



GEORGIA OSTEOPATHIC
MEDICAL ASSOCIATION
— 1902 —

GOMA News & Updates

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2023 GOMA Annual Business Meeting Highlights



The 2023 Annual GOMA Member Business Meeting was held on Wednesday, Nov. 15. A quorum was confirmed by 2022-2023 GOMA President Dianna Glessner, DO. Dr. Glessner administered the oath of office to the 2023-2024 GOMA President Sonbol Shahid-Salles, DO, MPH, who led the rest of the meeting. The 2023-2024 Board of Directors was presented, approved and sworn in (see [last month's newsletter](#) & [GOMA website](#) for list). Dr.

Shahid-Salles presented new non-voting advisory members of the Executive Board: Brittany Woods, DO, new physician, hospitalist at AdventHealth Redmond in Rome; Jordan Bradshaw, DO, 1st year family practice resident at Atrium Floyd Medical Center; student doctor Madison Cohen from PCOM Georgia, and student doctor Destiny Sciuva from PCOM South Georgia. GOMA Bylaws were amended to allow for more convenient timing of the selection of the Georgia delegation for AOA House of Delegates (HOD). The Georgia delegation to the HOD were voted in.

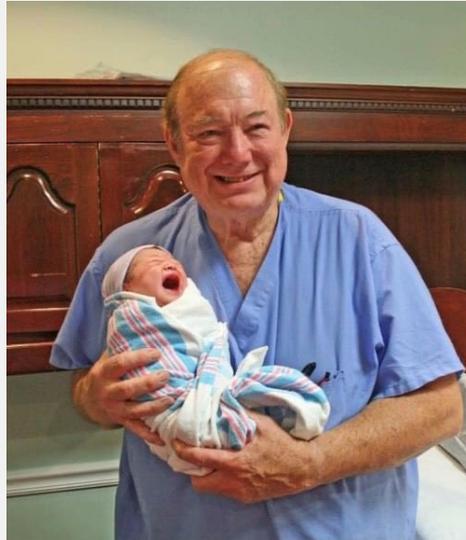
The business portion of the meeting highlights: The Virtual Osteopathic Conference (Feb 2023) – 63 Registrants from Georgia; GOMA Fall Conference (Oct 2023) – 55 Registrants as of 11/15/23 (physicians can watch the on-demand CME until 12/31/23 -- [register here](#)). Membership was up with an increase in number of members from 91 to 155 with 113 being active members. The 70% increase in membership this year resulted in a 38.7% increase in membership dues this year, but the 16% decrease in income from CME events as well as an 18% increase in expenditures (mostly due to a change to accrual accounting method) resulted in a net revenue decrease of 16% to \$34,883. The finances of GOMA improved based on continuing growth of membership, and CME events that are run cost-effectively. Life Membership nominations of Christian Geltz DO and Neil Nickelson DO were made and approved by the attendees.

At the end of the meeting, Dr. Shahid-Salles spoke about her priorities for the coming year. She focused on five items: identification, development, and mentoring of a new group of leaders; improving and promoting the value of GOMA membership; political advocacy at all levels especially local and state; improving roles within the organization including reactivating committees and having each GOMA district have events; and lastly, strategic planning that will be happening in the near future and will be facilitated by David Rearick, DO.

2024 Board meetings are already scheduled at 7 PM on the following days: February 5; April 1; August 19; November 18.

Legislative Day at the Capital (PCPC) is on Tuesday, Jan. 30 as well as a social event for GOMA members one mile away at No Mas! Cantina in the late afternoon after PCPC.

Richard Bowers, DO Deceased



Dr. Richard Bowers died on November 22. Dr. Bowers graduated from Kansas City College of Osteopathic Medicine in 1973, did his OB/GYN residency in Texas at Fort Sam Houston, and practiced obstetrics and gynecology in Fort Oglethorpe, GA for decades. When his daughter E. Maria Bowers, DO joined his practice, he became known as Dr. “Daddy” Bowers until his retirement. The northwest portion of Georgia is missing his presence; he impacted so many.

