



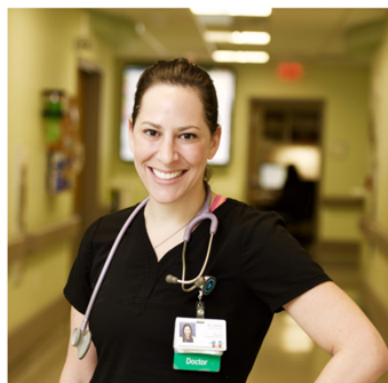
GEORGIA OSTEOPATHIC
MEDICAL ASSOCIATION
1902

GOMA News & Updates

Volume 41, July 2023

Tik-Tok DOcs

Sarah Gard Lazarus, DO & Tess Thomas, DO



Sarah Gard Lazarus, DO



Tess Thomas, DO

Social media continues to grow as an influencer in American society, and it is not surprising that more doctors are creating material to educate people about medical issues. While TIK-TOK DOcs may be a misnomer, we caught up with two Georgia osteopathic physicians who are using social media to make an impact. Tess Thomas, DO focuses most of her videos on healthy eating and active lifestyle while Sarah Gard Lazarus, DO draws from her work as a pediatric emergency physician to help parents

prevent their children from having an emergency. Perhaps, this is the new facet of holistic osteopathic medicine: ER doctors discussing preventive care and primary care docs getting patients to truly understand what lifestyle change is all about.

Tess Thomas, DO graduated from University of Medicine and Dentistry of New Jersey (now called Rowan-Virtua School of Osteopathic Medicine) in 1997. Dr. Thomas completed a family medicine residency at the University of Pennsylvania in Philadelphia. She and her husband are raising two kids, and she works temporary assignments for Piedmont Healthcare, Wellstar Healthcare and Naviscent Healthcare doing family practice/internal medicine. Dr. Thomas laughs about how she has become a full time chauffer for her children. She explains that outside of her family life and work shifts, she is passionate about “reading magazines/sitting in the park/entertaining/ my suitcase is always ready to go (as is my passport). Always trying to learn something new. Next passion project is to teach myself French. Passionate about children’s charities.”

Sarah Gard Lazarus, DO graduated from LECOM-Bradenton in 2009. Dr. Gard Lazarus did a pediatrics residency at Emory University as well as an Emory pediatric emergency medicine fellowship. The six years of post-graduate training have resulted in her working at PEMA (Pediatric Emergency Medicine Associates), a well-established physician-owned pediatric emergency medicine group that staffs Children's Healthcare of Atlanta at Scottish Rite and the pediatric emergency rooms at Wellstar hospitals (Kennestone, Douglas, Paulding and Cobb). She is happy in her hometown with her author husband raising their twin 9-year-old boys and 3 dogs (“we have a hard time saying ‘no’ to fostering animals”). Besides her work and family responsibilities, “I spend a lot of time working on injury prevention, an academic passion. I focus on safe sleep and drowning prevention, am involved in the COIVPP (Council of Injury, Violence and Poison Prevention) and have helped guide both the safe sleep and water safety campaigns at Children's. In my free time, I try to go to the gym and run to de-stress.”

Q. Tell about your social media presence including name for folks to be able to find it?

TT: Tik-Tok (@drtessthomas), Instagram (drtessthomas) and Facebook (sweatandsassy) and You Tube (@Drtessthomas)

SGL: Tik-Tok (@doclizzy), Instagram (sarahlaz) and Facebook (Sarah Gard Lazarus) and twitter (@drsarahlazarus).

Q. When did you start this project? Inspiration? Goals?

TT: I am a wellness coach part time and practice medicine part time. I needed to find a revenue source that would help me to supplement my physician salary because I wanted more time at home and wanted to go part time. I started this 7 years ago when the kids were little and my husband traveled for work. We have no family here so I wanted to work part time as the kids are only young once and I wanted to be there for all the things. I wanted to be Room Mom, Girl Scout Mom, Soccer Mom, etc. and it was hard for me to do that if I was working 50 hours a week, etc. So, I looked for other revenue sources. Second reason: I was so tired of writing prescriptions for things that could have been prevented like diabetes, hypertension and thought it would be awesome to work from the ground up. Since my college days, I have always done something to motivate women to get healthy and doing this seemed like a good extension of my passion to help women to get healthier and take charge of their health. In the past, I was a running coach and taught women how to run 5k's to marathons. I had a hip replacement about five years ago because of congenital hip dysplasia so I had to refocus. Now, I help women to get healthy and lose weight. The focus of my social media is primarily health and wellness tips and simple recipes with a dose of sarcasm and humor.

