

# UNC Family Medicine

*News for Alumni, Donors & Friends*

**CARING FOR THE COURSE OF YOUR LIFE**

SUMMER 2019

Connect with us at [UNCFAMILYMEDICINE.ORG](http://UNCFAMILYMEDICINE.ORG)

## Impacting Health Care Through Leadership

The Department of Family Medicine and our alumni continue to be asked to lead as the nation's health system undergoes dramatic change. We are proud of our faculty and alumni who advance into roles with substantial influence as they bring their deep understanding of collaboration and systems to impact patient care.

### Dr. Cristy Page Named School of Medicine Executive Dean

Cristy Page, MD, MPH, Chair of UNC Family Medicine, has been named Executive Dean of the UNC School of Medicine. "Dr. Page demonstrates outstanding leadership in each of our tripartite missions," said Dr. Wesley Burks, Dean of the UNC School of Medicine, Vice Chancellor for Medical Affairs, and CEO of UNC Health Care. "Her drive and passion for improving the health of North Carolina comes through in every aspect of her work, most recently illustrated by the Family Medicine department's top national ranking." A lifelong Tar Heel, Page began her undergraduate UNC experience as a Morehead Scholar.

She received both her MD and MPH from UNC and completed her residency at UNC Hospitals, including a year as chief resident, before joining the family medicine



faculty. Dr. Page has been Chair and interim Chair of the Department of Family Medicine since April 2016. As leader of Family Medicine, Page has overseen the department's extensive clinical care infrastructure, excellence in primary care research, and top-ranked training programs for residents and medical students. She has dedicated herself to making a difference in North Carolina, with a special emphasis on rural and underserved communities.

Dr. Page being named to this position reflects the trend we're seeing across the nation, as Family Medicine doctors are tapped for these type of leadership positions due to their unique perspective on the medical system as a whole.

Please join us in congratulating Dr. Page on her new role as Executive Dean of the UNC School of Medicine.

### Dr. Margaret Helton named Interim Chair of Family Medicine

Margaret Helton, MD assumed the role of Interim Chair of the Department of Family Medicine, effective June 1, 2019. Dr. Helton, the department's current Vice Chair of Clinical Excellence, completed her residency at UNC Family Medicine and is an alumni of the Faculty Development Fellowship. Her experience with full spectrum family medicine, departmental leadership, and research will enable the department's forward momentum in creating a more compassionate, affordable, and sustainable health care system.



"Dr. Helton, over the years, has been a key leader in advancing our top ranked Family Medicine department across all missions. With her at the helm as Interim Chair, I am confident she will continue to advance the Family Medicine strategic plan, and invest well in faculty, staff, and learners," said Cristy Page, School of Medicine executive dean.

# Faculty Updates

## Fraher Presents on Capitol Hill

Erin Fraher, PhD, MPP, Associate Professor of Family Medicine and director of Carolina Health Workforce Research Center, presented on Capitol Hill at the Graham Center's Forum on graduate medical education in April. Dr. Fraher is a member of the Council on Graduate Medical Education (COGME), which is charged with advising the Secretary of the U.S. Department of Health and Human Services and Congress on physician workforce trends, training issues, and financing. Researchers like Dr. Fraher are critical for advancing graduate medical education policy in Washington and across the country.



## Goldstein on CNN

Adam Goldstein, MD, MPH, Professor of Family Medicine and Director of UNC's Tobacco Intervention Programs was the subject of a CNN interview by Sanja Gupta on the epidemic of electronic cigarette use and vaping by teenagers in the U.S. Dr. Goldstein discussed the impact of JUUL and potential nicotine addiction on over 3 million youth who are now vaping, as well as the need for treatment programs to help addicted teens quit e-cigarettes.



"Policies to reduce youth use of JUUL and other vaping devices are urgently needed" said Dr. Goldstein, "including Federal policies to regulate the devices and remove enticing flavors, state policies to restrict access and raise prices, and expanded resources to support outreach to addicted teens."



