

Oklahoma ACOFP

ACOFP Immediate Past President David J. Park, DO, FACOFP *dist.*

**CONGRATULATIONS
2024 - 2025**

ACOFP PRESIDENT

Empowering Progress, Inspiring Unity, Building the Future

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OF OSTEOPATHIC
FAMILY PHYSICIANS



BRIAN A. KESSLER
DO, DHA, FCOFP DIST.

Happy #NOMweek!

CELEBRATE
NOM WEEK
NATIONAL OSTEOPATHIC MEDICINE

April 15-21, 2024

The future of medicine is osteopathic!

More than 25% of all U.S. medical students have chosen to pursue careers in osteopathic medicine.

Join the celebration at
osteopathic.org/NOM



41 COLLEGES

66 CAMPUSES

38,042

STUDENTS
ENROLLED

25%

OF U.S. MED
STUDENTS

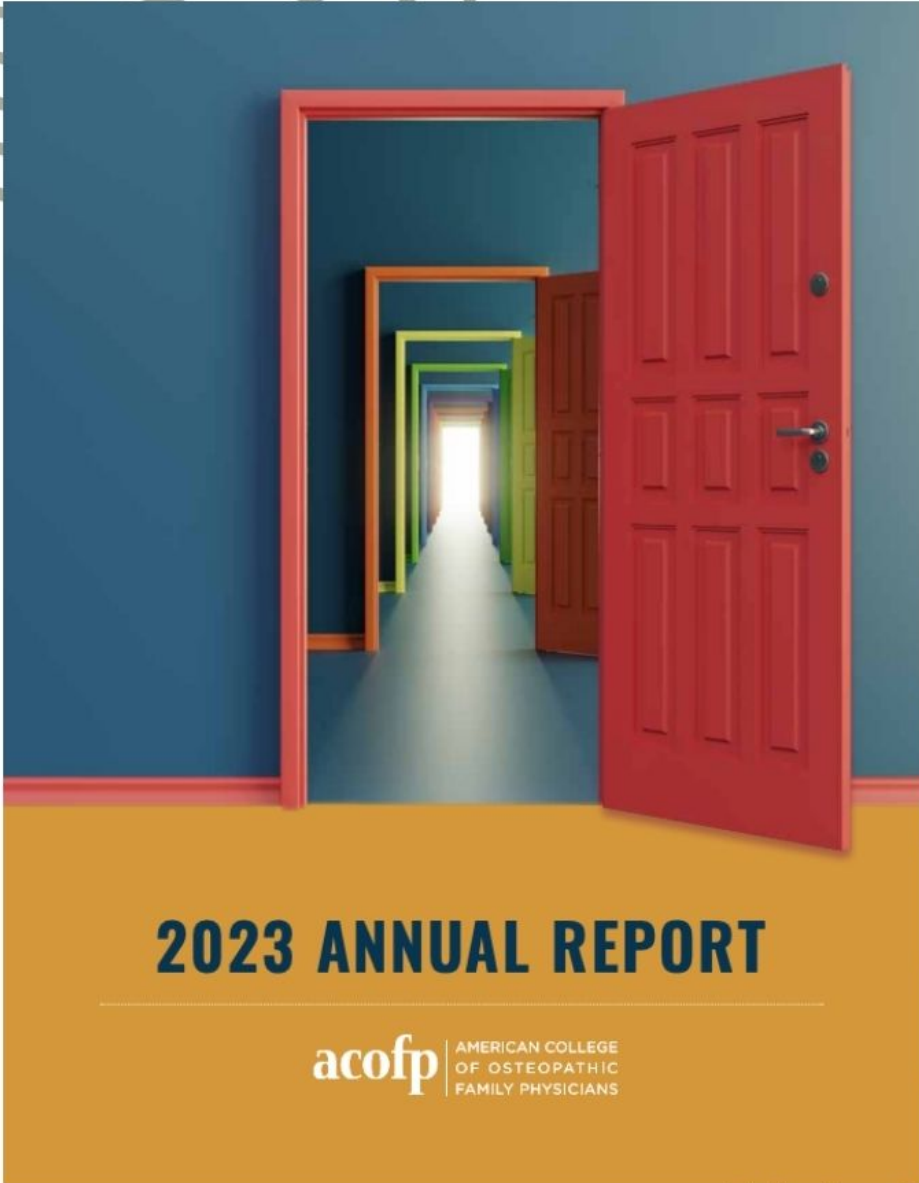