SGL: I've always found social media to be an amazing platform, but was frustrated by some of the disinformation over the past few years. With all the preventable injuries I see, I felt I could be a resource for evidence based medicine. Of course, I do not represent the views of PEMA or any of these hospitals in my posts. Although I am relatively new at this, I am mainly focused on

parent education, but would love to expand to provide some pediatric medical education. I think it's a lot of fun to be creative in these posts in a way that we don't always get to be in clinical medicine. If I am able to help one family realize something they did not know, I think I will have achieved my goals. I was inspired by a friend of a friend who got popular during COVID-19 (also a pediatric emergency medicine physician @beachgem10) and of course Dr. Glaucomflecken, who is hilarious and evidence-based, and who brings his own medical experiences to social media.

Q. What kind of response have you gotten from friends/family/colleagues/patients/public?

TT: I normally don't tell my patients I have a social media presence. If they find me, they find me. My family and colleagues have always been supportive. Before this became a business I was pretty active on things like Facebook anyhow. As far as feedback, it has been great because not many of my followers see their own doctor on social media share so much of their own life. I think people enjoy seeing things beyond the white coat.

SGL: Lots of jokes. I will say for the first time a patient brought it up and said she loved it, which I thought was a lot of fun. My nurses love it and often share it with friends and family, especially the ones focused on fever not being an emergency. I would love to include them in future posts.

Q. What has surprised you about this project?

TT: How much work it takes to make a 15 second reel! Who knew that I would go to med school to become a film producer? I spend A LOT of time creating content. There is a tripod and ring light in my purse at all times. I will be THAT person in the grocery store filming things like the: Top 10 lunch ideas when you hate to cook! People staring at me doesn't faze me.

SGL: I wasn't expecting any negativity, but did receive some when I posted about dangers of cough medicines. This was my research project in residency/fellowship, and I forgot how much people love giving their kids cough medicines, and the fact that I mentioned

that they don't help with cough was apparently triggering. I also posted one about deaths from safe sleep that was flagged as violating community guidelines, so that was surprising.

Q. Do you have any regrets?

TT: That I wish I started sooner

SGL: Not yet

Q. What has been the hardest part of this project?

TT: Setting aside time and time blocking to get the work done. This is run as a business for me. Juggling clinic and time to come up with content, film videos, send out emails, etc. can be time consuming. Learning the business side of wellness has been SO time consuming...let's say i spend A LOT OF TIME on You Tube.

SGL: The time commitment and figuring out the best times to post to gain traction has been the hardest part.

Any personal revelations that folks can expect if they check it out?

TT: That I am brutally honest, and painfully sarcastic.

SGL: Please let me know if you have any ideas- I am happy to share! I haven't seen any on the differences between DO's and MD's, but maybe I'll post that in the near future! **(She did and GOMA shared it on the GOMA Facebook page on May 11th)**

[Not a Member of GOMA? Join Now!](#)

Stacy Arrington Stewart, DO Working on Making a Difference in her Community



Stacy D. Arrington Stewart, DO was recently named vice president and chief operating officer of the Georgia-based Dr. Earl Stewart, Jr., Family Foundation. Dr. Arrington will oversee the execution of the foundation and its programs including Adopt-A-Family for Christmas and an annual Black Mental Health and Gun Violence Summit.

Dr. Stewart is a 2010 Alumna of Mercer University in Macon, Georgia, earning a Bachelor of Arts degree in Spanish. She later earned a Master of Science degree in Biomedical Sciences in 2013 from the Philadelphia College of Osteopathic Medicine's Georgia Campus (PCOM-GA). She earned her Doctorate of Osteopathic Medicine degree from the Alabama College of Osteopathic Medicine in 2018. She completed residency training in Family Medicine in 2021 at Baylor Scott and White Medical Center in Round Rock, Texas, where she was the first African-American to do so.

