



Winter 2025

# FOMA *Journal*

FLORIDA OSTEOPATHIC MEDICAL ASSOCIATION



HAPPY NEW YEAR!



## About FAIRx

Floridians for Attainable and Innovative Rx (FAIRx) is a physician-led and patient-focused coalition dedicated to helping insured Floridians access the life-sustaining, innovative therapies they need. We are working to raise awareness of discriminatory insurer benefit design that could keep Florida families from essential treatments.

## Why do we need FAIRx?

More than 13 million Floridians live with at least one chronic disease. If all Floridians had access to the treatment they need, an estimated 82,500 lives could be saved annually, according to the Partnership to End Chronic Disease. Unfortunately, health insurers in Florida are increasingly designing their plans in order to shift larger portions of health care costs onto those with chronic diseases by increasing out-of-pocket costs for critical therapies.

## How can FAIRx help?

While FAIRx hopes the state - with support from lawmakers - will continue down this promising path, we know this effort will require Florida's patient and provider groups, as well as individual patients, to speak with one voice.

Together, we want to engage in an advocacy campaign to:

- + Support state policies that make insurance coverage, coinsurance and copays more transparent and equitable.
- + Urge regulators and state policymakers to take action to protect all insured Floridians from out-of-pocket costs that could jeopardize their health.
- + Share personal stories from patients whose out-of-pocket costs are causing hardship for them or their families.

## FAIRx Campaign Partners



## How can Florida physicians help?

- + Join FAIRx. Visit our website to gather the facts and share the physician's perspective on the impact of high patient out-of-pocket costs.
- + Help get patients involved. Tell them about the organization and urge them to share their story on the Take Action page of our website.

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Clearwater, Florida

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MRO  
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Jasmine Smith

### Editorial Consultants

Stephen R. Winn

Michelle Winn Larson, CAE, CMP

## WINTER 2025

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# FOMA *Journal*

## FLORIDA OSTEOPATHIC MEDICAL ASSOCIATION

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# PRESIDENT'S MESSAGE

Michael Markou, DO, FACOFP, FISHRS

It has been a short time since our delayed late October meeting. While I was looking forward to attending and speaking at the Duval County International Healthcare Symposium along with our AOA President Teresa Hubka, D.O., the AMA president and FMA president in October, this was unfortunately cancelled due to the hurricane.

This would have featured Artificial Intelligence in Medicine. Since our October BOT meeting, after discussion on AI in Healthcare, I along with President-Elect Dr. Rankin, have put together the AI in Healthcare Task Force Committee and I have appointed Kayvan Amini, D.O. to be the chairman of that committee. If you are interested in participating in the committee, please call the FOMA office as we plan to have the first meeting soon. The committee will be charged with monitoring the discussion from the state Healthcare innovation committee along with other AI issues in healthcare.

I look forward to attending the FOMA District 7 general membership and Holiday meeting on December 5th in Siesta Key. Thank you, Dr. Sassano for the invitation. I am also looking forward to the Pinellas County Osteopathic Medical Society Holiday Party on December 6th and the privilege of Swearing in the new officers.

I want to wish you all a very Happy, Healthy Holiday Season, Merry Christmas, Happy Hanukkah and a Healthy Prosperous New Year! Thank you, as always, for your trust and Support as FOMA President.



# PRESIDENT-ELECT MESSAGE

Bruce Rankin, DO, CPI, MRO, FACOFP

Since our September Board meetings, I attended the LECOM Bradenton White Coat Ceremony in October, welcoming the Class of 2028 to the osteopathic profession and FOMA. It was exciting to see the FOMA name on their new white coats. Thank you, Dr. Kauffman and the LECOM team, for your hospitality and support.

In January 2025, I'll attend the Burrell COM Gala, and in February, I look forward to the live FOMA Convention in Orlando. Highlights include the Saturday night \*Florida Tropical Nights\* awards and installation event on February 22, featuring Caribbean music and a tropical theme. Guests are encouraged to wear festive tropical attire or business casual.

For families, we're introducing \*Future FOMA DOCs in Training\* for kids aged 3-12, with details to follow.

Looking ahead, I'd like to host an in-person Executive and Board of Trustees meeting in June 2025, featuring FOMA leadership training on motivational and organizational topics.

Thank you for the honor of serving as your 2024-25 FOMA President-Elect.



Stephen R. Winn

## EXECUTIVE DIRECTOR'S **MESSAGE**

These last few months have been extremely busy for me and the office staff. The FOMA staff continue to work diligently during this busy period to ensure organizational goals and objectives are achieved on behalf of the membership. I'm pleased to announce that the FOMA's 2024 Virtual Seminar was a success. I would like to thank the FOMA Team for their hard work in helping plan this event. Under the direction of the Associate Executive Director Michelle Larson, CMP, CAE, the FOMA staff are making the necessary arrangements for the 2025 Live & Virtual Conventions and the installation of a new Executive Committee, Board of Trustees, FOMA Officers, and incoming FOMA President Bruce Rankin, DO, FACOFP.

Now that the elections are over and that the Florida legislature has sworn in 120 Florida house members and 20 Florida senators, the committees will start to meet in December. I am very proud to share that the FOMA was a sponsor in the recent Veteran Day Parade in Tallahassee and was a sponsor in naming a Hometown Hero. I was honored to be able to present to the Hometown Hero, Colonel Curtis Earp, letters of congratulations from Governor Desantis, Senator Marco Rubio, Senator Rick Scott, and many more too numerous to mention. The FOMA also took part in setting up and sponsoring the dedication remembering 17 young children who drowned during a horrible boating accident in 1962.

The FOMA's remains committed to supporting community and charitable causes. Judy and I were recently honored by the Holocaust Education Remembrance Council (HERC) along with Florida Chief Financial Officer, Jimmy Patronis, for the charitable work we have done for helping those in need. The FOMA continues to support veterans for their contributions to the nation and participated in the Veterans Day Parade, which honored the hometown heroes. In December I will be attending the Pfizer Conference of State Executive Directors to Discuss Health Care & Patient needs. Strategic partnerships and coalitions are essential to the FOMA's legislative efforts and to ensuring quality healthcare is provided to the citizens of Florida.

As I begin my 50th year with the FOMA, I would like to take this opportunity to thank the Executive Committee and Board of Trustees for the confidence they have shown in me. It has truly been an honor & a privilege to serve such a Wonderful & Caring Association.