Gift Ideas From Your Fellow Georgia Osteopathic Physicians



Kids book by Dana Mansour Reid, DO

Dana Mansour Reid, DO is an Alpharetta child psychiatrist and an author whose new book *Danny Doesn't Quit* gets great reviews. This is a story about Danny, a curious boy who loves to try new things. There is just one problem: every time something gets too hard, he quits. He then decides to join the baseball team. He really wants to succeed but hitting the ball is just so hard. Will Danny find a way to push through and succeed, or will baseball be just one more thing he quits? This is an important book to inspire kids to believe in themselves and to never give up. The story will help kids develop a more positive self-esteem and gain confidence. It helps with social and emotional learning. This is a story that teaches kids about resilience, believing in themselves and perseverance. Click [here](#) for more info.

Mystery Novel by PCOM South Georgia student Jada Glenn

As a second-year Doctor of Osteopathic Medicine (DO) student at PCOM South Georgia, Jada Glenn (DO '26) usually fills her days with classes and studying. Along the way, Jada was able to fit in an unusual hobby to help her deal with the stressful demands of being a student doctor—writing mysteries. On Oct. 2, Jada's first mystery novel, *Misery and the Mindscape Murderer*, debuted on Amazon. It's Jada's first published book. Read more about her path to being an author by clicking on this [link](#).

New book by Erin Mayfield, DO et al

Lifestyle medicine is the not so new term for addressing health with change in habits. Erin Mayfield, DO, a retired Covington, GA gynecologist who has gone on to new career as a lifestyle specialist, gave GOMA a “taste” of it by discussing the health benefits of certain foods as she cooked up chili dish during the Fall Conference. Dr. Mayfield is one of thirty three co-authors of the new book *How Healers Heal*. All of the co-authors are board-certified in Lifestyle Medicine by the American Board of Lifestyle Medicine or the International Board of Lifestyle Medicine in addition

to their primary specialty of medicine. The 410 page book is available in digital format and there is a \$7 work book that can accompany it to implement change. In this book, you'll read deeply personal stories from 33 board-certified Lifestyle Medicine physicians about how they are changing their lives and the lives of their patients using the six pillars of health with Lifestyle Medicine. [You'll discover narratives](#) about these physicians' life-changing events like chest pain, infertility, loss of loved ones, COVID, immune deficiency, alopecia, burnout, and much more, along with how the events were catalysts for their health transformations.

New book by Ellie Campbell, DO

The Blood Pressure Blueprint is a recently released self-help book by a Cumming, GA, osteopathic family physician who reveals a holistic solution to achieve optimal blood pressure control. Dr. Ellie Campbell has devoted 30 years of clinical experience in conventional, holistic, and integrative medicine designing a program to help patients achieve optimal blood pressure control often without the need for prescription medications. This book equips readers with new information and better tools to help manage high blood pressure and correct the leading contributor to the number one killer in our country. It aims to turn the healthcare fear and annoyance into knowledge and empowerment. One will no longer dread getting your blood pressure checked because they will finally have a new toolbox full of home remedies and strategies to manage their hypertension! Click [here](#) for more information.



AOA onesie for the young DO

Easy baby onesie made with 100% cotton is made for a cozy fit & baby's sensitive skin. Of course, the AOA style that goes on easily & move with them, but helps promote the osteopathic profession. Check it out [here](#).

Acoustic music album by Jordan Bradshaw, DO

Jordan Bradshaw, DO, a 2023 PCOM Georgia alumnus, had his first music album released on February 10 this year, entitled *From the Ruins* from Darkroot Studios. Now, he's a first-year family medicine resident at Atrium Health Floyd Medical Center. The album features his acoustic guitar and his baritone voice with its clear timbre. Listen to it [here](#).

Art and Merchandise continues to be released by Lucie Mitchell, DO

Lucie E. Mitchell, DO, is a physiatrist in Rome, GA who started her art with inspiration from MRIs of the spine, and has created a large collection of digital abstract artwork. Of course, artwork can be a difficult gift to give someone, but Dr. Mitchell has fixed that by putting her art on merchandise. The leather PU shoulder bag shown

is a synthetic leather. PU stands for polyurethane, and is vegan-friendly.