#DOProud

Access the 2023 ACOFP Annual Report



2023 ANNUAL REPORT

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FAMILY PHYSICIANS



Education

Upcoming Opportunities & Updates




acofp '24
ANNUAL CONVENTION & SCIENTIFIC SEMINARS



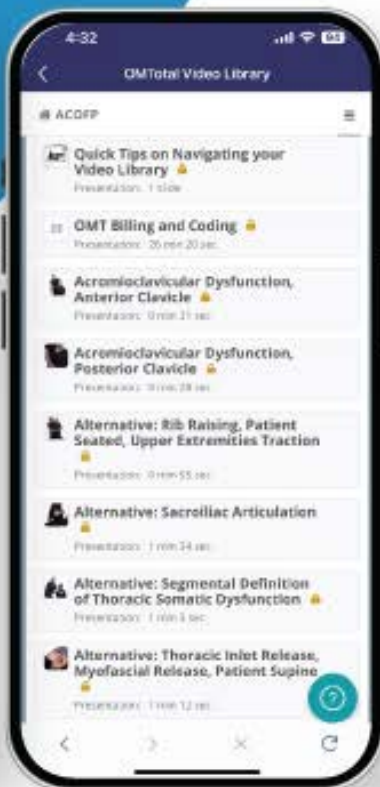
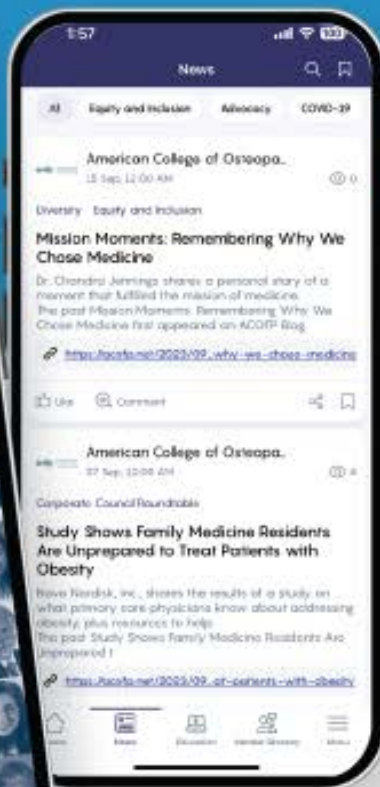
ACOFP 61ST ANNUAL CONVENTION AND SCIENTIFIC SEMINARS

ON-DEMAND AVAILABLE NOW

OVER 40 HOURS OF CME

ACOFP 365:

Empower Your Practice, Every Day



Download the new and improved mobile app today.

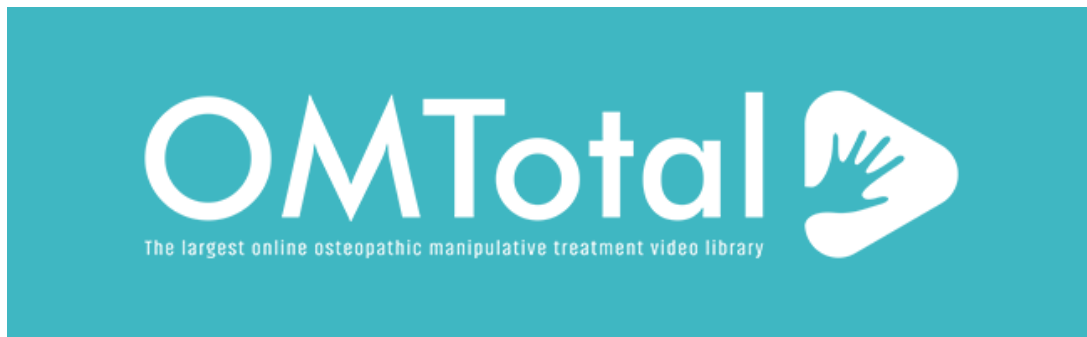


Available on the
App Store



GET IT ON
Google Play

Access the largest osteopathic
manipulative treatment video
library!



