Happy holidays from UCSF Fresno Family Medicine!

We are well into the interview season for our next class of residents. We’ve received nearly 700 applications to the program, more than ever before, a tribute to the high quality of training and impact the program and its graduates have made in the Central Valley. We continue with our mission to train physicians to work in rural and underserved settings and train in the full scope of what Family Medicine has to offer.

The next few months will have some key events come to the program. Our site visit next spring was recently announced by the ACGME Review Committee for Family Medicine. In concert with our multiple partners including Community Regional Medical Center, Adventist Health, and Clinica Sierra Vista, we are looking forward to the opportunity to showcase the latest and greatest UCSF Fresno Family Medicine has to offer. Residents will soon have the opportunity to work in the new state of the art ambulatory care clinic for the CRMC pathway, due to open in March.

The development of our Hospice and Palliative Care Fellowship, as well as opportunities for further collaboration to enhance residency and fellowship training with our educational partners at UCSF Fresno, look promising for further depth and breadth of training for family physicians in the years to come. Many thanks to all our partners in supporting UCSF Fresno Family Medicine in our mission to provide high quality training to our residents and provide high quality care and advocacy for our community.

We are on FaceBook! - 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 Lois Ceja, at lceja@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.
Welcome Lydia Herrera-Mata to Family Medicine!

UCSF Fresno welcomes Lydia as new faculty. She has a wealth of knowledge and experience and will be a fantastic addition to the program. Lydia has a BS in Bioengineering from University of California (UC) Berkeley, an MS in Bioengineering from UC San Diego, and an MD degree from UC San Francisco. She completed her residency training at UCSF Fresno. Dr. Herrera-Mata is Co-Medical Director of the Reach Out and Read Fresno County. In addition, she is Co-Investigator in the evaluation of UC pre-medical post-baccalaureate programs. She is a Professional Mentor with HCOP (Health Careers Opportunities Program) for college undergraduate students interested in pursuing a medical career. Dr. Herrera-Mata enjoys reading, hiking and biking. She is fluent in English and Spanish.

Mimi Mott-Smith on leave
Mimi Mott-Smith will be taking a break from the program to concentrate on her art. She will be missed while she is gone and we look forward to her return. Mimi graduated from the University of California, Berkeley with a BA in English Literature and received her BSN from the University of California, San Francisco Pediatrics Nurse Practitioner Program. She obtained a MSN from the Family Nurse Practitioner Program at CSU, Fresno. Ms. Mott-Smith received her MPH degree from CSU, Fresno in May 2002 doing a research project on teen fathers’ attitudes towards breast-feeding. She is a peer reviewer for the Nurse Practitioner Journal. Her teaching responsibilities included precepting at UMC and Selma, and conducting newborn nursery rounds. Mimi is a very talented artist. Many of her works can be seen on display at the program office. We wish her well during her leave.

Goodbye to Kendra Perret
Kendra has taken a new position at UCSF Fresno in the Office of Medical Education. Kendra was the Residency Coordinator for many years and was a key figure related to residents successful completion of their residency program and medical licensure. She also planned and scheduled the resident retreat, and was primarily responsible for monitoring the myriad of requirements for residency training in Family Medicine. Kendra will be very difficult to replace and we wish her well in the Office of Medical Education.

"I wanted to say thank you to everyone that I have worked with over the last 3 1/2 years. My time here has been great and I will never forget this experience. I have learned so much and I appreciate all of your patience and understanding while I was trying to learn my role as a coordinator. Thanks!" - Kendra Perret

Welcome our newest resident, Dr. Xin Lao!
Xin Ling Loa received his Bachelors Degree in Science in Biology from Augusta State University in Augusta Georgia. He also attended Medical College of Georgia where he received his Doctor of Medicine Degree. Dr. Lao attended Ross University, School of Medicine, where he received his Doctor of Medicine Degree. Dr. Lao has come to the program as a second year resident from Birmingham Alabama where he completed his first year of residency. Dr. Lao is fluent in Mandarin and Cantonese and his hobbies include body building and swimming. We would like to welcome Dr. Lao to the program and look forward to working with him over the next two years.
Spotlight on Faculty

Tegest Hailu, MD
Family Medicine Faculty
Provide HIV Care in Ethiopia

Dr. Tegest Hailu and a group of 7 people including nurses, case managers, and volunteers will be traveling to Ethiopia, Africa in January 2010. Their goal is to continue the work that ISBHA (International Society for Better Health Access), the non-profit organization founded by Dr. Hailu in May 2004, provides.