## ASSOCIATE EXECUTIVE DIRECTOR'S MESSAGE

**ASSOCIATE EXECUTIVE DIRECTOR, MICHELLE W. LARSON, CAE, CMP,** reports that our 2024 FOMA Mid-Year Seminar, was a success, with 1050 attending! We are working on both the 2025 “Live” Convention: Feb. 21 - 23 at the Hyatt Regency Grand Cypress in Orlando & “Virtual” Convention, March 28 - 30. The Live Convention will offer up to 27 1-A credits and the Virtual Convention will offer up to 30 1-A credits. Both CME meetings include the 5 mandatory hours for Florida re-licensure. Ronald Burns, DO, Chair, William Silverman, DO, Co-Chair and the FOMA Bureau of Medical Education promise educational and informative programs.

**DIRECTOR OF COMMUNICATIONS, JASMINE SMITH,** reports that the digital Summer/Fall Journal is available for viewing on the FOMA website. Look for the digital Winter Journal in Dec./Jan. We are currently preparing for Osteopathic Medicine & Health Awareness Day in Tallahassee, with dates to be announced soon. A heartfelt thank you to all the physicians and students who continue to share their photos, achievements and stories for the FOMA weekly Newswire, Journal and social media! We look forward to our 2025 LIVE & VIRTUAL Conventions in February & March!

**DIRECTOR OF MEMBERSHIP & EDUCATION, ANDREW FLOYD, CAE, CMP-HC,** reports that the FOMA added (758) members over the past year! The new members include: 322 - Provisional/Active, 59 - 1st Year, 31 - 2nd Year, 61 - Military/Public Health, 38 - Inactive, 143 - Out of State, and 104 - Residents. If you know a DO in your area who is not a FOMA member, invite them to one of your District Society meetings or tell them how they can get involved in the FOMA. This is a great chance to interact with your peers and keep up to date on the latest changes in osteopathic medicine and to showcase what the FOMA has to offer! If you would like our office to send someone a membership packet, please contact me at the FOMA Executive Office.

**ASSOCIATE DIRECTOR OF MEMBERSHIP & EDUCATION, HEATHER GRANT,** reports that The CME Center (DOCME) is a success with 41 continuing education courses on demand, most of which have received at least a 4 (out of 5) star rating. I'll be adding more courses from the 2024 Virtual Seminar. The FOMA Corporate Roundtable continues to grow - please send any pharmaceutical companies we can request to become members, as we promote quality healthcare to the citizens of Florida. Thank you to all the Key Contact Physicians for your payments. Membership is growing, I'm proud FOMA has had a record year in membership. Members love that they can call any time, have someone answer the phone and get answers to their questions.

**DIRECTOR OF FINANCE, KAYE TAIT,** reports that registrations are coming in steady for the both the 2025 Live (Feb. 21-23) & Virtual (March 28-30) FOMA Conventions. On-line registration can be found on our website at FOMA.org for your convenience. The FOMA Executive Office is actively working with Harvard & Associates on the FOMA 2023-2024 Fiscal Year-end paperwork, as well as, preparing for the 2024 Calendar Year-end.



# FOMA LEGISLATIVE

# COMMITTEE REPORTS ON ELECTION RESULTS

*Paul D. Seltzer, DO, Legislative Chair*

*Stephen R. Winn, Executive Director*

*Michelle W. Larson, Associate Executive Director*

*Jason D. Winn, Esquire, Legal Counsel, Lobbyist*

*Alex Golden, Consultant*

*Chris Lyon, Esquire, Lobbyist*

*William Hightower, Consultant*

## OVERVIEW

The FOMA thanks all who contributed to the FOMA-PAC during the 2024 primary and general elections. With your support, the FOMA successfully contributed to winning campaigns in the Florida Senate and House. Of the 69 legislative PAC-supported campaigns, 66 were elected to office.

In 2024, close to 11 million registered voters participated in the general election, a remarkable turnout of 78.76 percent of eligible voters. **Republicans maintained veto-proof majorities in the Florida House of Representatives and the Florida Senate.** The final tally is 86 (71.7%) House Republicans elected to 34 House

Democrats (28.3%). In the Senate, 28 (70%) Republicans and 12 (30%) Democrats were elected.

Organizational Session will be held Tuesday, November 19, 2024. During the meeting, **Senator Ben Albritton and Representative Daniel Perez will assume their leadership roles as Senate President and Speaker of the House of Representatives.**

**Anyone interested in serving as Doctor of the Day in the Senate or House should contact the FOMA Office at (850) 878-7364.** Please see the attached legislative calendar for information on when the legislature will meet in Tallahassee.

## OVERVIEW



**Senate President  
Ben Albritton**



**House Speaker  
Daniel Perez**



**Senate Minority Leader  
Jason Pizzo**



**House Minority Leader  
Fentrice Driskell**

**Please see the following list of those elected to the Florida Senate and House. Note: officials with an “S” listed after their name are elected candidates supported by the FOMA-PAC.**

District	Florida State Senator	FOMA-PAC	District	Florida State Senator	FOMA-PAC
1	Gaetz, Don (REP)	S	21	Hooper, Ed (REP)	
3	Simon, Corey (REP)	S	23	Burgess, Danny (REP)	S
5	Davis, Tracie (DEM)		25	Arrington, Kristen (DEM)	
7	Leek, Tom (REP)	S	27	Albritton, Ben (REP)	S
9	McClain, Stan (REP)	S	29	Grall, Erin (REP)	S
11	Ingoglia, Blaise (REP)	S	31	Harrell, Gayle (REP)	S
13	Truenow, Keith (REP)	S	33	Martin, Jonathan (REP)	S
15	Thompson, Geraldine F. (DEM)		35	Sharief, Barbara (DEM)	
17	Smith, Carlos Guillermo (DEM)		37	Pizzo, Jason (DEM)	S
19	Fine, Randy (REP)	S	39	Avila, Bryan (REP)	S