## Ashkin Receives UNC Diversity Award

The UNC Diversity Award recognizes significant contribution, time, and effort of Carolina community members towards advancing an inclusive climate for excellence in teaching, research, public service and academic endeavors. This year, Dr. Evan Ashkin was the recipient of a Diversity Award. He is the director and founder of the Formerly Incarcerated Transitions (FIT) Program, regional medical director for Community Care of NC, and a physician at Piedmont Health Services. Dr. Ashkin brings his commitment to diversity, equity and inclusion into his work in primary care, education, and community health. Read more: [go.unc.edu/Lz3j7](https://go.unc.edu/Lz3j7).

# Stafford Receives Humanitarian Award

On May 18th, Harry Stafford, MD, Director of Sports Medicine at UNC Family Medicine, received the 2019 Humanitarian Award from Christ Saves Hearts, a non-profit organization that promotes and advocates for awareness of heart health disparities among racial and ethnic minorities and other at-risk and underserved populations in North Carolina. The organization stated on Dr. Stafford selection, “We recognize his continued efforts in sports medicine and heart health. His efforts continue to



impact our local communities and student-athletes across North Carolina.” Since joining the UNC faculty in 2008, Dr. Stafford established and continues to lead one of the premier primary care sports medicine fellowships in the country.

“Dr. Stafford is a vital member of our medical team as we look toward future advancements in sports medicine care,” said Wesley Burks, CEO of UNC Health Care & Dean of UNC School of Medicine. “He compliments his clinical work and teaching responsibilities with humanitarian work, increasing awareness of medical issues in communities in need and giving back with tireless volunteer work.”

To read more, visit: [go.unc.edu/StaffordAward](https://go.unc.edu/StaffordAward).

## Zolotor Receives the Sidney S. Chipman Award for 2019

The Sidney S. Chipman Award is given to a Maternal and Child Health graduate of UNC Gillings School of Global Public Health. Adam Zolotor, MD, DrPH has received this award for his dedicated work in the field of maternal and child health and his effective and compassionate service to the North Carolina community.

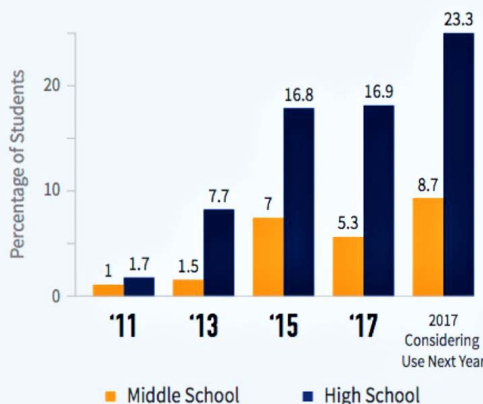


## Kistler on Medication Management



Family Medicine faculty Chrissy Kistler, MD, MASc weighs in on the best practices for managing meds on BCBS of Minnesota’s Caregiver Corner — “The next time you take your loved one to their primary care doctor or to a consult with a geriatric expert, bring in every single medication (prescription and OTC) and supplement they use.” Kistler, who is also an assistant professor at UNC School of Medicine and serves on the American Geriatrics Society Research Committee, says, “Brown bag it. I want to see everything.” Read more here: [go.unc.edu/p9T2N](https://go.unc.edu/p9T2N).

### CURRENT E-CIGARETTE USE



Data, graphic courtesy of  
NC Department of Health & Human Services

## Ranney on E-cigarette Use

Family Medicine researcher Leah Ranney, PhD wrote for “The Conversation,” an independent source of news and views from the academic and research community, on e-cigarette use among middle and high school students. Read more about this troubling upward trend at [theconversation.com](https://theconversation.com).

## Farahi on Immigrant Health

“Research has consistently showed the link between immigration policy and health outcome,” writes family medicine faculty Narges Farah, MDi in a recent op-ed published in the News & Observer. “In the aftermath of a large immigration raid in Iowa, Hispanic women were more likely to have low birth weight or premature babies, even when they were citizens.” To read more, visit the N&O website here: [go.unc.edu/FarahiNandO](https://go.unc.edu/FarahiNandO).



