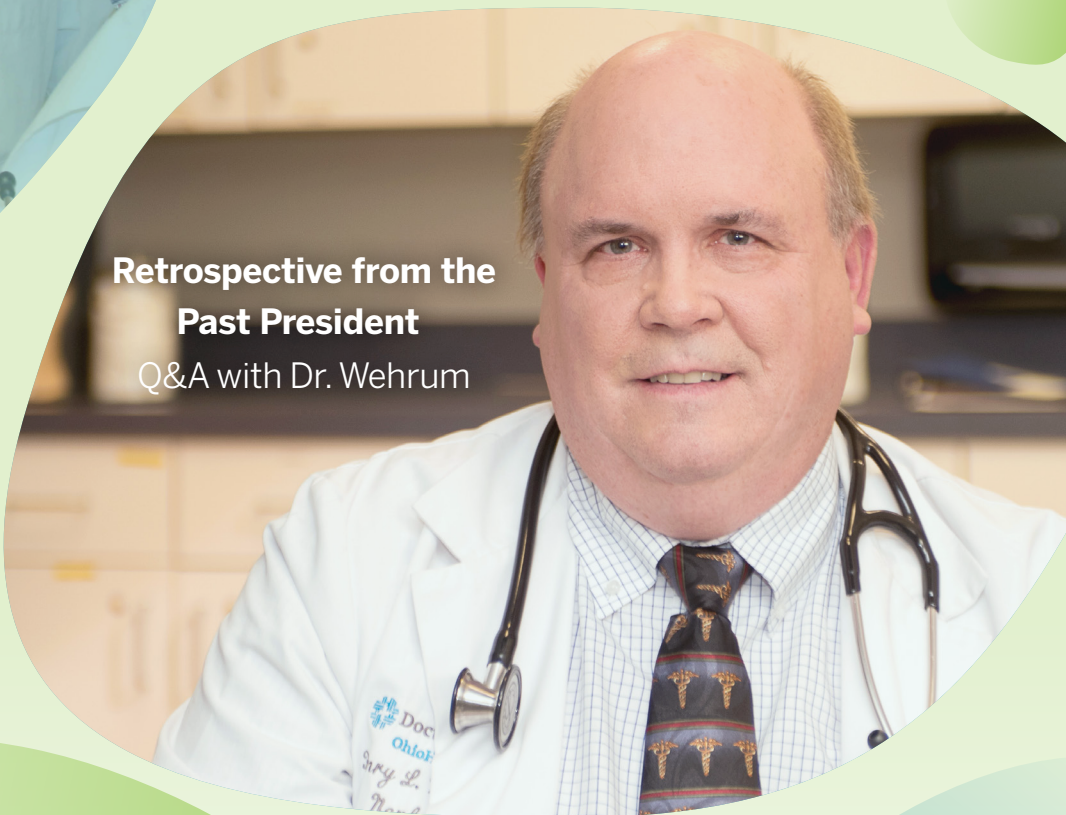


Buckeye Osteopathic Physician



**Retrospective from the
Past President
Q&A with Dr. Wehrum**



Help us build a strong osteopathic future through your generous donation!

Our foundation, the Ohio Osteopathic Foundation, serves the osteopathic profession in many ways. The OOF serves as an AOA-accredited body for osteopathic continuing medical education and certifies osteopathic CME in Ohio. The OOF also provides scholarships and support for student leaders who are working to create a stronger profession. Further, the OOF supports Ohio physicians seeking a health policy fellowship. In the months and years ahead, the OOF plans on expanding its educational offerings that complement our annual Ohio Osteopathic Symposium. Please know we cannot do this work without your support!



Something that may surprise you is the multitude of options to provide financial support!

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- Stocks
- Through your will or trust

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If you are considering donating or need help determining which opportunity is the best fit, contact OOA Executive Director/OOF President Matt Harney, MBA, today to talk more about it. You can also contribute online on the "Foundation" page under the "Affiliate" portion of our website—www.OhioDO.org. No gift is too small. Please know donations are tax deductible as the OOF is a 501(c)3 charitable organization.



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OSTEOPATHIC
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Contact: Matt Harney, MBA, CAE
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FEATURES

2 EXECUTIVE INSIGHT

3 RETROSPECTIVE FROM THE PAST PRESIDENT

6 WHAT NEEDS TO BE DONE TO IMPROVE PHYSICIANS' MENTAL HEALTH

7 OSTEOPATHIC PROFESSION CONTINUES TO GROW

8 RECORD NUMBER OF DO STUDENTS AND GRADUATES SECURE RESIDENCY PLACEMENTS

9 THREE CAMPUSES, ONE COLLEGE

DEPARTMENTS

13 OHIO DOs IN THE NEWS

15 OOA NEWS

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Executive INSIGHT

Leaning in for a reimagined OOA

By Matt Harney, MBA, CAE

As we emerge in a new (and improving!) era of the COVID-19 pandemic, we will lean into this disruption and change to develop a blueprint for the ideal OOA through strategic planning. This planning will encompass much of the next membership year.

As Mr. Shaw's quote conveys, change spurs progress. Not all progress is easily achieved. We'll be considering big picture professional ideas as well as organizational ones.

At the macro level, how do we adapt to emerging member needs created by changing demographics and practice settings? How do we engage technological advances in health care that improve health outcomes? How do we best highlight the essential role of osteopathic philosophy in patient care? What membership service and support model best suits the modern DO? The answers might surprise us.

Of particular focus at the organizational level, we'll analyze the role of district academies and local engagement, postgraduate engagement and new physicians in practice, opportunities to enhance member value, as well as osteopathic CME. All could benefit from some degree of reinvention or enhancement.

The district academies model was built in the 1940s around osteopathic hospitals. As osteopathic hospitals are a thing of the past, we'll undergo an honest assessment of the current membership model that explores operational integrity, service, and value.

Regarding postgraduates, we are in uncharted territory for the osteopathic profession. AOA-accredited training programs (outside a handful of very small programs with terminal accreditation) are a thing of the past. Some of those former AOA programs transitioned to ACMGE, some transitioned to ACGME with Osteopathic Recognition, and



some closed altogether. It is our charge to understand how to best engage those trainees and programs to ensure a sustainable organization. In looking at the next phase along the continuum, we realize new physicians have dramatically different preferences than their predecessors. Anecdotally, we understand the youngest practicing physicians are drawn to practice settings and schedules that might not have appealed to previous generations. We'll renew our focus on members who are early in their career.