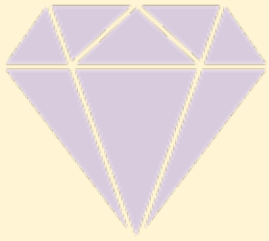
District	Florida House Winners	FOMA-PAC	District	Florida House Winners	FOMA-PAC
1	Salzman, Michelle (REP)	S	31	Sirois, Tyler (REP)	
2	Andrade, Alex (REP)		32	Mayfield, Debbie (REP)	S
3	Rudman, Joel (REP)	S	33	Miller, Monique (REP)	
4	Maney, Patt (REP)		34	Brackett, Robert (REP)	
5	Abbott, Shane (REP)	S	35	Booth, Erika (REP)	S
6	Griffitts, Griff (REP)		36	Plakon, Rachel (REP)	S
7	Shoaf, Jason (REP)	S	37	Plasencia, Susan (REP)	S
8	Franklin, Gallop P. (DEM)	S	38	Smith, David (REP)	S
9	Tant, Allison (DEM)	S	39	Bankson, Doug (REP)	S
10	Brannan, Chuck (REP)	S	40	Bracy Davis, LaVon (DEM)	
11	Garrison, Sam (REP)	S	41	Antone, Bruce (DEM)	
12	Duggan, Wyman (REP)		42	Eskamani, Anna V. (DEM)	
13	Nixon, Angie (DEM)		43	Lopez, Johanna (DEM)	
14	Daniels, Kimberly (DEM)		44	Harris, Jennifer “Rita” (DEM)	
15	Black, Dean (REP)	S	45	Spencer, Leonard (DEM)	
16	Michael, Kiyam Helen (REP)		46	Alvarez, Vanessa (DEM)	
17	Baker, Jessica (REP)		47	Stark, Paula A. (REP)	S
18	Kendall, Kim (REP)	S	48	Albert, Jon (REP)	
19	Greco, Sam (REP)	S	49	Jonsson, Jennifer Kincart (REP)	
20	Sapp, Judson (REP)		50	Canady, Jennifer (REP)	S
21	Hayes Hinson, Yvonne (DEM)		51	Tomkow, Josie (REP)	S
22	Johnson, Chad (REP)		52	Temple, John (REP)	
23	Grow, J.J. (REP)	S	53	Holcomb, Jeff (REP)	S
24	Chamberlin, Ryan D. (REP)		54	Maggard, Randy (REP)	
25	Yarkosky, Taylor (REP)		55	Steele, Kevin M. (REP)	
26	Cobb, Nan (REP)		56	Yeager, Brad (REP)	
27	Gentry, Richard (REP)	S	57	Anderson, Adam C. (REP)	
28	Partington, Bill (REP)		58	Berfield, Kimberly “Kim” (REP)	S
29	Barnaby, Webster (REP)		59	Jacques, Berny (REP)	S
30	Tramont, Chase (REP)	S	60	Cross, Lindsay (DEM)	S



District	Florida House Winners	FOMA-PAC	District	Florida House Winners	FOMA-PAC
61	Chaney, Linda (REP)	S	91	Gossett-Seidman, Peggy (REP)	S
62	Rayner, Michele K. (DEM)		92	Skidmore, Kelly (DEM)	
63	Hart, Dianne "Ms. Dee" (DEM)	S	93	Gerwig, Anne (REP)	
64	Valdes, Susan L. (DEM)		94	Weinberger, Meg (REP)	
65	Gonzalez Pittman, Karen (REP)	S	95	Hunschofsky, Christine (DEM)	
66	Koster, Traci (REP)		96	Daley, Dan (DEM)	
67	Driskell, Fentrice (DEM)	S	97	Dunkley, Lisa (DEM)	S
68	McClure, Lawrence (REP)	S	98	Rosenwald, Mitch (DEM)	
69	Alvarez, Daniel "Danny" (REP)	S	99	Campbell, Daryl Nevroy (DEM)	S
70	Owen, Michael (REP)	S	100	LaMarca, Chip (REP)	S
71	Robinson, Will (REP)	S	101	Cassel, Hillary (DEM)	
72	Conerly, William "Bill" (REP)		102	Gottlieb, Michael (DEM)	S
73	McFarland, Fiona (REP)		103	Bartleman, Robin (DEM)	S
74	Buchanan, James (REP)		104	Robinson, Felicia Simone (DEM)	
75	Nix, Danny (REP)	S	105	Woodson, Marie (DEM)	
76	Oliver, Vanessa (REP)		106	Basabe, Fabian (REP)	
77	Esposito, Tiffany (REP)		107	Aristide, Wallace (DEM)	
78	Persons-Mulicka, Jenna (REP)	S	108	Joseph, Dotie (DEM)	
79	Giallombardo, Mike (REP)	S	109	Cassel, Hillary (DEM)	
80	Botana, Adam (REP)		110	Fabricio, Tom (REP)	S
81	Benarroch, Yvette (REP)		111	Borrero, David (REP)	S
82	Melo, Lauren Uhlich (REP)		112	Rizo, Alex (REP)	S
83	Tuck, Kaylee (REP)	S	113	Lopez, Vicki (REP)	S
84	Trabulsy, Dana (REP)		114	Busatta Cabrera, Demi (REP)	S
85	Overdorf, Toby (REP)		115	Blanco, Omar (REP)	
86	Snyder, John (REP)		116	Perez, Daniel A. (REP)	S
87	Caruso, Mike (REP)	S	117	Chambliss, Kevin (DEM)	
88	Edmonds, Jervonte "Tae" (DEM)		118	Redondo, Mike (REP)	
89	Tendrich, Debra (DEM)		119	Porras, Juan Carlos (REP)	
90	Casello, Joe (DEM)	S	120	Mooney Jr, James Vernon (REP)	

## LEGISLATIVE CALENDAR

- December 2-6, 2024 - Committee Week 1 (House Only)
- December 9-13, 2024 - Committee Week 1 (Senate Only)
- January 13-17, 2025 - Committee Week 2
- January 21-24, 2025 - Committee Week 3
- February 3-7, 2025 - Committee Week 4
- February 10-14, 2025 - Committee Week 5
- February 17-21, 2025 - Committee Week 6
- March 4, 2025 - Regular Session Begins
- May 2, 2025 - Legislative Session Ends



# 2025 FOMA-PAC *Roll of Honor*

The FOMA-PAC wishes to express its appreciation to the following contributors. Your financial contributions and your participation in the Florida Osteopathic Medical Association Political Action Committee (FOMA-PAC) demonstrate your commitment to osteopathic medicine and your concern for the future of quality healthcare for all Floridians.

