

Focus on the Site...Newburg Practice

Our Newburg practice is a newly renovated, modern family medicine center, staffed by experienced and board-certified University of Louisville physicians offering a full range of healthcare services for you and your family. We are conveniently located at the intersection of I-264 and Newburg Road on Bishop Lane in the Watterson West Tower. Our physicians are at the forefront of the latest in healthcare trends, practice evidence-based medicine, and focus on patient-centered care delivered through a collaborative effort with providers in various sub-specialties.

size quality health outcomes and customer service, and welcome new patients to join our growing practice.

Appointments can be made and more information is available by calling (502) 852-6684 Monday through Friday from 8:00am to 5:00pm. We accept most insurance plans and will work with those without insurance. Let our office be your primary care provider and gateway into the University of Louisville healthcare system.



From immunizations, screenings and physical exams to management and treatment of chronic illnesses such as diabetes or asthma, you and your children will find a doctor you can depend on to deliver the care you need, as well as experienced staff you can depend on for support when you need it most. We empha-



It's Happening Here!



What is FMIG?

Article written by Dr. Stephen Wheeler,
 Assoc. Dean Admissions, School of Medicine & Assoc. Professor Family & Geriatric Medicine

The University of Louisville Family Medicine Interest Group (FMIG) is a student group which promotes Family Medicine within the School of Medicine and the wider Louisville community through lectures, workshops, volunteerism, and mentoring.

The Louisville Chapter of FMIG provides numerous opportunities for students to gain educational and clinical experiences in Family Medicine. We have sponsored a variety of speakers addressing healthcare legislation on a state and national level, public health issues in our city, international medicine, and the patient-centered medical home. We also offer educational tools for clinical skills including a Heart Sounds workshop, Casting/Sports Medicine workshop, and a Suture Skills Session. As a result of these great opportunities, and others, our FMIG has grown substantially from years past. Our meetings routinely draw large crowds, our workshops always have waiting lists, and our members are intensely enthusiastic for volunteering.

One of our annual events is our Primary Care Week Residency Fair, which has been a great success for all the University of Louisville medical students who have been exposed to many residencies from all over the country.

As a result of the students' enthusiasm and work, our Chapter was awarded a national "Program of Excellence" award as the "Most Improved Chapter" by the American Academy of Family Physicians in 2011.

IT'S A MATCH!

It's that time again! We welcome our First Year Residents that will be here on July 1, 2012and they are.....

RESIDENCY



Bill Bradford: Ross University School of Medicine



Suraj Gathani: American Univ. of the Caribbean, Undergrad @ Bellarmine



Ryan Nazar: University of Kentucky School of Medicine



Shalonda Newcomb: American University of the Caribbean



Neil Patil: Ross University School of Medicine



Ben Risner: University of Louisville School of Medicine



Jessica Schum: University of Louisville School of Medicine



Tiffany Simpson: University of Louisville School of Medicine



Preet Brar-Second Year Resident - American University of Antigua, transferred from Midland Family Medicine in Michigan

Chronic Disease Management

Chronic diseases are among the most common, costly, and preventable of all health problems in the U.S.¹

Chronic disease such as diabetes, hypertension and asthma take a huge toll not only on patients, but also on the health care system. The increase in the burden of chronic disease grows with each year. Recent estimates are that 133 million people –almost ½ of all Americans- now live with a chronic disease.² By 2020, the number is expected to increase to 157 million. As one ages, the more likely one is to have a chronic condition; by 2030, the number of persons in the USA over 65 will double and those over 85 will quadruple. 88% of people over 65 have chronic health conditions.³

The University of Louisville's Department of Family & Geriatric Medicine (DFGM) along with 22 medical schools and teaching hospitals participated in the Association of American Medical Colleges (AAMC) Academic Chronic Care Collaborative. The initiative was based on a model that identified essential elements of a health care

system that encouraged high-quality chronic disease care. This Chronic Care Model focuses on improving health care for patients with chronic illness by implementing a patient-centered model of care.⁴

A registry is used to identify patients not at goal or not seen recently who are then scheduled for a planned visit with their provider or a group visit that includes patients with similar diagnoses. Patients are empowered and prepared to manage their health via the use of self-management support strategies such as goal setting, action plans and follow up. Resource programs are available for smoking cessation, weight loss and mental health services, reinforced with group visits. Patients have access to a multidisciplinary team including their physician or nurse practitioner, a pharmacist, social worker, mental behavioral health specialist, chronic care coordinator, nutritionist, and certified diabetic educator. This team based endeavor has increased the patient's ability to access critical self-management and educational services at their scheduled visit.

