

# COMS CONNECTIONS

March 2017

Official publication of the Connecticut Osteopathic Medical Society

## Leading in a Changing Healthcare Environment

### AOA's Advocacy for Healthy Partnerships Conference Covered Array of Leadership Topics

By Andrew P. Peck for *CTOsteopathic.org*

Leaders in today's healthcare environment have to be ready for rapid change on numerous fronts. With those challenges in mind, leaders in the osteopathic profession assembled in Tampa during January for the AOA's Advocacy For Healthy Partnerships conference. COMS was represented at the gathering by President Gregory Czarnecki, DO.

Designed for physicians in the osteopathic profession, the AHP Conference featured a series of training sessions covering a

diverse range of knowledge and skills to aid leaders in the field of Osteopathic Medicine. Attendees received expert advice on successfully advocating for patients and engaged in discussion on topics such as grassroots advocacy, emerging issues in health policies, and technological innovation.

Dr. Czarnecki said the program contained timely and cutting-edge topics that were to his benefit as a leader.

"The program far-exceeded my expectations," he said. "The

speaker lineup has been phenomenal. The information has been useful. For anyone in the leadership side, these are important conversations."

The event included a discussion on resilient leadership

with Lt. General Russel L. Honoré (US Army - Ret.), commander of the task force responsible for coordinating military relief efforts for Hurricane Katrina-affected areas. The leaders in attendance also heard from Mark Kelly, retired American astronaut, engineer and U.S. Navy Captain. Kelly told the group to think independently and question conventional wisdom. "None of us is as dumb as all of us," Kelly said.

Dr. Czarnecki said he was interested in the wide range



of topics covered and would spend more time considering the issues upon his return.

"I think it expands the ways that you can approach from a patient's standpoint, from a teaching standpoint and when I consider my state society, from a leadership standpoint," Dr. Czarnecki said.

**COMS board members and residents had a great time connecting with each other at the Autumn Social, held at the Adams Mill Restaurant on Saturday, October 29th.**



Gregory Czarnecki, DO

Jaclyn Cox, DO

Lisa McLane, DO

Jason Carrese, DO

Andrew Yuan, DO

Ruth Benet, DO

Jim Ryan, DO

Mitchell Durante, DO

## COMS Resident Social



# Spring 2017 President's Update

Dear colleagues and friends,

Welcome to the spring edition of our COMS newsletter. We are actively engaged in planning for our annual meeting, ROME New England, which will be held in Boston in August in collaboration with RISOPS, MOS, and the AOA. Thanks to Ruth Benet, DO, and Tricia Hall, DO, for serving with me on the planning committee.

I am excited to share some of my recent travels in the name of Osteopathic Medicine. In October, I was honored to join Darrin D'Agostino, DO, our Past President and my mentor and friend, as invited speakers at the Asia Pacific Conference of Osteopathic Medicine in Jangheung, South Korea as part of the 2016 International Integrative Medicine Expo. This was an amazing experience and an opportunity to

meet Osteopathic colleagues from around the world. The Korean Osteopathic Institute is in its infancy and under the leadership of the first Korean osteopath, B. J. Kim, who was fully educated at British College of Osteopathic Medicine (BCOM). He is

building a framework for the education and growth of the Osteopathy in South Korea.

I was also fortunate to recently attend the Advocacy for Healthy Partnerships in Tampa, Florida. This conference, co-sponsored with the AOA, fostered leadership principles and communication with excellent lectures and presenters in a Healthcare focus. I would highly recommend this conference and have been rejuvenated by it.

Please keep COMS updated with your current contact info and any news you may have to share with our members. I'd love to "see" you in our next newsletter. For those with Facebook, LinkedIn, or Twitter accounts, please find COMS and stay connected!

Wishing you good health,

Gregory R. Czarnecki, DO



**Left Top:** Dr. D'Agostino and Dr. Czarnecki touring Seoul.

**Left Bottom:** Lt. General Honoré with Dr. Czarnecki in Tampa, Florida.

**Right Top:** Dr. Czarnecki and Dr. D'Agostino flank Dr. Joseph B. Kim.

**Right Bottom:** The assembled participants in the 2016 Asia Pacific Conference of Osteopathic Medicine.



# Feature Article

## The Value of Working with a Functionally-Trained Compounding Pharmacist

By Nicholas J. Palermo, DO, MS

As a practicing physician for over 40 years, it was not until 10 years ago that I discovered a compounding pharmacy and its many benefits for my practice and my patients. I was faced with many patients that required specialized formulations for a wide variety of reasons such as a smaller prescribed dosage of a standard pharmaceutical or the need to eliminate fillers, dyes, sugars, or gluten from the product, as well as those who needed liquids, lollipops, troches, topicals, suppositories or even gummy preparations that were not available by conventional prescribing. I discovered compounding takes into account the vast number of unique needs of my patients that were not being addressed in the conventional “one size fits all” model.