## 10 Diamond Presidential

(AT LEAST \$30,000)

*Jeffrey Grove, DO  
Jamie Goodman, DO*

## 9 Diamond Presidential

(AT LEAST \$25,000)

*Joanne Bujnoski, DO*

## 8 Diamond Presidential

(AT LEAST \$20,000)

*Joseph Giaimo, DO  
James Milne, DO  
James St. Louis, DO  
Joel B. Rose, DO  
Stephen R. Winn*

## 7 Diamond Presidential

(AT LEAST \$15,000)

*Ronald Burns, DO  
Donald Howard, DO  
Gregory James, DO, MPH  
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Staff of Memorial Hospital,  
Jacksonville, Florida  
Staff of Orange Park Medical  
Center, Jacksonville, Florida  
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Paul D. Seltzer, DO  
William Silverman, DO  
William Stager, DO, MPH  
Joel D. Stein, DO  
Richard R. Thacker, DO  
Andrew Guidry, DO*

## 6 Diamond Presidential

(AT LEAST \$12,500)

*Nicole Bixler, DO  
Anna Hayden, DO*

## 5 Diamond Presidential

(AT LEAST \$10,000)

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Florida Society of the ACOFP  
Mark A. Foppe, DO  
William Hightower  
Marc Kaprow, DO  
Michelle Mendez, DO  
Ronald Renuart, DO*

## 4 Diamond Presidential

(AT LEAST \$7,500)

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Philip L. Shettle, DO  
Col. Jose Thomas-Richards, DO, Ret.  
James Towry, DO*

## 3 Diamond Presidential

(AT LEAST \$5,000)

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Michelle Fiorillo, DO  
Robert J. George, DO  
Christopher Guzik, DO  
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(AT LEAST \$2,500)

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Glenn Moran, DO  
David Oliver, DO  
Jay Olsson, DO  
Todd Patterson, DO  
Rachel Pevsner Crum, DO  
Frederic Porcase, Jr., DO  
George Schmieder, DO  
Mary Schmieder, DO  
Brett Scotch, DO  
Lee Shettle, DO  
Dottie Silverman  
Ron Surowitz, DO  
Sherry Thacker  
Amelia Tunanidas Pantelis, DO  
Claudia Peterson, DO  
Ty Tvedten, DO  
Kenneth Webster, EdD  
West Palm Hospital Medical Staff, Inc.  
Gregory Williams, DO  
Sanford Zelnick, DO*



## 1 Diamond Presidential

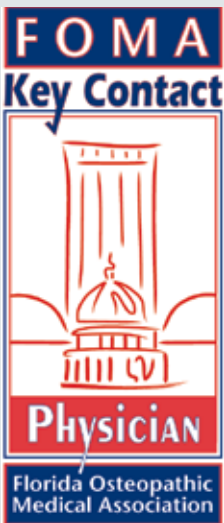
(AT LEAST \$1,000)

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*Michael E. Belotti, DO*  
*Kenneth Blaze, DO*  
*John Chois, DO*  
*James Clary, DO*  
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*Din-on Sun, DO*  
*Glenn Syperda, DO*  
*Jason Winn, Esquire*  
*Judy Winn*

## KEY CONTACT PHYSICIAN ADVOCACY MEMBERS



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*Joanne Bujnoski, DO*  
*Ronald Burns, DO*  
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*Charles Chase, DO*  
*Gene DiBetta, DO*  
*Mark A. Dobbertien, DO*  
*Michelle Fiorillo, DO*  
*Walter B. Flesner, III, DO*  
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*William Stager, DO*  
*Joel D. Stein, DO*  
*Ronald Surowitz, DO*  
*Richard R. Thacker, DO*  
*James Towry, DO*

# Excerpts from the 2024 Virtual FOMA Seminar

Over 1,00 physicians attended FOMA's 2024 Virtual Seminar from September 6-8, where they could earn up to 27 AOA 1-A Credits. The event featured LIVE questions and answers with our speakers and on-demand viewing for 30 days after the seminar.

## Thank you to all who joined us!

**Managing Diabetes Involves Many Tasks**

- Foot self-care: Checking regular foot self-care (including medical visits)
- Maintaining a low-fat diet
- Recording blood glucose results: Regularly monitoring blood glucose
- Adjusting insulin/medication dose or time
- Limiting alcohol intake
- Avoiding eating too many sweet things
- Taking medication/insulin as prescribed
- Maintaining a low-sodium diet
- Eating five portions of fruits and vegetables a day
- Not smoking

*On average these tasks can take 2+ hours a day*

Eden Miller, DO: Strategic Lifestyle Interventions for Patients with Type 2 Diabetes Mellitus

**CVD is Caused By Blocked Arteries**

**Stable Plaque:** Minimal Necrotic Lipid Deposits, Thick Fibrous Cap, Cholesterol & Inflammation.

**Vulnerable Plaque:** Large Necrotic Lipid Deposits, Thin Fibrous Cap, Cholesterol & More Inflammation.

**Clot in the Lumen:** Along with excess lipid deposition and inflammation, the plaque becomes vulnerable to rupture, especially if there is a thin fibrous cap, with a rupture and a clot, and sometimes closure of the artery resulting in myocardial infarction or stroke.

Ernest Schaefer, MD: Heart Disease: Prediction & Prevention

**DASH Diet (Dietary Approaches to Stop Hypertension)**

- Emphasizes fruits, vegetables, whole grains, lean proteins (especially fish and poultry), and low-fat dairy; low in saturated fats, cholesterol, and sodium.
- The DASH diet is a healthy-eating plan designed to help prevent or treat hypertension. It also may help lower low density lipoprotein (LDL) cholesterol.

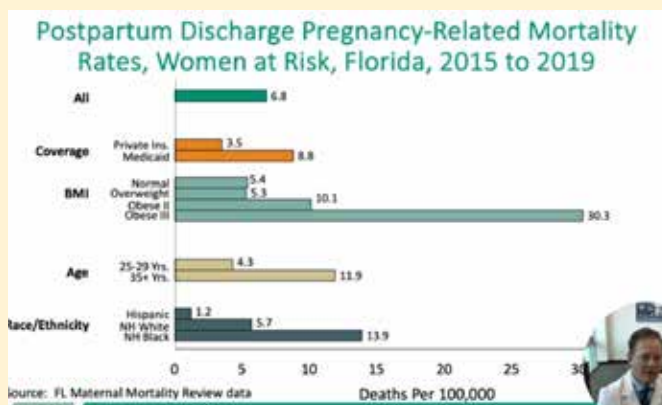
DASH Eating Plan	
Eat This	Limit This
Vegetables	Fatty meats
Fruits	Salty meats
Whole grains	Full fat dairy
Low fat or fat free dairy	Full fat dairy
Fish	Sugar sweetened beverages
Healthy oils	Sweets
Beans	
Lean & small	
Vegetable oils	Sodium intake

Ilya Fonorav, DO: Culinary Medicine, Food as Medicine

**Atopic Derm Treatment**  
6mo-12y

- Limited options
- Mix a low potency steroid (30-45g) & rupirocin ointment (22g) into Vanicream or CeraVe cream (454g)
- If over 2 yo can use pimecrolimus or tacrolimus
- Non-sedating antihistamines
- Otherwise dupilumab
- Just as important is parental education on importance of everything from lotion, baths, meds, and compliance to avoidance of things which make kids more itchy