We'll also be examining our role as outlined from the OOA's most recent strategic planning efforts in 2016—a summit that included the other two members of Ohio's "osteopathic three-legged stool" (the Ohio Heritage Foundations and Ohio University Heritage College of Osteopathic Medicine). Those OOA core functions included: providing the unifying platform for osteopathic medicine in Ohio, offering CME aligned with the shared vision, advocating on behalf of the profession, serving as a

resource for DOs, promoting osteopathic identity, representing Ohio in the AOA, and linking policy, practice, and education. We will assess our fulfillment of those functions while identifying and/or reauthorizing core functions moving forward.

As we move forward into our next membership year, I ask that you actively engage to the extent you are able through surveys, committees, or focus groups. Your feedback and insight will help shape the future of one of the finest osteopathic associations in the country. The OOA is excited and motivated for this next chapter—and we hope you are too! ■

“Progress is impossible without change, and those who cannot change their minds cannot change anything.”

- George Bernard Shaw



RETROSPECTIVE FROM THE PAST PRESIDENT

Q & A with Dr. Wehrum

Henry L. Wehrum, DO, of Columbus, completed his term as OOA president at the Ohio Osteopathic Symposium, held April 28-May 1, 2022, in Columbus. His swearing-in last year was conducted virtually due to the coronavirus pandemic.

Dr. Wehrum specializes in nephrology at Dennison Renal Care in Columbus. He is a graduate of Ohio University Heritage College of Osteopathic Medicine and served his internship at Brentwood Hospital; his residency at Cuyahoga Falls General; and a fellowship at Cleveland Clinic.

He is an award-winning preceptor and earned OU-HCOM's highest recognition for teachers, the master clinical faculty award. He also teaches residents and interns as an assistant program director for Internal Medicine at Doctors Hospital. →





During your installation address, you talked about your family—and in particular the influence of your father. Tell us about your life growing up and how you came to osteopathic medicine.

Five things we probably don't know about you

My first job was a cashier at a local independent pharmacy in my hometown of Bedford, Ohio.

I took lessons and learned to play the piano and then switched to percussion and was a drummer throughout my school years and into the first year or two of medical school.

I was a disc jockey at my college radio station.

I enjoy pop music trivia and sometimes may work a question in during clinical rounds.

My three favorite sports teams are the Cleveland Browns, Cleveland Guardians, and Cleveland Cavaliers.

You've probably heard the expression "cradle Catholics." That means you were born into a Catholic family. Well, you could say I'm a cradle DO because my father, Paul A. Wehrum, Sr., was a DO. He trained in Columbus at Doctors Hospital North. I have two brothers who are also DOs.

Our father had related to us that his mother died when he was 17. It was at that time that he decided to someday pursue a career in medicine. He did so, and practiced as an osteopathic family physician for 51 years. Our family members were all very impressed with the degree of dedication to his patients and his sincere interest in assisting each patient reach a state of optimal health.

Growing up, it was not uncommon for me to accompany my father to the hospital, usually on the weekends when he made rounds. I remember when I was about 10 years old, my father did OMM on me for headaches. I didn't get them often but when he would give me a treatment I would stand up and walk out and say 'that's great, my headache is completely 100% gone.' I didn't know what it was at the time, but I responded well to osteopathic manipulative therapy.

He and his colleagues used OMM as a frequent modality of therapy for their patients. He had a very large office space with tables.

My father practiced in the Cleveland area working out of Brentwood, now South Pointe Hospital, for 30 or more years. After I graduated from medical school, I was an intern there and had the opportunity to rotate with my father and his medical partners because they covered in-patients in the hospital. Nowadays we don't see too many family physicians in the hospital setting. But at that time, the family practice rotation was the busiest for a house officer because they got the lion's share of all the admissions. That was fun working with my Dad.

Both of my brothers and my Dad are graduates of the Chicago College of Osteopathic Medicine; I am the lone HCOM graduate in the family.

These have been challenging times. COVID caused disruption all over the world and the OOA is no exception. But you were able to hold some virtual and in-person events. What are some of the projects that you worked on during your term?

It's been an honor and blessing to serve as OOA president. We spent a lot of time this year planning for the annual Symposium. There were a lot of factors to consider—should we have it in-person, what will the COVID situation be by then, what about safety protocols.

Physician wellness was also an area of focus. We had a virtual CME program on the topic with excellent speakers and outstanding evaluations. I guess you could say I delivered on one of my campaign promises.

I was able to participate in several events with osteopathic medical students. The opening of Heritage Hall at the HCOM Athens campus was very special. The OOA sponsored naming rights for the Student Government Association office. Executive Director Matt Harney and I were there for the ribbon cutting and to memorialize OOA's commitment to our students. It was also an honor to represent the OOA at the college's White Coat Ceremony.

Maximizing member value was also a priority and offering programming that is relevant to all DOs as well as osteopathic medical students in Ohio.

How did you first get involved in the OOA?

Two colleagues of mine, Charles Vonder Embse, DO, and William Emlich, Jr. DO, encouraged me to get involved, initially at the local level with the Columbus Osteopathic Association and then with the OOA as a Trustee. I remain very grateful for their advice and mentorship

Can you explain why you took on a leadership role as well as your leadership style.

Very simply, I wanted to give back to the osteopathic profession in central Ohio and my home state of Ohio.

I am comfortable in delegating duties to my esteemed colleagues and team members. Along with our Executive Director and the OOA Executive Committee I enjoy the collaborative work that we do. The sum of all the individuals working together is truly greater than what would exist should each individual work in a 'vacuum.'

Throughout your term you've focused on physician wellness. What do you do to relieve stress and to re-charge?

