



## July 2018 President's Update

Greetings from Aruba! I hope you are all having a wonderful summer and finding rejuvenation. This vacation was just what my family and I needed. Wouldn't it be nice to have a southern

campus for COMS? Our treasurer, Jim Ryan, DO, has long discussed hopes for a satellite location. Well, we need a much bigger membership base and some sizable donations! Speaking of membership, it's time to renew if you haven't already, on our COMS website [www.ctosteopathic.org](http://www.ctosteopathic.org). Invite a colleague to join as well!

On a realistic scale of how you can help COMS, your attendance at our annual ROME New England conference is our primary source of revenue aside from membership dues. I look forward to seeing you in Mystic this August. If you can't attend the entire conference, please ask about daily rates, which are available. We split any profits with our cosponsors, the MA and RI osteopathic medical societies, but division is also based on individual attendance from each society. Again, please spread the word to your local colleagues.

Last week, I, along with Doctors Joe Podolski and Andrew Yuan represented COMS at the House of Delegates as part of the AOA's annual business meeting. Thanks for your ongoing service, Andy and Joe. Should any member of COMS wish to submit a future resolution for the AOA, please contact us for the process by emailing [connecticut@osteopathic.org](mailto:connecticut@osteopathic.org).

Thanks to Samyuktha Gumidyala, COMS Affiliate Executive, for keeping our board on track and our newsletters on schedule! Please enjoy our latest edition and we look forward to hearing from you.

Wishing you good health,

Gregory R. Czarnecki, DO

## AAO Convocation 2018: Student Experiences

COMS helped fund two students from UNECOM to attend the American Academy of Osteopathy Convocation held at the Hilton Anatole in Dallas, Texas from March 21-25, 2018. Below are written articles from two students recounting their experience at Convocation.

“The American Academy of Osteopathy’s 2018 Convocation was an event I had been eagerly anticipating since the start of the school year. As a first-year medical student with a strong interest in osteopathic manipulative medicine, I was looking forward to the opportunity to learn more advanced techniques. Upon arriving at the Hilton Anatole in Dallas, Texas, my already high expectations for the event were almost immediately exceeded. The physicians involved in the daily morning breakout sessions were all exceptionally generous with their information and possessed a genuine enthusiasm for imparting their knowledge to the next generation of physicians. Each day was packed full of hands-on table training, lectures, and the opportunity for one-on-one treatments. The welcoming atmosphere was ripe for making networking connections with peers and physicians alike, and I met some truly wonderful people whom I look forward to contacting as I move into my clinical education.

In just five short days, I feel that I gained a sensitized ability for palpation and a broadened awareness of the interconnected web of structures that make up the human body. My enthusiasm for becoming an

osteopathic physician is at an all-time high and I have returned to school feeling inspired and with a renewed energy to finish out the remainder of the school year. I am grateful for the University of New England College of Osteopathic Medicine’s SAAO chapter and the Connecticut Osteopathic Medical Society for providing me the opportunity to attend this event that has undoubtedly shaped the way that I will move forward in my medical career.”

– Jenna Wozer, OMS-I

“This spring, I had the opportunity of attending the American Academy of Osteopathy’s 2018 Convocation in Dallas, Texas. I heard from SAAO students who previously attended the conference how wonderful of an experience it was for them and am very thankful that I was afforded the same opportunity. On the first day, I entered a room full of students and physicians scattered throughout – students treating each other and physicians teaching and treating students. You could feel the energy from the room as students learned and physicians enjoyed teaching their various skills. This energy continued



# Best Practices: Treating Mind, Body and Spirit

## NEW ENGLAND

at the Hilton Mystic in Mystic, Connecticut

### August 9–12, 2018

CO-SPONSORED BY:

The Connecticut Osteopathic Medical Society (COMS)

The Massachusetts Osteopathic Society (MOS)

The Rhode Island Society of Osteopathic Physicians and Surgeons (RISOPS)

The American Osteopathic Association (AOA)

The Connecticut Osteopathic Medical Society (COMS), Massachusetts Osteopathic Society (MOS), and Rhode Island Society of Osteopathic Physicians and Surgeons (RISOPS) are accredited by the AOA to provide osteopathic continuing medical education for physicians. COMS, MOS and RISOPS designate this program for a maximum of 25 AOA Category 1A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending

For more information and to register, go to [osteopathic.org/ROME](http://osteopathic.org/ROME)



