Greetings from UCSF Fresno Family Medicine!

We’re off and running with a new academic year! We’ve got great new residents for the class of 2016 charging right in and great new senior residents learning the ropes of new responsibilities and challenges. Just plain Great!

The 2013 UCSF Fresno Graduation was a sweep by Family Medicine! Raul Ayala and Christina Chavez-Johnson were honored with the Community Service Award at the UCSF Fresno Graduation, and our own Roger Mortimer was awarded the Faculty Research Award.

The Family Medicine Graduation on June 15th was a success, with special thanks to our new chief residents, Mario Martinez and Michael Moya for hosting a fun and entertaining evening. We had a great showing of alumni and community faculty to celebrate this happy occasion with our newest graduates. Highlights included a staff and faculty dance number, resident and faculty awards, and a hilarious “senior roast” video put together by residents with entirely too much time while on call!

We are on Face Book! Check it out online. UCSF Fresno Family & Community Medicine

We are making a concerted effort to develop an active alumni group that can meet at national meetings, stay in touch with us and each other to keep involved in program events and help us better prepare residents for the real world of family medicine. Any suggestions? Let us know!

Please e-mail Donna McBrien, Program Manager at dmcbrjen@fresno.ucsf.edu to update your contact information and if you know the addresses of any other alumni please let us know so we can contact them as well.

Congratulations to Dr. Roger Mortimer, Winner of the 2013 Borba Housestaff Faculty Research Award!

The twenty-seventh annual Borba Housestaff Faculty Research Award went to Dr. Roger Mortimer. The purpose of this award is to stimulate creative research by recognizing the faculty member whose research is judged by a review committee to be the most significant and meritorious during the academic year.

The award, which carries a $1,000 allowance for conference travel, research material, or classes, was presented at the UCSF Fresno Housestaff Graduation on Thursday, June 13, 2013. Congratulations to Dr. Mortimer for his excellent work in research.

Congratulations to Dr. Mario Espindola, Winner of the 2013 Leon S. Peters Foundation Resident Award!

The Leon S. Peters Foundation Resident Award was awarded to Mario Espindola, MD on June 13, 2013. The award is presented to one resident nominated by his/her peers who has demonstrated an outstanding job in patient and family care, research project success, have volunteered in the community to provide medical assistance where needed, and is overall a well-rounded physician concerned about his/her patients, research and community.

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The Scope is published by the UCSF Fresno Family and Community Medicine Residency Department. Any inquiries or comments about content should be directed to Andy Alba at aalba@fresno.ucsf.edu

University of California San Francisco
School of Medicine Fresno Medical Education Program
The Scope

Welcome Judy Ikawa – New Research Coordinator

Judy Ikawa received her MS degree in biology from CSUF and has been teaching biology courses at Fresno State and Fresno City College. Before that, she worked in the Bay Area in the home cleaning and pharmaceutical industries. She enjoys conducting research since there is always something new to learn. We look forward to working with Judy and having her help both faculty and residents in their research endeavors.

Dr. John Zweifler named new chief medical officer of Adventist Health

Adventist Health / Community Care has welcomed Dr. John Zweifler, MPH, as chief medical officer of 38 rural health clinics in the central San Joaquin Valley. The clinics, located in Kings, Kern, Tulare and southern Fresno counties, experience over 400,000 patient interactions a year.

Dr. Zweifler, a board-certified family physician who has 30 years of experience in medical leadership and patient care roles, will oversee Adventist Health’s Community Care provider operations, ensuring that the clinics provide high-quality care aligned with licensing standards and best practices. Dr. Zweifler will also care for clinic patients and participate in clinic budgeting, strategic planning and policy-making.

Dr. Zweifler has had medical leadership experience as the residency director and chief for the University of California, San Francisco – Fresno Family Medicine Residency Program, deputy medical executive for the California Department of Corrections, and medical director for several community health care centers. He currently serves as a clinical professor for UCSF-Fresno and has served as an expert consultant for the Medical Board of California and the California Office of Patient Advocate. In addition, Dr. Zweifler has been the lead author of articles published in multiple medical journals.