Dr. Stewart is a practicing physician serving the medically uninsured and underinsured in Marietta, Georgia, and is board-certified by the American Board of Family Medicine. Her clinical interests include Lifestyle Medicine and Osteopathic Manipulative Medicine. She is a member of the American Academy of Family Physicians (AAFP) and is a proud and devoted soror of the illustrious Alpha Kappa Alpha Sorority, Inc. She enjoys self-care, gardening, cooking, traveling, and spending time with and caring for her beloved family.

Jeffrey Kingsley, DO Growing his Research Organization



Jeffrey K. Kingsley, DO, MBA, CPI, FACRP of Ellerslie, GA announced the partnership between his research organization, IACT Health, and LMC Manna Research. This alliance will create one of North America's largest fully integrated research networks and will focus on improving service to pharmaceutical and research partners globally, as well as advancing treatment options for patients across all therapeutic areas.

Dr. Kingsley is a serial entrepreneur and international speaker, passionate about excellence in everything and in making the world a better place. He received his Bachelor of Science degree with concentrations in biology, chemistry, history, and cultural anthropology, and his Master of Science degree in biochemistry. In 2001, Dr. Kingsley graduated from PCOM in Philadelphia with his doctorate of osteopathic medicine and went on to complete his family medicine residency at Columbus Regional Medical Center in Columbus, Georgia. He earned an MBA from Emory University in 2011, several years after founding what is now IACT Health.

Dr. Kingsley has been faculty with Columbus Medical Center's Family Medicine Residency program as well as Director of several academic health system departments. He currently holds faculty appointments with Mercer's medical school, and continues to enjoy nurturing the next generation of leaders and physicians.

OAN Public Policy Roundtable Postponed

Dr. Kingsley is the past Chair of the Board of Trustees for the The Osteopathic Advocacy Network (OAN) Public Policy Association for Clinical Research Professionals which represents more than 13,000 clinical research professionals internationally. He volunteers his time and expertise on numerous other international Boards of Directors. Roundtable scheduled for Wednesday, June 7 at 4:00 PM was postponed. The next OAN Roundtable will take place on Wednesday, July 5 at 4:00 PM EST. Register for the Zoom discussion [here](#).

The AOA's Osteopathic Advocacy Network (OAN) is an online resource that allows you to customize your involvement, from signing up for newsletters to stay more informed to active engagement with your congressional representatives. For instance, right now there are several advocacy campaigns listed on the site that directly impact our profession.

Nathan Boys, DO Explains How to Use Portion Swapping to Eat Healthier



Portion swapping is a method to transition toward healthy eating without completely cutting out highly craved foods at all once. Simply put, the less healthy food that's currently the focus of the meal, swaps places with the healthier options on your plate.

Nathan E. Boys, DO just finished his first year as a family practice resident at Northeast Georgia Medical Center. Dr. Boys is interested in implementing lifestyle changes to improve patients'

health. In early May, [he wrote about portion swapping](#) to explain the concepts to other health professionals at the Gainesville facility.

PCOM Georgia Graduates Inspired by Commencement Speaker



PCOM Georgia held its graduation ceremony on Tuesday May 23rd at the Gas South District in Duluth, Georgia. A highlight of the event was honorary degree bestowed upon Julie Ginn Moretz, chief experience officer/assistant vice president, patient- and family-centered care at Augusta University Health in Augusta, Georgia. Her commencement speech started with the question, “What would healthcare look like if patients designed it?” Mrs. Moretz went on to tell about her inspiration for her work in patient and family centered care. Her son Daniel was diagnosed with three major heart defects when he was only two days old resulting in twelve major surgeries including a heart transplant.

Through her stories, Mrs. Moretz was able to illustrate how involving patients and their families can improve satisfaction and safety in healthcare facilities. Mrs. Moretz is a recipient of the Woman of Excellence in Health Care Award, the American Heart Association's Lifetime Achievement Award, and was honored in Washington, D.C., with the National Healthcare Industry Access Initiative 'Make A Difference' Award. She and her family were featured in the PBS Remaking American Medicine series Hand-in-Hand, where she was named a "Champion of Change."

You can watch the video of the PCOM Georgia graduation [here](#).

The ceremony starts at 31:00; Julie Ginn Moretz's degree presentation and speech are at 53:00; Dean of PCOM Georgia Andrea Mann, DO speaks to the graduates at 1:22:00 and finally the young physicians each get their diplomas at 1:28:00.