# Research

## Rethinking the Strip: \$1.3 Million Will Put Discovery Into Practice



Family Medicine faculty Katrina Donahue, MD, MPH, and the UNC School of Medicine's Laura Young, MD, PhD, have been awarded \$1.3 million for the PCORI Dissemination and Implementation project titled "Rethink the Strip: De-adoption of Glucose Monitoring for Non-Insulin Treated Type 2 Diabetes in Primary Care."

"This project fits well into national efforts to curb overtreatment and the use of low value tests by addressing questions related to the delivery of primary care health services," said Donahue, professor and vice-chair of research in the department of family medicine, who also co-directs the North Carolina Network Consortium.

The aim of the project is to encourage de-adoption (discontinuation) of glucose monitoring among patients with type 2 diabetes who are not treated with insulin.

"Rethink the Strip" is a continuation of a landmark study led by Young and Donahue. Their landmark 2017 MONITOR Trial study showed that the "finger prick" blood glucose test does not offer a significant advantage in blood sugar control, or quality of life for type 2 diabetes patients who are not treated with insulin. The study was the first large pragmatic study examining glucose monitoring in the United States.

"Freeing patients from this unnecessary burden will allow them to focus on other more fruitful areas of lifestyle modification," Young said.

To learn more, visit: [go.unc.edu/Mi75F](https://go.unc.edu/Mi75F).

## New Weight Management Program Partnership

UNC Weight Management Program is partnering with Principal Investigator Dr. Rachel Goode from the UNC School of Social Work to determine if an 8-week cognitive-behavioral binge eating intervention known as Appetite Awareness Treatment (AAT) has the potential to reduce binge eating and prevent weight gain for Black women who report weekly binge eating episodes and have a BMI over 30. The results of this study will provide additional evidence on the potential of AAT to prevent and treat obesity in Black women. For more information visit: [livingfreelab.org](https://livingfreelab.org).



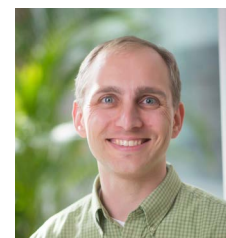
## Becker-Dreps Dedicates New Nicaragua Research Space

Dr. Sylvia Becker-Dreps just dedicated the new UNC space at the University of Nicaragua medical campus, which will have 3 rooms for lab work and participant enrollment. This space will help foster more collaborative research between UNC and Nicaragua research. Funds for the expansion were provided by the UNC Provost through the Institute for Global Health & Infectious Disease. Read more about the UNC Program in Nicaragua: [go.unc.edu/Nicaragua](https://go.unc.edu/Nicaragua).



## Byron Awarded Grant to Study E-cig Taxes in Indonesia

Justin Byron, PhD, MHS is the principal investigator on a grant from the Bloomberg Foundation and the Johns Hopkins Institute for Global Tobacco Control to examine whether a new 57% tax on e-cigarette liquids in Indonesia is driving vapers back to deadly conventional cigarettes. The research team includes Sarah Kowitt, Adam Goldstein, and Leah Ranney from the UNC Family Medicine Tobacco Prevention and Evaluation Program, Elizabeth Orlan from the school of public health, and Dien Anshari from Universitas Indonesia. Read more here: [go.unc.edu/p4FXx](https://go.unc.edu/p4FXx).



# Innovation & Community

## UNC Family Medicine in Rockingham County



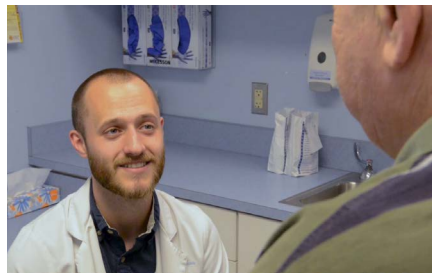
UNC FM recently received funding from Blue Cross and Blue Shield of North Carolina and the state of North Carolina

to improve availability of health care services and to improve the pipeline for future medical professionals in Rockingham County, NC. The program is a partnership between more than eleven organizations including hospital

systems, primary care providers, local school, UNC Office of Rural Initiatives and more. Forward momentum has been achieved with successful recruitment of two family practitioners, initiation of tele-behavioral health, and several school-based pipeline and health services programs. This initiative is a powerful example of how the Department can bring its experience, skills and commitment to communities to benefit communities. The work is especially relevant as the nation transitions to value-based care. For a full description of the activities, contact Sherry Hay at: [shay@med.unc.edu](mailto:shay@med.unc.edu).

