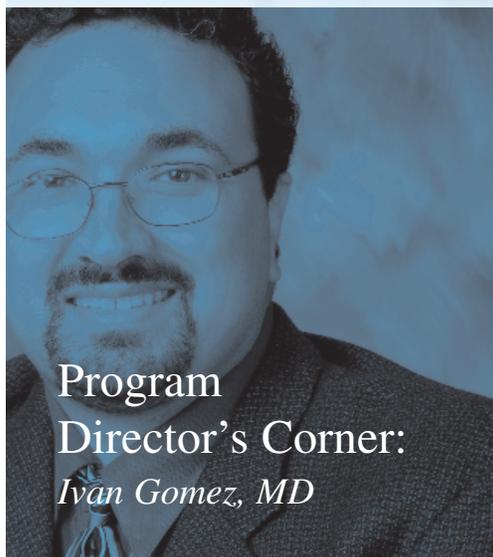


THE SCOPE

official newsletter for UCSF Fresno family medicine faculty, residents and staff



Program
Director's Corner:
Ivan Gomez, MD

Greetings! Welcome to the first publication of the UCSF Fresno Family Medicine Residency Program Newsletter. To our colleagues, friends and associates, we hope this will provide a window into the many changes in the residency program over the past few years, and continue to do so in the years to come. The newsletter will highlight features of the program including articles on our residents, faculty, our current projects, and upcoming events. We hope you enjoy it!

At UCSF Fresno, we continue our mission to train physicians to provide a comprehensive scope of care to patients in underserved settings. We received a three-year primary care training grant from HRSA to improve our training in psychosocial wellbeing of multicultural families. This grant has allowed us to provide a new Psychosocial Wellbeing clinic to a large underserved population at our

Selma and UMC clinic sites. Our First 5 grant continues to support the Healthy Steps at the Selma clinic. UCSF Fresno Family Medicine also became the new home for the Pacific AIDS Education and Training Centers grant for HIV/AIDS education this year.

In the research arena, congratulations are in order to Susan Hughes, MS, Research Director for the department, and Phil Kim, MD. Susan received the Faculty Research Award and Phil received the Borba Housestaff Research Award at the 2009 UCSF Fresno graduation ceremony. Congratulations also to Drs. Sy Sophamixay-Essegian and Hugh Yang who received the Davin Youngclarke Scholarly Activity Award at the 2009 Expo.

Our new residents for the 2009-2010 year have recently joined us! See inside for details on our recent arrivals to the program. In keeping with UCSF Fresno's philosophy of "Growing our Own", 5 of our 11 graduates plan to stay and practice in the Central Valley. A new Hospice and Palliative Care fellowship training program has started at UCSF Fresno Family Medicine. The fellowship is currently under review for ACGME accreditation. Congratulations to Antonio Viscarra, MD, a graduate of the UCSF Fresno Family Medicine residency program and the first fellow to train in this new program.

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.

Please e-mail Donna McBrien, Program Manager at dmcmbrien@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.

On the Horizon: The UCSF Fresno Family Medicine Facebook Page!

The Scope Vol. 1, Issue 1 Summer 2009

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

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Program Highlights

Health Centers, the Eye and Dental Clinics, and the Special Services Clinic. The new facility will be named



the Deran Koligian Care Center in honor of the late Fresno County Board of Supervisors Chairman who was a longtime advocate of health services for the disadvantaged. The building is scheduled for completion in Spring, 2010.

New Grant for UCSF Fresno Family and Community Medicine: Pacific AIDS Education and Training Center

The AIDS Education and Training Centers (AETC) Program of the Ryan White CARE Act currently supports a network of 11 regional centers (and more than 130 local performance sites- LPS) that conduct targeted, multi-disciplinary education and training programs for healthcare providers treating persons with HIV/AIDS. The AETCs serve all 50 States, the District of Columbia, the Virgin Islands, Puerto Rico, and the six U.S.-affiliated Pacific Jurisdictions. The San Joaquin Valley or Central California Local Performance Site (LPS) is one of 15 sites located in the Pacific Region. These sites include 11 in California, 1 in Arizona, 2 in Nevada, and 1 site in Hawaii and all the Pacific Islands.