PCOM South Georgia Graduates its First Class of Osteopathic Physicians



Although this is the first class of osteopathic physicians to graduate from PCOM South Georgia, it's actually the campus' second

commencement. A class of Master of Science students graduated last year.

Thursday May 25th's ceremony was held at the University of Georgia Tifton Campus Conference Center. Provost and Senior Vice President Kenneth J. Veit, DO, MBA opened the ceremony with a welcome. He was shortly followed with video message from Gov. Brian P. Kemp and First Lady Marty Kemp.

The keynote speaker for the 2023 commencement was James L. Matney, the chief executive officer and president of Colquitt Regional Medical Center. PCOM President and Chief Executive Officer Dr. Jay S. Feldstein and Board of Trustees Member John P. Kearney presented Mr. Matney an honorary doctoral degree for his contribution and dedication to assisting in PCOM South Georgia campus's fruition as well as improving healthcare quality in Colquitt County and throughout the region.

Mr. Matney approached the podium and began his speech with one message: continue being the first. He encouraged the new doctors and master graduates to continue thriving within their fields and awaiting residencies.

“As you walk across the stage, it's important for you to remember that with this incredible accomplishment there comes an immense responsibility with being the first. Each one of you will be the first resident from PCOM South Georgia to matriculate into your residency program. Soon you'll be spreading all over the country. While PCOM is well known, many of your co-residents, faculty and program directors will have never known of PCOM South Georgia. You will be their first impression of the quality of education,” he told the commencement candidates.

Mr. Matney challenged the doctors in their cohort to be the first to strive to publish medical study, introduce a new patient care model, or to enter into a subspecialty.

You can watch the video of the PCOM South Georgia graduation [here](#).

Mr. Matney's degree presentation and commencement speech starts at 8:00; Interim Dean Robert Lloyd, DO speaks to the graduates at 23:00 and finally the young physicians each get their diplomas at 27:00.

Trimble Award Winner Taha Siddiqui, DO Heads to Cleveland Clinic from PCOM Georgia



The GOMA Trimble Award winner Taha Siddiqui, DO was born and raised in Karachi, Pakistan. He attended an English school there until middle school, in which he learned Urdu in addition to basic

sciences. When he immigrated in 2010 to the United States with his accountant father and his teacher mother, he did not have much problem with the language at his South Florida middle school except for the slang of teenagers, but by the time he was attending Miramar High School he had fully acclimated to American life.

Besides majoring in Biology with a minor in Physics at Nova Southeastern University in Fort Lauderdale, he developed a lifetime passion for table tennis which resulted in him competing at the Florida Open and advanced to the round of 32.

Dr. Siddiqui was introduced to osteopathic medicine by two close family friends who were osteopathic physicians. While he was accepted into allopathic and osteopathic medical schools, he opted for PCOM Georgia in Suwanee because of “the history and philosophy of osteopathic medicine, I really believe in it.” While Georgia was a great distance from his parents, he was reassured by knowing that he would be attending medical school with two good friends with homes in the northeast Atlanta area. The two friends made great study partners, and he excelled in academics at PCOM Georgia.

Dr. Siddiqui has been doing research since his first year of medical school and was able to publish six articles during his time at PCOM Georgia. As the majority of his work focused on literature reviews, the first of which explored the endocrine effects of fragrances on pediatric patients and fetuses. The summary is that one may want to be careful about exposing kids to all kinds of fragrances, especially under the age of five. In addition, he has additional publications focusing on cost-benefit analysis of different imaging modalities on patients with various cardiac health diseases. Furthermore, Dr. Siddiqui published a case report of a geriatric patient suffering from Hereditary Hemorrhagic Telangiectasia (Osler-Weber-Rendu) that focused on criteria to make the diagnosis with a discussion of options for treatment of her recurrent nose bleeds. His academic talents were noted at the school and Dr. Siddiqui became an active peer tutor as well as giving classes on how to do research and how to approach board questions.

