Dear Colleagues,

It is hard to believe my year as our Colleges President is half over. How time flies. I hope everyone has Happy Holidays. I sincerely wish everyone a Happy and prosperous New Year. The year ahead of us should be very interesting. A lot of the logistics and details of the AOA/ACGME unified single GME accreditation process still need to be worked out so that our programs can apply for ACGME accreditation July 2015. As a profession, we need to help our various residency programs meet the requirements for the programs to become ACGME accredited to sustain the viability and future of our Osteopathic Ophthalmology and Otolaryngology-Head and Neck Surgery professions.

We have an upcoming Mid-Winter meeting in Orlando February 5-8. I hope to see as many as possible for the Faculty Development Program. Obviously anyone who is presently a program director or presently a faculty member of one of our Osteopathic Ophthalmology or Otolaryngology residency programs is encouraged to attend but also anyone who has any interest in teaching residents should consider attending the Faculty Development Program. Now more than ever we need to strengthen and solidify our commitment to Osteopathic education in Ophthalmology and Otolaryngology-Head and Neck Surgery. The conference is not only aimed at making us physicians better teachers but also aimed at making us better leaders. Becoming better leaders is extremely important for the survival of the Osteopathic profession and medicine in general.

It looks like another Congressional opportunity to repeal the flawed SGR formula is going to pass with no change. The proverbial can continues to get kicked down the road. We continue to wait and see the further implications of the Affordable Care Act (Obamacare). We are starting into our second cycle of this new healthcare system. We all need to stay abreast of the ever-changing landscape of healthcare and the delivery of healthcare in the US. We as physicians need to be advocates for our patients and for the availability of the highest quality healthcare in the world.

Finally, I hope that everyone will seriously consider going to our next ACA meeting which will be held in Orlando at the Hyatt Regency Grand Cypress Resort, May 6-10, 2015. This is our organization’s 99th annual meeting. We have survived and prospered for almost one century. Let’s make the next century even better.

Best regards, Michael S. Haupert, DO, 248-355-3100, mhaupert@med.wayne.edu

Place this date on your calendar!

May 6-10, 2015—99th Annual Clinical Assembly
at the Hyatt Regency Grand Cypress Resort, Orlando, FL

Visit www.aocoohns.org to review the hotel reservation information and
Dear colleagues,

This has truly been a watershed year for our profession. The ACGME merger has charted a different course for our students, residents, future fellows, program directors, faculty, DME’s and all those involved with GME.

It is far from clear as to the future of our programs and those responsible for future GME training in our specialties. At this time we are receiving sporadic messages from the ACGME, but no specific direction from the AOA.

I would like to think that our leadership is planning to help direct, inform, and lead us in a positive direction in the near future.

As administrators in AOA specialty colleges our responsibilities are not only to bring to the members practice, political, social, governmental and other allied topics for consideration, but, we also have the duty to be responsible for all aspects of training in our GME programs.

Our allied respective allopathic academies do not share in this. They have no direct involvement with basic standards, evaluation of residency programs, etc. I’m stating this to point out that as a College we have to consider all aspects of our communications to the members, those in practice and those in training programs.

Looking to our future programs in February we are proud to again present the Annual Faculty Development Program with timely presentations to inform those responsible for directing GME issues to be better informed as to their many duties. These presentations will be on our website as video’s for all to review shortly after our meeting.

In May we are planning to welcome you to our most successful site in Orlando, Florida - the Hyatt Regency Grand Cypress Resort - one of the most inviting we have ever visited, friendly not only to our members, but their families as well.

We plan to give a more dynamic approach to not only our lecture presentations but also to our social activities.

We will start with a dual keynote presentation, bringing two experienced presenters to discuss current topics especially for the general membership:

- How do we key our practice (both internally and externally) to success, and prosper in the coming years. They will outline these issues for you, and in addition offer a workshop presentation in the afternoon to expound on these issues.

