family medicine at the University of Cincinnati.



The author, Lawson R. Wulsin, MD

A Note From The Author

Dear Friends and Colleagues,

Greetings. I want you to know that in April 2024, Cambridge University Press published my book *Toxic Stress: How Stress is Making Us Ill and What We Can Do About It*.

I've aimed to write a warm book for lay readers about this hot topic. Toxic stress is modern medicine's equivalent of global warming: pervasive yet hard to see; threatening to our health, yet not easily treated; costly to ignore. I hope this book brings clarity to this fascinating medical and social mystery.

If you're interested in buying the book, the eBook (Kindle), or the audiobook, you can purchase at [Cambridge University Press](https://www.cambridge.org/9781107181411) and [Amazon](https://www.amazon.com/dp/1107181411). If you're interested in recent press and podcasts about the book, find it at lawsonwulsin.com/toxic-stress.

If, after reading it, you're interested in helping spread the word about this book, I would appreciate any reviews you post on the Amazon website (scroll all the way down to find the option to review). Candor is good for improving book writers.

Many thanks,

Lawson

DIVISION UPDATE:

THE CHRIST HOSPITAL/UC FAMILY MEDICINE RESIDENCY

The Christ Hospital/UC Family Medicine Residency was first established in 1975 by Dr. Mary Agna, who recruited Dr. Robert Smith to serve as Program Director. In the past 49 years we have graduated 345 family physicians, half of whom have served the Greater Cincinnati & Northern Kentucky area. In 1995, Dr. Lawson Wulsin launched the Family Medicine-Psychiatry Combined Training Program, graduating 40 double-boarded physicians so far. It's hard to quantify the total impact that these programs have had on our community, but I think it's safe to say the impact has been monumental!

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PROGRAM COORDINATOR
Holly Hargraves
holly.hargraves@thechristhospital.com

Our 2024 Cohort Graduates



Armika Collins, DO
Addiction Fellowship
Wright State



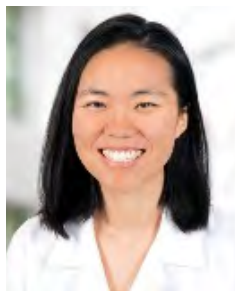
Josh Crosbie-Cockroft, MD
Research Fellowship University
of Colorado



Caitlin DeLong, MD
Cincinnati Family Medicine



Shyla Dyer, MD
TriHealth Finneytown



Eunsong Park, MD
Palliative Care Fellowship
at Emory



Maya Prabhu, MD
TriHealth Finneytown



Gabrielle Sagesse, MD
Obesity Medicine Fellowship &
Clermont Recovery Center



Cassie Stanzler, MD
Palliative Care at the University
of Michigan



Habeeb Suara, MD
Western Wayne Family
Center, Detroit

LOCAL STUDENT COMMUNITY ENGAGEMENT

Joe Kiesler, MD

Tackling health inequities in underserved communities calls for a blend of clinical expertise, compassion, and cultural understanding. At the University of Cincinnati, the Department of Family and Community Medicine is leading by example, offering medical students unique opportunities to apply their skills in real-world settings. The Racetrack Clinic at Belterra Park exemplifies this effort, where faculty, residents, and students come together to deliver essential care to an often-overlooked population, while shaping the future of healthcare by cultivating culturally aware and socially conscious physicians.

The Department of Family and Community Medicine is involved in many initiatives to mentor medical students to address the health inequities in our communities. One area where two initiatives meet is at the Racetrack Clinic at Belterra Park, with learners from the Medical Spanish/Latino Health Elective serving the patients of the clinic with our faculty and residents.

The Racetrack Clinic was started in 2004 as a free clinic by our Department for the workers that live and work on the backside of River Downs (now Belterra Park). Each season, faculty (Joseph Kiesler, MD and Montiel Rosenthal, MD) and the residents from the TCH/UC Family Medicine Residency Program provide ongoing primary care, alongside medical learners, an interpreter (Tania Carreon-Valencia, PhD) and other volunteers. The clinic runs one night a week, May through October. Through our partnership with NeighborHub Health (NHH), the clinic has become a NHH Healthcare for the Homeless location site, supporting ongoing care to this at-risk population.

The Racetrack Clinic at Belterra is also an Urban Health Project (UHP) Summer Internship site for Family Medicine. Urban Health Project has been pairing rising second year medical students from the University of Cincinnati with non-profit health organizations in Greater Cincinnati and Northern Kentucky since 1986. This summer's intern was Mukund Tarimala, M2. Each summer a rising second-year UCCOM medical student has an 8-week internship working with the clinic as a clinic manager, organizing a health fair and updating