<https://www.phoenixnoirdesigns.com/merchandise>

Christian Edwards, DO: Moultrie Native Pursues Dreams While Family Practice Resident



“Moultrie was a place where dreams of becoming a doctor seemed distant and unattainable. But all of that changed when Moultrie welcomed PCOM South Georgia. As a lifelong resident, I never imagined having the opportunity to step into the shoes of a doctor. The Georgia Osteopathic Interns (3rd installment) by Webster Medical College of Georgia proudly graduate as AGOM South Georgia and a resident in the Georgia South Family Medicine Residency Program this year. Many of our GOMA members did their residency at Augusta University Medical College of Georgia.” and we could have gotten their opinion about how this has become a mecca for postgraduate training. We reached out to To read the rest of the article written by Christian Edwards, DO in GOMA Executive Board member Lee LaRavia, DO, who is an the current issue of *James Magazine*, click [here](#). Associate Professor of Emergency Medicine as well as Assistant Director of EM clerkships and Director of Emergency and Clinical Ultrasound to help us understand. Dr. LaRavia wrote, “I have been at Wellstar MCG Health (formerly Augusta University Health System) for 13 years. I began my emergency medicine residency training in 2010, completed an ultrasound fellowship in 2013 and stayed on as faculty afterwards. I have always felt encouraged and

included as a DO here. Wellstar MCG Health has accepted and trained DOs in all of their residency programs. We have a rich history of DO's and MD's working side by side, and training to become outstanding physicians in GA, the US and internationally.” Dr. LaRavia also posed the question to David Hess, MD, Dean of the Medical College of Georgia and executive vice president of medical affairs, who wrote, “We are always looking for the best candidates for our Wellstar MCG Health residency programs. We have many doctors of osteopathy in our residency programs and a number of faculty including a Department Chair. We encourage doctors of osteopathy to apply to our residency programs.”

Bryan Hodosh, DO	Anes	Augusta U/MCG	Pikesville COM
William Jones, DO	Anes	Augusta U/MCG	PCOM Georgia
Christopher Alberts, DO U/Army	EM	Augusta U/MCG	Midwestern
Hunter Crawley, DO Carolinas	EM	Augusta U/MCG	VCOM –
Mark Drye, DO Auburn	EM	Augusta U/MCG	VCOM –
Matthew McLaughlin, DO COM/Army	EM	Augusta U/MCG	Idaho
Joshua Mihalicin, DO COM/Arkansas State	EM	Augusta U/MCG	NYIT
Ja'Davia Schafer, DO Georgia	EM	Augusta U/MCG	PCOM
Benjamin Wheeler, DO Univ COM	EM	Augusta U/MCG	Michigan State
Mckaella Elizabeth Grow, DO Virginia	FP	Augusta U/MCG	VCOM –
Mitchell Lee Nichols, DO Univ COM	FP	Augusta U/MCG	Kansas City
Laurel Wartenberg, DO	FP	Augusta U/MCG	PCOM Georgia
Casey Capp, DO COM	IM	Augusta U/MCG	Liberty Univ
Evan Carr, DO COM	IM	Augusta U/MCG	Marian Univ
Mingli Feng, DO	IM	Augusta U/MCG	PCOM
Matthew Gold, DO	IM	Augusta U/MCG	VCOM – Auburn
Patrick Houlihan, DO	IM	Augusta U/MCG	PCOM Georgia
Jeffrey Marsal, DO SOM – Arizona	IM	Augusta U/MCG	AT Still Univ
Lauren McCroskie, DO Univ COM	IM	Augusta U/MCG	Kansas City
Hollis Sherman, DO Carolinas	IM	Augusta U/MCG	VCOM –