AMERICAN OSTEOPATHIC ASSOCIATION

TREATING OUR FAMILY AND YOURS

# PROGRAM

## ROME New England August 9–12, 2018

at the Hilton Mystic in Mystic, Connecticut

PLEASE NOTE: Program details are subject to change without notice. *Last revised: 7/20/2018*

*COMS, MOS, and RISOPS designate this program for a maximum of 25 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.*

Thursday, Aug. 9	PRESENTATIONS/EVENTS	SPEAKER	SPECIALTY
11 am–6 pm	<i>Registration</i>		
2–2:15 pm	Welcome and Conference Overview	Joseph Giaimo, DO, FACOI, FACCP	
<b>TRACK: You Are What You Eat</b>			
2:15–3:15 pm	Treat Your Patients with Plants, Not Pills	Laurie Garabedian, DO	FM
3:15–4 pm	Why Diets Don't Work	Anne-Marie Davee, MS, RDN, LD	
4–4:15 pm	<i>Break</i>		
4–6 pm	<i>Exhibitor Setup</i>		
4:15–5 pm	Writing a Prescription for Healthy Weight Loss	Anne-Marie Davee, MS, RDN, LD	
5–6 pm	Is It Celiac Disease or Something Else?	Peter S. Buch, MD, AGAF, FACP	IM, GE
7–8:30 pm	<i>UNECOM Prospective Student Event</i>		
Friday, Aug. 10	PRESENTATIONS/EVENTS	SPEAKER	SPECIALTY
6:30 am–7 pm	<i>Registration</i>		
6:30–7 am	<i>Exhibitor Setup</i>		
7–8 am	<i>Breakfast served – Hosted by Simply Speaking PAH activity</i>		
7 am–7 pm	<i>Exhibit Hall Open</i>		
<b>TRACK: Promoting Health &amp; Wellness</b>			
8–9 am	PAH: The Diagnosis You Don't Want to Miss <i>This activity is jointly provided by the University of Nebraska Medical Center, Duquesne University School of Pharmacy, and Practice Point Communications®</i>	Robert Schilz, DO, PhD	IM, PUL, PUC
9–9:30 am	The Potential Role of Cannabis in Health Promotion and Disease Prevention	Dustin Sulak, DO	
9:30–10 am	<i>Break in Exhibit Hall</i>		
10–11 am	Is Cannabis Part of the Solution to the Opioid Epidemic?	Dustin Sulak, DO	
11 am–noon	Exercise as Medicine	David P. Bica, DO, FAAFP, CIME	FM, FSM
Noon–1 pm	Peripheral Artery Disease: The Approach to Preserve Limbs and Lives	Michael Jaff, DO, FACP, FACC, FAHA, FSCAI, RPVI, MSVM	IM, CVM
1–1:30 pm	<i>Lunch Served</i>		
1:30–2:30 pm	New Diagnostic and Treatment Standards in Idiopathic Pulmonary Fibrosis <i>This activity is jointly provided by the University of Nebraska Medical Center and Practice Point Communications®</i>	Lisa Lancaster, MD, FACCP, FAASM	IM, PUL, PUC, SLM