Debra Bailey and staff join with me in wishing all of you a most Healthy and Happy Holiday Season and together look forward to a most exciting and successful 2015.

Best wishes to all!
ACOS recognized three individuals with presidential citations on Sept. 19 at the 2014 Ceremonial Conclave in Boston. Then President Richard D. Kimmel, D.O., FACOS (pictured right in the photos below), presented the citations and expressed the College's appreciation for the recipients’ contributions and dedication to the osteopathic profession and for their outstanding service. **Congratulations to Drs. Belkoff, Dubin, and Meshekow!**

**Laurence H. Belkoff, D.O., FACOS**

“As past president of our College, you have helped pave the way for interaction between osteopathic and allopathic surgical training programs,” said Dr. Kimmel when presenting a presidential citation to Dr. Belkoff. “You are a leader in urology in the Philadelphia area and nationwide, having trained countless residents and students. While on the ACOS Board, you led the Search Committee for our executive director. You chair the Trust Fund and are committed to the betterment of our organization. You have been a mentor, friend, and confidant to me and others in our College’s leadership. Thank you for all you have done and will continue to do for the ACOS.”

**Alvin D. Dubin, D.O., FOCOO**

“As executive director of the American Osteopathic Board of Surgery, you have helped lead the modernization of the certification process and worked on behalf of osteopathic surgeons for many years,” said Dr. Kimmel when he presented a presidential citation to Dr. Dubin during the ACOS Ceremonial Conclave. “The AOBS is a distinct and separate entity from the ACOS, yet it is vital for our members, residents, and fellows to get certified. In recognition of this service, the ACOS appreciates your contributions and thanks you for your service to osteopathic surgeons.”

**Alan L. Meshekow, D.O., FACOS**

“As past president of the ACOS, you did not fade into the background after your tenure,” recalled Dr. Kimmel when presenting a presidential citation to Dr. Meshekow on Sept. 19 at the Annual Ceremonial Conclave. “You have been the keeper of the flame as the chair of the Ceremonial Committee, worked many hours with the ACOS staff, and have stood on the podium countless times to distribute certificates to membership. You have trained surgical residents for decades, and we would now like to formally thank you for your service to the College.”

### IMPORTANT REMINDERS

#### 2015 ACOS award nominations

The College is accepting nominations for ACOS awards that will be presented at the 2015 Annual Clinical Assembly in Chicago. **Feb. 1, 2015**, is the deadline for nominations for the Orel F. Martin Medal, the Distinguished Osteopathic Surgeon Award, and the Humanitarian Award. **June 1, 2015**, is the deadline for nominations for Resident Achievement Awards and the submission of papers for the Robert C. Erwin Literary Award. Go online to the [ACOS website](#) for details about these awards.

#### 2015 D.O. Day on Capitol Hill

ACOS members, join efforts with your colleagues at **D.O. Day on Capitol Hill** to protect and preserve the cornerstones of osteopathic medicine! The 2015 event will be held on **March 5** at the Bureau on Federal Health Programs meeting in Washington, D.C. You are encouraged to participate in this event to help educate members of Congress and their staff about osteopathic medicine and to communicate the positions of osteopathic physicians on important health policy issues. Visit the [AOA website](#) for more information.

#### 2015 AOBS examinations

Visit the American Osteopathic Board of Surgery website for details about the **2015 AOBS exams**:

**Written examinations**

- **Recertification/retakes**—Saturday, June 6, Hyatt Regency Grand Cypress, Orlando, Fla.
- **New/recertification/retakes**—Sunday, Oct. 4, Chicago Marriott Downtown Magnificent Mile, Chicago, Ill.

**Oral examinations**

- Saturday, Oct. 3, Chicago Marriott Downtown Magnificent Mile, Chicago, Ill.
Legislative Update: DO Day on Capitol Hill

When: Thursday, March 5, 2015
Where: Omni Shoreham Hotel, Washington, D.C.
Registration deadline: February 5, 2015

DO Day on Capitol Hill is an exciting opportunity for DOs and students to go to Washington, D.C. and lobby members of Congress and their staff face-to-face. Prior to the event, participants will receive briefing materials on the key issues to be discussed. Once in Washington, osteopathic advocates will participate in a morning legislative briefing, attend scheduled meetings with members of Congress and their staff, and report the results in a debriefing room. Attendees will also enjoy an agenda tailored to their designation.