“I’m thrilled to join Adventist Health,” he said. “There are exciting opportunities for us to improve health care experiences for our patients and transform how health care is delivered while expanding access to other rural and underserved communities.” The Adventist Health Hanford Family Practice Residency is the first in the Valley to be affiliated with the prestigious Loma Linda University Medical Center and the first residency in Kings County, training 12 physicians every year. The Adventist Health / Community Care – Selma clinic, next to Adventist Medical Center – Selma, also trains physicians affiliated with UCSF Fresno.

“This is like coming home for me,” he said. “I look forward to working with former colleagues and residents who are now practicing physicians for Adventist Health.”

Farewell to Rebeca Lopez, MPH

It is with much sadness that we bid farewell to Rebeca Lopez. She has been with the Research Team in Family and Community Medicine Residency program for over 6 years. Rebeca is leaving us to move to Palo Alto where her husband Mateo will continue his education and will complete his PhD. at Stanford University. We wish Rebeca, Mateo, Elias, Isabella, and Tiny the turtle all the best in their new endeavors.

“To my UCSF Fresno Family & Community Medicine Family, the last 6.5 years have been a blessing to me, professionally and personally. I’ve enjoyed getting to know and work with you. I wish you much success and happiness in the future. Viva family medicine!”

Sincerely,
Rebeca
Family Medicine
Events

Cave Rescue - Teams train at Lava Beds National Monument

When Radford Dew, Lava Beds National Monument’s chief ranger, goes caving, he goes with a new attitude. “I have a whole new respect for caves and cave research,” said Dew, who was one of 13 people, including six from Lava Beds, who attended an intense, eight-day cave rescue training course at the park. Dr. Roger Mortimer was the lead instructor for this intense exercise.

In an average year, more than 130,000 people visit Lava Beds and, according to park estimates, 80 percent slip in at least one or more of the park’s hundreds of lava tubes. Although the park has individuals trained in cave rescue, it’s been several years since the park had a trained cave rescue team.

“It was time,” Dew said of creating a Lava Beds team. “We need a team here because it may be a while before we get any outside help ... this way we can at least start the process.”

Along with the half-dozen Lava Beds staff members, others attending the class came from neighboring federal agencies, caving clubs and regional search and rescue teams. During the eight days, which Dew said lasted 12 to 16 hours, students were immersed in learning and practicing vertical rope skills, patient packaging, communication and search procedures and litter transport through various cave environments. Training was done by instructors from the National Cave Rescue Commission, an arm of the National Speleological Society.

Innovations in learning - Simulations Lab

The Family Medicine Residents have been very receptive to the new simulations labs during educational half-day. The Chiefs, Mike Moya and Mario Martinez, thought it was time to liven up the half-days with more interactive, hands-on training. The use of SimMan 3G, and NOELLE (pregnancy simulator robot) allows the residents to practice in medical emergency scenarios. It has been a great teaching tool and helps build confidence and instills team-work cooperation in rapid decision making. The life-like SimMan can talk, breath, bleed, vomit, seize, and even urinate! The residents are looking forward to the continued use of these great learning resources in their education.
New Family and Community Medicine Fellows for 2013

Within the last 2 years, the Family and Community Medicine Department has implemented 3 new one-year fellowships to train Family Medicine physicians with a specific focus in mind. Please meet our new fellows for 2013.

**Christina Chavez-Johnson, MD**
Maternal/Child Health Fellow

Dr. Chavez-Johnson, MD, the grandniece of civil rights activist Cesar Chavez, recently completed residency training in Family Medicine at UCSF Fresno. The goals of the one year MCH Fellowship is designed to train Family Medicine doctors in high risk/surgical obstetrics and management of common newborn ailments, especially those interested in practicing in an underserved area, a rural area or in an academic setting. The MCH, which began in July is based largely at Community Regional Medical Center, is a collaboration between the Family Medicine and Ob/Gyn Residency programs at UCSF Fresno. Dr. Chavez-Johnson will participate fully in the care of her patients and receive hands-on training in operative delivery, ultrasound, and high-risk pregnancy management. Approximately 8,000 infants are delivered at CRMC each year, one-third of which are high-risk. Dr. Chavez-Johnson will also train at Selma Community Hospital, where she will gain first-hand experience with providing rural care.

