

*Please share GOMA's Newsletter with your colleagues and encourage them to join!*



GEORGIA OSTEOPATHIC  
MEDICAL ASSOCIATION  
— 1902 —

**GOMA News & Updates**  
Volume 47, February 2025

---



**Kristin Yates Coleman, DO:  
Lead-HER-ship Inspired by Burnout**

Kristin Yates Coleman, DO is known as Dr. Yates at work for Tift Regional Medical Center as the OB Hospitalist Medical Director. She spends half her time seeing patients and half her time focusing on making sure the program continues to offer high quality care to the patients on the Labor and Delivery floor. "I will also be the Program Director for the Ob/Gyn residency program that we are starting in a few years," Dr. Yates added.

She did not start out wanting to be a physician, but rather she started her aspirations to be either a lawyer or a judge. Dr. Yates grew up in New Hampshire as the oldest of three. Her mother stayed at home with the kids while young, and went back to work as a contract administrator when they were all in school. Dr. Yates' father was in the Air Force and then transitioned to the civilian side when she was in high school. The inspiration to become a physician was somewhat random. The vision to pursue law lasted all the way to college when she took her first political science class and hated it. She then fell in love with Psychology and ultimately decided to pursue medical school. Dr. Yates graduated from Kirksville College of Osteopathic Medicine in 2012, then went on to do her Ob/Gyn Residency in Pittsburgh, PA at West Penn Hospital (now known as Allegheny Health Network).

Dr. Yates changed her direction of her career path, during the Covid-19 pandemic. She reminisced, "I have gone through several episodes of burnout and redefining my place in medicine. The latest one was back in 2021 when I was a part-owner of a private practice in NH. We had just survived a year of COVID and were planning to be bought out by the local hospital system. I had just had my third child and was totally exhausted. I was also working as a coach on nights/weekends and had started my podcast, which at that time was "Imposter to Unstoppable". I was heavy into my spiritual and personal growth and realized that my job was no longer aligned with my values. I quit that job when it made absolutely no sense to do so because I needed to put my needs (and those of my family) before a career that was killing me. Those 18 months of my life were some of the hardest I have gone through, but I am so grateful

to have experienced what I did. I took a leap of faith to accept a job in a town I'd never heard of where I didn't know anyone. So far, it's worked out beautifully.”

With her relocation to Tifton, Georgia in October 2022, Dr. Yates spoke about what all doctors need to know about being employed, “First and foremost, know your value. Don't believe that you're just a ‘warm body’ or a ‘cog in a wheel’. This may be what some hospitals think about you but they're wrong. You have a unique perspective and skill set and you deserve to be somewhere that appreciates you. Don't settle for anything and don't believe any one when they tell you that you can't have exactly the career in medicine that you want.”

Dr. Yates looks back on her life and reflects on how the medical education programs can be altered to improve the training for future physicians. Dr. Yates reflected on what she would change about medical school, “So much of what we learn in medical school is because ‘that's how it's always been done’ when in reality most of what we learn in our first 2 years is not at all what we need as practicing physicians. Medical school should teach us how to communicate and collaborate. It should teach entrepreneurship and business and financial skillsets. It should teach contract negotiation and how to handle chronic stress, death and uncomfortable conversations.”

As she prepares to be the program director for a new OB/Gyn residency in Tifton, Dr. Yates hopes to educate the young doctors about, “More focus on high level communication and EQ. More about preparing to get sued and unanticipated outcomes and dealing with shame and self-doubt. More about autonomy and career longevity and financial wellness.”

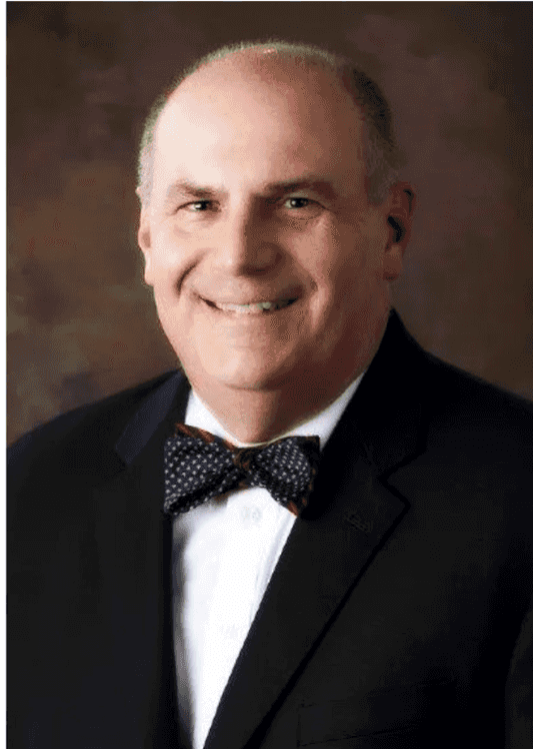
Dr. Yates is becoming more comfortable with her role as a leader. She states that leadership skills she has learned with her experience, “I've learned to be humble and accept that I will never know everything. I've learned that listening is more important than speaking. I've learned that emotional intelligence is the most

underrated form of intelligence. I've learned that having too much 'ego' creates a lot of discomfort and that it's important to make sure that I am not seeking validation from my career.”