ISBHA’s primary goal was to build the first comprehensive HIV clinic in Addis Ababa. In February 2005, CDC Ethiopia signed a corporate agreement to build the clinic and John Hopkins University supported the design of the clinic. ISBHA played a major role in the building design and the creation of the clinic which has now been in place for the last 3 years.

Dr. Hailu continues her work and travels to Ethiopia two to three times a year to provide HIV care services, and has now included work in palliative care. Dr. Hailu provides palliative care with the help of the African Palliative Care Association (APCA) that was established in Cape Town, South Africa in November 2002 to benefit AIDS patients. Because of the severity of HIV infection in Africa, palliative care is an essential part of HIV medicine and care.

The goal of the ISBHA and palliative care services is to provide HIV patients “prevention and relief of suffering by means of early identification and effective assessment and treatment of pain and other problems: physical, psychosocial, and spiritual.” Dr. Hailu knows that getting patients on Antiretroviral Therapy (ART) is the best means to lower virus, increase T-cell count, and lower the chances of infecting others. She has been taking donated medication and giving them to patients in Ethiopia who have no medications available to them. The people of Ethiopia don’t have the physical or the financial capacity to provide care to individuals with HIV/AIDS and it is a life-long mission for Dr. Hailu to keep on providing care to her native land, Ethiopia. Dr. Hailu will continue to provide HIV care in both Ethiopia and in Fresno.
Dear Friends:  
After 26 hours of labor Hana Li Sargent arrived November 9th. She weighed 6.1 lbs (2.77 kgs) and was 19 inches (49 cm) long. "Bill and I are in Anchorage, Alaska. Summer is good for wild-life (bear, moose, & puffin) and glacier watching. Winter is good for Northern Nights. Hope all is well in your part of the world."

—Evelyn Fang

Evelyn Fang, MD

The New Family Medicine Medical Clinic

Nicholas was born in August and weighed 6lbs 7 oz. He is 19 ¾ inches long and is pictured here with his big sister who adores him.

—Arlin Venturina

Arlin Venturina, MD

The Family Medicine Clinic will finally be opening at the new Deran Koligian Ambulatory Care Center at the CRMC downtown campus, located just behind the UCSF Fresno Center on 290 Wayne Street. This modern, state-of-the-art medical facility features several medical clinics and the Family Medicine clinic itself features 17 patient examination rooms. The new clinic will serve all old and new patients from the previous Family Medicine Clinics located at Huntington Hall at University Medical Center. The clinics at Huntington Hall will close when the new clinics officially open on March 1, 2010. The Family Medicine department will be sending out flyers to attract new patients to the clinic, targeting young mothers with children. Please come and celebrate with us the official grand opening of the building on March 17, 2010. Refreshments will be served and tours of the new building will be conducted all day.
Tewodros Kidane, MD

"My wife Lily and I have welcomed a baby boy on October 9, 2009. His name is Kedus (which means Holly) and he weighed 8 lbs and was 20 inches long. Kedus is pictured here with his big sister who loves to hold and take care of him."

—Tewodros Kidane

Michael Wilson, MD

"My wife (Jani) and I had our new Baby Mia Isabella November 4th. She weighed 7 lbs 8oz and was 19 inches. Mom and Baby are doing great." (Isabella is shown here with her proud papal)  

—Michael Wilson

Drs. Geeta Ramesh and Ila Naeni

Happy Holidays and happy New Year! Residents had a lot of fun celebrating at the annual Family Medicine holiday party this year! We also had a great time at our retreat in September at Wonder Valley. We had a wonderful time doing team building activities and spending time with each other! We would also like to congratulate Dr. Wilson and Dr. Kidane on their new babies! We look forward to a great second half of the year!