John Minni, DO: How to Navigate Key Dermatology Diagnosis



Kenneth Johnson Jr, DO: Women's Health Update

**Top 10 Myths about Testosterone in Women**

- Testosterone has adverse effects on the heart
- Testosterone causes liver damage
- Testosterone causes aggression
- Testosterone may increase the risk of breast CA
- Safety of testosterone use in women has not been established

Testosterone therapy in women: Myths and misconceptions. Grassi R, Dimitrakakis C. *Andrology*. March 2023;27(1):230-234

Diane Brzezinski, DO: Myths about Hormone Replacement Therapy

# Osteopathic Medicine & Health Awareness Day

## Tallahassee, FL

### February 4 & 5, 2025



**SCAN TO REGISTER!**

FOMA hosts Osteopathic Medicine and Health Awareness Day at the State Capitol to gain visibility for osteopathic medicine among Florida's lawmakers and the general public. This event is a perfect opportunity for physicians to experience the lawmaking process and meet with select state leaders.

**Tuesday, February 4 - Evening Reception and Dinner, 5:30 pm - 7:30 pm, Double Tree Hotel**

**Wednesday, February 5 - Events at the State Capitol, 8:00 am - 2:00 pm**

#### **More Information**

FOMA is hosting an evening reception and dinner on Tuesday, February 4, from 5:30-7:30pm at the Double Tree Hotel at 101 S Adams St, Tallahassee, FL 32301.

Please complete this registration or return an RSVP by fax or email before Friday, January 17, so we can make a hotel reservation for you on Tuesday, February 4.

Legislative Awards will be handed out during the event. Breakfast will be provided on Wednesday morning at 8:00 am for Osteopathic Medicine Day. We hope you can make it to this important FOMA event. Register today to attend!

# DISTRICT REPORTS

## DISTRICT SOCIETY 2

**Save the Date:**  
*26th Annual Primary Care  
and Cardiovascular Symposium  
May 14-17, 2025.*

The Annual Primary Care and Cardiovascular Symposium is being held at a NEW location in 2025. We are excited to partner with the University of North Florida- Adam W. Herbert University Center @ 12000 Alumni Drive Jacksonville, Florida to bring to you an affordable, CME event. Earn up to 36 credits (including all required CMEs for re-licensure) for MDs, DOs, ARNPs and PAs. Presentation topics cover cardiology, endovascular medicine, hematology, oncology, peripheral vascular medicine, podiatry, surgery and other internal medicine subspecialties areas.

*Symposium registration is open now.*

*For more information, visit [www.FOMADistrict2.com](http://www.FOMADistrict2.com)*

## DISTRICT SOCIETY 3

FOMA District Society 3 held a District Society dinner meeting on October 24th, 2024 at Chez Vincent French Restaurant in Winter Park.

A lecture entitled "COPD Guidelines and Management" was presented by Farah Ferreiro, DO

## DISTRICT SOCIETY 4

FOMA District 4 held a meeting on December 5th at Hyde Park Steakhouse in Daytona Beach, FL.

An "Update on Osteoporosis" was presented by Melanie Perry.

A special thank you to Amgen for sponsoring the meeting.

## DISTRICT SOCIETY 5

FOMA District 5 Pinnellas County Osteopathic Medical Society held a well-attended Top Golf event in October. The day was sponsored by Paxton Medical Management with the support of Gene DiBetta, DO, Chief Medical Director.



*Gene DiBetta, DO, Stacy Chase, DO  
and Lee Shettle, DO*

Stacy Chase, DO, FACOFP, FAOGME, President of the PCOMS hosted the event. In attendance were medical students, physicians, families and affiliate members.

The PCOMS Holiday Party and Annual Meeting was held on December 6, 2024, at the Sheraton Sand Key Resort, Clearwater, FL. The event was attended by members, their families, friends and affiliates.



*Dr. Stacy Chase, President PCOMS, Gowsalya, OMS II,  
Jennifer Lima, OMS II, Chairman Dr. Michael Hadley*

Student Scholarships were presented by Michael Hadley, D.O., Chair of the PCOMS Scholarship Committee. The students recognized were: Gowsalya Sothy, OMS II and Jennifer Lima, OMS II.

Julea Bethea, OMS II was unable to be present and will be recognized at the PCOMS 36th Annual Osteopathic Winter Seminar in January 2025. Dr. Chase, as President of the PCOMS, recognized several physicians for outstanding service and contributions to the profession.



*Dr. Gregory James and President  
Dr. Stacy Chase*

Gregory James, DO, MPH, FACOFP, dist., was recognized with the "Presidential Recognition Award" for his years of contributions to the profession in academics, medicine and leadership.

## DISTRICT SOCIETY 5 CONT.

Gene DiBetta, D.O., will be honored at the PCOMS 36th Annual Osteopathic Winter Seminar with the PCOMS "Distinguished Service Award" in recognition of his service as Past President of PCOMS and his ongoing contributions to the organization, the osteopathic profession, medical students, and the community. Jeffery Grove, D.O., F.A.C.O.F.P., dist., will also be recognized with the "Presidential Recognition Award" for his years of service to the community and continued support of osteopathic medicine at the county, state and national levels.

Michael Markou, DO, FOMA President, addressed the attendees with an update from the FOMA followed by administering the Oath of Office to the incoming PCOMS Executive Committee: Kevin Ache, DO, FACOFP, FAAHPM was installed as the 68th President of the PCOMS.



The 2025 officers are Brian Lake, DO President Elect, Tahirih Jensen, DO, Vice President, Robyn Ache, DO, Secretary and Matthew Duke, DO Treasurer.

Following Dr. Ache's installation, he recognized Dr. Chase with the "PCOMS President Plaque and Gavel" for her two-year term as president of the PCOMS and also as "Physician of the Year". He noted "Dr. Chase provided excellent leadership as president and served as a member of the executive committee, providing significantly of her time and talent in service to the PCOMS, the profession, veterans, community and osteopathic medical education.

## DISTRICT SOCIETY 6

FOMA District 6 would like to congratulate Kayvan Amini, DO, FACC, BCOMA President, on being voted Vice Chair of the SHIP HIECC Committee and for being appointed to the GME Committee by the State Surgeon General. Congratulations Dr. Amini!