Take a Stand

Participation in this event is important for members of the osteopathic community. The time you take off from your practice demonstrates the osteopathic community’s dedication to protecting and preserving the cornerstones of osteopathic medicine. This is a prime opportunity to educate members of Congress and their staff about osteopathic medicine and communicate our positions on important health policy issues where legislation is crafted—Capitol Hill.

“It’s so important for members of the osteopathic community to be here for our DO Day on Capitol Hill. It demonstrates the community is dedicated to protecting and preserving the cornerstones of osteopathic medicine,” according to George Thomas, DO, Chairman of AOA’s Bureau of Federal Health Programs. “The more people we can get to participate in this event, the more Capitol Hill will understand osteopathic medicine and welcome our positions on important health policy issues.”

Learn More

If you need more information about this event or future DO Days on Capitol Hill, please email Director of Advocacy Jordan Abushawish at jabushawish@osteopathic.org.

AOA Update: Those Winter Blues Could Be Sign of Seasonal Affective Disorder

Even though you may not know it, the decrease in light during the winter can affect your well-being. Millions of Americans are affected by SAD, seasonal affective disorder.

Statistics show that 60-90% of people diagnosed with SAD are women and that older teens and young adults are most likely to suffer from this condition. Further research indicates that geographic location plays a role as well, meaning people living in areas where there is still an abundant amount of sunlight during winter are less likely to be affected by this disorder. Seasonal affective disorder begins to affect people as early as September through the first part of April.

Symptoms

SAD has been around for well over a century but has only recently been recognized as a disorder. Symptoms of SAD include:
- Extreme fatigue, difficulty getting up in the morning, or sleeping much more than usual
- Loss of energy
- Depression
- Increased appetite, weight gain, or craving carbohydrates
- Decreased sex drive
- Suicidal thoughts or feelings

Osteopathic physicians stress that because it is a form of depression, people should seek help when dealing with seasonal affective disorder. This is not a condition that should be self-diagnosed or self-treated.
Nominees for Board of Governor Secretary/Treasurer

**Dennis J. Kitsko, DO**

It is truly a privilege and honor to be nominated as Secretary/Treasurer for our College. I completed my residency in Otolaryngology/Facial Plastic Surgery from Union Hospital in 2006. I subsequently completed a 2 year combined research and clinical fellowship in Pediatric Otolaryngology at the Children's Hospital of Pittsburgh in 2008. Upon completion, I stayed on as Assistant Professor of Otolaryngology at the Children's Hospital of Pittsburgh and the University of Pittsburgh School of Medicine. I have been involved in lecturing at the Midyear and ACA conferences since 2008, and this led to joining the Educational Needs Review Committee in 2010. I chaired the Otolaryngology section of the ACA in 2013 as well as the Midyear meeting in 2010. I had the honor of being elected as a member-at-large for the Board of Governors in 2012 and have served in that capacity to the present time.

I have a keen interest in education and clinical research. In addition to mentoring residents and fellows on a daily basis, I also give monthly lectures to medical students at the University of Pittsburgh School of Medicine and have had undergraduate students with an interest in Osteopathic Medicine rotate through several times a year. I feel that it is critical to push the next generation of osteopathic specialists both clinically and academically. Keeping our members aware of ever-present advances at the conference level is certainly one part, but increasing the practice opportunities within the subspecialties is also necessary for the continued advancement of our College. Opening doors to subspecialty fellowships and bringing these clinicians back to train our residents is a fundamental way that we can both grow our national presence and ensure that we are producing a superb product.