The GOMA sponsored Trimble Award has developed into a recognition of the student with strong academics and a mindset of helping peers with their academics. In the afternoon of May 22nd at the PCOM Georgia Awards Ceremony, GOMA President Dianna Glessner, DO gave the history of the award and how the winner was selected. It seemed natural for Taha Siddiqui, DO to get this great honor. PCOM Georgia Dean Andrea Mann, DO, FAAP presented the plaque to Dr. Siddiqui (pictured above). Dr. Siddiqui is looking forward to the next chapter of his medical education in Cleveland, Ohio where he will start the four-year anesthesiology residency at the Cleveland Clinic. He hopes to pursue a pain or cardiac fellowship afterwards, and then return to the southeast to start his career. Congratulations Taha Siddiqui, DO!!!

Valdosta's Favorite Son Griffin Clyatt, DO Wins Trimble Award from PCOM South Georgia



Griffin Clyatt, DO reflected back on his life after he was awarded the GOMA Trimble Award from PCOM South Georgia, and realized it was destiny for him to start as one of the two orthopedic residents at HCA Largo Hospital (Florida) on July 1st.

Dr. Clyatt's parents are both lawyers who specialize in workers compensation cases, but the legal aspects did not appeal to him.

He was interested in the healing side of injuries. And when he had an opportunity to shadow a professional as one of the thirty seniors at Valwood High School in Valdosta, he was excited to work with Charles Sanderlin, MD of Valdosta Orthopedic Associates (VOA). His many injuries from playing 2A football introduced him to the VOA group that includes James Goss, DO and Travis Bailey, DO. Clyatt's Mercer trained cousin who is a preceptor award winning physician at Colquitt Regional Medical Center was also another mentor.

Dr. Clyatt started college at Valdosta State University and transferred to Mercer University in Macon after his sophomore year. He earned a B.S. in Biology as well as a minor in Chemistry, but realized he had not worked out the timing of MCAT testing to apply to medical school during his senior year. He enrolled in rigorous Master of Science in Preclinical Sciences (MSPCS) Program at Mercer which weeded out 50% of the students by the end of the 32 weeks.

PCOM South Georgia was accepting its first class of osteopathic medical students and Dr. Clyatt discovered the program to have excellent faculty that took interest in each student. The COVID-19 pandemic changed the in person attendance requirement in effect to virtual classes starting in April 2020 and continued through the second year. By that time, Dr. Clyatt had become a peer tutor as well as head anatomy lab assistant and a leader of a multi-campus virtual board discussion group. Dr. Clyatt is a member of the Sigma Sigma Phi, the national honorary osteopathic medical society.

As Dr. Clyatt did monthly clinical rotations in South Georgia, he recalled the multiple allopathic and osteopathic physicians who were very helpful to him. He tried to envision specializing in each preceptor's field which he felt was motivating to him as well as the teachers. One of his early rotations was OB/GYN and was notable because he worked with Ellen Courson, MD at South Georgia Medical Center who had delivered him as a baby in 1994. The

“PCOM med student trains with OB who delivered him” story made it into the [national and local press](#).

Dr. Clyatt appreciated all the physicians who spent time to educate him and he looks forward to returning to the area after his orthopedic training unless sandy beaches tempt him to stay near his Florida postgraduate training site. Dr. Charles Sanderlin has already saved his parking spot in the doctor section of VOA’s lot. In the meantime, Dr. Clyatt has found a house to live in Largo which is not too far from the hospital and will be convenient for him and his girlfriend who is finishing up her Family Nurse Practitioner studies in Valdosta. The picture above is from the Awards Ceremony of PCOM South Georgia on May 24 with GOMA Board Member Woody Weeks, DO presenting Dr. Clyatt the Trimble Award while PCOM South Georgia Interim Dean Robert Lloyd, DO is watching on. Congratulations Dr. Clyatt!!!

One Week Summer Course in Cooking & Nutrition at PCOM South Georgia



Mid-June in Moultrie, Georgia have been know for hot days, but at PCOM South Georgia approximately ten osteopathic medical students learned about cooking skills and nutrition for their patients. The local paper, Moultrie Observer [did an article about the course along with a video interviewing three of the students.](#)

Several of the students found the class beneficial not only to their academic studies but to their personal families.

In Other Words

“Let us prepare our minds as if we’d come to the very end of life. Let us postpone nothing. Let us balance life’s books each day. ... The one who puts the finishing touches on their life each day is never short of time.” -- The Roman philosopher and playwright Seneca