## DISTRICT SOCIETY 7

FOMA District Society 7 held a meeting on December 5th which was generously hosted by Joseph Sassano, DO with FOMA President Michael Markou, DO also in attendance. The event allowed District 7 member physicians as well as students from LECOM-Bradenton to attend and network with their colleagues.



Students of LECOM Bradenton OMS-I attend the DS-7 Winter event



L-R: Mark Kauffman, DO; LECOM Dean; Michael Markou, DO, FOMA President; Joseph Sassano, DO, FOMA Director-at-Large



L-R: LECOM Bradenton Student District Society Joseph Sassano, DO, Konstantin Nakov, OMS, Pres.; Garrett Rutt, OMS, Sec.; Alex Abouafech, OMS Treas.

## DISTRICT SOCIETY 10

FOMA District 10 held their annual Holiday General Membership meeting at the Centre Club on December 12th.

At the Hillsborough County Osteopathic Medical Society Event - President, Dr. Ron Torrance was presented the Distinguished Service Award by Ken Webster, Ed.D.

The Physician of the Year Award was presented to Dr. Shailesh Rajguru by Dr. Brett Scotch, Past President of HCOMS and FOMA Immediate Past President.

Dr. Robert Norman was chosen to receive the Lifetime Achievement Award which he will receive at an upcoming event. Also, that evening Dr. Allan Escher was sworn in as the HCOMS President for 2025. Congratulations to Dr. Escher and all award winners.



Dr. Ron Torrance was presented the Distinguished Service Award by Ken Webster, Ed.D.



The Physician of the Year Award was presented to Dr. Shailesh Rajguru by Dr. Brett Scotch, Past President of HCOMS and FOMA Immediate Past President.



Dr. Allan Escher was sworn in as the HCOMS President for 2025

# STUDENT NEWS

## LECOM-Bradenton

LECOM students and community members spread holiday cheer through the annual Gifting Tree project, collecting gifts for local senior living residents during a festive ice-skating event. On December 28, Shailesh Rajguru, D.O., FACN, FOMA trustee, accompanied LECOM Bradenton students to a USF basketball game to cheer on the Bulls. Thank you for mentoring and inspiring our future physicians! Additionally, LECOM-Bradenton celebrated its White Coat Ceremonies, where first-year pharmacy students took their professional oath, marking their entry into the field. Congratulations to the LECOM-Bradenton Students of Osteopathic Medicine!



## OCOM

OCOM hosted its first toy drive, supporting the Marine Toys for Tots Foundation by filling three boxes with gifts thanks to the efforts of faculty, staff, and students. Dr. Gue also delivered an insightful presentation on Emergency Medicine pathways during the Emergency Medicine Interest Group meeting. Additionally, OMS-I students practiced venipuncture, using ultrasound to locate veins and honing blood-drawing skills with high-tech manikins. Great work, OMS-I class!

## NSU-KPCOM

The KPCOM Canadian Osteopathic Medical Student Association raised \$1,328 for cancer research through the Terry Fox Run/Walk/Ride on October 2 at Wolf Lake Park. Students also created 100+ cards for cancer patients, making a difference in their lives.

On August 23, the KPCOM Fort Lauderdale/Davie Campus held its White Coat Ceremony at the Rick Case Arena, celebrating the incoming Class of 2028 as they begin their medical journey.



## Burrell COM - Florida Campus

The Burrell College of Osteopathic Medicine joyfully marked the holiday season while commemorating an incredible milestone—150 years of osteopathic medicine! Festive greetings flowed from Florida campuses as they celebrated this remarkable legacy. Happy Holidays from Burrell, where tradition meets innovation!





# WELCOME NEW FOMA MEMBERS

## FINAL MEMBERSHIP REPORT - DECEMBER 2024

### ACTIVE - 10

District 1 Theron Jameson, DO Niceville  
District 3 Robert Creamer, DO Maitland  
District 6 Jennifer Capezzuti, DO Ft. Lauderdale  
Angela Combs, DO Hollywood  
District 7 James Bovienzo, DO Sarasota  
District 8 Taylor Hathaway, DO Cooper City  
Tomas Villanueva, DO Miami  
District 9 Richard Champigny, DO Stuart  
Lee Epstein, DO Greenacres  
Melanie Ice, DO Palm City

### 1ST YEAR PRACTICE - 1

District 9 Akhil Gupta, DO North Palm Beach

### 2ND YEAR PRACTICE - 1

District 10 Farah Ferreiro, DO Lithia

### INACTIVE/RETIRED - 3

District 3 Eric Rideman, DO Sanford  
District 4 Hana Chaim, DO Ormond Beach  
District 10 Bruce Schnapf, DO Tampa

### OUT OF STATE - 1

John Shih, DO Suwannee, GA

### RESIDENT - 1

District 3 Nikhil Patel, DO Orlando

### IN MEMORIAM

Dean Koukos, DO (PCOM-1974)  
Bluffton, SC

*For further information regarding your membership, contact:*

**Andrew Floyd, CMP-HC, Director of Membership & Meetings**  
2544 Blairstone Pines Drive, Tallahassee, FL 32301  
850.878.7364 Email: [Andrew@foma.org](mailto:Andrew@foma.org)





**February 21-23, 2025**  
Earn up to 27 (AOA) 1-A Credits

# 2025 FOMA LIVE CONVENTION

## Location: Hyatt Regency Grand Cypress Resort

### The 27 Live Credits Include:

- Florida mandatory credits for FL relicensure & 6 On-Demand credits
- **REGISTRATION includes 3 Continental Breakfasts, Lunch and Reception**

**\* REGISTRATION IS LIMITED! Register Early to Reserve Your Spot**

**Dates: Friday 2/21, 8am-5:30pm; Saturday 2/22, 8am-5:30pm; Sunday 2/23, 7:30am-12:30pm**



### REGISTRATION FORM

Name (please print) \_\_\_\_\_

FOMA Member Y / N      AOA# \_\_\_\_\_      FL License # \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Specialty \_\_\_\_\_ Certification \_\_\_\_\_

Osteopathic College \_\_\_\_\_ Graduate Year \_\_\_\_\_

### Please Choose Category Below

Registration Type	Member Rate	Member Rate	Non-Member Rate
	Early Bird Before 1/21/25	After 1/21/25	
<input type="checkbox"/> Practicing DO	\$650	\$675	\$875
<input type="checkbox"/> FOMA Life, Military, or Retired DO	\$450	\$475	\$550
<input type="checkbox"/> Osteopathic Resident/Fellow	\$150	\$175	\$225
<input type="checkbox"/> Sunday Only - 5 Mandatory Hours	\$325	\$350	\$575
Registration Total:	\$ _____	\$ _____	\$ _____

\*Payment (Circle) Check / VISA / Mastercard / American Express/ Discover      Signature \_\_\_\_\_

Card Number \_\_\_\_\_ Exp Date \_\_\_\_\_ VCode \_\_\_\_\_

Credit Card Billing Address, Same as Mailing Address  or Billing Address: \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone \_\_\_\_\_

\*FOMA must be notified of any cancellation in writing 14 days prior to the meeting in order to receive a refund. Cancellations received after this date will be charged a \$50 administrative fee.