Family Medicine is Providing Palliative Care:

A palliative medicine consult service was recently established at Community Regional Medical Center (CRMC). Several faculty have been working in conjunction with Michael Nisco, MD, forming a consult team that concentrates medical care on reducing the severity of disease symptoms, rather than striving to halt, delay or reverse progression of the disease itself. Drs. Neelu Mehra, Arlin Venturina, and Ashkan Imanzahrai, are working with Dr. Nisco as well as CRMC nursing, social workers, and other staff in creating an interdisciplinary team that provides patient care focused on quality of life.

Hospice and Palliative Medicine Fellowship:

Starting in August, 2009, Antonio Viscarra will be participating in a Hospice and Palliative Medicine Fellowship program at UCSF Fresno. Dr. Viscarra will be working 2 days per week, primarily at CRMC. An application for fellowship accreditation has been submitted to ACGME and is pending. It is anticipated that a full-time fellow will be recruited to the program beginning July 1, 2010.

Ambulatory Care Facility Now Under Construction:

Community Regional Medical Center is building a new Ambulatory Care facility on the CRMC campus. The new building will include the Children's, Women's, and Family

Chief Search

The search for a new Chief of Family & Community Medicine (FCM) continues. A chief candidate recently visited UCSF Fresno, meeting with Associate Dean Joan Voris, MD as well as Interim Chief Roger Mortimer, MD, Program Director Ivan Gomez, MD and Assistant Program Director Arlin Venturina, MD, and others. This person arrived in Fresno later than expected due to flight delays. The candidate has been invited to return for a second visit, giving them an opportunity to meet with FCM's affiliates, as well as taking the time to see more of Fresno and the surrounding area.



Spotlight on Graduates

Dr. Agustín Rubio 2009 UCSF Fresno Graduate

"Doctor sets eyes locally, wants to start clinic to serve Mendota", by Rebecca Plevin for Vida en el Valle - -FRESNO-
Dr. Agustín Rubio was 19 years old when he learned that his grandfather's kidneys had failed. His grandfather, a Mendota farmworker originally from Tequila, Jalisco, México, later died of complications from diabetes. Rubio, a medical resident who graduated from the University of California, San Francisco, Fresno Medical Education Program this month, now understands that his grandfather's case was all too common. He now understands that his grandfather died as a result of a lack of education, finances, and access to medical treatment—a dangerous combination that Rubio, a doctor specializing in rural health, sees in many of his patients.

Rubio's familiarity with the life-style of impoverished farmworkers motivated him to pursue a career in medicine, and specialize in family and rural medicine during his residency at Community Regional Medical Center in Fresno. That connection with underserved farmworker communities has also inspired his ultimate dream: to return to his hometown of Mendota to open a medical clinic with two of his younger brothers, Edward, 27, and Sam, 25. There is currently a health clinic in the farmworker town of about 10,000 people, but Rubio said his

knowledge of the community and the residents' lifestyle would make him an effective medical provider there. "I think I have a special understanding of their lives that would make me effective," Rubio said. "I just think I can do a good job for my town." Rubio, who grew up in Mendota as the second of eight children, is intimately familiar with the hardships and health barriers facing families in rural towns. He knows that most farmworkers don't have the education to understand or manage their medical problems, and don't have the money or insurance coverage to purchase necessary medications. And he knows that the medical advice doctors often give to patients—exercise daily and eat lots of fruits and vegetables - does not translate easily into the farmworker lifestyle or budget. But even given all the inherent challenges, Rubio said he is determined to practice medicine in the community where he grew up. "It's more than just a job," Rubio said of working in rural medicine. "It's personal," he said, adding that he sees his family members in many of the patients he treats.

Rubio will get an opportunity to practice rural medicine this summer, when he becomes the first full-time doctor for a new medical clinic in Reedley. He will serve as the clinic's director, will manage the clinic staff, and will treat



everyone from newborns to the elderly. "I think it's pretty exciting," he said...

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Dr. Russell Tontz 2009 UCSF Fresno Graduate



Dr. Tontz joined the air force when he was in residency. He recently completed his 6 weeks of training at a boot camp facility in Alabama. He is currently in charge of providing healthcare at the Mountain Home Air Force Base, Idaho.