When Dr. Yates is not working, she spends most of her time with her 4 children (3 girls and 1 boy) aged 10, 7, 4 and 1.5 years old. She adds, “I love being outside and having dance parties in my kitchen. I love to read and cook as well.”

**Renew Your GOMA Membership Now**

“My podcast is [Rebel Physician](#). I started it in 2019 as an imposter to



called *Rebel Physician Manifesto* and I have a few copies available that I can sign and mail out to anyone interested in reading it. It's all about helping physicians create a career they love and exposing our toxic medical system for what it is.

**VOC 2025 = Up To 48 hours of On-Demand CME with Talks by Drs. Kubik and Reed-Cleaver**

[Virtual Osteopathic Conference](#) (VOC) offers 48 AOA Category 1-A and AMA PRA Category 1 Credit™, available for purchase in 8-credit increments.

VOC is fully on-demand, so attendees can complete credits when and where they want.

The 2025 VOC launched February 14, 2025, with on-demand programs available until June 30.

The VOCcme is all about flexibility! You have the flexibility to choose:

- When to attend: All programs are available on-demand from now through June 30, 2025. Take in a presentation before you go to the office, and another in the middle of the night - it is your choice!
- Where to attend: You can view from anywhere you have internet access – at your home, at the lake, at a ski resort, at your office, or all of the above.
- What to attend: You can customize the program for your needs by selecting any of the 48 presentations in the VOCcme.
- How much to attend: You select the credit category that works for you...but when you see more presentations you want to take (and we know you will!), you can increase it to another level and we will honor the increased credit discount.
- Credit type: The VOCcme presentations are accredited for both AOA and AMA category 1 credit. It will work for you, no matter how you are boarded.

VOCcme is co-sponsored by the Georgia Osteopathic Medical Association (GOMA), the Missouri Association of Osteopathic Physicians and Surgeons (MAOPS), the Osteopathic Physicians and Surgeons of Oregon (OPSO), the Illinois Osteopathic Medical Society (IOMS), the Missouri State Medical Association (MSMA), the Montana Osteopathic Medical Association (MOMA), the North Carolina Osteopathic Medical Association (NCOMA), the Ohio Osteopathic Association (OOA), and the Tennessee Osteopathic Medical Association (TOMA). Each of these osteopathic associations is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.

VOCcme has been designated for a maximum of 48 AOA Category 1-A credits by the VOC sponsors.

Two of the lecturers are from Georgia:

- Miranda Reed-Cleaver, DO is a fellowship-trained pain management specialist who provides exceptional services to patients at the Cleaver Medical Group Interventional Pain offices in Dahlonega, Dawsonville, and Cumming, Georgia. She will be speaking on **Pain Management – Different Types of Pain & Latest Medications and Techniques.**
- Craig Kubik, DO, FACG, FACP is a past President of GOMA who has lived and worked as a gastroenterologist in Waycross, Georgia for the last 22 years. He also holds volunteer faculty appointments at the Medical College of Georgia (Regents University) in Augusta, Georgia, and the Philadelphia College of Osteopathic Medicine, Georgia Campus in Suwanee, Georgia. Dr. Kubik will be lecturing on: **Treatment of IBD in 2025: Biologics and Beyond.**



## **District 2 Social Event on Ground Hog Day Featured PTSD CME and Mediterranean Food**

On Sunday February 2, District 2 President Michael Mangonon, DO (above right) and District 2 Secretary-Treasurer Bill Bostock, DO spoke to the dozen of attendees about the history of osteopathic medicine in Georgia as well as the benefits of supporting GOMA, the only organization in Georgia that supports all of the osteopathic professionals in the state. Osteopathic physicians that attended included Michael Baron, DO (hosted at his Tucker home); Rayhan Chowdhury, DO; Darren Dillard, DO; Victoria Troncoso, DO; Karen Vega, DO; Judith Volcy, DO. After everyone socialized and enjoyed delicious Mediterranean food from a Clarkston restaurant, pain specialist John Vogel, DO (pictured above left) impressed the group with his one hour talk about the response for Post Traumatic Stress Disorder patients by using Stellate Ganglia Blocks. Other districts are planning for similar social events later this year.