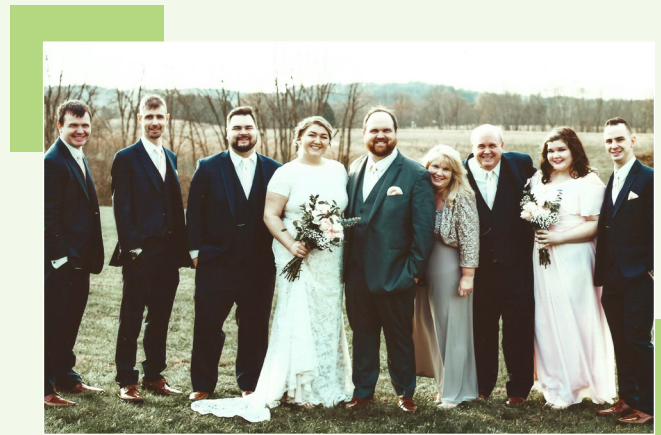
My wife Anne Marie and I like to travel quite a bit. Prior to the pandemic we would visit New York City at least a couple of times a year. One trip we had four days there and spent the entire four days exploring Central Park. That was the only thing on our agenda. Other trips we went to Broadway shows and visited museums and favorite restaurants.

There's also a place we go in northern Saskatchewan. It's called Hatchet Lake Lodge. It's a very remote location. As you fly in you see this beautiful landscape with rivers and lakes and forest. Sometimes you can see the Northern Lights from there. The fishing is so good there that you don't need to be a particularly skilled at it (and that's me). You pretty much cast your lure, and you're going to catch something.

We also very much enjoy traveling with our children and extended family. One of our favorite places to vacation is Ocean Isle Beach, NC.

Let's talk a bit about your immediate family. How did you and your wife manage a large family while pursuing a demanding career in medicine.

My wife Anne Marie is the miracle worker. I credit her for raising our kids. Imagine trying to get six kids ready for Halloween at the same time, by yourself. I would usually get home late on that night because of the traffic with all the other parents trying to get home in time.



**Thank you for your service
Dr. Wehrum!**

When I first started my practice I didn't have much regular, weekend or vacation coverage so I worked a lot. At one point I was on eight hospital committees—which also took time away from my family. There were many nights I was not at home. We knew it was not a good work-life balance. So gradually over a year I finished my terms on each committee and remained only on Medical Ethics for a time, which was my favorite. ■

What needs to be done to improve physicians' mental health and reduce burnout

Insight from the founder of the Physician Support Line

By Rose Raymond

Already concerned about physician well-being before the pandemic started, psychiatrist Mona Masood, DO, of Philadelphia, quickly saw the mental health toll the crisis would have on doctors, so she founded the Physician Support Line, a free, confidential peer-to-peer hotline for all physicians, in March 2020. To date, more than 800 volunteer psychiatrists help their peers via the support line.

The COVID-19 pandemic brought burnout and mental health concerns to the forefront of public discourse, Masood noted when she spoke to physicians at an AOA conference last year. "During COVID, we were finally having this window amongst physicians to address our mental health," she said. "Before that, we would normalize it, we would accept it, we would intellectualize it, that compassion was meant for the people we're taking care of and not for ourselves. COVID ... blew that right open. We had to, as desperately as we were taking care of others, we had to take care of ourselves. Because if there was no us, there would be no way to navigate this pandemic for others."

Normalizing talking about mental health

An important first step in addressing physician mental health was normalizing discussions about physicians' mental health challenges and normalizing seeking professional help for mental health issues, Masood said, noting that she and her colleagues began speaking to hospital staffs, residency programs and medical schools about reframing what mental health is and the importance of focusing on mental health.

At the same time, there is also much work to be done to support clinician well-being at the systemic level, according to Masood. She said the health care system needs to better support clinicians' mental health, and some



state licensing boards need to reframe the questions on their applications to make sure they don't penalize physicians for seeking mental health treatment. Masood and her colleagues have begun working on projects to address these issues.

"Our burnout is not because we are not cut out to do this work," she said. "Our burnout is because we are not allowing ourselves permission to be human. And the system has capitalized on that, to not allow ourselves to be human, but to be cogs within a larger system that centers the bottom line over the sustainable wellness of the physicians that are integral in the care that it gives."

A call to action

The goal is to reclaim the narrative of physician mental health, noted Masood, who urges the entire medical profession to join her in championing and supporting clinician well-being.

"I hope that in whatever ways you can, when you talk to colleagues, especially residents and

If you are struggling with depression or considering harming yourself, please get help.

Physician Support Line
PhysicianSupportline.com
(888) 409-0141

National Suicide Prevention Lifeline
SuicidePreventionLifeline.org/chat
(800) 273-8255

OOA Wellness Seminar
TheCMECenter.org

Ohio Physician Wellness Coalition
OhioPhysicianWellness.org

Ohio Physician Health Program
ophp.org

Crisis Text Line
CrisisTextLine.org
Text HOME to 741741

medical students, that you remind them that they are important," she said. "That they are not just a part of your team or a part of your service, that you center them in their humanity and you ask them and you talk to them about who they are as people, not just the specialties they want to go to, you ask and you care about whether they're sleeping, whether they're eating, whether they have families, what are their goals in life, what are their interests in life, that you remind them that their importance is not just patient care." ■

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Osteopathic Profession Continues to Grow

Last year, the number of osteopathic physicians in the US climbed to nearly 135,000—an 80% increase over the past decade. The 2020-2021 *Osteopathic Medical Profession (OMP) Report*, produced by the American Osteopathic Association (AOA), tracked expansion and growth within the osteopathic medical profession and examined demographics and trends related to DOs and osteopathic medical students. The next OMP is due out in July 2022.

In 2021, the profession added nearly 7,500 osteopathic physicians (DOs) to the health care work force and osteopathic profession. Accounting for approximately 11% of all physicians in the United States. DOs hold some of the most prominent positions in medicine today, including overseeing care for the President of the United States, the NASA medical team, Olympic athletes, and

many who serve in the uniformed services. In Ohio, DOs serve on the State Medical Board of Ohio and numerous state boards and committees.

As one of the fastest-growing medical professions in the US, osteopathic medicine continues to attract thousands of prospective physicians each year who choose to begin the journey toward becoming a DO. In fact, 26% of medical students in the US attend an osteopathic medical school. Two decades of significant growth in the number of students who choose osteopathic medicine has led to an increase in the number of physicians under age 45. Two thirds of actively practicing DOs fall into this category, totaling more than 78,000 physicians.

The number of female DOs, particularly those under age 45, also continues to grow

dramatically. Women have played a key role in the osteopathic profession since the first osteopathic medical school was founded in 1892. Overall, females make up 43% of DOs in active practice today and nearly three-quarters of these are under age 45. Keeping pace with national trends, female students constituted a majority in the ranks of first-year osteopathic medical school matriculants, according to data from the American Association of Colleges of Osteopathic Medicine.