Included in Your 2024 Membership Benefits!



acofp.org/OMTotal

De-stress Pain Management: Rethinking Opioid and Non-Opioid Therapies



LEARN MORE

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ACO*i*
American College of Osteopathic Internists

Education within the eLearning Center has been bundled for easy access to relevant educational topics:

- Diabetes, including the Diabetes Certificate Program
- Substance Use Disorder
- Hypertension
- Behavioral and Mental Health
- Cardiovascular Disease and Heart Failure
- Dermatology
- COVID-19 and Long COVID
- Obesity, Weight Loss, and Nutrition



Advocacy

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FAMILY PHYSICIANS

2024

**HEALTH POLICY
ADVOCACY PRIORITIES**



**Access the
2024 ACOFP Health
Policy Priorities**



ACOFP Foundation



FAMILY
MEDICINE
FORWARD
POWERED BY THE ACOFP FOUNDATION

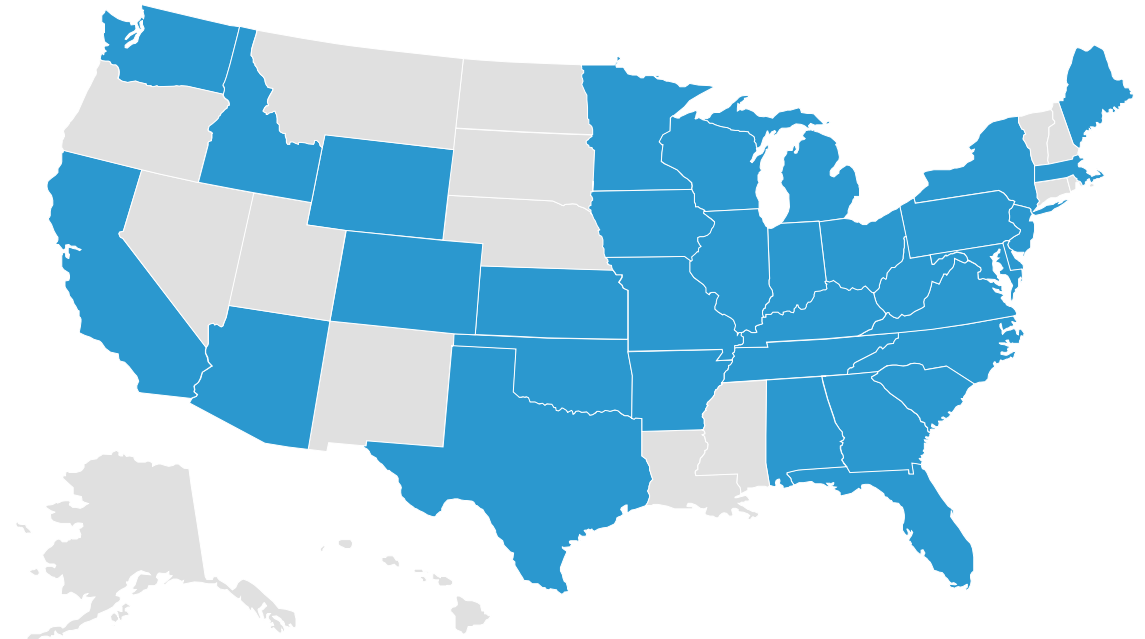
Be the support you had
early in your career.

// [LEARN MORE](#)

Initial Certification Grant

- Initial Certification covers up to \$1,400 in exam fees and travel for eligible residents.
 - Partial grants may be awarded.
- Residents must sit for both the AOBFP cognitive and practical exams.
 - Residents can choose between the AOBFP Early Entry Initial Certification (EEIC) pathway or the traditional initial certification pathway.

The Fall 2024/Spring 2025 Initial Certification Grant cycle will open in July 2024.