Ryan Tontz was born on Thursday, August 6, 2009 at 8:59 am.



Photo courtesy of U.S. Air Force photo/ Senior Airman Ryan Crane

About Mountain Home Air Force Base: Located in Idaho, the Base is home to the 366th Fighter Wing, the "Gunfighters." Located approximately eight miles southwest of the city of Mountain Home, the base's primary mission is to provide combat airpower and combat support capabilities to respond to and sustain worldwide contingency operations. The 366th Medical Group provides medical services to support the combat capability of the 366th Fighter Wing at deployed locations as well as the Mountain Home AFB community.

NEW FACES, NEW PLACES

Andrés E. Alba

Andrés (Andy) Alba is the newest addition to Family Medicine as a Research Assistant/Program Manager. Andy is a graduate from the University of Utah and received his Bachelors of Science in Behavior Science and Health. Andy is currently completing his Master Degree in Public Health at California State University, Fresno. He has been program managing the Pacific AIDS Education and Training Center federally funded HRSA grant for the last 9 years. Andy speaks Spanish fluently and can speak some German and Japanese. His hobbies include: Airsoft, languages, food, travelling, cooking, mixology, technology and electronics, and swimming when it's stifling hot outside.



Hugh Yang, DO

Dr. Yang received his Bachelor of Science in Biology, University of California Riverside Riverside, CA and his Doctor of Osteopathy, Western University-COMP, Pomona, CA and completed his Family & Community Medicine Residency Training at UCSF Fresno. Dr. Yang will be a great addition to the Family Medicine Program and we know his expertise and experience with the South East Asian community will be an asset to the department.





Meet the New 2009 Residents



Vivian Cayme, DO

Dr. Cayme received her medical degree from Touro University. Growing up in the Central Valley in a small town called Tranquility; she saw firsthand the need for medical professionals in the rural areas. She is fluent in Tagalog and intermediate Spanish. Dr. Cayme enjoys working out, spending time with her family, and shopping.



Nooshin Moalemi, DO

Dr. Moalemi received her medical degree from Touro University. Being part Navajo Indian, Dr. Moalemi has always wanted to give back and practice medicine on the Navajo Reservation. She knew that she would need the versatility and diverse training that a family physician receives in order to take care of the wide range of illnesses that she would come across. Dr. Moalemi enjoys traveling, tennis, snowboarding, and spending time with her family.



Victor Silva, MD

Dr. Silva received his medical degree from the University of Iowa. He grew up in the central valley in a small rural town called Orange Cove, where his parents worked in the fields to provide for the family. Throughout medical school Dr. Silva's goal has always been to return to a small rural area in the Central Valley to practice medicine. Because of the difficulty to recruit from these underserved areas, Dr. Silva quickly realized that being a family physician he then could provide all of these services. Dr. Silva is fluent in Spanish. Dr. Silva enjoys college football, golf, long distance running, and enjoys listening to Norteno music.



Kao Vang, DO

Dr. Vang received his medical degree from Touro University. He is the eldest of eleven children who migrated with their parents from Thailand and is now among the first generation of Hmong people that have obtained a formal education in the United States. Dr. Vang has personally experienced the difficulties that the Hmong community encounter while adjusting to the American culture and it has made him more determined to bridge that gap. He is fluent in Hmong. Dr. Vang enjoys building model ships and drawing.



Sarojini Tirunagaru, MD

Dr. Tirunagaru received her medical degree from the American University of the Caribbean. She received her Bachelor of Science degree in Biology from UC Davis. She enjoys cooking, baking, watching movies, spending time with friends and family, going to the gym, singing, and trying new cuisines. One of her goals during residency is to learn and master Spanish. Another goal in life would be to one day sing for Disney, but she'll settle for mastering Spanish first.



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Cira Welvaert, MD

Dr. Welvaert received her medical degree from Universidad Del Norte in Colombia. Dr. Welvaert understands that a physician can diagnose a medical problem but the patients financial situation can prevent them from getting treatment so she wanted to be involved in preventative measures and she choose Family Medicine as her specialty. Dr. Welvaert is fluent in Spanish. She enjoys spending time with her daughter, reading books and dancing.