## Running Towards Rural Health Care: UNC Family Medicine and Chatham County Rural Health Initiative

While others are running from rural maternity care, UNC Family Medicine is running towards it. Rural hospitals and maternity units have been closing due to the inability to



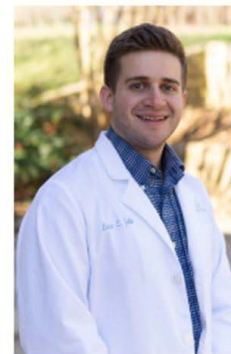
recruit an adequate workforce and the high cost of care in low volume, rural areas. The Chatham Rural Health Initiative based in Siler City, NC, is a transformative

vision that starts with a new UNC Rural Family Medicine Residency Track at a community health center tied to a new Level 1 Maternity Unit at Chatham Hospital, a critical access hospital. We are also developing collaborations with non-profits and the Chatham Health Department to enhance care, care coordination, and social determinates of health. The outcomes will include 350 births annually in a county that hasn't had a maternity unit in nearly 30 years, graduating full-scope family physicians who are specially trained to work in rural communities, a new sustainable rural hospital staffing model, and increased access to health care for a severely underserved community. The project has already raised \$849,000 and is actively seeking additional support. **To contribute to this and other initiatives, visit: [go.unc.edu/fammedgiving](https://go.unc.edu/fammedgiving).**

## Family Medicine Welcomes New FIRST Class

Meet the latest class of the Fully Integrated Readiness for Service Training (FIRST) Program. FIRST is an innovative program to specially prepare medical students who want to enter family medicine with a guaranteed placement into a NC Family Medicine residency program upon successful completion. "FIRST is a truly innovative and cost-effective model that benefits medical students and communities who need improved access to primary care," says Catherine Coe, MD, Director of the FIRST program. We expect some will become residents in either the Prospect Hill or Siler City Rural and Underserved Residency Track, and all will work in underserved communities after residency. Medical students Alex Gregor, Lucas John, and Kate Miller began this accelerated medical curriculum in March 2019.

Learn more about the program at [first.unc.edu](https://first.unc.edu).



*Alex Gregor, Lucas John and Kate Miller*

# Faculty Development Fellowship Reunion & Huntley Lecture



*Joan Huntley, Libby Baxley, and Cristy Page*

The Faculty Development Fellowship celebrated 40 years of success with a special conference March 8th & 9th featuring Elizabeth Baxley, MD, who completed the Faculty Development Fellowship in 1988, and is now the Senior Vice President of the American Board of Family Medicine. Her keynote entitled, “The Healthcare Delivery System as Medical Education’s Foundation: Take Two on “The Clinic is the Curriculum” was amazing and really got us thinking differently. The Alumni dinner was full of fun and had representation from all four decades of the Fellowship!

For more pictures about the event or the Fellowship, please visit: [go.unc.edu/FDFReunion](http://go.unc.edu/FDFReunion).

## ALUMNI HIGHLIGHT:

### Former Chief Resident Parks Improving Care In Malawi

John Parks, MD, Chief Resident of the Family Medicine Class of 2013, has been living and working in Malawi with his wife and daughter for the past 5 years. John is Chair of the Department of Family Medicine at the University of Malawi School of Medicine, where his mission is to train Family Physicians in Malawi to be able to provide the broadest scope of care to reach the greatest number of Malawians. The program anticipates the first class Malawian trained Family Doctors to graduate this year! We are immensely proud of John, and all of our residents who are working to improve healthcare for all.