State representation of grantees

Empowering FM Residents:

*ACOFP Foundation's Support for
Osteopathic Board Certification*

LEARN ABOUT
FINANCIAL SUPPORT



acofp FOUNDATION

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OF OSTEOPATHIC
FAMILY PHYSICIANS



Engagement

Current Opportunities

Ways to Get Involved: Create Content

- Write an article for *Osteopathic Family Physician (OFP)* quarterly journal
- Create a patient education handout
- Submit a blog post
- Record a podcast or webinar
- Present at an ACOFP national event

A Call to Action for Global Diversity Awareness Month

By Srijesa Khasnabish, OMS-IV

In honor of Global Diversity Awareness Month this October, I wanted to take a moment to reflect on what diversity means to me. As a child, this term was unfamiliar. By high school, I heard this term used more frequently around me, but only thought of it in the context of race and ethnicity. In college, my definition expanded to include many other dimensions of diversity such as sex, gender and language. Now, as a fourth-year medical student, diversity is something I am actively seeking in the residency programs I am applying to.

To continue my journey of reflection about diversity, I reached out to Tejal Patel, DO, the 2021 recipient of the ACOFP Diversity, Equity, and Inclusion (DEI) Award. Dr. Patel is a clinical assistant dean at Ohio University Heritage College of Osteopathic Medicine. She is also faculty with OhioHealth Doctors Hospital Family Medicine Residency.



42 Women's Health

PATIENT EDUCATION HANDOUT

PMDD

Tania Ghazarian, OMS
Arnold Janschowski, DO, FACOFP Editor • Paula Gregory, DO, MBA, CBOCP, FAHQ, Health Literacy Editor

Premenstrual Dysphoric Disorder (PMDD) is the severe form of Premenstrual Syndrome (PMS). Symptoms of PMDD are both physical and emotional caused by normal hormonal changes that begin typically seven to ten days before the start of your period.

SYMPTOMS
Common emotional symptoms of PMDD include irritability or anger that lasts for a long time, sadness or hopelessness that can turn into despair, anxiety, and extreme moodiness. Physical symptoms of PMDD include cramps, bloating, joint and/or muscle pain, breast tenderness and/or enlargement, and headaches. Behavioral changes include tiredness, low energy, difficulty sleeping, food cravings and/or binge eating, crying spells, and panic attacks.

TREATMENT OPTIONS
Treatment for PMDD includes the use of antidepressants, birth control pills, non-steroidal anti-inflammatory drugs (NSAIDs), and lifestyle management. Antidepressants are used to treat some of the emotional symptoms associated with PMDD. Many patients with PMDD experience depression or thoughts of suicide if not treated. Birth control pills are used to manage normal hormonal changes that lead to abnormal emotional and physical reactions in patients with PMDD. Other treatments such as pain relievers may be used to alleviate muscle and joint pain, or even abdominal cramping. Lifestyle management includes the reduction of stress, as stress can cause the worsening of these symptoms.

WHEN TO CONTACT YOUR OSTEOPATHIC FAMILY PHYSICIAN?
Please see your Osteopathic Family Physician if any of the symptoms of your menstrual cycle interfere with your daily life activities as this may be a sign of PMDD.

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Find additional patient handouts on our website at www.acofp.org.

SOURCES: www.merckmanuals.com/health-topics/women/health-topics/premenstrual-dysphoric-disorder
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acofp.org/CallForContent

JOIN THE AUXILIARY TO THE ACOFP

Any significant other of a med student, resident, or physician can join to support those starting out in family medicine.

LEARN MORE



AACOFP

Auxiliary

TO THE AMERICAN COLLEGE OF
OSTEOPATHIC FAMILY PHYSICIANS

Leadership Development : Get Involved



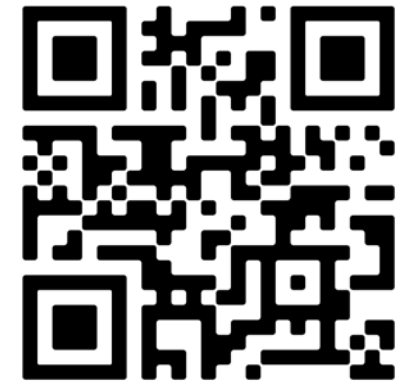
Physician
Leadership
Engagement



New Physician
Leadership
Engagement



Resident
Leadership
Engagement



Student
Leadership
Engagement

A C O O F P

62ND ANNUAL CONVENTION & SCIENTIFIC SEMINARS

Palm Springs
CALIFORNIA

APRIL 2ND – APRIL 6TH 2025

Thank you!