Please make checks payable to the  
FOMA and mail to:  
FOMA  
2544 Blairstone Pines Drive, Tall., FL 32301  
of fax form to the FOMA: 850-942-7538

Questions?  
FOMA  
1-800-226-3662  
www.foma.org

**For Hotel  
Reservation, please  
contact the FOMA  
for availability.**



March 28-30, 2025  
Earn up to 30 (AOA) 1-A Credits

# 2025 FOMA VIRTUAL CONVENTION

## The 30 Credits Include:

- 5 Florida mandatory hours: 2 hours of each of Prevention of Medical Errors and Prescribing Controlled Substances, and 1 hour of Florida Laws, Rules, and Professional Medical Ethics.
- 2 hours of Domestic Violence and 1 Hour of HIV/ AID's
- Attendees will have 30 days to complete the courses online
  - The seminar will be available for viewing at your convenience, that best suits your schedule.

**Dates: Friday 3/28, 8am-4:30pm; Saturday 3/29, 8am-4:30pm; Sunday 3/30, 8am-1pm;**

**On Demand: 6 Hours**



## REGISTRATION FORM

Name (please print) \_\_\_\_\_

FOMA Member Y / N      AOA# \_\_\_\_\_      FL License # \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Specialty \_\_\_\_\_ Certification \_\_\_\_\_

Osteopathic College \_\_\_\_\_ Graduate Year \_\_\_\_\_

## Please Choose Category Below

Registration Type	Member Rate Early Bird Before 3/3/25	Member Rate After 3/3/25	Non-Member Rate
<input type="checkbox"/> Practicing DO	\$575	\$600	\$825
<input type="checkbox"/> FOMA Life, Military, or Retired DO	\$350	\$375	\$475
<input type="checkbox"/> Osteopathic Resident/Fellow	\$125	\$150	\$200
<input type="checkbox"/> Osteopathic Student	No Fee	No Fee	No Fee
<input type="checkbox"/> Sunday Only - 5 Mandatory Hours	\$325	\$350	\$575
Registration Total:	\$ _____	\$ _____	\$ _____

\*Payment (Circle) Check / VISA / Mastercard / American Express/ Discover      Signature \_\_\_\_\_

Card Number \_\_\_\_\_ Exp Date \_\_\_\_\_ VCode \_\_\_\_\_

Credit Card Billing Address, Same as Mailing Address  or Billing Address: \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone \_\_\_\_\_

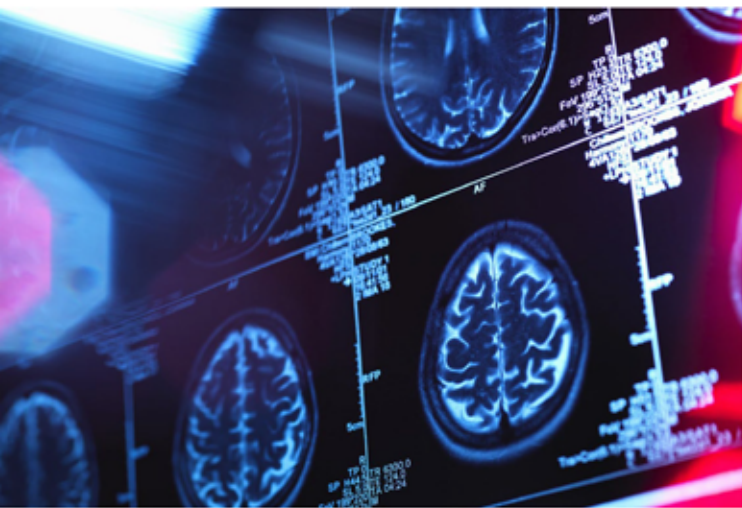
\*FOMA must be notified of any cancellation in writing 14 days prior to the meeting in order to receive a refund.  
Cancellations received after this date will be charged a \$50 administrative fee.

Please make checks payable to the  
FOMA and mail to :  
FOMA  
2544 Blairstone Pines Drive, Tallahassee, FL 32301  
of fax form to the FOMA: 850-942-7538

Questions?  
Florida Osteopathic Medical Association  
1-800-226-3662  
www.foma.org



# Florida HEALTH | Project READY



## Healthy Aging, Healthy Brain

### IMPORTANCE OF EARLY DIAGNOSIS AND COGNITIVE ASSESSMENT

Over the past year, the Florida Department of Health (DOH) has been working closely with several partners, including the Florida Osteopathic Medical Association (FOMA), to develop and distribute resources related to Alzheimer’s Disease and other related Dementias (ADR).

As ADRDs are some of the most difficult conditions to diagnose and treat, osteopathic physicians play an important role in ADRD management.

Osteopathic physicians are well-suited to practice early detection and provide a timely diagnosis because of their experience in looking beyond symptoms to explore how lifestyle and environmental factors impact a patient’s current and future quality of life. Moreover, a whole-person approach to treatment is ideal because these diseases take a toll on a patient’s mind, body, and support system.

Early diagnosis and identification of modifiable risk factors is crucial to improving health care outcomes for patients and their families. However, because cognitive decline can be difficult to diagnose in a primary care setting, it is important to use validated cognitive assessment tools to screen patients 65 and older during yearly Medicare visits.

In collaboration with the Alzheimer’s Association, DOH has made a variety of resources available through the Project READY webpage and the featured QR Code, including cognitive assessment tools, CPT code information, and professional development opportunities.



Project READY and the Healthy Aging, Healthy Brain Initiative is brought to you by the Biomedical Research Program under the Public Health Research Section within the Division of Community Health Promotion.