2:30–3:00 pm	Physician Well-Being	Lauren Hedde, DO, MS	FM
3–4 pm	PrEP in Clinical Practice: More Lessons Learned (HIV Prevention) <i>This activity is jointly provided by the University of Nebraska Medical Center, Duquesne University School of Pharmacy, and Practice Point Communications®</i>	Frederick Altice, MD, MA	IM, ID
4–4:30 pm	<i>Break in Exhibit Hall – hosted by Clinical Viewpoints Interstitial Lung Disease activity</i>		
4:30–5:00 pm	What to Know about Direct Primary Care	Lauren Hedde, DO, MS	FM
5–6 pm	Top Ten Supplements in Primary Care	Noelle Lee, DO, ABFM, ABIM	FM
6–7 pm	<i>Reception in Exhibit Hall – hosted by UNECOM</i>		
7 pm	<b>COMS</b> Membership Meeting		
<b>Saturday, Aug. 11</b>	<b>PRESENTATIONS/EVENTS</b>	<b>SPEAKER</b>	<b>SPECIALTY</b>
6:30 am–5:30 pm	<i>Registration</i>		
6:45–8 am	<i>Breakfast Served</i>		
<b>TRACK: Addressing Pain/Trauma</b>			
8–9 am	Fascia – The Game Changer	Darrin D’Agostino, DO, MPH, MBA, FACOI	IM, NMO
9–10 am	Regenerative Medicine Treatments for Musculoskeletal Pain – PRP and Stem Cell	Paul Tortland, DO, FAOASM	OMM, OMS, FOM
10–10:15 am	<i>Break</i>		
10–10:30 am	<b>RISOPS</b> Membership Meeting		
10:15–11:15 am	Integrative Medicine Approach to Pain Management	Erika Cappelutti, MD, PhD, MA, FCCP, ABOIM, ABIHM	IM, PUL, PUC
11:15 am–12:15 pm	Low Dose Naltrexone: A Novel Approach in Treating Neuroinflammatory and other Chronic Degenerative Conditions	Nicholas J. Palermo, DO, MS Gene Gresh, Jr., RPh, FIACP, IFMCP	FOM
12:15–12:30 pm	<i>Lunch Served</i>		
<b>TRACK: OMM</b>			
12:30–1:30 pm	OMT for Low Back Pain in Primary Care: Techniques for the Seated Patient and Effective Billing for OMT	Angela D. Hart, DO, MS and Saira Cherian, DO	IM
1:30–3 pm	OMT During Pregnancy	Kendi Hensel, DO, PhD, FAAO	NMO, FOM
3–3:15 pm	<i>Break</i>		
3:15–4:45 pm	Roundtable of OMM Workshops ( <i>three 30-minute concurrent workshops, each offered 3x</i> )		
	1. Application of OMM in Any Setting	Jodie Hermann, DO, MBA	IM, NMO
	2. Three OMM Techniques for Cervical, Thoracic, and Innominate Somatic Dysfunction	Nicholas Phillips, DO	FM
	3. OMM, Posture and Gait Considerations	Bonnie Sendzicki, DO	NMO
5:15 pm	<b>MOS</b> Membership Meeting		
TBD	<i>Osteopathic Education Service</i>		

<b>Sunday, Aug. 12</b>	<b>PRESENTATIONS/EVENTS</b>	<b>SPEAKER</b>	<b>SPECIALTY</b>
6:30–8 am	<i>Breakfast</i>		
6:30 am–noon	<i>Registration</i>		
<b>TRACK: States-Mandated CME</b>			
7–9 am	CO*RE REMS: Pain Management and Opioids — Balancing Risks and Benefits	Jennifer Caudle, DO	FOM
9–9:15 am	<i>Break</i>		
9:15–10:15 am	Pain: Old Problem, New Approach to Treatment	Angela Haliburda, DO	
10:15–11:15 am	Child Abuse: When to Make a Mountain Out of a Mole Hill —The Significance of Sentinel Injuries	Sasha Svendsen, MD, FAAP	PD, CA-PD
11:15 am–12:15 pm	Palliative Care	TBD	
12:15 pm	<i>Conference Adjourns</i>		

#### **SPECIALTIES :**

<b>CA-PD</b>	Child Abuse/Pediatrics	<b>NMO</b>	Neuromusculoskeletal Medicine/OMT
<b>CVD</b>	Cardiovascular Disease	<b>OMM</b>	Special Proficiency in OMM
<b>FOM</b>	Family Practice/OMT	<b>OMS</b>	Sports Medicine—OMM
<b>FM</b>	Family Medicine	<b>PD</b>	Pediatrics
<b>FSM</b>	Sports Medicine/Family Practice	<b>PUC</b>	Pulmonary Critical Care
<b>HEO</b>	Hematology & Oncology	<b>PUL</b>	Pulmonary Medicine
<b>ID</b>	Infectious Disease	<b>SLM</b>	Sleep Medicine
<b>IM</b>	Internal Medicine		

#### **ROME New England 2018 Educational Planning Committee:**

Joseph Giaimo, DO — <b>Chair, AOA Trustee</b>	Halina Harding, DO (RI)
Jaclyn Cox, DO (CT)	Jodie Hermann, DO (UNECOM)
Greg Czarnecki, DO (CT)	Lisa Gronski, DO (CT)
Dave Dick, DO (MA)	Frank Jackson, OMS III (MA)
Karl Felber, DO (RI)	Mark Zhang, DO (MA)

# Treating Trigger Finger

by COMS staff

**Paul Tortland, DO, FAOASM**, a COMS Board member and former President, has invented a novel device for treating Trigger Finger non-surgically.

Trigger Finger, more technically known as stenosing tenosynovitis, is caused by thickening of the ligaments (known as “pulleys”) that anchor the flexor tendons to the palmar aspect of the fingers. The most commonly affected ligament is the A1 pulley, which is located just proximal to the metacarpophalangeal joint.

