

## Vol 7, January 2024

### Mark your calendars!

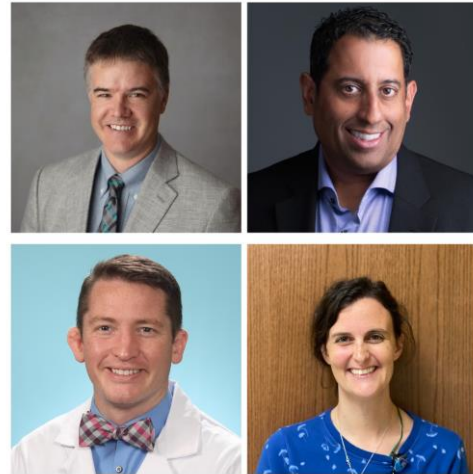
Our annual Missouri ACP meeting is joining forces with the Kansas chapter from **October 9-11, 2024**, at **The Elms Hotel & Spa** in Excelsior Springs, MO. We're excited to bring you all the usual activities at this fun and historical venue.



## Governor's Council Member Highlight

Please welcome our four new council members:

- Dr. John DeLeeuw from Kirksville, MO
- Dr. Vinay Kamat from St. Louis, MO
- Dr. Nathan Nolan from St. Louis, MO
- Dr. Rachel Yutz from Columbia, MO



## Welcome to our new fellows:

Muhammad Zeshan Ali, MD FACP  
Azhar Assadi, DO FACP  
Alex R Lane, MD FACP  
Abdullah A Masud, MD FACP

Want to find out more about ACP Fellowship, [click here.](#)

## Congratulations TO OUR NEW MOACP FELLOWS

Muhammad Zeshan Ali, MD FACP

Azhar Assadi, DO FACP

Alex R Lane, MD FACP

Abdullah A Masud, MD FACP

## Membership Incentive

Have you heard about the Missouri ACP Recruitment Reward Program? Watch your inbox this week for more details on how you can earn rewards just for asking people to join Missouri ACP.

Please visit [Recruit - Missouri ACP](#) to find out more!

A summary of all the great benefits you receive as a member from both National and State Chapter levels can be found [Membership - Missouri ACP](#).

For every physician\* you get to join ACP, you will receive one of the following items of your choice:

\$50 GIFT CARD

(AMAZON, STARBUCKS OR VISA)

\$75 DISCOUNT TO A MISSOURI MEETING

(FOCUS, HOSPITALIST DAY, SCIENTIFIC MEETING)

\$50 REIMBURSEMENT TO IM24

\*Physicians must have graduated from a residency program and if they were a previous member, have lapsed in their ACP membership for at least one year.

## Advocacy – BOG Resolutions

The Board of Governors review resolutions and either send them for further study, develop ACP modules or policy, or escalate to national policy. [Here is a link to the latest Resolution Summary.](#)

The 2027 Governor's Class is working on a resolution where we are asking ACP to study the exploitation of International Medical Students and International Medical Graduates trying to obtain clinical experiences and letters of recommendation from US physicians and hospitals and take a stand against these predatory practices. We are in the process of submitting this resolution and I will keep you all updated.



## ACP Internal Medicine Meeting 2024 Featuring Missouri Speakers:

We want to take a moment to shine a spotlight on this year's local Missouri Members who are serving as faculty at IM24:

**Fred Buckhold** - *Aspirin's Evolving Role in Primary Prevention*

**Kyle Karches** - *Hot Topics in Ethics*

**Janet McGill** - *Diabetes for Internal Medicine Physicians*

**Woo Moon** - *Point-of-Care Ultrasound: Foundational Skills for Internal Medicine Physicians and Ultrasound-Guided Peripheral IV Placement*

**Damien Ricklis** - *Ultrasound-Guided Peripheral IV Placement*

**Ian Ross** - *Ultrasound-Guided Peripheral IV Placement*

**Fariha Shafi** - *Know Yourself: Communicate Your Personal and Professional Message and Stories that Heal and Reveal: A Radical Listening and Reflective Writing Workshop*

MISSOURI  
SPEAKERS

ACP | Internal  
Medicine  
Meeting  2024

**BOSTON, MA**  
**APRIL 18-20, 2024**

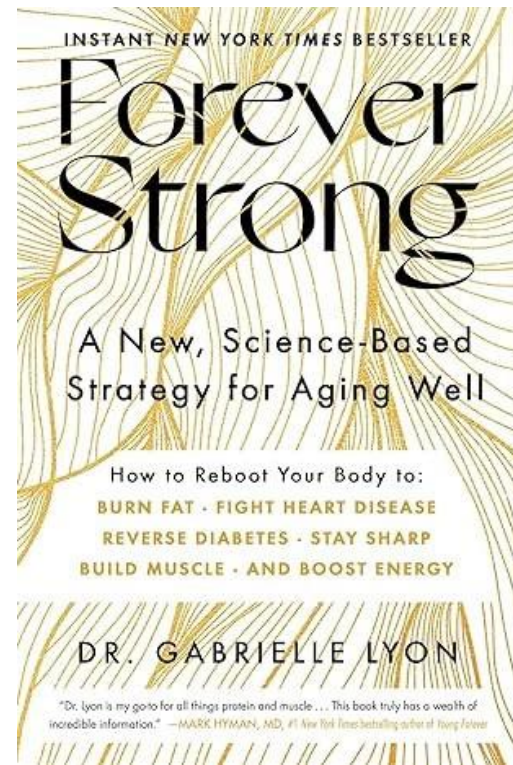
## Governor's Gauntlet

Recommended Reading

[Forever Strong by Dr. Gabrielle Lyon](#)

"Proteins serve as vital immune system mediators...antibodies are a type of protein, as are many hormones including insulin. The brain uses protein rich food to produce neurotransmitters such as dopamine and serotonin".