Mileidys Gomez, MD

Dr. Gomez received her medical degree from the Institut Superior de Ciencias Medicas Habana medical college. At a young age she learned that a family physician can have a positive influence on a patient's life far beyond the traditional role of a doctor. After training in Cuba, she joined the IMG Clinical Science program at UCLA. This program gives IMG's the opportunity to engage in clinical training in the US prior to starting residency. She is fluent in Spanish. Dr. Gomez enjoys cooking, dancing and traveling.



Cindy Zia, MD

Dr. Zia received her medical degree from St. George's University. She received her undergraduate degree at Wellesley College in Neuroscience and French. Dr. Zia's mission is to continually teach preventive care to all of her patients. She is fluent in Mandarin Chinese and proficient in French. She enjoys photography, tennis, and is a certified scuba diver.



Nidia Payan, MD

Dr. Payan received her medical degree from Universidad Autonoma de Sinaloa. Dr. Payan quickly realized that the lack of residency programs in Mexico would require her to migrate to the US if she wished to continue her career in medicine. In 2006, all her hard work had paid off and she was accepted into the UCLA International Medical Graduate Program. She is fluent in Spanish. Dr. Payan enjoys spending time with her husband, music, and running.



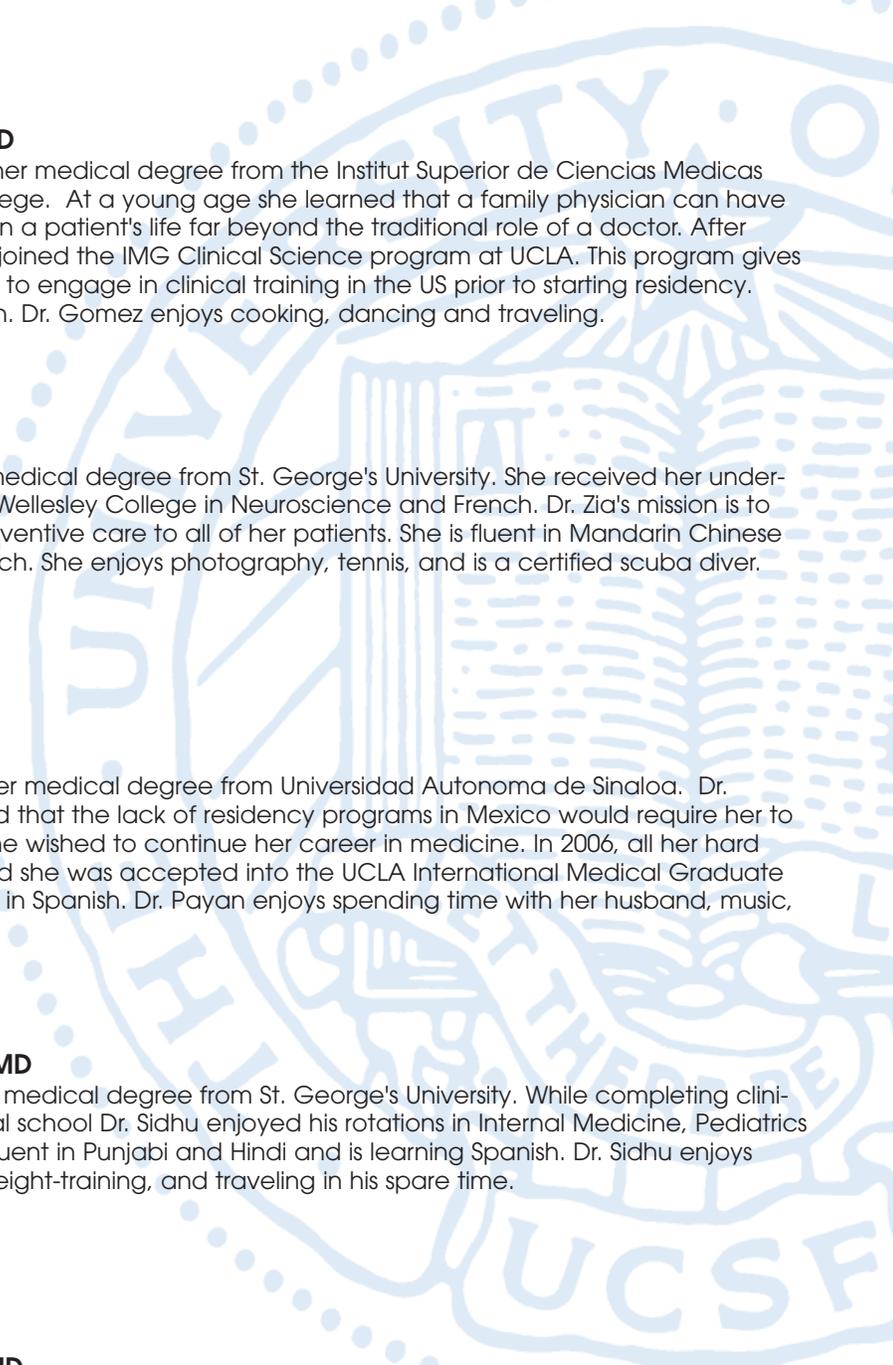
Satinderpal Sidhu, MD

Dr. Sidhu received his medical degree from St. George's University. While completing clinical training in medical school Dr. Sidhu enjoyed his rotations in Internal Medicine, Pediatrics and OB/GYN. He is fluent in Punjabi and Hindi and is learning Spanish. Dr. Sidhu enjoys basketball, soccer, weight-training, and traveling in his spare time.



Shila Shafii-Noori, MD

Dr. Noori received her medical degree from Islamic Azad University- Tehran Branch. Her influence to become a physician was instilled in her by her grandfather who had been practicing medicine for many years. After graduating medical school, Dr. Noori has returned to the US to pursue residency. She is fluent in Farsi. Dr. Noori enjoys working out and traveling.



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Faculty News