Nationwide, the 117,000 DOs in active practice treat patients in a wide variety of specialties and practice settings, with more than half in primary care specialties including family medicine, internal medicine, and pediatrics. Over the past decade, the number of DOs choosing non-primary care specialties has steadily increased. ■



Record number of DO students and graduates secure residency placements

Top 15 Specialty Areas

For graduating fourth-year osteopathic medical students, the top specialties by number of PGY1 matches are:

1. Internal Medicine
2. Family Medicine
3. Emergency Medicine
4. Pediatrics
5. Psychiatry
6. Transitional Year
7. Anesthesiology
8. OBGYN
9. Surgery
10. Internal Medicine-Preliminary Year
11. Neurology
12. Orthopedic Surgery
13. Pathology
14. Surgery
15. Physical Medicine & Rehabilitation

An all-time high total of 7,049 osteopathic medical students and past DO graduates matched into postgraduate year 1 (PGY1) residency positions through the 2022 National Resident Matching Program (NRMP) Match. Overall, the number of matching students and DOs reflects a nearly 7% increase over 2021 Match Day placements.

Setting another record, 91.3% of the 7,303 participating DO students matched into residency programs in 41 specialties, the most specialties ever recorded for DO Match Day placements and an increase from the 38 reported in 2021. Compared with last year, the number of osteopathic fourth-year students who matched into PGY1 positions increased by 5.4%.

“The success of our DO students and graduates in this year’s Match is an exciting indicator of the continued growth of osteopathic medicine and the remarkable quality of the osteopathic physicians entering the health care community,” said AOA President Joseph A. Giaimo, DO. “I could not be prouder of where our profession is heading and know the future looks bright in the hands of these promising residents.”

A total of 3,757 (56.4%) matching students landed positions in primary care programs, including family medicine, internal medicine, and pediatrics—all three with significant increases from last year. The remaining 2,909 (43.6%) DO fourth-

year students who matched secured non-primary care placements across a wide range of specialties. Notable increases for placements in key specialties, such as diagnostic radiology, neurology, neurosurgery, obstetrics-gynecology, orthopedic surgery, pathology and psychiatry, indicate growing opportunities for DO residents.

“It’s really an exciting time for osteopathic medical students as they continue to succeed in the NRMP Match,” said Ohio Osteopathic Association President Henry L. Wehrum, DO. “As the professional home for osteopathic physicians and students in Ohio, we are thrilled to connect with new residents coming here for the next step in their training.”

Wehrum noted the OOA encourages medical students to consider Ohio residency programs with the osteopathic recognition (OR) designation. A feature on the OOA website, OhioDO.org, list OR programs, specialties, contact information, and other details.

Additionally, this match season, a record number of 302 graduating osteopathic fourth-year students and 76 graduates placed via the military match, which places applicants into programs run or sponsored by the military. A small number of graduating osteopathic medical students and recent graduates were placed into programs via smaller specialty matches such as the Urology Match and the San Francisco Match. ■

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Vice President Belainesh Nigeda

Secretary Madison Schloemer

Treasurer Jeffery Asubeng-Poku

Director of Community Outreach Ripal Patel

Director of Wellness Kiran Phuloria

Graduate Student Senate Representative Alexander Fischbach

Student Senate Representative Jesse Kanavel

SNMA Delegate Kortland Casselberry

Student Osteopathic Medical Association

President Milo Co

Vice President Cavan Scheetz

National Liaison Margaret Piron

AMA Delegate Lindsey Callier

Pre-SOMA Director Alex Steed

Community Outreach Director Joseph Patrick

Secretary/Treasurer Harrison Koyilla

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Treasurer & OPTF Chair Jessica Pickard

First Year Liaison Annalise Celano



Student Update

The OOA works with many Ohio University Heritage College of Osteopathic Medicine (OU-HCOM) students, particularly the presidents of the Student Government Association (SGA) and Student Osteopathic Medical Association (SOMA).

SGA presidents from each campus—Athens, Dublin, and Cleveland—are invited to OOA Board meetings and are allotted time on the agenda to report on campus activities. SOMA is an AOA affiliate and the nation's largest network of osteopathic medical students.

We thank these student leaders for the time they devote to their classmates as well as to the osteopathic profession. →



ATHENS



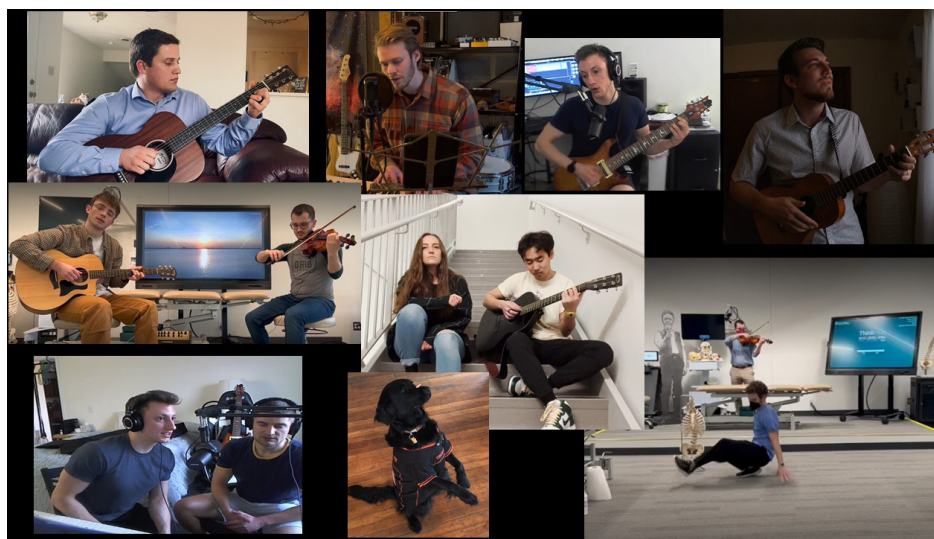
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SOMA President

The SOMA Athens has continued to show resilience and excellence throughout this pandemic. With the supportive and encouraging feedback SOMA has received, we decided to continue several virtual events we hosted during the past year. In addition, this year SOMA Athens focused on the local community, our goal is to contribute to our local community and possibly have a bigger impact beyond our community. This is also an opportunity to improve unfortunate circumstances caused by the COVID-19 pandemic.