Obviously these are difficult and uncertain times, particularly regarding our nation’s healthcare marketplace and the impending unification of the AOA-ACGME for graduate medical education. Although how these two changes will affect our College in both the short and long term is unclear, it is crucial to have forward-thinking leadership that will be involved as much as possible in crafting policy that ensures our ongoing success. I think that it is important to not only maintain the current excellence of the AOOCO-HNS, but to always be pushing forward to improve ourselves.

Maintenance of the status quo can never be acceptable. I have been dedicated to and involved in the College and will remain so in any capacity that I am able. I thank you for considering me for Secretary/Treasurer of our College.
B. Mark Welch, DO

Thank you for the nomination to serve as the Secretary/Treasurer of the Board of Governors for the AOCOO-HNS.

I have served as a Member-at-Large on the Board of Governors since 2013 and have seen many changes in the direction of our College.

While we all feel the loss of Dr. Carlo DiMarco, our administrative staff remains unified and committed to the future of our profession. The current Board has been working hard to complete the Strategic Plan and many improvements have been made and goals completed. However, with the ACGME unification coming upon us in the near future, I feel now is the time for strong leadership.

In closing, I am honored to be considered and if elected I will strive to live up to the excellence that has been preserved and maintained by those who are currently serving, and those who have served in the past.

AOCO Board Member Nominee

The Board has asked that each nominee submit a statement outlining his/her service to the College and/or desire to serve on the Board and reasons why he should be elected.

Judy L. Davis, DO

I am honored to be considered a candidate for the Board of Governors. My fellowship status was achieved in May 2008. In the past, I have held the Chair position on the Council of Regional Representatives and continue to participate as a Representative since 2009. For the past three years I have held a position on the Board of Governors. I maintain regular attendance at the ACA and Mid-Year Seminars. In May 2011, I received the President’s Achievement award. My desire is to continue to assist the AOCOO-HNS where help is needed and always appreciated.

Donald A. Morris, DO

I am honored to be nominated as a candidate for a Member-at-Large position on the Board of Governors. It has been and continues to be my pleasure to provide service to the College. I have been program chair of both the Mid-Year Seminar in Detroit in 2012 and the Annual Clinical Assembly in Scottsdale in 2014. I have been a lecturer and moderator at many of our meetings, and I am also the current chair of the ophthalmology side of the education committee. I feel that I have gained the knowledge, insight, and ability from these, as well as other experiences, to be a positive addition to the Board of Governors.

As physicians, we have been given the opportunity to change our patient’s lives for the better. The certification to be able to do this comes through our College, and without the College many of our opportunities would not exist. I feel my life has been so positively influenced by what the College has done for me, that I have a duty to provide service to the College. One aspect of that service would be as a member of the Board of Governors. There are going to be challenging times
ahead. Both the healthcare landscape and the graduate medical education landscape are rapidly changing. I would like to be of help to the College during these times.

**AOCO-HNS Board Member Nominee**

The Board has asked that each nominee submit a statement outlining his/her service to the College and/or desire to serve on the Board and reasons why he should be elected.

**Matthew C. Farrugia, DO**

I am sincerely honored to be considered for the position of Member-at-Large. This nomination has been discussed with other members an accepted knowing the responsibilities that the position carries. I am interested in pursuing this position for the following reasons:

- I want to serve as a link between the younger generation (residents) and well established member of the College.
- I would like to preserve our foundation as osteopathic physicians and residencies during the merger with ACGME.
- I would like to promote the College to the new generation of physicians as a vital entity to preserve our profession by encouraging not only membership but involvement in the College.

Upon finishing my own residency, I completed a one-year fellowship in otology and neurotology. I then returned to Botsford Hospital where I have served as an associate clinical professor at MSU-COM. Three years ago I accepted the position of Program Director for the residency program. This position provides me the unique opportunity to bridge the gap between residents and physicians who have been in practice for many years. I have been involved with the College meetings and activities every year since my residency. I will continue to serve the membership of the College with my best efforts if you will support my nomination for a Board of Governor Member-at-Large.