The thickened pulley compresses the tendon sheath, causing swelling and restricted movement.

Trigger fingers are more common with certain medical conditions such as rheumatoid arthritis, gout and diabetes. Repeated and strong gripping may lead to the condition. However, in most cases, the cause of the trigger finger is not known.

Conservative treatment includes rest and splinting, NSAIDs, physical therapy, and

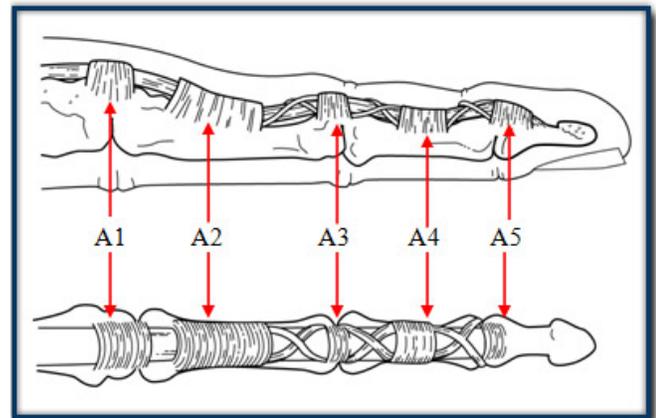
corticosteroid injections. Surgical treatment, performed on an outpatient basis, involves opening the palmar aspect of the hand and surgically releasing the affected pulley.

Dr. Tortland’s device releases the pulley with the same effectiveness as surgery, but without filleting open the hand or requiring stitches or a cast. Following local anesthesia the device is inserted into the finger under ultrasound guidance, grabs the pulley and transects it, but without the risk of damage to the underlying tendons. The entire procedure takes about 5 minutes in the office.

Dr. Tortland developed the device in conjunction with a biomedical engineer. He tested various prototypes on cadavers, following which he dissected the cadavers to gauge the effectiveness of the device. Once he had a working design he built several samples and tested them on live patients

with excellent results. He plans on marketing the device to physicians.

Physicians who have patients suffering from Trigger Finger who would like to avoid surgery may refer them to Dr. Tortland. The office is located Glastonbury. Patients may call **(860) 430-9690** to schedule an appointment. For more information, please e-mail Dr. Tortland at **PTortlandVSP@JockDoctors.com**.



# New England Stem Cell Institute Opening

by COMS staff

**Dr. Paul Tortland** announced the opening of the New England Stem Cell Institute on April 1, 2018.

Dr. Tortland is an internationally recognized expert in the field of orthobiologics and regenerative medicine. He was the first physician in southern New England to begin performing PRP (platelet-rich plasma) injections in 2007 and the first in all of New England, and among the first in the whole country, to begin performing both bone marrow-derived and adipose-derived autologous adult stem cell treatments for orthopedic and musculoskeletal conditions.

Dr. Tortland recently was a featured speaker and teacher at the 9th annual meeting of The Orthobiologic Institute (TOBI) in Las Vegas. TOBI is an international stem cell and regenerative medicine symposium that draws attendees from around the world. Dr.

Tortland presented a lecture on Bone Marrow Harvesting techniques, helped teach bone marrow harvesting in the cadaver workshops, and was a Moderator for a panel discussion on The Use of Biologics in the Elite Athlete.

The New England Stem Cell Institute will primarily focus on providing stem cell and orthobiologic treatments for orthopedic and musculoskeletal conditions including arthritis, rotator cuff disease, chronic tendinopathy and ligament injuries (tennis elbow, Achilles tendinitis & plantar fasciitis, etc.), joint pain, nerve pain, and neck & back pain. A secondary focus will be on clinical research on outcomes related to the use of orthobiologics.

Patients coming to Dr. Tortland for these treatments typically fall into one of three categories: Those who NEVER want surgery



and who are looking for non-surgical options; Those who are either too young for joint replacement surgery or who

would like to delay surgery; and those who have already tried and failed surgery and who are looking for other treatment options.

There is a growing body of research supporting both the safety and the effectiveness of stem cell and orthobiologic treatment, including PRP (platelet-rich plasma), for orthopedic conditions.

The New England Stem Cell Institute is located at 59 Sycamore Street, Suite 301, in Glastonbury, CT. – **(860) 430-2821**. The web site is [www.NewEnglandStemCells.com](http://www.NewEnglandStemCells.com).