Through these endeavors the Department of Family and Geriatric

Medicine has achieved recognition by the National Committee for Quality Assurance (NCQA) because of the superior care we provide for our diabetic patients. As the number of patients with chronic diseases increase in Kentucky, providers must redesign the way we care for patients. These strategies have the opportunity to improve access to care for patients, clinical outcomes, and reduce healthcare costs in the long run.

1. <http://www.cdc.gov/chronicdisease/overview/index.htm>
2. <http://www.cdc.gov/chronicdisease/resources/publications/aag/chronic.htm>
3. American Geriatrics Society. http://www.americangeriatrics.org/files/documents/Older_Adults_in_Clinical_Trials_FINAL.pdf
4. <http://www.improvingchroniccare.org/>

Renee V. Girdler, M.D., FAAFP, is an Associate Professor & Vice Chair of Family Medicine in the Department of Family & Geriatric Medicine at UofL. She received her M.D. from the University of Kentucky College of Medicine and completed her family medicine residency at University of Kentucky.

We offer group & personalized diabetes & weight management sessions at our Cardinal & Newburg Family Offices

University of Louisville Physicians

Family Medicine Residency Offices

Louisville, KY

201 Abraham Flexner Way
 Rudd Suite 690
 Louisville, KY 40202
 (502) 852-5499

Glasgow, KY

1325 North Race Street
 Glasgow, KY 42141
 (270) 651-4865 / (877) 594-4857



Family Medicine Clinical Offices

Cardinal Station

215 Central Avenue, Suite 100
 P (502) 852-2822 F (502) 852-2819

Newburg

1941 Bishop Lane, Suite 900
 P (502) 852-6684 F (502) 852-5698

Centers for Primary Care — Cardinal Station

215 Central Station, Suite 205
 P (502) 852-5205 F (502) 852-5405

Sports Medicine

215 Central Avenue, Suite 200
 P (502) 637-9313 F (502) 635-6317

Resident's Career Steps Lead to Top

by UofL Today

What do a French horn and medicine have in common? Alison Tucker.

Tucker, a University of Louisville family medicine resident, recently was recognized as one of the top family medicine residents in the United States when the American Academy of Family Physicians awarded her one of 10 Bristol-Myers Squibb Awards for Excellence in Graduate Medical Education. The award goes to resident physicians who are tops in their classes with demonstrated leadership ability, community involvement, social commitment, and exemplary patient care and interpersonal relationships.

It "is definitely an honor, privilege and a wonderful surprise," Tucker said of the award. "I was proud to represent University of Louisville Family Medicine at the award breakfast during the AAFP meeting in Orlando, Fla. Receiving this award reminds me of things yet to come as I set out to embark on a new phase of my career as a physician in the community."

For Tucker, the honor is an auspicious start to her third – perhaps fourth – career, depending on how you count them.

First, the Arkansas native received three music degrees from UofL (two bachelors

and one masters) and had a career playing French horn and teaching music in the classroom. Then Tucker went back to school, got a BS in biology, biochemistry/organic chemistry from Western Kentucky University, and went back to the classroom as a chemistry lab teacher. From there, she worked for five



Alison Tucker

years in a pharmacology and toxicology lab at the Health Sciences Center and taught middle school science at the same time. Medical school followed that. There are more connections along the way than it might seem. "Music was always a part of my life growing up. It taught me discipline, concentration and perseverance ... However I have always been just as fascinated with medicine and the impact that a physician, more so, family physician, can make on a person or their family's life," she explained. And even as Tucker studied French horn and music education at UofL, she maintained an interest in medicine.

"The one thing I did know was that I never had to choose just one interest, only one interest at a time," she said. "Alison is somewhat non-traditional as a resident but more and more of our residents

have a rich background these days. (She) brings a developed professionalism to residency. She is dedicated to excellence ... and is not afraid of hard work. She always has a can-do attitude," said Dr. Kathryn Schat, Medical Director, Centers for Primary Care—Cardinal Station.

Tucker freely admits that her career has taken a unique path. "I know I am not your typical college-to-med-school-to-resident, but I love every minute of what I am doing. I feel almost guilty telling people how much I love what I am doing!"

"I have truly enjoyed and grown from the academic challenges that family medicine offers me," she said. "I see the many challenges I encounter as opportunities to improve the care I give patients. Since my venture into the field of medicine, I have found that, while not every day is perfect, I truly love the work that I do and excitedly look forward to learning every aspect possible as I complete my family medicine residency training."

When she completes her residency in June, Tucker plans to stay in Louisville to practice family medicine. But even as she embarks on her latest career, she will continue to be an educator. This time, she said, her students will be her patients.