---





## 40 Days of Legislation Results in the Annual Whirlwind at the Georgia Capital

Of the over 1500 bills introduced this year, Governor Kemp's lawsuit reform bills are getting the most attention. SB 68 & SB 69 are moving forward in the Georgia Senate. We expect both of these bills to be heard on the Senate floor next week, and we need your help to contact your state Senators in support of these bills.

**SB 68** - provides for substantive and comprehensive revision of provisions regarding civil practice, evidentiary matters, damages, and liability in tort actions.

**SB 69** - Georgia Courts Access and Consumer Protection Act

Other bills that are in the Georgia Senate that need your support:

**SB 50** - PeachCare Plus Act of 2025 expands Medicaid in Georgia

**SB 130** - medical education funding and the service cancelable loan program changes wording from hospitals to institutions to help residents and fellows qualify for loan cancellation

In the Georgia House, a couple of bills that already passed the Georgia Senate and others that are still in committee in the House.

**SB 5** - health insurers to implement and maintain a program that allows for the selective application of reductions in prior authorization requirements. It means that if practices are getting most of their Prior Authorizations approved that they would get a “gold card” that reduces their need to work on future prior authorizations.

**SB 6** - authorizes the use of testing equipment to determine whether a controlled substance has been adulterated. Expands test strips from just testing for Fentanyl to newer problematic drugs.

**HB 1** - Pediatric Health Safe Storage Act is a bipartisan bill to help prevent children from having access to guns.

**HB 64** - requires an owner of an assault weapon to procure and maintain sufficient liability insurance

**HB 326** - mandates that the state health benefit plan provide coverage for qualifying nonopioid pain management drugs that is in parity with its coverage for opioid pain management drugs

Once again, GOMA is against healthcare providers expanding their scope of care. OPPOSED TO: **HB 54** - authorizes APRNs and PAs to order home healthcare services.

---



## **GOMA Day at the Capital was filled with Excellent Presentations, Impactful Discussions**

GOMA members went to the Georgia Capital on Thursday, Feb. 13, and were joined by physicians from Georgia OB/Gyn Society, Georgia Chapter – American College of Physicians, Georgia Academy of Family Physicians and Georgia Chapter of American Academy of Pediatrics. These five Georgia health associations comprise Georgia Patient-Centered Physicians Coalition (PCPC) and meet eight times a year to discuss legislative issues on the State and National level.

Due to viral illness and family emergencies, not all who planned to attend were able to make it, but pictured above (Left to Right) Kylie Parrish (PCOM South GA DO '26); John Buford (PCOM South GA DO '26); Marla Golden, DO (Dean of Osteopathic Medicine Program at PCOM South GA); Michael Baron, DO (FP Stone Mountain); Betsy Hilt (Executive Director of GOMA) & Sonbol Shahid-Salles, DO (Immediate Past President of GOMA). Bill Bostock, DO and Monica Newton, DO (Family Practice residency faculty at Northeast Georgia Health System in Gainesville, GA) were there as well.

Georgia legislators spoken to directly: Sen. Jason Esteves (seen sharing a laugh with Dr. Baron prior to talking details about SB 68 & SB 69); Sen. Sally Harrell; Sen. Josh McLaurin; Rep Chas Cannon (seen speaking to Dean Golden, Student Doctors Parrish & Buford); Rep. Jasmine Clark; Rep. Viola Davis; Rep. Mary Margaret Oliver; Rep. Esther Panitsch; Rep. Shea Roberts

## Gambling Disorders Affect 80 Million Globally Fueling Public Health Concerns

As the gambling industry continues to transform through digitalization and the rapid rise of online betting options, a new systematic review and meta-analysis in *The Lancet Public Health* (Nov 22, 2024) suggests that an estimated 80 million adults globally experience gambling disorder or problematic gambling.

The commission that authored the report estimated that gambling disorders could affect about 16% of adults and 26% of adolescents who used online casino or slot products and about 9% of adults and 16% of adolescents who participated in sports betting.

The authors also noted that certain groups have a greater risk of developing problems from gambling. These include young people and children who are increasingly exposed to gambling advertising and people who are less able to afford their losses. Of note, the review estimated that 1 in 10 adolescents had gambled online. The commission called on policymakers to treat gambling as a global public health issue “just as for other addictive and health-harming commodities, such as alcohol and tobacco.”

### ***BLK History Month***

*By Nikki Giovanni (1943-2024)*

If Black History Month is not  
viable then wind does not  
carry the seeds and drop them  
on fertile ground  
rain does not  
dampen the land  
and encourage the seeds  
to root  
sun does not



warm the earth  
and kiss the seedlings  
and tell them plain:  
You're As Good As Anybody Else  
You've Got A Place Here, Too