I initially had concerns with associated costs along with quality and standards. With the rising costs of copays, deductibles, drugs including generics that compounding alternatives, which may be more effective, can often be found at a lower cost. An example, one month supply of an estradiol patch may cost around \$170 while a compounded balanced bio-identical hormone formulation with the same dosage of estradiol transdermally would cost around \$50 per month.

In regards to quality and standards, it is imperative to meet USP Chapters 795 and 797 and be in good standing with their State Board of Pharmacy. It is essential to know the experience and credentials of the compounding pharmacist.

As I expanded my knowledge in functional medicine it was extremely helpful to have a well trained compounding pharmacist with an expertise in functional medicine who also believes in our osteopathic principles and philosophies of form and function and embracing the mind, body, spirit connection for all of our patients so we can collaborate and customize formulas that are safe,

effective and evidenced based and have dramatically improved outcomes and greatly reduced side effects.

Let me offer some examples. A patient has chronic pain with a long history of opioid use. In consultation with my compounding pharmacist, utilizing standardized pain assessment tools, we customize a topical pain therapy which would result in the patient reducing the opioid dose until it is discontinued, the pain improved and the patient back to work. Given the opioid crisis our society is experiencing, I have found that collaborating in this way results in lower opioid use and much better pain relief with fewer side effects on a consistent basis.

As PCP's we see many patients with difficult to treat conditions such as fibromyalgia, RA, Depression, Chronic Pain, Chron's disease, Ulcerative Colitis and MS to name a few. I have experience using compounded Low Dose Naltrexone in a variety of cases with positive results at a cost of about \$45 per month. Patients report improvements in many symptoms including pain, energy, mood, depression, anxiety, mental clarity and sleep.

Another area where I have found working with my compounding pharmacist has been very beneficial is in Bio-Identical Hormone Replacement. Collaborating in this way has created a team approach where lifestyle, nutritional and hormonal therapies have proven greatly beneficial for my patients. The importance of balancing our treatments from a functional perspective cannot be stressed enough.

Working with a well trained, functional medicine compounding pharmacist has helped me treat many patients with both acute and chronic conditions that conventional medicine has been unsuccessful

to treat or offered little help. For brevity sake I will only mention some of the common conditions I have found compounded formulas to be helpful. This has included: decreased libido, hypogonadism, hormone imbalances, carpal tunnel, plantar fasciitis, acute and chronic pain syndromes such as shingles, strains, sprains, bursitis, arthralgias, CFS, gut issues, sinusitis, warts, osteoporosis, certain autoimmune conditions and more.

In conclusion, my main goal in writing this brief article was to peak your interest in the many benefits of working with a well trained compounding pharmacist with an expertise in functional medicine who believes in our osteopathic philosophy of treating the whole person, which has offered my patients a greater chance of healing and health. With this knowledge, therapies can be customized to reduce side effects and support and optimize the normal body pathways and functions. Working with a compounding pharmacist as part of my team has benefited my patients and practice far beyond anything I could have done independently.



If this article has stimulated your interest and you would like further articles in functional medicine and the benefits of compounding, please contact me at [doctorpalermo@cox.net](mailto:doctorpalermo@cox.net)

# Connect to WELLNESS



**Regional Osteopathic Medical Education**



**17–20 Aug 2017**

Hyatt Grand Regency, Cambridge, MA

Please visit [www.osteopathic.org/ROME](http://www.osteopathic.org/ROME)  
for updated information and to book  
your hotel room.



# ROME RECAP 2016

**ROME New England 2016** marked an opportunity for DOs across the region to connect and learn together through a Continuing Medical Education curriculum featuring osteopathic principles. Our Society utilized that time together to hold our annual membership meeting. During our gathering, we discussed the state of osteopathic medicine in Connecticut as well as opportunities to enrich DOs in the area through education, advocacy and networking. We also looked toward the future and the ways in which we can ensure the continued health of the profession in Connecticut while focusing on the wellness of our patients.

the  
**PERSON**  
within the  
**PATIENT**

We wish you would join us next year and promise to keep you informed about future chances to connect.



# What's New?

## COMS to Begin New Membership Year

July 1 marks the start of the new 2017-2018 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 [www.ctosteopathic.org](http://www.ctosteopathic.org) and click on Membership.

