



FAMILY MEDICINE
interest group

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

UPCOMING EVENTS

Colorado Residency Video

CAFMR has put together a video about all the CO Residency programs. Check it out to learn more about our great CO Family Medicine Residency programs!

Link [HERE](#)

GET INVOLVED

AAFP New Member Raffle

Win a prize!

If you sign-up for FREE to join the American Academy of Family Physicians before **November 15, 2020** and upload your confirmation to this form you will be eligible to win raffle prizes such as an AAFP exercise band, water bottle, pizza cutter, or cell phone card holder. You can sign-up by following this link:

<https://www.aafp.org/membership/join/student.html>

Enter the raffle [HERE](#)

Join CAFP

Projects, Committees and Networking

Colorado Academy of Family Physicians is looking to have more medical students join them and take part in various committees. Attached to this email ([here](#)) is a document outlining the various ways students can be involved. The highlights are joining the board of directors, taking part in public health projects, serving on the education committee, and attending summits, conferences and networking events. The details are attached, but please feel free to respond to this email with any questions.

FMIG Volunteering

One reason we love medicine and were drawn to family medicine is their commitment to not only their patients but the community. We encourage FMIGers to

consider donating their time to organizations and causes that have meaning to them and positively impact the communities we live in and serve. Many of us are passionate about food insecurity. Aurora Gives is an example of an organization doing great work in the community and many members of the Department of Family Medicine have been involved. You can find out more information about them here: [article](#) and sign up to volunteer here: [Aurora Days of Giving](#). We hope to have an official community service event once COVID-19 rates decrease and restrictions ease. Until then, stay safe and have a great day!

Highlight

Follow us on Instagram! [#Humansoffamilymedicine](#)



“I have never been someone who has looked at a patient as a disease. I think having training in how to support people in areas of medicine that aren’t always talked about can be very helpful. Sometimes people think things are ‘silos’: I go to the doctor to get my diabetes medication and that is it. They don’t realize how their sleep is impacting their diabetes, or how meditation could help with their overall wellbeing, which will in turn help with their glucose control. It gives me more tools in my toolbox when talking with patients and new approaches in how to introduce these topics with patients. It is all intertwined. As much as you might want to keep it separate, it isn’t. There are very few diseases that would be ‘siloed’ – as in, having no diet or lifestyle factor that could influence it.

I am doing an integrative medicine program, which will be interesting because it will get into some more Chinese medicine with meditation. It will also be talking about supplementation, and it is all evidence based. They go through each disease state and then they talk about all of the evidence around various integrative therapies for that disease. They have this plethora of data to support something that really has pretty low risk; there are not very many integrative approaches that pose significant risk, especially compared to potential risks of some prescribed medications. I am hoping that will give patients something else - a lot of people don’t want to take medicines, healthcare costs are crazy, and maybe you don’t want to pay for medicine. Hopefully these will be some tools that will meet people in different areas. Not everyone will be a believer. There will still be people who will want their lisinopril and want to move on. But, I hope over time I will be able to provide some sort of adjunctive therapy that will help better support them and also help them feel seen. I hope my patients will feel that their doctor doesn’t just see them as a disease, but is looking at the whole person.”

Family Medicine Resident Mentoring

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.**

Looking for an MSA or Scholarly Project in Family Medicine?

Go to the Department of Family Medicine MSA Program webpage to fill out an interest form to schedule a meeting to get connected with potential mentors, or to find information for applying to the DFM Summer MSA Program.

DFM MSA Website

OTHER HELPFUL LINKS

Interested in an FMIG T-Shirt?

Get a free t-shirt when you sign up for the FMIG Newsletter and become a student member of the American Academy of Family Physicians (membership is free).

Sign up to get a Free FMIG T-shirt **HERE**

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

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