

FROM THE REGIONS

# Mountain West SGIM 2013 Regional Meeting: “Wellness: Improving Quality of Life for our Patients and Ourselves”

Danielle Loeb, MD

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I am pleased to report back from an exciting day of stimulating lectures, networking, and collaboration at the Mountain West Regional Meeting on October 25 in Aurora, CO, at the University of Colorado School of Medicine. In alignment with the theme “Wellness: Improving Quality of Life for our Patients and Ourselves,” keynote speaker Colin P. West, MD, PhD, gave a captivating talk on physician burnout, titled “Physician Burnout: Why Should We Care and What Can We Do?” We also had an invited lecture from the medical director of the Colorado Physician Health Program, Doris C. Gundersen, MD, titled “Physician Stress/Physicians in Relationships and Families.” Finally, Jacinda Niclas, MD, MA, MPH, and Nia Mitchell, MD, MS, MPH, addressed patient wellness in their plenary talk, titled “Treating Obesity: New Choices, New Evidence.”

New initiatives this year included free abstract submissions for trainees and a new trainee track featuring a trainee mentorship panel, a workshop on health care exchanges, and a trainee-oriented plenary session. We continued a favorite new initiative from 2012: the clinician-educator and clinician-investigator guided poster tours. We were fortunate to have outstanding lectures by our 2012 Clinician-Educator of the Year, Rachel Swigris, DO, who presented “Flourish: Thriving is Not Just Surviving Your Medical Career,” and 2012 Clinician-Investigator of the Year, Daniel Matlock, MD, who presented “Living in a World with Implanted Defibrillators.”

I would also like to congratulate our 2013 Mountain West award recipients:

- *Clinician-Investigator of the Year:* Lisa Schilling, MD (University of Colorado School of Medicine)

- *Clinician-Educator of the Year:* Kathleen Heist, MD (University of Colorado School of Medicine)
- *Best Oral Presentation:* Brian D. Blaker, MD, and Robert E. Burke, MD (University of Colorado School of Medicine), “A Novel Case Of Dress Syndrome Induced By Hydrochlorothiazide”
- *Best Research Abstract or Innovation in Medicine Poster:* SS Yun, ND Vincelette, AE Wahner Hendrickson, KL Knorr, KS Flatten, and SH Kaufmann (University of Arizona Medical Center), “Mechanism Of Dual Mtorc1/2 Inhibitor-Induced Cytotoxicity in Human Lymphoid Malignancies”
- *Best Clinical Vignette Poster:* Trang Nguyen, MD (Exempla Saint Joseph Hospital in Superior, CO), “Hemophagocytic Lymphohistiocytosis: Double Affliction”

Finally, I would like to thank the 2013 Meeting Planning Committee. This meeting could not have happened without the work and dedication of these valuable SGIM members!

- President Elect & 2013 Meeting Chair: Amber Wobbekind, MD (Denver Health)
- Past President: Adam Tsai, MD, MSc (University of Colorado School of Medicine/Denver Health)
- Secretary-Treasurer: Heather Brislin, MD (University of New Mexico)
- Membership Chair: Maria Gaby Frank, MD (Denver Health)
- Associate Member: Joseph Johnson (University of Colorado School of Medicine)
- Abstract Committee Chair: Mim Ari, MD (University of Colorado School of Medicine)



*Daniel Matlock*



*Heather Brislin and Richard Hoffman*



*Mark Earnest, Joseph Johnson, Rachel Swigris, and Kelly White*



*Nia Mitchell*