With the severe blood shortage across the country especially in the state of Ohio, SOMA Athens, in collaboration with the SGA, radiology and ophthalmology clubs hosted a Red Cross blood drive on campus. We encouraged all students, faculty as well as local community members to improve the blood shortage in the country by donating blood. It is truly amazing to see all the members within the community working together for a common goal.

The Annual Talent Follies is an event organized by SOMA every spring semester for our medical students to show off their various



talents to the entire school. Students can enter with any talent or performance that they want. The event also serves as a fundraising event for charity. The audience votes on their favorite acts via financial donations, and the winners at the end get various prizes. Traditionally, all the proceeds from the Talent Show benefit GoodWorks Inc., a nonprofit organization in Athens that assists individuals and families experiencing poverty and homelessness in Appalachia. The Talent Follies allows for students to experience the non-medical passions of their classmates, show off their talents themselves, and serve the community around them.

SOMA Athens joined forces with Pre-SOMA and AMSA (American Medical Student Association) for this year's food drive, we donated non-perishable foods, daily necessities, and personal hygiene items.

We continued our "Coffee and Bagels" event from last year, as it was seen as very helpful to the Pre-SOMA members who are Ohio University undergraduate students. We had the opportunity to do this in person instead of virtually. The event included tours of the new medical education building by SOMA leaders as well as small group discussion to provide assistance and insight to those considering medical school. ■



HARRISON KOYILLA

SGA President

First and foremost, I want to thank the OOA for giving me the opportunity to provide campus updates at Board meetings. It is an honor to serve as a student representative.

The top of the list for Athens campus is the opening of the new Heritage Hall. The students really do love the building and are grateful for this state-of-the-art facility. There are many who study there every day.

The three campuses joined together for a professional development series. Blythe Jonas, HCOM residency specialist, spoke to students about what they can do now to prepare for residency. Her frank

discussion was appreciated, especially with regards to how residency application will be viewed now that we are in a pass/fail system for complex L1 and step 1. A financial aid and money management session was also held. Possible future topics include life during rotations and physicians as leaders.

In addition, student leaders on the three campuses plan to coordinate a volunteer activity as part of HCOM's TOUCH program. Translating Osteopathic Understanding to Community Health is a national volunteer initiative organized through the Council of Osteopathic Student Government Presidents. The COSGP mission is to encourage medical students to continue one of the basic tenets of the osteopathic philosophy: a commitment to improving the health of our communities through service.

A skills clinic to practice suturing, primarily organized by the Family Medicine club, and a presentation about naloxone administration stand out among Athens campus events. SOMA and SGA also hosted a blood drive on campus at the start of 2022. Workers informed us that it was one of the most successful drives they hosted, so that was a point of pride. ■

CLEVELAND



JULIA GASPARE-PRUCHNICKI

SGA President

Wow, I cannot believe we are nearing the end of another year of school. Starting medical school as the first class for a mostly virtual experience right from the jump was not something I ever thought I would do. Now that we are rounding the corner back to some more normality, looking back on how we all made it through that first year is humbling and empowering. It was tough to engage with the school, other students, and campus organizations during my first year, but I'm so thankful I decided to run for Student Government. It connected me more to my fellow colleagues, developed my leadership and advocacy skills, and fostered new relationships with school administration, our Cleveland Academy of Osteopathic Medicine, and the OOA.

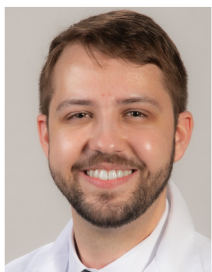
This year, I am so proud of my fellow SGA officers as we managed a tough transition from mostly virtual learning, back to in person, and coping with staffing changes throughout the year on our campus. They all provided support to students and were fabulous advocates to our administration. We worked hard this year with our Wellness Committee on a letter to the administration to bring the Cleveland campus into parity with the other campuses by advocating for an embedded mental health clinician. I cannot express my thanks enough to Dean Schriner, Dean Kirstein, and Dean Johnson for hearing us, and making the embedded counselor a reality on our Cleveland campus. They started on campus in early April and I hope all our students utilize this wonderful, free resource that our student leaders advocated for.

Another new addition to OU-HCOM's traditions this year was spearheaded by our Directors of Community Outreach across all three campuses. Thanks to their leadership, our first annual OU-HCOM



Public Service Day is set for April. This day will allow students across our three campuses to participate in service projects and volunteer within their community, broadening the impact of osteopathic medicine in Ohio. Hopefully this is a tradition to be carried on by future SGAs!

Lastly, I would like to thank those that made this such a wonderful and unique year to serve as SGA President. Thanks to my fellow students for trusting me with the responsibility of candidly advocating on their behalf and trying to change things for the better. I appreciate my entire executive board as well as other student leadership's hard work and time dedicated to making our year successful. Thank you, Dr. Isaac Kirstein, for your mentorship this year and for always being a listening ear for the students. Finally, the CAOM and OOA, thank you for the opportunity to serve as a student representative this year and for caring so much about the future DOs of Ohio. Until next time! ■



SIMON NADEAU

SOMA President

SOMA at the Cleveland campus has had a productive year thus far despite COVID. We started the fall semester with a meet and greet among the members in our local chapter. We followed this with a discussion led by Assistant Dean Randall Longenecker about advocating for patients at a national and local level. Our chapter also teamed up with a new club to our campus, addiction medicine,

to host a Narcan administration clinic in association with Project Dawn.

We participated in a national assembly, organized by SOMA and AOA, where our national liaison Rebecca Schmehl and I were able to participate in the passage of resolutions that guide initiatives aimed at shaping the future of osteopathic education and practice. Originally, this meeting was planned to convene in Phoenix Arizona, but due to COVID it became virtual.

Possible plans for the remainder of the year include a resolution writing workshop with the goal of learning the format and procedures necessary for consideration to be implemented at the national level. A few SOMA leaders plan to participate in DO Day on the Hill to learn the intricacies of

communicating the needs of health care in rural communities. We are also hosting an event to share information about accessing research locally in the Cleveland area. This will include a discussion on the various contacts in the region and the many different types of research for students to consider.

