

# COMS CONNECTIONS

Winter 2019

Official publication of the Connecticut Osteopathic Medical Society



## February 2019 President's Update

Dear COMS Colleagues,

I hope all is well and you are enjoying the winter season and/or that you have had some nice vacation getaways to warmer weather. Planning for this year's ROME conference will be underway soon (date and location TBD); stay-tuned for more details. If you have a specific topic you'd like included at the conference or are interested in speaking, please contact me as I will be again serving on the planning committee along with Jackie Cox, DO and Lisa Gronski, DO. Thanks to Dr. Laura Benedetto for hosting a COMS social at her house. We welcome any volunteers to host a future event and will support costs; these are great ways to reconnect with or meet new osteopathic colleagues.

I hope you enjoy our winter edition of the COMS newsletter.

In good health,

Gregory R. Czarnecki, DO

## Incorporating "BGSHINED" ...into your Practice

by Nicholas J. Palermo, DO, MS

**BGSHINED:** An acronym that every provider (physician, PA, APRN) needs to consider when thinking about a patient's work up. After forty years of family medicine practice,

I have found this to be the most helpful tool in remembering what I may have missed in helping my patients with an illness and in finding the root cause...even when I think I've already done a complete history and physical exam.

As you read this article, before each letter of the acronym ask yourself if you've evaluated, examined, explored, asked (too little or too much), addressed, discussed, explained, tested for, or found a need for...

### B

1. **BREATHING:** Pattern. When held – anxiety. Exercises.
2. **BLOOD WORK:** Have all routine and other pertinent tests been ordered including outside the box such as salivary hormones, urine neurotransmitters, candida profile, viral profile, vitamin analysis, food and environmental allergy and/or sensitivity profiles, stool analysis, genetic profile, etc.
3. **BALANCE:** Vocation, play, fun, laugh, sing, dance, family, community, meditation, mindfulness, prayer, religious, relationships.
4. **BODY EXPRESSION:** Are you gathering information by just looking at the body? It is distressing to patients when they go for a complete physical and the provider does not have them disrobe nor examine their whole body.

### G

1. **GUT:** Restore to Health
2. **GENETICS**
3. **GENDER** and Lifestyle Considerations
4. **GLUCOSE:** using diet to maintain steady blood sugar
5. **GLUTATHIONE**

### S

1. **SLEEP:** Eight hours, Patterns, When to bed, when arise
2. **SLEEP APNEA:** Snoring
3. **STRESSORS!!!**
4. **SUGARS**
5. **SPIRITUAL**
6. **SEXUAL HEALTH**



▲ Left to right: Dr. Paul Tortland, AOA Past President Dr. Boyd Buser, and Dr. Darrin D'Agostino at the Hilton Mystic for ROME New England 2018.

CONCLUDED ON BACK COVER

# Legislative Update

Winter 2019

## CT HB 6942

**Summary:** Changes the “supervisory” relationship between physicians and PAs to “collaborative,” and defines “collaboration” as “the continuous process by which a PA and a physician jointly contribute, pursuant to a written agreement, to the provision of health care services to a patient” and the PA “provides patient care to the fullest extent of their education, experience and skill level.”

**Status:** Hearing in the Joint Public Health Committee on 2/4

## CT HB 6142

**Summary:** Allows PAs to oversee the care of hospice patients.

**Status:** Referred to the Joint Public Health Committee on 1/24.

## CT HB 6140

**Summary:** Allows PAs to certify a patient for the palliative use of marijuana.

**Status:** Referred to the Joint General Law Committee on 2/1.

## CT SB 136 and SB 325

**Summary:** Establishes a reinsurance program to stabilize the state health insurance exchange and directs the state to apply for a state innovation waiver to establish a reinsurance pool.

**Status:** Referred to the Joint Insurance and Real Estate Committee on 1/18 and 1/23, respectively.

## CT HB 5907

**Summary:** Amends Title 20 of the general statutes (Professional and Occupational Licensing...) to emphasize the treatment of chronic pain through chiropractic

treatment and without the use of opioid drugs.