# FOMA would like to thank everyone who has donated to the **FOMA FAMILY TREE**

## **FAMILY TREE LEAVES:**

Andrew Jackson, LLC (3)  
James Andriole, DO  
Dr. & Mrs. George Arcos  
John Bailey, DO  
Barker, Hebblewhite & Lynch  
Greg Barker  
The Bellingar Family  
Dr. Nicole Bixler & Family (2)  
Wayne Bizer, DO  
Dr. Lee Ann Brown & Family  
Patricio Bruno, DO  
Joanne L. Bujnoski, DO  
Dr. & Mrs. Ronald Burns & Family  
Winn, Larson, Hightower  
CE Broker  
Dr.'s Charles & Elena Chase  
Community Realty of Killearn  
Dr.'s Hilda & Joe De Gaetano  
Linda Delo, DO  
Duggar Bush PA  
Dr. & Mrs. Perry Dworkin  
The Dybas Family  
Dr. & Mrs. Allan Escher  
Robert Fedor, DO  
Dr. Michelle Fiorillo & Family  
Dr. & Mrs. Walter Flesner  
Florida Pharmacy Solutions  
Florida Society of the ACOFP  
FOMA District 2 (2)  
FOMA District 5  
FOMA District 9  
Mark Foppe, DO  
Dr. & Mrs. Robert George  
Dr. & Mrs. Joseph Giaimo & Family  
Dr. & Mrs. Eric Goldsmith & Family  
The Robert Greer, DO Families  
Dr. Jeffrey Grove & Family  
Dr. Andrew Guidry & Family  
The Guzik Families  
Anna Hayden, DO  
William Hightower  
Donald Howard, DO (2)  
James T. Howell, MD  
Ron Hudanich, DO  
Dr. & Mrs. Gregory James (2)  
Dr.'s Kenneth & Michelle Johnson & Family  
Dr. & Mrs. Marc Kaprow & Family  
Alice M. King, DO  
William Kirsh, DO

Dr. & Mrs. Ronald Knaus  
Larkin Community Hospital  
Michelle Winn Larson & Family  
Dr. Susan Ledbetter & Family  
Dr. & Mrs. Joshua Lenchus & Family  
Dr. Charlene LePane & Suzy  
Eli Lilly & Company  
Dr. & Mrs. Jorge Luna & Family  
Chris Lyon, Esquire  
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Dr. & Mrs. Howard Neer & Family  
NSU-KPCOM  
Novartis  
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Dr. & Mrs. Jeremy Olloqui & Family  
Dr. & Mrs. Anthony Ottaviani  
Pappachristou / Perrigan Family  
Dr. & Mrs. Todd Patterson & Family  
Dr. & Mrs. John Pellosie, Sr. & Family  
Pharmaceutical Manufacturers of America  
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Joel Rose, DO  
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James Swartz, DO  
Dr. & Mrs. Richard Thacker & Family  
Dr. & Mrs. Brett Thomas  
David Thomas, MD  
James Voirin, DO  
Dr. Greg Williams & Family  
Jason Winn, Esq. & Family  
Stephen & Judy Winn (2)

## **IN MEMORY & HONORING LEAVES**

Andrew Jackson, LLC – In Memory of Morton Terry, DO  
Andrew Jackson, LLC – Honoring the Memory of Robert S. Hand, DO, FOMA President 1987-88  
Nicole Bixler, DO – In Memory of Rob Heath, Father of Nicole Bixler, DO, FOMA President 2016-17  
Robin Dybas – In Honor of & with much Love to Our Parents, Grandparents & Best Friends: Minnette & Alan Kaye  
FOMA District 2 – In Honor & Memory of Lionel Gatien, DO, Physician, Leader, Mentor  
FOMA District 10 – Honoring Kenneth E. Webster, EdD: Over 30 years of Leadership & Dedication to the osteopathic profession & Hillsborough County Osteopathic Medical Society  
FOMA Physicians & Friends – In Memory of Kelsey Brooke Tatum, DO, Honorary LECOM Bradenton, 2021  
FOMA Physicians & Friends – In Memory of David Levine, DO (6/16/44 – 7/21/2007) FOMA President 1997-98  
FOMA Physicians & Friends – In Honor & Memory of Howard L. Neer, DO, FOMA President 1976 – 77 & AOA President 1988 – 89: A Pioneer, Educator, Mentor and Friend  
FOMA Physicians & Friends – In Honor & Memory of Marcelino Oliva, DO, Legislative Chairman, FOMA President 1974 – 75 & AOA President 1988 - 89  
FOMA Family – In Honor of Marcelino Oliva, DO, FOMA President 1974 – 75, Lora Lee Oliva & Family  
Don Jablonski, DO – To My FOMA Family, in Honor of Catherine Jablonski and Don Jablonski, DO, FOMA President 1995-96  
Dr. & Mrs. Gregory James – In Honor of David Kudelko, DO, graduate of KCOM  
Dr.'s Kenneth & Michelle Johnson & Family: Thank you FOMA for all that you DO - Simply the Very Best!  
James McCormick, DO – In Loving Memory of Patricia McCormick  
In Loving Memory of Morton Morris, DO, JD, FOMA President 1978 – 79, and Marie G. Morris  
Fred Porcase, DO – In Honor of our Brother, Friend, Father & Husband: John Anthony Fetchero, DO (6/4/51 – 1/19/2015)  
Melvyn Rech, DO – In Memory of Hamilton & Eric Rech & Morton Morris, DO, JD, FACOS, FAOAO  
Dr. & Mrs. William Silverman: In Honor of our Children - 2022  
Dr. Mrs. Joel Stein – In Honor and Loving Memory of Dr. Leon & Shirley Stein  
Dr. & Mrs. Brett Thomas: Keep Osteopathic Medicine Pure  
James Towry, DO & Family – In Honor of Paul E. Wilson, DO, FOMA President 1954– 55 & AOA President 1974 – 75  
Doug, Nancy and Zach Treadway – In Loving Memory of Tanner Douglas Treadway (1994 – 2014)  
West Palm Hospital Medical Staff – In Memory of Martin J. Frisovsky, DO, for his Service, Leadership, Wisdom and Friendship  
Stephen & Judy Winn and Family – In Loving Honor of Senator Sherman & Roslyn Winn  
Winn Families & William Hightower – In Loving Memory of Christopher Marc Burns (5/16/90 – 3/19/2016)



**FLORIDA OSTEOPATHIC  
MEDICAL ASSOCIATION**

2544 Blairstone Pines Drive  
Tallahassee, FL 32301

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# EVENTS CALENDAR

Florida Osteopathic Medicine and  
Health Awareness Day

Tallahassee, FL  
February 4 & 5, 2025



**2025 FOMA LIVE Convention**

February 21-23, 2025

Orlando, Florida

Registration on page 18

**2025 FOMA VIRTUAL Convention**

March 28-30, 2025

Registration on page 19