—Dr. Naeni and Dr. Ramesh

*Social networking and how we will use it - Facebook

**Social Networking:** What is it?
Facebook, MySpace, LinkedIn (& others)
- The sites provide tools to create a network and interact with it, such as games, quizzes, text updates, photo galleries, recommendations, affinity groups
- Organizations a growing part of the picture

**Uses of Social networking includes:**
- Communication
- Interaction
- Community
- Networking
- Advocacy
- Entertainment
- Education
- Promotion

**Why are they so popular?**
- Web-based
- Free or low-cost
- User-friendly for the non-tech
- Fun: manage an active social life, be creative
- Powerful: lots and lots of features (tools!)
- Helpful: take on goals not previously feasible

**Facebook**
- 200,000,000 - number of active users
- 100,000,000 - number of users who use Facebook at least 1x/day
- 170 - number of countries/territories that use Facebook
- 35 - number of different languages used on Facebook
- 100 - number of friends the average user has

*(Courtesy of Nicolé Mandel, AETC National Resource Center)*
THE SCOPE

Community and Staff Events

Family Medicine Christmas Party

Grand Occasions served a full course meal with delicious Prime Rib and Vegetable Ratatouille entrée including Holiday Cobbler for dessert. Once again Dr. Jarman offered her amazing Pomegranate Martinis. Karaoke, dancing and all-around merriment were the themes for the entire evening. The kids were treated to an amazing bounce house, making Christmas tree ornaments, and writing letters to Santa when they weren't eating John's Incredible Pizza. It was a great evening for all. Family Medicine in the spirit of giving also collected: nonperishable food for Community Food Bank, winter coats for Boys & Girls club, and cash donations toward the purchase of an animal for Heifer International! (http://www.heifer.org) Don't miss next year's party!

Halloween Party

UCSF Fresno enjoyed the "Halloween Spirit" at noon on Friday, October 30, with lots of GREAT food and SCARY costumes (and even some performances). The Family Medicine Program was represented and the chosen theme this year was Bikers! Some opted to wear more regal costumes to show off. A fantastic showing by Family Medicine!

Family Medicine Christmas Party

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Christmas Door Decorating Contest

This year Family Medicine worked hard to decorate the front door of the department to show Christmas Spirit and competed in the Annual Door Display Contest at UCSF Fresno. Family Medicine's theme was "Post Call, Gone to Maui". Mrs. Claus was adorned with leis and coconuts and Santa was seen napping in a lounge chair in his flip flops and shorts. Frosty the snowman tried to join in but was melting away quickly...but what a way to go. The door display was fantastic and Family Medicine took second place overall in the contest, being beaten by a Psych Department staff singing Christmas Carols. Good tactics! Congrats to them. And congrats to Family Medicine!
Grand Opening of the Deran Koligian Ambulatory Care Center at the CRMC downtown campus
March 17, 2010
Whole day Open House
Everyone is invited to check out and tour the new building. There will be an official program and refreshments will be served.

Palliative Care Conference
Friday, May 14, 2010, 8:00 am - 5:00 pm
"Giving & Getting the Best of Care Possible through End-of-Life" Keynote speaker, Ira Byock, MD.
Children's Hospital of Central Valley - Basement Conference Rooms
Registration: $75/provider, $25/student
CME/CEU will be provided
Lunch and Breakfast is included

UCSF Fresno Family & Community Medicine 2010 Expo
Thursday, May 20, 2010, 2:00 - 4:00 pm
Registration: FREE, brought to you by UCSF Fresno Family Medicine
This Expo will highlight scholarly accomplishments of graduating residents and faculty this year.
UCSF Fresno Center Room # 136
155 N Fresno St., Fresno, CA 93701