As a means for finding a way to give back we plan on implementing chapter-wide use of a mobile application called Charity Miles. This platform donates for each mile walked by the user. Through this we can track our contributions to charities across the entire chapter and hopefully make a measurable difference. Our final goal for the spring semester is to communicate with other clubs and work collaboratively on projects to get more people involved with SOMA. ■

DUBLIN



ALEXIS RUFFING

SGA President

The 2021-22 academic year has been challenging in many ways. We never knew when the next wave of the COVID-19 pandemic might hit, or what public health measures may be instituted throughout the year. I think that made it an incredibly difficult year for us. The unpredictability of the year was very taxing, especially when a healthy schedule for a medical student is often very structured. It is incredible to think about the difficulties that my class faced when entering our first year at the Heritage College—an almost entirely virtual curriculum and extreme difficulty socializing with peers. No access to study rooms on campus, and many coffee shops and libraries decreased their maximum capacities or no longer allowed guests to sit down inside. In addition, the classes ahead of us faced many abrupt changes to their curriculum. Among all the transitions that have occurred this past year, I am incredibly grateful to have served on SGA. My time in student government has allowed me to develop my leadership skills and communication skills, and to get to know my peers and our collective desires, even when we were kept apart.

Despite the pandemic, our campus remained very active with volunteering and community efforts. One of my favorite events that our campus did this year was a flag football tournament called the “Turkey Bowl.” This event was planned by the second year class

officers and our Surgery/Sports Medicine Club, and the referee was our very own Dean, Dr. Bill Burke. The “pay to play” for this event was canned goods for the Dublin Food Pantry, and the winning team got to choose an additional charity to receive a monetary donation. The Turkey Bowl was one of many service-oriented events, and many student organizations created and planned service opportunities and professional development events (suture clinics, ultrasound workshops, etc.) that garnered a lot of participation. All three HCOM campuses have been so heavily involved in service to our communities that we collectively established the first annual OU-HCOM Public Service Day on April 16 – thank you to our SGA Student Directors of Community Outreach for planning this exciting event!

Throughout the 2021-22 year, our SGA has worked incredibly hard to encourage a culture of respect and kindness in our ever-changing environment and to advocate for ourselves and our peers. The Dublin SGA Director of Wellness Brian Davidson and his Wellness Committee have done a wonderful job creating a healthy culture at our campus. Brian sends Weekly Wellness newsletters throughout the year, which are emails that feature ways we can tend to our physical, mental, emotional, environmental, relational, and existential health. Every single member of the Dublin SGA executive board has displayed so much drive and compassion, and they are largely what made the year so fruitful despite our challenges.

I am incredibly thankful for all the time that Dean Burke and Dean Johnson have spent listening to our concerns and considering our requests this past year, and the time that other administrators and faculty have spent working with us as well. I am incredibly proud to represent a school like HCOM, and I am so grateful for the opportunity that I had to serve as a student representative with the OOA. I look forward to seeing many familiar faces from the OOA in the future. ■



HANNAH LYONS

SOMA President

With another year of getting through the COVID-19 pandemic together and getting back into the classroom again, the Dublin SOMA leadership aimed to improve chapter involvement within the organization. Our focus was to virtually deliver important information and activities to the members of the OU-HCOM community this past fall and spring, with goals to provide more in-person events throughout the year. We have been dedicated to promoting unity within the osteopathic medical profession and advocating for osteopathic principles in central Ohio. This year we were able to host two virtual events and worked with Sigma Sigma Phi in offering community service options.

Our first event was a presentation by Dr. Chen, PharmD from OhioHealth Riverside Methodist Hospital in Columbus, and Alana Osterday, BS, RD from Encompass Health Rehabilitation Hospital. Dr. Chen and Alana educated students on food insecurity in central Ohio and its impact on health outcomes. This was a great way for students to learn about how we can help our future patients with food insecurity. Alongside this event, we joined Sigma Sigma Phi in partnering with the Mid-Ohio Food Collective to volunteer in helping those in central Ohio that have limited access to nutritious food.

Our Opioid Prevention Task Force team also worked hard this year with Equitas Health in Columbus to provide virtual naloxone trainings for our students. During these events, students were introduced to the history of the opioid epidemic and learned about substance use disorder and its impact. Equitas Health also provided information about naloxone administration and its benefits, and this was a fantastic opportunity to learn more about how to reduce harm within our

community. Students were then able to order their own naloxone so they can be prepared to assist someone who may experience an overdose.

Our executive board also had the opportunity to represent OU-HCOM Dublin at national SOMA meetings this year, where important health policies and medical education initiatives were voted on. While many events were virtual this past year, we look forward to OU-HCOM SOMA attending these national events in person in 2022.

Although COVID-19 still affected events this past year for both national and individual campus SOMA chapters, we are so thankful for what we were able to provide as a chapter for our Dublin campus. There is a lot to look forward to in the future, as this coming year there will be a lot of coordination among all three OU-HCOM SOMA chapters. I would like to thank the Ohio Osteopathic Association and the American Osteopathic Association for their support this past year, and it has been a great privilege to represent OU-HCOM and the Dublin SOMA chapter. ■



Deaths in the Family

Life Member **Anthony G. Chila, DO**, died April 1, 2022. As a leading authority on osteopathic manipulative medicine, Chila made a profound impact on the osteopathic profession through innovative research and scholarship over the course of his 50+ year career.

Chila received his DO degree from Kansas City College of Osteopathic Medicine in 1965. After 11 years in general practice, he began his academic career at the Michigan State University College of Osteopathic Medicine and then taught at Ohio University Heritage College of Osteopathic Medicine until his retirement in 2011. He chaired the department of family medicine for 10 years and was later named professor emeritus of family medicine.

He was the author or co-author of papers published in the *Journal of the American Osteopathic Association*, *Osteopathic Annals*, *Journal of Applied Physiology*, *Journal of Manual Medicine*, and the *Journal of Musculoskeletal Pain*. He served as editor-in-chief of the *American Academy of Osteopathy Journal* from 2000-2007 and as executive editor of the third edition of *Foundations of Osteopathic Medicine* in 2011. He also aided in the development of the textbook *Fascia in the Osteopathic Field*.

Passionate about medical education, he made an indelible mark on the lives and careers of countless medical students and physicians.

Chila enjoyed nothing more than family, traveling the world with his wife, immersing himself in a deeper understanding of religion, history and the arts, and passing the time in the company of a fine cigar, scotch, or glass of wine.