**Katayoun Edalat-Parsi, MD**
Hospice and Palliative Medicine Fellow

Dr. Parsi attended Touro University College of Osteopathic Medicine. She just completed her Residency and was the Chief Resident for UCSF Fresno, Internal Medicine. She is enjoying her time working with Dr. Ivy Darden and Dr. Lisa Lamberth at the Veterans Administration Central California Health Care System in Fresno. Dr. Parsi enjoys spending her free time training her dogs and tending to her sheep farm in Northern California. Also she is an avid gardener and loves cooking with herbs grown from her own garden. Currently, she is working on perfecting her medical Spanish and Farsi. Dr. Parsi is a welcome addition to the program and the Fellowship and we are very happy to have her and her expertise.

**Sam Wijesinghe, PA-C, MS, MPAS**
HIV Fellow

Sam began HIV fellowship training by learning about HIV infection and its complications, medications, resistance, adherence, co-infection, co-morbidities, nutrition, wasting, pregnancy, and even death. He sees patients in the Specialty Clinic at the Ambulatory Care Clinic in Fresno and has already attended several trainings and conferences in HIV medicine. He has just completed approximately 6 months as the HIV Testing Outreach Coordinator for a CDC funded routine HIV testing grant via the Pacific AIDS Education and Training Center and presented in services and training to over 13 hospitals and clinics throughout the Central Valley. He will continue that work as part of his fellowship and will increase routine HIV testing at the clinical sites where he practices medicine. Sam said, “We are at a challenging juncture due to 3 realities: 1) HIV specialist shortage; 2) shifting HIV care to primary care at a time when the shortage of primary care physicians is worsening; 3) HIV is a chronic disease with rising population especially in the Central Valley of California.”
As we embarked on a new academic year, we welcome our new group of interns who have well-adjusted to their new roles as UCSF Family Medicine residents. We look forward to teaching and watching them grow into strong, confident, and well-rounded physicians as they work through their intern year. We would like to thank our fellow residents, faculty, and staff for coordinating their successful orientation. We also commend our residents who made the transition into PGY-2 and PGY-3.

We sent a group of residents to Kansas City recently for the AAFP resident recruitment fair. This group, Drs. Joseph, Southard, Kolahi, and Dr. Burnett represented our program well. This is an important activity in the recruitment efforts because we often run into applicants who visited our booth during the Kansas City residency fair. Our program has done an excellent job providing residents the opportunity to attend such conferences and there will be many more as the year progresses.

At the end of July, our department underwent an ACGME accreditation visit. The entire process went very smoothly and our group of residents who participated in the review did a fine job discussing our strengths as a residency program. We understand that this was a very stressful process for our department to undertake, but our program stood up to the test!

The talk of the town is our upcoming department retreat, which will be held at Wonder Valley. Every year our residents look forward to the retreat, where we get to leave our patient care duties and pagers behind. It’s a time for our residents to bond and get to know the families of fellow residents. We are all very grateful that our department funds and supports our yearly retreat. We are sure it will be a blast like the prior year’s retreats have been.

We have made some changes to our educational half-day formatting where a medical simulation session will take place monthly. The residents were very pleased with the first two simulation sessions and they desire more of these sessions in future half days.

It is amazing that we are already at September and time is just going to get faster as our PGY-3s will be soon searching for jobs.

ERAS (Electronic Residency Application Service) begins in September and our department will soon be receiving hundreds of applications for the next year’s PGY-1 class. We look forward to a new interview format this year, which will help bring in the best and the brightest to UCSF Fresno Family Medicine.

We appreciate everyone’s hard work and look forward to a great year!