**Status:** Referred to the Joint Public Health Committee on 1/23.

## CT HB 6369

**Summary:** Amends section 20-14o (“Prescriptions for Opioid Drugs”) of the general statutes to:

1. allow a prescribing practitioner to refer a patient to a chiropractor or a physical therapist in addition to or in place of issuing a prescription for an opioid drug, and
2. require the Department of Public Health to
  - A. establish guidelines for the use of evidence-based, nonpharmaceutical therapies to treat chronic pain that include, but are not limited to, chiropractic treatment and physical therapy, and
  - B. conduct educational and outreach activities to raise awareness of such guidelines.

**Status:** Referred to the Joint Public Health Committee on 1/25.

## CT HB 5441

**Summary:** Establishes the Connecticut Health Freedom and Access Act to permit a health care provider who is not licensed, certified or registered by the state to provide health care services in the state, provided:

1. such provider does not perform surgery, set fractures, perform any other procedure on any person that punctures or harmfully invades the skin, prescribe or administer x-rays, prescribe or administer drugs, devices or controlled substances for which a prescription by a licensed health care provider is required, perform chiropractic adjustment of the articulations of joints or the spine or hold out himself or herself as licensed, certified or registered by the state, and
2. such provider makes certain disclosures regarding his or her unlicensed, uncertified or unregistered status to anyone seeking his or her health care services.

**Status:** Referred to the Joint Public Health Committee on 1/16.

**DO**  **Day** on Capitol Hill  
MARCH 4-5, 2019



# Bits&Pieces

## COMS Call for Committees

By COMS Staff

Are you interested in getting involved with the Connecticut Osteopathic Medical Society (COMS)? Looking for other ways to support the osteopathic profession in your state?

### Join a COMS Committee!

1. Medical Economics/Government Relations
2. Programs/Education
3. Membership/Publications
4. Bylaws

Want more information? Interested?

Email [connecticut@osteopathic.org](mailto:connecticut@osteopathic.org)



## CALL FOR UPDATES

If you have any updates that you would like to include in upcoming newsletters or would just like to share with the general membership, we would love to hear from you! Whether it's graduating from UNECOM, starting a residency or practice, or photographs from a CME event, COMS is a family and we are committed to keeping each other connected and in touch. And if you've only just recently joined COMS, tell us about yourself! Describe what you do and where you're located.

Submit your updates to:  
[connecticut@osteopathic.org](mailto:connecticut@osteopathic.org)

# Join or Renew

July 1 marks the start of the 2019–20 membership year for the Connecticut Osteopathic Medical Society (COMS). Join now and help our voice grow stronger as COMS continues to advance and promote the osteopathic profession in our state. As your champion, our members benefit from:

- A loyal advocate in the legislative and regulatory arenas
- Registration discounts on CME programs
- Opportunities to enhance leadership skills
- Events encouraging connections with colleagues
- Ongoing support of Osteopathic education and local students, residents, and interns

Join or renew your membership now! Simply log into our website at <http://www.ctosteopathic.org> and click on *Membership*.\*

\* Alternatively, complete and return the application on the next page.

# CONNECTICUT OSTEOPATHIC MEDICAL SOCIETY

## Membership Application

Connecticut Osteopathic  
Medical Society  
142 East Ontario St. - 8<sup>th</sup> Floor  
Chicago, IL 60611-2864

Phone: (800) 648-9777  
Fax: (312) 202-8401  
[connecticut@osteopathic.org](mailto:connecticut@osteopathic.org)

**Please Type or Print Clearly**

First Name :		MI:		Last Name:		Degree:	
AOA Member?	Yes / No	AOA #		Date of Birth: (mm/dd/yyyy)			

**ADDRESS: COMPLETE BOTH SECTIONS AND CHECK PREFERRED MAILING ADDRESS.**

**Office Address:** \_\_\_\_\_

Practice Group: \_\_\_\_\_

City: \_\_\_\_\_ State/Zip: \_\_\_\_\_

Office Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

**Home Address:** \_\_\_\_\_

City: \_\_\_\_\_ State/ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

**Practice:**

Type of Practice (ex. FP, EM, OMT, etc.): \_\_\_\_\_

Fellowships: \_\_\_\_\_

State of License:		License # :		Issue Date:	
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State of License:		License # :		Issue Date:	
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Board Certified?	Y / N	Board Eligible?	Y / N/ NA
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**Education:**