He is survived by his wife of 56 years,

Helen, daughter, and granddaughters.

Life Member **Allan Miller, DO**, died January 28, 2022.

Miller earned his doctorate in Osteopathic Medicine from Kansas City University in 1961. After brief stints in Seattle, WA and Flint, MI, he opened his medical practice in Toledo in 1964. He was chief of staff at Parkview Hospital, president of the National Osteopathic Proctology Association, regional dean for Ohio University Heritage College of Osteopathic Medicine, vice-president of the local AMA chapter, and mentor to hundreds of osteopathic medical students, many of whom he was still in contact with.

Greatly impacted by his time as a Boy Scout and Eagle Scout, he valued community his entire life and gave much of his time and talents to various organizations. He participated in all aspects of Temple Shomer Emunim, including serving as president and treasurer. He was also a member of the Jewish Federation of Greater Toledo Board, the Toledo Board of Jewish Education, and many other Jewish organizations. After retirement, he gave even more of himself to the community by tutoring elementary school students in the Toledo Public Schools through Mentors in Education.

He was a life-long bridge player, a relaxed golfer, a lover of Tai Chi, and a runner before it was fashionable.

He lived his life with kindness, humility, high ethical standards, and respect for all human beings.

Miller is survived by his wife of almost 60 years, Ilene, children, grandchildren, brothers, and many nieces and nephews.

Life Member **David W. Smith, DO**, 84, died November 19, 2021.

He will be remembered for his impact on osteopathic post-graduate education and was recognized as a “Great Osteopathic Pioneer” by the American Osteopathic Association.

The first and, for a time, the only DO orthopedic surgeon in Stark County, he formed the orthopedic surgery department and the orthopedic surgery residency at the former Doctors Hospital in Massillon. Under his watch, the residency graduated 25 orthopedic surgeons.

The 1962 graduate of Kirksville College of Osteopathic Medicine practiced for a year in Columbus before moving to Massillon where he conducted the entirety of his professional career until his retirement in 2001.

Smith was very active in local, state, and national politics, serving as president of the OOA Eighth District Academy of Osteopathic Medicine, American Osteopathic Academy of Orthopedics, and American College of Osteopathic Surgeons—which named him Distinguished Osteopathic Surgeon of the Year in 2006. He also served on the board of the American Osteopathic Board of Orthopedic Surgery and as president of the hospital board of trustees.

Locally, he served on the board of the Canton Museum of Art, Canton Regional Chamber of Commerce, and was founding president of the Meyers Lake Preserve. He was also a very active supporter of the Canton Symphony Orchestra. For six years, he was president of the advisory board at Kent State University-Stark Campus, which granted him emeritus status in recognition of his service.

He is survived by a large circle of family and friends.

Michael D. Soroka, DO, died November 24, 2021, after a lengthy battle with colon cancer. He was 72 years old.

As the oldest child of an immigrant family, he was the first to attend college. He received a scholarship to Case Western Reserve University, graduating in 1971 with a BS in physics, later earning an MS in physiology. Following graduate work at The University of Texas Medical Branch in Galveston, he realized that his true vocation was medicine and taking care of others.

He graduated from Kansas City University of Medicine and Biosciences College of Osteopathic Medicine in 1982. After completing his family medicine residency he practiced in the Cleveland area for the next 25 years. His love for integrating Osteopathic Manipulative Medicine into his practice eventually led him to join the faculty at Ohio University Heritage College of Osteopathic Medicine in Athens where he taught medical students and treated patients with OMM full-time for 12 years.

He was beloved by generations of patients who recognized in him a deep well of compassion and kindness for those entrusted to his care. His dedication to the healing arts of medicine was an extension of his love and devotion to his family and his Orthodox Christian faith. He and his wife were faithful members of the local Orthodox Church wherever they lived, contributing to the life of the parish in many ways, but especially by singing in the church choir.

Soroka found his greatest joy in his family and was happiest surrounded by his children and grandchildren. He had a keen interest in the martial arts, which he studied in Cleveland for over ten years, eventually earning a black belt in Shaolin Kung Fu and tai chi.

He is survived by Ellen, his wife of 46 years; two children; and five grandchildren.

Life Member **Henry G. Trybus, DO**, of Middlefield, died January 11, 2021. He was 93 years old.

The youngest of nine children, he grew up in a small coal mining town in Pennsylvania where he briefly followed his father and brothers into the backbreaking work in the mines. At age 18 he enlisted in

the US Army. After his service he went to college on the GI Bill and graduated from Kirksville College of Osteopathic Medicine.

When he started his primary care practice in Middlefield, he quickly developed a reputation for kindness, competence, and generosity, and his practice flourished. Caring for the Amish population in Geauga County was particularly important to him and he did house calls, home deliveries, and was available to care for their needs at all hours. His patients were like family and he even delivered a baby boy who was named in his honor. He was an ardent supporter of the local schools and served as team physician for many years. Trybus retired from private practice after 50 years of service to his patients, but continued to volunteer at a free clinic in Painesville.

Family was the first great love of his life and he fervently supported his children and grandchildren's academic and athletic efforts. In spite of his busy medical practice, he rarely missed a game, concert or show.

He also enjoyed golf, anything associated with the University of Notre Dame Fighting Irish, cocktail hour with family and friends, and always knew who the Yankees were playing and the final game score.

He is survived by Mona, his wife of 63 years; children; grandchildren; a great-grandchild; and many nieces and nephews.

Past President and Life Member **Donald L. Turner, DO**, died October 10, 2021. He was 86 years old.

Turner, a family physician, served as OOA president in 1979-1980.

He earned his undergraduate degree from the University of Dayton and his DO degree from the College of Osteopathic Medicine and Surgery in Des Moines, Iowa, in 1961. After graduation, he started practicing in Huber Heights and retired 54 years later.

Dedicated to his community, he worked for and supported a wide variety of organizations and causes. Whether it was providing volunteer health care to the people of Appalachia or serving as the team physician for the Wayne High School football team, he would donate his time without hesitation.

He loved the University of Dayton Flyers and chocolate, was dedicated to his family, patients, community, and profession.

Turner is survived by his wife of 62 years, Judy; three children; 4 grandchildren; a

great-granddaughter; a brother and sister; and 12 nieces and nephews.