For more information on the incredibly important work Dr. Parks and his team are doing, and to support their work: [sphfm.medcol.mw/family-medicine](http://sphfm.medcol.mw/family-medicine).



*John Parks on left (top), right (below)*



In all that we do, we are focused on the mission of improving the health of people across North Carolina and the nation. This requires us to be effective leaders and innovators in clinical practice, medical education, research and community service.

This newsletter sets forth to communicate with you, our closest friends, on how we are striving to meet this mission, and hopefully inspire you. We can accomplish so much more working with others.



SCHOOL OF MEDICINE  
Family Medicine

# Giving to UNC Family Medicine

## Another Successful TTP/WMP Fundraiser

The UNC Tobacco Treatment and Weight Management Programs had an enjoyable and successful fundraiser on April 18th. Duke Professor of Psychology and Behavioral Economics Dan Ariely led a wonderful discussion on "Harnessing Motivation to Improve Health." The program surpassed their fundraising goal, which will help in reaching 1,000 more patients in 2019, investing in staff development and technology to increase reach among patients and their family members living in rural areas. To learn more about the program, visit: [ttp.unc.edu](http://ttp.unc.edu) and [wmp.unc.edu](http://wmp.unc.edu).



Help TTP & WMP reach more people: [go.unc.edu/ttpdonate](http://go.unc.edu/ttpdonate)



## Alfred Reid Retirement



Longtime faculty member Alfred Reid, MA, will be retiring on July 1. Alfred has worked in the Department of Family Medicine since 1984 in several roles across the department, identifying administrative, research, and technology needs and finding innovative ways to address them. From assisting the residency program with information management

expertise to helping with residency recruitment through the use of the Electronic Residency Application Service (ERAS) to helping the I3 Collaborative collect and analyze data to his work as an educator with the Faculty Development Fellowship, Alfred has been an integral part of the Department becoming a national leader in the discipline. Join us in honoring his legacy here by making a gift in his honor: [go.unc.edu/fammedgiving](http://go.unc.edu/fammedgiving).

*To learn more about giving to Family Medicine programs, contact Brad Wilson at [brad\\_wilson@med.unc.edu](mailto:brad_wilson@med.unc.edu) or 984-974-4467*

*OR follow the links below.*

*Donate online now:  
[giving.unc.edu/gift/MFNC/mffm](http://giving.unc.edu/gift/MFNC/mffm)*

*Or visit our website for more options, including a printable form:  
[go.unc.edu/FamMedGiving](http://go.unc.edu/FamMedGiving)*

## UNC Family Medicine Alumni & Friends Reunion

**Save the date!**  
October 4 & 5, 2019

Reconnect with your classmates and faculty.  
Meet new friends. Share ideas. Get CME credit.

### A Roadmap to Value Based Care

**Starts at noon on Friday, October 4th, and runs through noon on Saturday, October 5th.**

**All residency, fellowship, med student alumni & friends are invited!**

#### Featuring:

Multiple CME activities

Dinner and reception the evening of Friday, October 4th

Networking with friends

Details coming soon! Visit

**[go.unc.edu/fammedreunion](http://go.unc.edu/fammedreunion)**

for updates, and to see pictures and details from past events.

UNC Family Medicine  
CB# 7595  
Chapel Hill, NC 27599-7595

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
CHAPEL HILL, NC  
PERMIT #71


Have news to share?  
Email [alumninews@med.unc.edu](mailto:alumninews@med.unc.edu)  
or call (984) 974-4898

## UNC School of Medicine Ranked #1 for Primary Care

In the annual rankings of “America’s Best Graduate Schools,” ***U.S. News & World Report*** ranked UNC School of Medicine **first in primary care** for the second year in a row. This achievement is thanks to our faculty, staff, learners, and our colleagues in other primary care departments in the SOM.

The department of family medicine has also been ranked **#4 in the nation**.

Read more: [go.unc.edu/1PrimaryCare2019](https://go.unc.edu/1PrimaryCare2019).



#1