"The benefits of a protein forward diet: balanced blood sugar, increased energy, mental clarity, decreased body fat, improved body composition, reduced cravings"



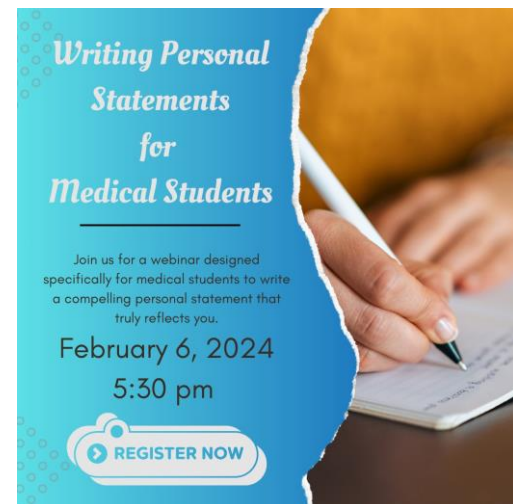
## Upcoming Events

### Writing Personal Statements for Medical Students

**February 6, 2024 5:30 PM (CST)**

Join us for a webinar designed specifically for medical students like you. This webinar will provide you with all the necessary tools and guidance to write a compelling personal statement that truly reflects your passion, dedication, and unique qualities. Whether you're just starting to draft your personal statement or looking for ways to improve what you've already written, this webinar will provide valuable insights.

[Register](#)



## Volunteer Opportunity

Join us on **Feb. 17, 2024, from 3:00-6:00 PM** as we give back to our community! Missouri ACP is serving dinner at **Father Dempsey's, located at 3427 Washington, St. Louis, MO**.

This event is part of our ongoing efforts to support those in need.

We're calling for volunteers to help prepare and serve the meal. It's a great opportunity to make a difference in someone's life. Don't miss out on this chance to lend a hand. Sign up today and join us in making a positive impact in our community!

[Register](#)

## HELP US HELP THEM

Missouri ACP will be providing dinner for those in need at Father Dempsey's, St. Louis, on Saturday, Feb. 17 from 3-6 PM.

Volunteers are needed to help with this event.

[SIGN UP TO HELP AT MISSOURIACP.ORG](https://MISSOURIACP.ORG)



## Advocacy Day

**February 28, 2024  
8:30 AM**

**Missouri Chamber of Commerce and  
Industry  
428 East Capitol Avenue, Suite 100  
Jefferson City, MO**

The Missouri ACP will be holding its seventh annual Advocacy Day in Jefferson City. Attendees will have the unique opportunity to discuss health care policy issues with Missouri's lawmakers while at the same time raising visibility for our internal medicine specialty. This is also an opportunity for Missouri medical students, residents, and fellows to become involved in advocacy at an early stage in their careers.

We will start the day at the Missouri Chamber of Commerce where all attendees will be briefed on timely state health care policy issues and how best to effectively communicate with legislators, after which attendees will have a chance to meet with their elected representative, senator, and/or staff. This is a no stress event, just bring your white coat and your voice!

Please join us for our free event! We encourage you to carpool with others from your area.

[For more information click here.](#)



## POCUS Workshop

We are excited to invite you to the **Midwest Diagnostic Point-of-Care Ultrasound Workshop for Internists**. This event is an excellent opportunity to learn from Internal Medicine POCUS faculty and engage in live demonstrations of image acquisition on standardized patients.

**Date:** April 30 - May 1, 2024

**Time:** Starts at 7:30 AM each day

**Location:** Eric P. Newman Education Center,  
320 S. Euclid Ave., St. Louis, MO

The workshop includes a variety of lectures, scanning sessions, panel discussions, and more. [You can view the full agenda on our website.](#)

**Register here.**

*If you're also attending the Gateway Hospital Medicine Conference, register for that first to receive a discount code for this workshop.*

Don't miss out on this unique learning experience. We look forward to seeing you there!

## Midwest Diagnostic Point-of-Care Ultrasound Workshop for Internists

**APRIL 30-  
MAY 1,  
2024**

**ST. LOUIS, MO**

Hosted by:



ERIC P. NEWMAN EDUCATION CENTER  
320 S. EUCLID AVE., ST. LOUIS, MO

## Leadership Day

Missouri ACP provides financial support for members to attend [Leadership Day](#) each year and this year we are expanding our funding for more members to attend! Leadership Day will be held May 14-15, 2024, in Washington, DC.

We will provide reimbursement of up to \$1,000/person for three physician members (at least one will be an Early Career Physician), and reimbursement of up to \$1,250/person for four residents/fellows and students.

If you are planning to, or would like to, attend Leadership Day and would like to be considered for this funding, please [click here for more information and to apply online](#). The deadline to apply is **11:59 PM on February 2, 2024**. We highly encourage those considering applying for this funding to attend the [Missouri ACP Advocacy Day](#) on February 28 in Jefferson City.

MO ACP leadership will review the applications and contact the selected individuals by early



March.  
Find out more!

## Save the Date!

**Hospitalist Day - October 9, 2024**

**MO ACP Scientific Meeting - October 10-11,  
2024**

Prepare for an engaging experience featuring educational talks, interactive learning sessions, and plenty of chances to connect with others in your field.