Physician News

Gregory Hill, DO, was sworn-in as 2021-2022 president of the American Osteopathic Academy of Orthopedics (AOAO) during the organization's meeting in October. As a board-certified orthopedic surgeon, Hill has expertise in hand and upper extremity surgery, microsurgical reconstruction, and general orthopedic care. He also serves as chair of the department of surgery and orthopedic surgery program director at Western Reserve Hospital. The AOAO was formed in 1941 and has over 1,900 members who participate in the training of 500 osteopathic orthopedic surgeons in 40 different residencies as program directors and faculty each year.

Shawn R. Kerger, DO, of Dublin, was selected to chair the Ohio University Heritage College of Osteopathic Medicine department of osteopathic manipulative medicine as of September 2021. He is an innovative educator and skilled clinician known for outstanding OMM integration and exemplary leadership, both locally and nationally. Kerger has served as clinical faculty at HCOM since 2014.

Beth A. Longenecker, DO, dean of Ohio University Heritage College of Osteopathic Medicine's Athens campus, has been selected to serve as founding dean of a new college of osteopathic medicine at University of Northern Colorado (UNC-COM). During her time at HCOM she made community outreach a priority, facilitating the expansion of the college's community health services to meet local needs during the pandemic. She oversaw the opening of a student-run free clinic and spearheaded a partnership that resulted in a grant to expand community nurse navigator programs. The first class at UNC-COM is to start as early as fall 2025.

Naomi F. Wriston, DO, was elected president-elect of the American Osteopathic College of Preventive Medicine (AOCOPM) and chairs the organization's CME Committee. She is an AOCOPM fellow and certified in family medicine and occupational medicine. Wriston works at OhioHealth Employer Services in Columbus. ■



OHIO OSTEOPATHIC FOUNDATION

Ohio Osteopathic Foundation Donors

The list below reflects giving for last year, 2021. To make a contribution, go to OhioDO.org/OOF or send your check to OOF, PO Box 8130, Columbus, Ohio 43201. For memorial donations, an acknowledgement of your gift is sent to the family of the deceased. No amounts are mentioned.

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Ohio Osteopathic Political Action Committee Honor Roll

The following is based on contributions from May 2, 2020, to April 30, 2021.

OOPAC supports candidates who have demonstrated beliefs in and the principles to which osteopathic medicine is dedicated. The primary goal is to help shape health care policy by educating legislators and explaining how proposed legislation affects patients and communities. A strong PAC helps to open doors and strengthen the osteopathic voice at the Ohio Statehouse. To make a contribution, go to OhioDO.org/OOPAC.

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OHIO OSTEOPATHIC ASSOCIATION

Welcome New Members!

Ohio Osteopathic Association members pledge to serve as advocates for their patients and subscribe to the mission of maintaining the highest standards of ethical conduct in all phases of medicine and surgery. We applaud these new members who joined the OOA, the only statewide organization exclusively dedicated to representing osteopathic physicians.

Corrine L. Adler, DO
 KCUMB/COM-1987
 Family Practice
 Cuyahoga County - Cleveland District

Jessica H. Austin, DO
 LECOM-2017

Internal Medicine
 Mahoning County - Western Reserve District

Summer L. Banzhaf, DO
 LECOM-2014
 Internal Medicine
 Athens County - Marietta District

Paul M. Bedocs, DO
 OUCOM-2003
 Dermatology
 Erie County - Sandusky District

Jeffrey C. Blank, DO
 TouroCOM-NY-2017
 Internal Medicine
 Franklin County - Columbus District

Lucy K. Bucher, DO
 OUCOM-2010
 Obstetrics & Gynecology
 Athens County - Marietta District

John A. Buonocore, DO
 NYCOM-1989
 Anesthesiology
 Van Wert County - Lima District

Christopher R. Butler, DO
 MSUCOM-2007
 Pulmonary - Critical Care
 Hamilton County - Cincinnati District

Mathew J. Cosenza, DO
 UNECOM-1994
 Otolaryngology
 Gallia County - Marietta District

Nicholas A. Eberly, DO
 OU-HCOM-2015
 Otolaryngology & Facial Plastic Surgery
 Butler County - Cincinnati District

Michael E. Joseph, DO
 MU-COM-2017
 Family Practice
 Franklin County - Columbus District

David M. Kast, DO
 OUCOM-2010
 Hospice Care
 Franklin County - Columbus District

Frederick P. Korpi, DO

KCOM/ATSU-2013
 Orthopedic Surgery
 Stark County - Akron/Canton District

Kenneth A. Mankowski, DO
 KCUMB/COM-1995
 Neurology
 Montgomery County - Dayton District

Amy E. Murphy, DO
 MWU/CCOM-2014
 Surgery
 Hamilton County - Cincinnati District

Joshua J. Olewiler, DO
 LMU-DCOM-2017
 Family Practice
 Huron County - Sandusky District

Victoria K. Powis, DO
 DMUCOM-2015
 Obstetrics & Gynecology
 Franklin County - Columbus District

Susan M. Ratay, DO
 LECOM-2012
 Family Practice
 Lake County - Cleveland District

Kwame Ofori-Attah Sarkodie, DO
 OU-HCOM-2018
 Internal Medicine
 Montgomery County - Dayton District

Lydia M. Schmidt, DO
 LMU-DCOM-2017

Family Practice
 Williams County - Northwest Ohio District

Michael B. Svoboda, DO
 DMUCOM-2008
 Emergency Medicine
 Trumbull County - Western Reserve District

Khon D. Truong, DO
 PCSOM-2016
 Family Practice
 Cuyahoga County - Cleveland District

Mark J. Wehrum, DO
 MWU/CCOM-1994
 Maternal and Fetal Medicine
 Orlando, Florida

Nathan B. Williams, DO
 KCOM/ATSU-2016
 Family Medicine & Neuromusculoskeletal Medicine
 Athens County - Marietta District

Shan Shan Wu, DO
 PCOM-2015
 Allergy & Immunology
 Cuyahoga County - Cleveland District

Elizabeth A. Zmuda, DO
 OUCOM-2005
 Pediatrics
 Franklin County - Columbus District ■

Statement of Ownership

Management, and Circulation
 (Required by 39 USC 3785)

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I certify that the statements made by me are correct and complete.

-Cheryl Markino
 Editor, *Buckeye Osteopathic Physician*

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