

CONNECTICUT FAMILY PHYSICIAN

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Of Note...

- **Dr. James Perlotto**, who is retiring from the Yale Medical School faculty, was presented the Dean's Award at the recent 2013 Yale Commencement. The Award is "in appreciation of exceptional dedication and service to the Yale School of Medicine and his extraordinary commitment to the health and well-being of our [Yale] students."
- **AAFP President Jeff Cain, M.D.** has been named one of *Modern Healthcare's* top 100 most influential people in health care.
- **Dr. Stephen O'Brien**, a past president of the CAFP, has been named an Assistant Editor of the Core Content Review of Family Medicine.

**CONNECTICUT
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- **Connecticut Medical Insurance Company**
- **Core Content Review of Family Medicine**

Help Your Patients Understand the Affordable Care Act

Editor's Note: In an effort to help patients navigate through the Affordable Care Act and receive the health care they need, AAFP has prepared the following information. Also, there are valuable links to provide additional information.

The Affordable Care Act (ACA) affects primary care physicians and their patients through initiatives designed to expand the primary care workforce and make primary care services

more accessible to the U.S. patient population. A significant piece of the ACA is about to take effect: The Health Insurance Marketplace, a one-stop shop for consumers to research, compare, and purchase comprehensive health insurance plans, opens for enrollment on October 1, 2013. However, research shows that most consumers - your patients among them - do not know much about it.

As a family physician, you have the opportunity to help your patients understand and navigate the changing health landscape. During patient visits, be prepared to discuss the insurance options available through the Marketplaces and encourage patients to make coverage decisions that are appropriate for their health care needs.

How much will Marketplace insurance cost?

Marketplace plans will be available at a range of prices. The plans are grouped into four price categories - bronze, silver, gold, and platinum - based on their monthly premiums and out-of-pocket costs. Patients with regular health care needs may benefit from a gold or platinum plan, which will have a higher monthly premium, but lower out-of-pocket costs.

(<https://www.healthcare.gov/how-do-i-choose-marketplace-insurance>)

What changes should patients expect in 2014?

Low-cost coverage options will be available through the Marketplaces. All Marketplace plans must offer a comprehensive set of essential benefits. Plans can no longer deny coverage due to pre-existing conditions. People who don't have health care coverage will have to pay a fee. (<https://www.healthcare.gov/how-does-the-affordable-care-act-affect-me>)

Outstanding Speakers Headline 2013 Scientific Symposium Panel

Outstanding speakers from a variety of leading medical schools, hospitals, including the hospital of special surgery in New York, and private practice will headline the education program at the 2013 CAFP Scientific Symposium, to be held on Wednesday, October 23, and Thursday, October 24 at the Aqua Turf Club in Plantsville, CT.

Included among the speakers and faculty will be Jeffrey M. Anderson, M.D., Director of Sports Medicine at the University of Connecticut and team physician at UCONN as well as Clinical Professor of Family Medicine at the UCONN Health Center. Dr. Anderson has spoken repeatedly at the Scientific Symposium and has continued

to receive the highest ratings from symposium attendees. Dr. David Katz, Director of the Yale University Prevention Research Center, will present the Kathleen McShane Memorial Lecture entitled, "Feet, Forks, and the Fate of America's Families." Beth Rocchio, M.D., who is the founding medical director of Integrated Medical Weight Loss of East Greenwich, RI, will discuss how to care for the obese family.

Other speakers include: Dr. Charlene Li, assistant clinical professor of family medicine at the University of Connecticut and editor-in-chief of the Core Content Review of Family Medicine, who will discuss "Updates

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CAFP Scientific Symposium

Wednesday, October 23

8:30 AM - 9:30 AM	“Kathleen McShane Memorial Lecture” Feet, Forks, & the Fate of America’s Families <i>David Katz, M.D.</i>	
9:30AM - 10:30AM	How to Care for the Obese Family <i>Beth Rocchio, M.D.</i>	Current Topics in Infectious Disease <i>Ken Abriola, M.D.</i>
10:30AM - 11:00AM	Meet the Speakers / Visit Booth Exhibits	
11:00AM - 12:00PM	Commonly Missed Sports Medicine Injuries <i>Jordan Metzl, M.D.</i>	Early Detection of Gynecological Malignancies <i>Molly Brewer, M.D.</i>
12:00PM - 1:30PM	Lunch and Annual Meeting ♦ Visit Booth Exhibits	
1:30PM - 2:30PM	Food is Medicine, How to Choose What is Right <i>Kathleen Mueller, M.D.</i>	Thyroid Dysfunction: When Do You Start Treating? <i>Noel Robin, M.D.</i>
2:30PM - 3:00PM	Meet the Speakers / Visit Booth Exhibits	
3:00PM - 4:00PM	Headaches in Children <i>Karen Santucci, M.D.</i>	Updates in Contraception <i>Charlene Li, M.D.</i>
4:00PM - 5:30PM	Domestic Violence <i>John Foley, M.D. and Marie Kenny</i>	

This year the Academy will be posting all available presentations to the CAFP website at www.CTAFP.org.

Please download presentations prior to the Symposium.

