



FAMILY MEDICINE interest group

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



Family Medicine in Practice: Dr. Emily Garban

I chose family medicine because of the people. Walking around the Interest Group Fair during my first year at CUSOM, I remember being unsure of what group I belonged to. I knew my interests were broad and I enjoyed the idea of longitudinal patient care, which initially drew me to family medicine. I joined the Family Medicine Interest Group and immediately clicked with the other students and faculty. When the Colorado Academy of Family Physicians' annual conference came around in the spring, I decided to apply for a scholarship to attend. When I arrived at the conference, I was immediately welcomed by the family physicians there, all of which were clearly passionate about patient care and loved what they did. After only a few days, I knew I had found *my people*.

Despite this spark of interest in family medicine, I decided to keep an open mind during my third-year rotations, wanting to completely immerse in each new experience. I found that I loved everything; I loved caring for each type of patient. I loved learning about each type of specialty. I loved working in clinic, being in the OR, doing procedures. This initially was somewhat stressful as I was confused about how to decide on just one specialty. However, in the spring of my third year I had a 2-month family medicine rotation in rural Montrose, CO. During this rotation, I got to care for all types of patients with all sorts of different disease processes and in all different clinical settings. After this rotation, I once again knew I had found my people; I had found my colleagues, I had found my patients. From this moment forward, I was confident in my desire to pursue family medicine as my career.

Dr. Garban is a second year Family Medicine Resident at Fort Collins Family Medicine Residency and a graduate of CUSOM.

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UPCOMING EVENTS

Upcoming Events:

- December 4:
 - 12 PM: DFM MSA Lunch & Learn
 - 06PM: Refugee Health Talks
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Refugee Health Talks: Mental Health for Asylees & Refugees

December 4th 6:00pm
Lowry Family Health Center
1001 Yosemite St, Denver, CO

Our next Refugee Health Talk will be focused on mental health evaluation and resources of asylees and refugees. We are pleased to welcome Trina Seefeldt, Ph.D. from Denver Health's Human Rights Clinic and Jordan Enger, LPC and Roop Wazir from the International Rescue Committee to share from their expertise on the mental health needs and treatment resources for this specific community.

Please join us on Wednesday, December 4 from 6-8p at the Lowry Family Health Center (large lunchroom in the back) for dinner and discussion on this topic.

Denver Health's Lowry Family Health Center is proud to include the Refugee Health Clinic, where newly arrived refugees and asylees from all over the world are welcomed, provided with comprehensive health care, and supported in their transition to life in Denver. In order to provide the best care possible, we as a healthcare team strive to educate ourselves on the cultural backgrounds and common experiences of the patients we serve through quarterly Refugee Health Talks. These talks are open to the local healthcare community and we encourage everyone to participate!



COLORADO ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR COLORADO

Become a CAFP Board of Directors Medical Student Member!

Are you interested in getting involved in what the Colorado Academy of Family Physicians does? Become a medical student member of the CAFP Board of Directors!

How to Apply: To nominate yourself or someone you know for the Board of Directors, please compose 1-2 paragraphs explaining who you are and why you are interested in serving on the Board. Please be sure to include your city and where you are at in your education.

Nominations can be sent to Raquel Alexander, CEO, at
raquel@coloradoafp.org.

The deadline for nominations is December 1, 2019.

For more information about serving on the Board of Directors click [HERE](#).

Department of Family Medicine MSA Lunch N Learn

The Department of Family Medicine is hosting a Lunch-N-Learn for current MS1 and MS2 students to learn about the Family Medicine MSA program! You'll hear from current students engaged in projects and about various opportunities, including the summer MSA program.

When: Wednesday 12/4/2019 12:00 -1:00 PM

Where: Ed 2 North, 2303

****Lunch Included! Please bring your own beverage****

[RSVP HERE](#)

NETWORKING

Family Medicine Resident Mentoring Program

For students interested in resident and/or faculty mentors, this is an informal program with the hope of being mutually beneficial to all parties involved. The goal is to help med students have a better understanding of family physicians and to help students succeed whether they decide family medicine is the right specialty for them or not.

We ask that mentors and mentees meet at least once a semester. Please fill out the quick form below so that we can best pair you with a good fit. **If you are interested, sign up here.**

For more information, questions, or concerns, please contact **Cleveland Piggott, MD.**



Interested in Sports Medicine?

The CU Family Medicine Department provides care at various sporting events throughout the year. We would love to have medical students and residents help cover the events and learn about Sports Medicine and Family Medicine. Check

back regularly as the list of events gets updated.

Click [HERE](#) for more information, including dates/times/locations and sign up!



Interested in Family Medicine and Global Health?

Watch Lauren Bull, M.D., recent UCHFMR Grad(!) discuss how she integrates family medicine & global health!

ARTICLE OF THE MONTH



Precipice, Volume 5, Our Views Our Voices

The University of Colorado Department of Family Medicine's Precipice Magazine. This edition focuses on women in Family Medicine and how they are at the forefront of major changes in patient care, academia, and advocacy.

[Read more](#)

issuu.com

As always, feel free to check out our website with information from this newsletter and more at: <https://fmigcu.wordpress.com/>