**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 in getting active?

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

## Welcome New COMS members for 2016-17

Bruce Abramowitz, DO	Karan Lal, DO	Joseph Secor-Taddia, OMS III
Oluoyinka Akinbinu, DO	Ian Lane, OMS	Jason Sharp, DO
Karl Andersen, DO	Casey J Lenderman, OMS III	Brittany Shpak, OMS, MA
Edward M Bach, OMS III	Michael Patrick Leslie, DO	Kirubakaran Siva, DO
Joanna Bartholomew, DO	Hassan Loutfi, DO	Perry Torng, DO
Brad Brooks, DO	Eric Mastrogiacomo, DO	Allison Waggoner, DO
Jason Carrese, DO	Marianna G Mavilia, DO	Jeff A Wisniowski,
Timothy Chapados, DO	Graeme McHenry, DO	OMS II, MPH
Timothy D'Amico, DO	Lisa McLane, DO	Nancy MYip, DO
Mitchell Durante, DO	Nickolas Meier, OMS III	Bliss Yoon, DO
AJ Eckert, DO	Alexander Miller, DO	Alexandra Zacchera, DO
Daniel Peter Fagnant, DO	Jacob Neuwirth, OMS III	
John Hasychak, DO	Noah Pirozzi, OMS III	
Ianna Hondros-McCarthy,	Shannon Rayman, DO	
OMS II	Courtney Repogle, DO	
Jeremy Isaacson, DO	Anthony Sampino, DO	
Dugho Jin, DO	Alexander Santos, OMS, MPA	
Megan Kaknis, DO	Lisa Schnurr, DO	

## UNECOM: Graduating Students

James O'Neill, OMS IV	Jennifer Couture, OMS IV
Justin Quinlan, OMS IV	Ellesse Credaroli, OMS IV
John Scholz, OMS IV	Caitlin Farrell, OMS IV
Paul Tomlinson, OMS IV	David Fraulino, OMS IV
Anthony Tramontozzi,	Matthew Geringer, OMS IV
OMS IV	Daniel Hodges, OMS IV
Jessica Truelove, OMS IV	Timothy Horan, OMS IV
Matthew Bisaccia, OMS IV	Betsy Kadaparum, OMS IV
Jarrett Bruno, OMS IV	

# Resident Updates

## ECHN Family Medicine

By Ruth Benet, DO, Chief Resident

The Family Medicine program at ECHN has had many adventures since the last publication. Not only have we welcomed a new class of residents, traditional rotating interns and an NMM fellow in July, we also have a new Program Director. Under Dr. Sabesan Karupiah's leadership we have added new pediatric opportunities, which includes a longitudinal continuity curriculum. We have also had many interview lunches, and just completed a successful AOA match. The program is working on its ACGME accreditation with osteopathic recognition, all of which is done with our new hospital relationship with Prospect Health Care. These past few months we have revamped our inpatient team service, our office coverage and our call system- all while continuing a commitment to a healthy "family" medicine program.

From a community minded standpoint, we taught about healthy life styles to children in Manchester's children's run and organized a successful clothing drive. We are also looking forward to having a few speaking engagements to pre-med audiences to explain "what is a DO?". The seniors were able to attend the AAFP conference for the day and speak with the president in the fall, and are eagerly looking forward to the national ACOFP conference in Kissimmee, Florida in March. We also continue to enjoy our relationship with UNECOM and the opportunity to participate in 3rd year medical student education.

In the Fall, we spent a day at the orchards discussing our clinic set up, but also feasting on cider donuts, unraveling a human knot and surviving a corn maze. We cheered in the holidays with our party complete with secret Santa. Most recently we enjoyed a retreat day at the Star Hill Athletic Center. Running around and laughing sure are wonderful ways to relieve stress. Besides

physician self-care, it is also a great way to remind us on the value of OMT, with good therapeutic response to the courtside attempts at fixing somatic dysfunction.

In 2017, every residency program is filled with new ideas: EMR, meaningful use, billing, hour's restrictions and ACGME accreditation and more. Despite all of these changes, the residencies both at ECHN and elsewhere maintain as a unique opportunity for a newly minted Osteopathic Doctor to learn how to become an Osteopathic Family Physician.

## UConn

The University of Connecticut Osteopathic Internal Medicine Residency program has had another successful year in 2016. We have been granted our official osteopathic recognition by the ACGME and look forward to continue giving those osteopathic physicians interested in maintaining their identity an opportunity to do so. After a successful match, we have 6 excellent candidates joining our class of 2017, all coming to us from along the east coast. As the merge between the AOA and ACGME continues we look forward to exploring new opportunities for our residents as well as continuing their education, guiding them to become complete physicians who are dedicated to the philosophy of osteopathy.