# About Our Practice: Collaborative Natural Health Partners

Submitted by Kate Zachau, DO

Collaborative Natural Health Partners is located in Manchester, Connecticut with satellites in West Hartford and Stonington. We are a practice comprised of Osteopathic Physicians, Naturopathic Physicians, and an Advanced Nurse Practitioner specializing in family medicine, naturopathic medicine, and functional medicine.

We strive to bring a collaborative model of care to our patients that focuses on addressing the root cause of illness. CNHP is focused on serving the local community and providing patient centered and patient empowering care. This model exemplifies sustainable primary care focused on improving patient outcomes, including reduced medication dependence. Using a collaborative approach with osteopathic and naturopathic physicians, patients are able to experience healing and in many cases disease eradication.

We offer a range of services including primary care, acupuncture, IV therapy, OMT, Bowen, nutrigenomics assessments, herbal medicine, and craniosacral therapy. We offer advanced testing

including comprehensive lipid analysis, allergy and sensitivity testing, and hormone assessments.

Kate Zachau, DO and Julia Vitali, DO are both board certified in Family Medicine and Osteopathic Manipulative Treatment. They served as chief residents in their respective years at the Eastern Connecticut Family Medicine Residency located in Manchester, which offers training in functional medicine in addition to osteopathic and family medicine training.

Collaborative Natural Health Partners accepts most private insurances and has a cash fee schedule.



From left: Dr. Nick Edgerton, Dr. Ashley Burkman, Dr. Tonya Pasternak, Dr. Craig Fasullo, Dr. Lauren Young, Dr. Kate Zachau, Dr. Diana Zitserman, Dr. AJ Eckert, Dr. Julia Vitali. Not pictured: Dr. Carissa Fiorrito, Amy Smith-Bassett, APRN

## Connecticut DO Couple Discusses Marriage & Working Together

By COMS Staff

COMS members Jill and Thomas Moorcroft were one of three couples who were quoted in *The DO* on how and why they mix business with matrimony. For the full article, go to [The DO Online](#).

Tom Moorcroft, DO and his wife, Jill Moorcroft, DO, own Origins of Health, a private practice in Berlin, Connecticut, that specializes in osteopathic manipulation, integrative medicine and holistic wellness. “Some couples may be compatible in marriage but not in business,” Dr. Jill Moorcroft says. “If you have complementary traits, it can be rewarding.”



The Moorcrofts met in medical school at the University of New England College of

Osteopathic Medicine. They completed a fellowship together in osteopathic manipulative medicine, followed by a residency together in family medicine at Middlesex Hospital in Middletown, Connecticut.

Dr. Tom Moorcroft says he’s the visionary while his wife is the follow-through vehicle for their practice.

“I see all the possibilities and Jill keeps us grounded to make sure what needs to be done, gets done. We have different personalities but shared values.”

Within their practice, those core values are the glue that hold them together during personal or professional challenges. “We can talk about any disagreement because we revert back to our professional and personal mission statements. We come back to our love for osteopathic medicine, our love for each other and that brings us back to a common ground.”

The Moorcrofts’ 8-year-old daughter makes them value their marriage even more, along with the benefits of seeing each other throughout the day. Dr. Tom Moorcroft says, “You can have a difficult day, a challenging day and you see someone who knows you ... it can change the outlook of your entire day. It’s awesome.”

# Bits&Pieces

## BOT: Call for Open Nominations

By COMS Staff

Join the COMS Board of Trustees!

**Positions:** President, Vice-President, Treasurer, Secretary, Trustees, Resident Representative

**Appointment Term:** 1 year, no limit on number of terms

**Time Commitment:** 3 hours quarterly to prepare and participate in board meetings. Participation can be in person or via conference call. Any communication or voting needs outside of board meetings are done via email.

The Connecticut Osteopathic Medical Society is seeking open nominations for the board. Candidates must be a current member of COMS to be considered. More information about the duties of the positions can be found at: <http://www.ctosteopathic.org/documents/bylaws.pdf>

Elections will take place at the General Membership Meeting during the ROME New England Conference: Friday, August 10th 7:00pm @ Hilton Mystic in Mystic, Connecticut

Questions? Interested?

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

or call 800-648-9777.

## 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)

## Legislative Updates

Summer 2018

- The AOA, COMS and AOCD (American Osteopathic College of Dermatology) sent a letter on 3/5/18 in support of **CT SB 210**, which would prohibit use of artificial tanning devices by persons less than 18 years of age.
- **CT SB 306** allows the podiatry board to approve podiatrists to perform ankle surgical procedures.  
**Status:** Died upon adjournment.
- **CT SB 402** strengthens truth in advertising requirements for physician board certification by ensuring that all boards offering physician board certification require legitimate training and testing as a condition of certification.  
**Status:** Died upon adjournment.