—Mike Moya and Mario Martinez
### Bobby Aulakh, MD

Bobby Aulakh, MD received his medical degree from the American University of Antigua, College of Medicine. He completed his undergraduate studies at UC Davis, where he was involved with extensive research including studying long term effects of DBS (Deep Brain Stimulation) in Parkinson’s disease. Bobby feels that Family Medicine is the only field that will make him a well rounded physician and allow him to fulfill his future prospects of contributing to WHO/Doctors without Borders, providing much needed care in underdeveloped countries. His hobbies and interests include; outdoor activities, weight training, tennis, yoga, meditation and DIY projects. He is fluent in Punjabi, and Hindi.

### Jose Buenrostro, MD

Jose Buenrostro, MD received his medical degree from the Universidad Autonoma de Guadalajara and obtained his undergraduate degree at California State University, Stanislaus. He grew up in the Central San Joaquin Valley where he worked in the fields and worked as an Emergency Medical Technician, which motivated him to become a family practitioner. Jose looks forward to staying in the Central Valley and providing care to his community. His interests includes farming, traveling, snowboarding, and he enjoys playing baseball and basketball. He is fluent in Spanish.

### Alice Chung, MD

Alice Chung, MD was born in California, but spent the first few years of her childhood on a farm with her grandparents in Taiwan. She studied biomedical engineering during her undergraduate years at the University of California Berkeley and then received her medical degree from Boston University School of Medicine. She has a strong interest in international health and participated in AMSA (American Medical Student Association) Global Health Groups and Physicians for Human Rights at Boston University. Her hobbies and interests include hiking, traveling, photography, drawing, exploring new places, and she is up for any new activity!

### Ashlynn Gordon, DO

Ashlynn Gordon, DO completed her undergraduate studies at the University of Montana and received her medical degree from Western University of Health Sciences School of Osteopathic Medicine. Ashlynn was born and raised in Missoula, Montana. After her 1st year of medical school Ashlynn studied surgery while volunteering in Germany. During her 2nd year of medical school Ashlynn worked on a research project, and was published in the JAOA (Journal of the American Osteopathic Association). She also has been actively attending medical conferences and lobbying in Washington D.C. on health care issues. Ashlynn’s hobbies include triathlons, skiing, hiking and karate.

### Inderpreet Grewal, MD

Inderpreet Grewal, MD lived in Livingston, CA and the Central Valley before heading to UC Davis to study Human Development and finding her passion for medicine through volunteering. During medical school at St. George’s University, Inderpreet was committed to return back to the Valley and interned with the Public Health Department in Stanislaus County. There, she created additional health centers for teens to receive counseling on birth control and family planning. She is multi-lingual but her native language is Punjabi. Her other passions include cooking, reading, beautifying and cosmetology, and especially spending quality time with her family, friends and fiancé, Brent.

### Benjamin Huang, MD

Benjamin Huang, MD received his medical degree from the University at Buffalo State University, New York. During undergraduate studies at Syracuse University, Benjamin helped to organize a weekly after school program for refugees. He helped co-founded the Buffalo Chapter of Primary Care Progress, where he organized quality improvement project teams in primary care offices around the city. Benjamin enjoys playing piano, game design and the culinary arts in his spare time.

### Sebouh Krioghlian, DO

Sebouh Krioghlian, DO was born and raised in Fresno, California. He attended California State University, Fresno where he completed his undergraduate studies. Sebouh received his medical degree from Western University of Health Sciences. Sebouh looks forward to working with the underserved community in Fresno where he was raised. He is an avid reader and enjoys cooking. Sebouh speaks Armenian and conversational Spanish.
**MEET UCSF FRESNO FAMILY MEDICINE CLASS OF 2016**