**Right:** Program director Dr Karupiah gets a real kick out of this residency program. In Goal, Dr Dugho Jin, traditional rotating intern.

**Below:** ECHN Family Medicine Residents and traditional rotating interns enjoyed a day of physical relaxation at Star Hill athletic center in Tolland recently. They enjoyed volleyball, knock out basketball, touch football and soccer.



# Legislative Overview

## February 2017

### CT HB 6015

**Summary:** Protects patients from surprise out-of-network medical bills.

**Status:** Reserved for Subject Matter Public Hearing  
Feb.6, 2017

### CT HB 6175

**Summary:** Requires creation of a strategic plan to ensure continuity of affordable and comprehensive health care coverage within 60 days of any federal legislation repealing the ACA.

**Status:** Heard in the House  
Feb.7, 2017

### CT HB 6697

**Summary:** An act requiring a pharmacist to review a patient's records in the electronic prescription drug monitoring system prior to dispensing an opioid medication.

**Status:** Public Health Committee Hearing  
Feb.10, 2017

## CALL FOR UPDATES

### To all members:

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 — what you do and where you're located.

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

**DO Day**  
on Capitol Hill



The American Osteopathic Association's DO Day on Capitol Hill 2017 is being held on **Wednesday, April 5 in Washington, DC.**

# Save the date

## OMED<sup>®</sup> 17

OCTOBER 7-10 | PHILADELPHIA, PA

# Who We Are

## Spotlight on Connecticut DOs: Dr. Tricia Hall

By Andrew P. Peck for [ctosteopathic.org](http://ctosteopathic.org)

The inspiration to practice Osteopathic Medicine can spawn from many personal experiences and attributes. For Tricia Hall, DO, a passion for working with her hands combined with an innate desire for learning provided the impetus for an Osteopathic philosophy.

Dr. Hall, born in Barbados and raised in Mount Vernon, NY, said she was inspired to practice medicine at an early age and that Osteopathic principles were a natural fit.

“I’m the type of person who is very inquisitive,” Dr. Hall said. “I’m always in pursuit of knowledge. I also love working with my hands. I minored in fine arts and have roots in painting and sculpting. So that kind of lead me into doing what I do.”

In her current practice with Eastern Connecticut Health Network in Manchester, Dr. Hall specializes in Family Medicine, serving patients across a wide age range. The group of physicians there provide care for typical family and general medical needs while serving as a specialty service in Neuromuscular medicine, including Osteopathic Manipulative Treatment (link to AOA page on OMT) - or “hands-on” medical care.

“In the event that local doctors want to refer their patients to us for neuromuscular treatment, we serve in that capacity,” Dr. Hall said. “After treating the patients we will



The Connecticut Osteopathic Medical Society supports and advocates on behalf of all student and resident DOs throughout the state. Our mission is to provide educational and networking activities for those working toward becoming the next generation of Osteopathic Physicians. On [CTOsteopathic.org](http://CTOsteopathic.org), you’ll find profiles of students and residents in Connecticut. It is our sincere hope that these future DOs will experience rich and valuable opportunities learn and grow here. Visit [CTOsteopathic.org/studres.php](http://CTOsteopathic.org/studres.php) to get to know them better.

return them to their doctors so we don’t seek to take them away.”

Dr. Hall says the decision to study and practice Osteopathic Manipulative Medicine was made during medical school and has been a source of pride in her work ever since.

Read the rest of the story on the COMS website at: [CTOsteopathic.org/do-spotlight](http://CTOsteopathic.org/do-spotlight)

# Join or Renew

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- 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 17-20 at the Hyatt Grand Regency in Cambridge, MA.

\* 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:	
AOA Member?	Yes / No	AOA #		Date of Birth:	mm/dd/yyyy
ADDRESS: COMPLETE BOTH SECTIONS. SELECT PREFERRED MAILING.					
<input type="checkbox"/> Office Address					
Practice Group:					
City:			State/Zip:		
Office Phone:		Fax:		E-Mail:	
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City:			State/ Zip:		
Home Phone:		Fax:		E-Mail:	
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 or More	\$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: \_\_\_\_\_

Return completed application and remittance to:    COMS, 142 E. Ontario Street, 4<sup>th</sup> Floor, Chicago, IL 60611-2864

or by Fax: (312) 202-8401

Questions? Call (800) 648-9777 or email [Connecticut@osteopathic.org](mailto:Connecticut@osteopathic.org)



Connecticut Osteopathic Medical Society

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Chicago, IL 60611

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### ROME New England 2017

Hyatt Grand Regency  
Cambridge, MA

Thursday through Sunday  
AUGUST 17-20, 2017

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

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