Carly Wallace, DO Bradenton	IM	Augusta U/MCG	LECOM –
Michael Goodall, DO	Path	Augusta U/MCG	PCOM Georgia
Sedef Arslan, DO	Peds	Augusta U/MCG	PCOM Georgia
Emily Bouffine, DO	Peds	Augusta U/MCG	Alabama COM
Jessie Foglio, DO DeBusk COM	Peds	Augusta U/MCG	Lincoln Univ -
Linh Kha Huynh, DO	Peds	Augusta U/MCG	PCOM Georgia
William Kenan, DO	Peds	Augusta U/MCG	VCOM – Auburn
Ryan Kidd, DO	Peds	Augusta U/MCG	WVSOM
Joshua Sumhlei, DO Univ COM	Peds	Augusta U/MCG	Des Moines
Laxmi Vemuri, DO Univ COM	Peds	Augusta U/MCG	Kansas City
Gabriela Zagonel, DO DeBusk COM	Peds	Augusta U/MCG	Lincoln Univ -
Hamzah Shroof, DO	Psych	Augusta U/MCG	PCOM Georgia
Arthi Balasubramaniam, DO	Radio	Augusta U/MCG	VCOM – Auburn
Dallas Sturdevant, DO	Radio	Augusta U/MCG	Idaho COM
Brittany Blum, DO COM/Midwestern U	Radio	Augusta U/MCG	Chicago
Zachery Aldaher, DO	Gen Surg	Augusta U/MCG	Alabama COM
Christopher Horn, DO	Urol	Augusta U/MCG	VCOM – Auburn
Ross Nowlin, DO Univ COM	Urol	Augusta U/MCG	Oklahoma State
Pavan Patel, DO GA	Radio	Memorial Savannah	PCOM South
Michael Lee Phillips, Jr., DO	IM	Memorial Savannah	PCOM South GA
Minh Nguyen, DO	IM	Memorial Savannah	VCOM – Auburn
Abhiram Srivatsa, DO	Psych	Memorial Savannah	PCOM Georgia
Alexander Capps, DO DeBusk COM	IM	Advent Redmond	Lincoln Mem
Jessen Highfield, DO	IM	Advent Redmond	VCOM – Auburn
Alozie Mbanaso, DO	IM	Advent Redmond	Alabama COM
Adam Stout, DO	IM	Advent Redmond	WVSOM
Hani Abdel-Rahman, DO	Trans	Advent Redmond	NYIT COM
Curran Ditmeyer, DO Mexico St	Trans	Advent Redmond	Burrell COM@New
Bhargavi Madhu, DO Southeastern COM	Trans	Advent Redmond	NOVA
Brian Clark, DO COM	Trans	Wellstar Kennestone	Kansas City Univ
Kristen Lee, DO	FP	Houston-Warner Robins	PCOM Georgia
Christine Nwoke, DO DeBusk COM	FP	Houston-Warner Robins	Lincoln Mem

PCOM South Georgia students Shahrzad Zamani & Jordan Howard Learn about Latest Cancer Research



PCOM South Georgia students Shahrzad Zamani (DO '26) and Jordan Howard (DO '26) got an incredible opportunity to attend the ECOG-ACRIN Cancer Research Group Fall Group Meeting thanks to a generous travel scholarship. They delved into cutting-edge research and treatment in cancer prevention, imaging, diagnosis and treatment. The ECOG-ACRIN (Eastern Cooperative Oncology Group-American College of Radiology Imaging Network) Cancer Research Group is a network of nearly 1,300 academic and community-based cancer centers and hospitals in the United States and around the world. The Group designs and conducts biomarker-driven research involving adults who have or are at risk of developing cancer. The purpose of the Group's semi-annual meetings is to share the latest research, provide a forum for academic inquiry, host education sessions on the clinical process and offer education workshops for research professionals. Read

what the highlights were for student doctors Zamani and Howard by clicking [here](#).

PCOM Georgia Students Humza Baig & Kate Barker Present at ACOOG



Earlier this fall, PCOM Georgia was represented at the American College of Osteopathic Obstetricians and Gynecologists' (ACOOG) Advances in Women's Health conference that was held in Atlanta September 28 – October 1! There, a research poster by students Humza Baig (DO '26) and Kate Barker (DO '26), with mentorship from Joy Zarandy, DO and David Adelstein, DO, was one of the select few to be presented on the conference floor.