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<tr>
<th>Name</th>
<th>Background and Achievements</th>
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<tr>
<td>Liana Milanes, MD</td>
<td>was born in Havana, Cuba. She received her medical degree from Ross University School of Medicine. Living and studying in the Dominican Republic gave Liana an opportunity to create a unique learning experience that solidified her desire to seek a specialty heavily involved in health education and disease prevention. She is looking forward to working with the underserved in the Central Valley. Her hobbies include judo, scuba diving, and continental philosophy. Liana is fluent in Spanish.</td>
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<td>Rashell Reynoso-Garza, MD</td>
<td>was born and raised in Visalia, California in the Central Valley. She completed her undergraduate studies at UC, Davis and received her medical degree from the University of Illinois, College of Medicine. As a first year medical student, Rashell participated in the Patient Centered Medicine Scholars Program (PCM) where she realized that family medicine was the specialty that would allow her to reach her goal of working with the underserved. Rashell enjoys fishing, camping, painting, and spending time with her family.</td>
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<td>Jusel Ruelan, DO</td>
<td>attended Stanford University for her undergraduate degree and received her medical school diploma from A.T. Still University, School of Osteopathic Medicine. She was born and raised in Merced, California in the Central Valley. While in medical school, her experience with the El Rio Community Health Center as well as the Pascua Yaqui Native American clinic in southern Arizona helped to solidify her zeal with working with the underserved. Jusel’s interests include traveling, hiking, tennis, and playing the piano. Jusel speaks Visayan as well as conversational Spanish.</td>
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<td>Satjit Sanghera, MD</td>
<td>received her medical degree from St. George’s University School of Medicine. She is also a graduate of UC Berkeley where she received her Bachelors of Science degree. Satjit grew up in the Central Valley, Turlock, California. Having grown up in a small town, she experienced the limitations of health care which galvanized her interest in working with the underserved. Her inspiration for pursuing Family Medicine in the rural setting includes her grandmother as well as her experiences throughout her medical school career. Her interests are event planning, cooking, traveling, and the great outdoors. Satjit is fluent in Punjabi.</td>
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<td>Alejandro Soto, MD</td>
<td>was born in Nogales, Mexico. He attended UC, Riverside for his undergraduate before receiving his medical degree from Universidad de Montermorales. Alejandro has a passion to serve the underserved, fueled by his year of social service in Allende, Nuevo Leon, Mexico. He looks forward to working with the underserved in the Central Valley. Alejandro’s hobbies and interests include basketball, softball, jogging, working out, and reading, as well as spending time with his family and friends. Alejandro speaks fluent Spanish.</td>
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**Welcome Babies!**

**Welcome Suya and TeeJay Yang**

Dr. Yang’s twins, Suya Zuri and Tee Jay Legend were born to his wife Gena on July 17, 2013 at 7:59 am (Suya) and 8:01 am (Tee Jay). Older sister Suya weighed in at 5 lbs, 5 oz, and was 18 ¼ inches long. Tee Jay was 6 lbs and 8 oz. and also measured 18 ¼ inches long. We wish Dr. Yang and his wife and older sister Maezi all the best.

**Welcome Tyler Luke Hovik**

Tyler was born a month early on July 17, 2013, and adopted by Karen’s daughter, Brenda, and her husband, David. This is the first grandchild for Karen who has worked as an Administrative Assistant in the Family Medicine Residency Program for approximately ten years. Tyler resides with his parents in Torrance, California. Congratulations to Karen on her first grandson Tyler!
FCM Resident Retreat – Friday, Saturday and Sunday, September 20, 21, and 22 at the Wonder Valley Ranch Resort.

FCM Tailgating and Fresno State – vs.- UNLV– October 19th, 2013 at Bulldog Stadium at 3:30 p.m.

UCSF Fresno FCM Research EXPO – Thursday, December 12th, 2013

2013 AAFP Recruitment Fair

Every year a group of residents and an attending participate in the AAFP National Conference. This year the recruitment fair was held in Kansas City, MO, with Dr. Jennifer Burnett, Dr. Melanie Southard, Dr. Anjani Kolahi, and Dr. Shruti Joseph attending. They met many well qualified medical students and prospective applicants at the booth and were also able to network with residents from Family Medicine Residency programs throughout the country as well as CAFP members. For two and a half days they spoke with medical students about our program and our community in Fresno and answered all of their great questions. During their breaks they were able to attend various lectures and workshops, polishing their skills in Family Medicine and giving them insight into life after residency. Dr. Joseph’s said, “I am honored to have gone with such an amazing group and am excited about the upcoming interview season.”