Congratulations Dr. Tevendale!

Dr. Robert Tevendale was awarded the prestigious Kaiser Award for Excellence in Teaching. The Kaiser Awards were established by an endowment from the Henry J. Kaiser Family Foundation in 1969 and are annually presented to an exceptional teacher in each of the following categories: Excellence in Teaching in the Inpatient Care Setting, Excellence in Teaching in the Ambulatory Care Setting, Excellence in Teaching in the Classroom Setting and Excellence in Teaching by Volunteer Clinical Faculty. Medical students and house staff nominate faculty candidates for Kaiser Awards. The award was given to Dr. Tevendale for his outstanding qualities as a teacher, including the quality of presentations and teaching materials, ability to motivate learning, effectiveness as a mentor, and impact on students and house staff.



Chief Residents Corner

Drs. Geeta Ramesh and Ila Naeni

First off, we are both very excited about the start of this newsletter!

We also are proud to announce the program's implementation of the night float system. This new system has cut the amount of call residents have to do by half! Residents now have more time to do clinics, follow up on patient care, read, and sleep! Residents are also really looking forward to the upcoming retreat at Wonder Valley in September, which will be filled with great resident bonding activities. And lastly we would like to congratulate Dr. Tracy Li and Dr. Saira Khan on their new babies.



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UCSF FRESNO
2009 FAMILY
MEDICINE
GRADUATES:

*WHERE
ARE
THEY
NOW?*

2009 Resident:	Plans:
Manpreet Bhullar	Private Practice in Tulsa, OK
Jennifer Balguma	Kaiser Permanente, Fontana, CA
Rashno Davoodi	Swedish Physician Division, Redmond, WA
Peter Georgio	Sports Medicine Fellowship at UCLA
Phillip Kim	Darin M. Camarena Health Centers, Madera, CA
Arman Ossia	Private Practice, Southern California
Agustin Rubio	Adventist Health, Reedley, CA
Sy Sophamixay	Adventist Health, Selma, CA
Russell Tontz	Mountain Home Air Force Base - Idaho
Antonio Viscarra	Clinical Sierra Vista, Hospice and Palliative Medicine Fellowship Family Medicine, UCSF Fresno
Hugh Yang	Family Medicine Faculty, UCSF Fresno