College / Osteopathic: \_\_\_\_\_

Location:		Date Grad:	
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Internship Hospital:		Type:	
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Location:		Date Grad:	
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Residency Hospital:		Type:	
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Location:		Date Grad:	
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*If accepted for membership, I agree to comply with the COMS bylaws and with the AOA Code of Ethics. By my signature, I authorize release of information contained in this application and in membership files of those organizations and hospitals to which I may subsequently apply for membership; and the release to COMS by organizations and hospitals of information relative to my previous membership in those organizations. I am a resident or a licensed physician in compliance with the state board of medical licensure and/or discipline's order.*

Signature \_\_\_\_\_ Date: \_\_\_\_\_

**Membership Category**

<b>First Year in Practice</b>	<b>\$99</b>
<b>Second Year in Practice</b>	<b>\$199</b>
<b>Third Year in Practice (or more)</b>	<b>\$250</b>
<b>Physician: New Member</b>	<b>\$199</b>
<b>Out of State</b>	<b>\$150</b>
<b>Military/Retired</b>	<b>\$100</b>
<b>Student/Intern/Resident</b>	<b>\$0</b>

Amount \$ \_\_\_\_\_  Check enclosed Check #: \_\_\_\_\_ (Payable to Connecticut Osteopathic Medical Society)

Please charge my:  Visa  MasterCard Automatic Renewal? (Circle one) YES NO

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Sec. Code: \_\_\_\_\_

Return completed application/payment to: COMS, 142 E. Ontario Street, 8<sup>th</sup> Floor, Chicago, IL 60611-2864 or Fax: (312) 202-8401  
Questions? Call (800) 648-9777 or email [connecticut@osteopathic.org](mailto:connecticut@osteopathic.org)

- 7. **SWEETENERS:** Artificial
- 8. **SKIN**
- 9. **SWEATING:** infrared sauna

## H

- 1. **HORMONES:** Circulating verses End Organ (Saliva)
- 2. **HPA AXIS**
- 3. **HISTAMINES:** Allergies verses Sensitivities
- 4. **H2O**
- 5. **HEAVY METALS**
- 6. **HERBAL REMEDIES**
- 7. **HOMEOSTASIS**

## I

- 1. **INFLAMMATION:** Where, How to reduce
- 2. **INFECTIONS:** Visible or Hidden (Bacterial, Viral, Yeast, Fungal, Parasitic, others)
- 3. **IMMUNE SYSTEM:** Evaluation and Enhancement

## N

- 1. **NUTRITION:** Decrease processed food intake. Eat organic foods.
- 2. **NUTRIGENOMICS**
- 3. **NUTRACEUTICALS:** vitamins, minerals, antioxidants, etc.
- 4. **NEEDS:** Are they being met? Studies have shown that outside of the basic needs of food, water, clothing, shelter and safety, if emotional and personal needs are not met people can express this with a physical or emotional illness (DIS\_EASE).
- 5. **ND Referral**

## E

- 1. **EXERCISE**
- 2. **ENDORPHINS:** Raise (LDN to raise)
- 3. **EMOTIONS:** Along with anxiety and depression, are the basic emotions of sadness, anger and fear able to be emoted in a healthy manner? EFT or EMDR
- 4. **ENZYMES**
- 5. **ENVIRONMENTAL:** EMF's, Landfills, Pesticides, GMO's
- 6. **EXCESS:** Alcohol, Juices, Carbohydrates, Caffeine, Smoking, Calories, Fats and others

## D

- 1. **DENTAL**
- 2. **DIET**
- 3. **DRUGS:** Adverse Reactions. Interactions.
- 4. **DETOXIFICATION FROM:** Pharmaceuticals, Heavy Metals, Antibiotics, Oxidants, Radiation, GMO's, Pesticides, Molds, Fungus, Parasites, EMF's, and others
- 5. **DETOXIFICATION METHODS:** Increased water intake, detoxification drinks, sunshine, chelation, coffee enemas, mineral salts, fasting, sauna, herbals (parsley, cilantro), Vitamin C, food elimination, Epsom salt baths, exercise, sweating, and emotional release techniques such as crying and bioenergetics.
- 6. **Do OMM**
- 7. **DO Referral**

If you would like more clarity or how to incorporate into your practice please contact Doctor Palermo at [DoctorPalermo@cox.net](mailto:DoctorPalermo@cox.net).

# OMED<sup>®</sup> 19

OCTOBER 25-28 | BALTIMORE

### COMS Board of Trustees, 2018-19

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