PCOM Georgia Helps Raise Funds for Breast Cancer Detection & Patient Assistance



The eighth annual Paint Gwinnett Pink 5K Walk/Run for Breast Cancer and Family Fun Event was held Saturday, Oct. 14 at Coolray Field in Lawrenceville. This year, the PCOM Georgia team made up of students, faculty and staff and led by Kim Lucier, director of campus operations, had a record 90 participants, a huge increase from the 14 community members who formed the first PCOM Georgia team six years ago. Participants included both walk/run participants and booth volunteers, especially about 30 students from the School of Pharmacy.

The college sponsored three activities for event attendees.

The Mobile Medical Unit or Simbulance with high-tech mannequins attracted adults and children to the activities area. Volunteers staffed a take-home stethoscope decorating activity led by KanJulette Lambright, which was “wildly popular,” according to Lucier.

With the support of the President's Community Wellness Initiative, blood pressure screenings and diabetes education was provided by student volunteers under the supervision of School of Pharmacy Assistant Professor Irandokht N. Khaki, PharmD, MS.

Event attendees of all ages also had the opportunity to participate in a hands-on activity known as “Bones: The Hidden Treasure of the Body.” Like archeologists, participants dug through sand for hand and foot bones, while learning about their skeletal makeup. Colleen Heer, with the Office of the Chief Campus Officer, supervised this activity.

The icing on the cake was that first year DO student Monique Olocha (DO '27) was the women's division winner of the 5K race coming in at 22:03, just shy of the first place men's winner by seven seconds.

<https://bit.ly/40p4nIB>

Sun Safety Being Promoted by PCOM South Georgia Dermatology Club



Members of PCOM South Georgia's Dermatology Club are on a mission to inform people in the Sunbelt about the importance of protecting their skin from sun damage. Pictured above are student doctors (left to right) Haley Garrett Elliott, Darya Khani and Tiffany Pittman who started by educating some of the area's youngest residents.

"There are a few reasons why we wanted to spread the importance of sun safety in South Georgia," said Darya Khani (DO '26), Dermatology Club president. "For one, South Georgia is a very sunny location, which makes it optimal for farming but also means the exposure residents get to the sun is very high. That is why I knew as the president of the Dermatology Club we needed to educate the younger generation,

especially on good skin hygiene. I think PCOM South Georgia has the unique opportunity to get important information like sun safety to the rural communities and that starts with us, the medical students.” Read the full story [here](#).

Supporting Osteopathic Student Food Pantries



“Supporting our student pantry this Giving Tuesday ensures a lifeline for fellow students facing financial challenges, which symbolizes a commitment to student well-being during tough times,” shares PCOM South Georgia’s Nutrition in Medicine club, as they join the College to help fight food insecurity among students. Consider making a donation to PCOM Student Food Pantries so that every PCOM student has what they need to not only survive, but thrive. Make a gift and support the pantries at both PCOM South Georgia in Moultrie as well as the PCOM Georgia in Suwanee by clicking this [link](#).

Donating to PCOM’s OIS Endowed Student Emergency Fund

A fund was created a year ago at PCOM Georgia and PCOM South Georgia to help osteopathic students that incurred financial hardships. According to Alisa Toney, Senior Director of Development at PCOM, approximately eighty students have had financial struggles each year. The emergencies include being stuck without transportation (to rotations or family funerals), at risk of eviction and even struggling with purchases of food. [Please donate to the OIS Endowed Student Emergency Fund.](#)

In Other Words

The donations are tax deductible and the money is helping our osteopathic students at times of real need.

“If you think you know how much impact might flow from acting on any of your own impulses to give, you are almost certainly wrong. Each unique expression of generosity will have value far beyond what we can imagine or live to see.”

-- MacKenzie Scott (billionaire and philanthropist) wrote in 2023