## 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 marked the start of the 2018–19 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*.\* As an added bonus, COMS members save \$185 when registering to attend the ROME New England Program August 9-12 at the Hilton Mystic in Mystic, CT.

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

# CONNECTICUT OSTEOPATHIC MEDICAL SOCIETY

Connecticut Osteopathic  
Medical Society  
142 East Ontario St. - 4<sup>th</sup> Floor  
Chicago, IL 60611-2864

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

## Membership Application

**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: \_\_\_\_\_

State of License: \_\_\_\_\_ License # : \_\_\_\_\_ Issue Date: \_\_\_\_\_

Board Certified? Y / N Board Eligible? \_\_\_\_\_ Y / N / NA

**Education:**

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

Location: \_\_\_\_\_ Date Grad: \_\_\_\_\_

Internship Hospital: \_\_\_\_\_ Type: \_\_\_\_\_

Location: \_\_\_\_\_ Date Grad: \_\_\_\_\_

Residency Hospital: \_\_\_\_\_ Type: \_\_\_\_\_

Location: \_\_\_\_\_ Date Grad: \_\_\_\_\_

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		
	First Year in Practice	\$99
	Second Year in Practice	\$199
	Third Year in Practice	\$250
	Out of State	\$150
	Military/Retired	\$100
	Student/Intern/Resident	\$0

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, 4<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)

## COMS Member Opens New Practice

Dr. AJ Eckert will be opening their own practice starting Sept 1st! They had



previously worked at Collaborative Natural Health Partners and now have the exciting opportunity to grow their dream practice. Dr. Eckert is an osteopathic family medicine physician who

sees patients of all ages for Osteopathic Manipulative Treatment. They also specialize in LGBTQ+ Healthcare and see patients for primary care services, preventative health, and gender-affirming medicine including hormone administration and monitoring.

Dr. Eckert is credentialed with all major insurance companies. Barter or trade for medical care available! Nobody is turned away for lack of money. Dr. Eckert offers same-day appointments and house calls. With Dr. Eckert, you will have 24/7 availability-call or email your doctor anytime!

AJ Eckert, DO  
1077 Silas Deane Hwy #193  
Wethersfield, CT 06109  
Email: [ajeckertova@gmail.com](mailto:ajeckertova@gmail.com)  
Text/Call: 860-682-8594

# OMED® 18

OCTOBER 5-9 | SAN DIEGO

## "STUDENT EXPERIENCES" — FROM PAGE 1

to flow through the next few days. I had the invaluable experience of learning from and practicing with physicians from throughout country in the various training sessions. From this, I was able to get hands on experience and learn new techniques and styles of treatment. I appreciated gaining the insight into how other physicians practice and teach, which greatly expanded my osteopathic toolbox. These tools will stay with me throughout my lifetime and through my future practice. I also enjoyed the lectures and research presentations from students and physicians. Exploring the legacy of osteopathic medicine and learning new ways that manipulation is being applied to various disease processes broadened my view of the profession. From this year's Convocation, I learned the many ways that osteopathic manipulation can be used in various fields and patients. I am thankful for ability to network with physicians and students from other osteopathic schools as well as UNECOM alumni. As an osteopathic medical student, I believe that manipulative techniques are an additional tool we may offer our patients. Attending Convocation afforded me the opportunity to expand my skill set from esteemed physicians throughout the United States. This experience would not have been possible without the UNECOM chapter of SAAO, the AOA and the Connecticut Osteopathic Medical Society and I am deeply grateful for your support."

– Brandi Sargent, OMS-II

# ROME®

REGIONAL OSTEOPATHIC  
MEDICAL EDUCATION

**ROME New England 2018**  
Hilton Mystic  
Mystic, CT

Thursday through Sunday  
**AUGUST 9–12, 2018**

Please check the AOA website  
for up-to-date information:  
[www.osteopathic.org/rome](http://www.osteopathic.org/rome)

## COMS Board of Trustees, 2017-18

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**Resident Representative**

Samyuktha K. Gumidyala, MPH  
**Affiliate Executive**



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142 E. Ontario St.  
Chicago, IL 60611  
1 (800) 648-9777  
1 (312) 202-8401 (fax)  
[connecticut@osteopathic.org](mailto:connecticut@osteopathic.org)