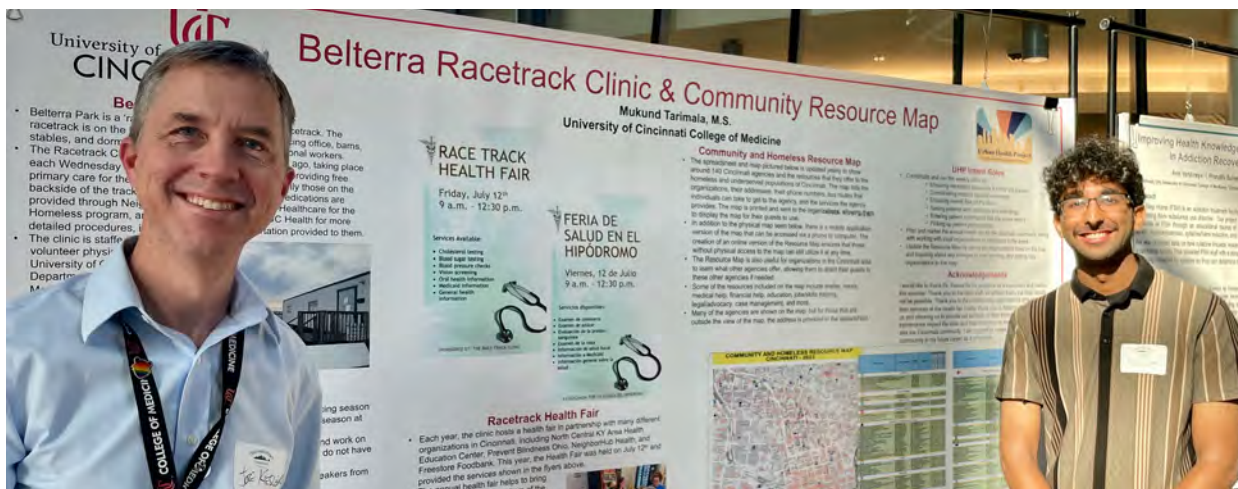
Volunteers at the Racetrack Health Fair cholesterol testing station: Juliana B. McGuinn, MPA, North Central AHEC, Center Director; Carly Lapinski, UC COM, M2; Mercedes Bello, North Central AHEC, CHW; Adriana Torres, North Central AHEC, CHW; Ariel Alappatt, UC COM, M2

the homeless community resource map.

Mukund was also part of the Medical Spanish/Latino Health Elective, directed by Drs. Christy O'Dea and Brittany Almaraz, with the summer intensive Spanish course taught by Professor Ligia Gomez. This is a longitudinal course designed to prepare students linguistically and culturally to provide care to Spanish-speaking patient populations. With over 20 students each year, the course spans the M1-M3 years, granting graduating students four weeks of fourth year elective credit. As part of

the Medical Spanish/Latino Health Elective, students can choose to volunteer at the Racetrack, Good Samaritan Free Health Center, St. Vincent DePaul Charitable Pharmacy, UC Open School, Casa de Paz, Heartfelt Tidbits, CAIN (Churches Active in Northside) health screenings and LEAP academy.

The medical student volunteers at the Racetrack Clinic assist patients with forms or take vitals, utilizing the knowledge from the Medical Spanish/Latino Health Elective Course, and then start to start applying their clinical and determinants of health



Joe Kiesler, MD and Mukund Tarimala with Mukund's UHP Poster



Student volunteer performing blood pressure checks at Race Track Clinic

knowledge to assist this patient population.

For the weekly clinic at the Racetrack, the UHP summer intern coordinates the two Medical Spanish weekly volunteers, ensures the clinic is set up, picks up patient medications from the pharmacy, assists patients with forms and rooming/vitals, coordinates referrals and taxi appointments, completes UC Health financial aid forms, enters outcomes data into REDCAP and sees patients with residents and attendings.

One part of the UHP summer intern's role is to coordinate the yearly

health fair for the workers. This brings vision screening from Ohio Prevent Blindness, glucose and cholesterol screening from Northern Central Community and Technical College, blood pressure screenings by the medical student volunteers from the Latino Health elective and Medicaid enrollment by the Freestore Foodbank. This allows the grooms, hotwalkers, exercise riders, jockeys and trainers to access care they would otherwise go without by living on the backside.

Reflecting on his summer experience with the Department and

the Racetrack clinic, Mukund said: "Working at the racetrack clinic this summer opened my eyes to the importance of both providing care for those that cannot access it and addressing the factors that lead to worse health outcomes. Seeing the tremendous impact the clinic has had on the racetrack workers, I am inspired to create similar initiatives to serve the underserved within my community in my future career as a physician."

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RETURN SERVICE REQUESTED

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REGISTER NOW & JOIN THE CELEBRATION!

FRIDAY, NOVEMBER 1, 2024



HAPPY HOUR & PANEL UNVEILING

5-7 p.m. in the Smith Conference Room

Happy Hour Unveiling Commemorative Panels Honoring Mary Agna, MD,
Andrew Filak, MD, and Tom Todd, MD

SATURDAY, NOVEMBER 2, 2024



CME EVENT | THE FUTURE OF FAMILY MEDICINE

8 a.m. - 1:45 p.m. at the UC College of Medicine

Plenary sessions featuring Lou Edje, MD, MHPE, FAAFP, and Andrew
Bazemore, MD, MPH



CELEBRATION | DINNER & RECEPTION

6 p.m. - 10 p.m. at the Graduate Hotel



GIVE | LOOKING 50 YEARS AHEAD

Support innovation and service in family medicine in our community for
the next 50 years

*Let's
Celebrate*

scan **LEARN MORE
& REGISTER**



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