There will also be internet access in the lecture room.

Bring your laptop - charging stations will be available.

CAFP Scientific Symposium

Thursday, October 24

8:30 AM - 9:30 AM	Office Derm 201: Beyond the Routine <i>Meagan McKusker, M.D.</i>		
9:30AM - 10:30AM	Breast Cancer - What's New <i>Kristen Zarfos, M.D.</i>	(Physicians and Office Staff) Everything You Need to Know About HealthyCT and Access Health CT (The Exchange) <i>Ken Lalime and Phil Boyle</i>	Student and Resident Lecture*
10:30AM - 11:00AM	Meet the Speakers / Visit Booth Exhibits		
11:00AM - 12:00PM	The Fundamentals of Phlebology: Venous Disease for the Clinicians <i>Domenic Zambuto, M.D.</i>	JNC on Hypertension... What's New <i>Alan Cementina, M.D.</i>	
12:00PM - 1:00PM	Lunch ♦ Visit Booth Exhibits		
1:00PM - 2:00PM	Everything You Need to Know About Sports Supplements & Performance Enhancing Com- pounds <i>Jeffrey Anderson, M.D.</i>	Neuropsychologic Testing - What is it Good For? <i>Howard Goldfischer, M.D.</i>	
2:00PM - 2:30PM	Meet the Speakers / Visit Booth Exhibits		
2:30PM - 3:00PM	Type 2 Diabetes Update <i>Jonathon Firnhaber, M.D.</i>		
3:30PM - 5:00PM	In-Office Injections for the Primary Care Physician <i>Giselle Aerni, M.D.</i>		

A Student and Resident Lecture will be held from 10:30AM - 12:00PM. The session will begin with an open discussion with CAFP leaders including topics such as recruitment and retention of patients and a presentation by Dr. Stephanie Fowler on how to present the Tar Wars curriculum to fifth graders, the importance of participating in community activities and how to reach out to schools in your area. Physicians are welcome and encouraged to attend this session.

15 Hours of Prescribed Credit

Lectures ♦ Workshops ♦ Case Presentations

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Connecticut Family Physician is published by the Connecticut Academy of Family Physicians (CAFP). Views and opinions published in the *Connecticut Family Physician* are not necessarily endorsed by the CAFP.

New CAFP Members

Welcome:

William H. Kober
Mystic, CT

Catherine Calcao Andres, D.O.
Stamford, CT

Robert N. Jones, M.D.
New Haven, CT

Special Student-Resident Lecture

A student and resident lecture session will be held during the scientific symposium from 10:30 a.m. to 12 noon on Thursday, October 24, 2013.

The program will begin with an open discussion including questions and answers with CAFP leaders on a wide range of subjects, including the importance of recruitment and retention of patients.

Dr. Stephanie Fowler will then present a lecture on the Tar Wars curriculum, which is a tobacco-free education program for kids in the fifth grade, sponsored by the American Academy of Family Physicians and the Connecticut Academy of Family Physicians.

The program will conclude with an interactive discussion on the importance of participating in community activities, including how to reach out to schools in your area.

Silent Auction

Dr. Charlene Li, a past president of the Academy, is coordinating items for a silent auction, which will be held during the 2013 Scientific Symposium, with proceeds to go to the CAFP Foundation.

If members have pictures, artwork, quilting, tickets to sporting events or concerts, or items which display a particular talent and would like to donate them for the silent auction, they should contact Mark Schuman or Mary Yokose at the CAFP Executive Office at 860-243-3977.

Scientific Symposium Panel (continued from page 1)

in Contraception,” and Dr. Kristen Zarfos, Medical Director of the Comprehensive Breast Health center at St. Francis Hospital, who will speak on “What’s New in Breast Cancer.”

According to Drs. Sandra Hughes and Mod Pratinidhi, Co-chairs of arrangements, there will be 23 faculty presentations in the program that has been approved for 15 hours of prescribed credit by the American Academy of Family Physicians. The Symposium is also approved for 15 hours of Category 1 of the Physician’s Recognition Award of the American Medical Association.

There will also be a special program for physicians and office staff on Thursday morning, to present information about Access Health CT (the Exchange) with speakers Ken Lalime, CEO of HealthyCT, and Phil Boyle, business-to-business outreach manager of Access Health CT.

Members are reminded that there will be internet access in the lecture rooms so that they can feel free to bring their laptops and other mobile devices. Charging stations will be available. The complete program is included in this issue of *Connecticut Family Physician*.

Help Patients Understand the Affordable Care Act (continued from page 1)

What essential benefits are covered under a Marketplace plan?

Essential benefits include: maternity and newborn care, mental health care, preventive health services, pediatric health

care services, prescription drug coverage.

Resources for Patients

Help your patients make informed decisions about the health insurance marketplaces with resources from FamilyDoctor.org. (<http://familydoctor.org/familydoctor/en/healthcare-management/insurance-bills/understanding-health-insurance-marketplaces.html>)

DOT Medical Examiner Certification Training

December 13, 2013
Mystic Marriott
Groton, CT

Program from 7:30am - 5:30pm
More information to follow

Sponsored by:

