

in our family



The alumni newsletter of the University of Wisconsin Department of Family Medicine and Community Health | Spring 2018

Reflecting on the Special Moments

Retired Madison alum is proud of three decades as a family physician, leader

“Family medicine opens up opportunities that you wouldn’t believe,” says **Susan Isensee, MD** (Madison ’86). “It’s just such an amazing, rewarding field.”

Recently retired after more than 30 years in practice, the family physician, obesity medicine expert, educator and advocate has had a career full of accomplishments—but remembers the special moments along the way.

THE RISE TO LEADERSHIP

After residency, Dr. Isensee began full-spectrum practice at Dean Medical Center, delivering babies and caring for generations of families.

She also served as Dean Medical Center’s chair of recruiting and the site chief for its West Madison Family Clinic. In 1993, she was the first woman elected to Dean Clinic’s Board of Directors.

As Dr. Isensee’s leadership roles grew, she stopped doing deliveries, but several years later, a surgeon

colleague she trained with in medical school contacted her about caring for patients who experience metabolic changes after bariatric surgery.

“I decided I needed to focus on this—obesity is a chronic disease,” she recalls. “By managing obesity, we can make people better from the standpoint of hypertension, diabetes and high cholesterol.”

In 2005, Dr. Isensee and her colleagues established the Dean Comprehensive Weight Management Program; she was the medical director until 2013.

As one of Wisconsin’s few physicians certified in obesity medicine, Dr. Isensee also served on the Obesity Medicine Association’s Curriculum and Advocacy Committee, and lobbied for the Treat and Reduce Obesity Act sponsored by Wisconsin Representative Ron Kind.

JOHN MANIACI | UW HEALTH



Madison alum Susan Isensee, MD, is an obesity medicine leader and president of the Wisconsin Medical Alumni Association.

In 2016, she began her newest role: president of the Wisconsin Medical Alumni Association (WMAA).

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and Community Health
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Dear Friends,

Happy spring! Welcome to the latest issue of *In Our Family*, in which we catch up with Madison alum Susan Isensee, MD, an obesity

medicine expert and advocate—and most recently, president of the Wisconsin Medical Alumni Association.

We also hear from one of our Wausau residents, who tells us about experiences in Peru and parasitology on his path to family medicine.

Our statewide sponsored and partner programs share updates, and we check in with some alumni from the class of 2008.

Finally, we honor Dr. Rudy Hecht, one of our original teaching faculty members and the first medical director of the Northeast Family Medical Center, who died in January. Dr. Hecht was an outstanding physician, teacher and humanitarian—and one of our department's true visionaries.

We hope you enjoy this issue, and as always, please keep in touch!

Valerie Gilchrist, MD

Millard Professor in Community Health Chair, Department of Family Medicine and Community Health, University of Wisconsin School of Medicine and Public Health

News Briefs

Dr. Byron Crouse Inducted into AOA

UW School of Medicine and Public Health Associate Dean for Rural and Community Health and UW Department of Family Medicine and Community Health Professor **Byron Crouse, MD**, was inducted into the Alpha Omega Alpha (AOA) Honor Medical Society on April 6, 2018, at the Carson Gulley Center in Madison, Wisconsin.



Dr. Derek Hubbard Elected President of American Academy of Primary Care Endoscopy

Clinical Associate Professor **Derek Hubbard, MD** (Eau Claire '00), was elected president of the American Academy of Primary Care Endoscopy (AAPCE). The AAPCE strives to provide support and ongoing training for its members, and encourage endoscopy training in primary care residencies.



Dr. Aleksandra Zgierska Appointed to State Commission on Substance Abuse Treatment Delivery

Assistant Professor **Aleksandra Zgierska, MD, PhD** (Madison '05; Primary Care Research Fellowship '08), was appointed to the Wisconsin Governor's Commission on Substance Abuse Treatment Delivery on February 15, 2018. The Commission is charged with recommending to the Governor whether the State should pursue a hub-and-spoke delivery model for opioid and other addiction care and, if so, what would the implementation of such a model require.



More at: go.wisc.edu/96o15n



More news at: fammed.wisc.edu/news

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Published by the University of Wisconsin
Department of Family Medicine and Community Health

1100 Delaplaine Court, Madison, WI 53715-1896

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Peru, Parasites and Primary Care

A Wausau resident's path to family medicine

A medical mission to Peru. A master's-level education in parasitology. A year as a high school science teacher.

For Wausau resident **Alexander Trecartin, MD**, all of these experiences were essential steps in the path toward becoming a family doctor.

A MISSION TRIP TO PERU

Dr. Trecartin's journey began as an undergraduate at Andrews University in Berrien Springs, Michigan, near where he grew up. After his first year, he traveled to rural Peru on a medical mission, where he helped treat parasitic diseases, remove decayed teeth, and provide other medical care for people there.

"One of the things that struck me was the public health dimension of medicine," he reflects. "We can go into a small village and make a huge difference in people's lives...but there's a tremendous benefit to having someone there who can provide care on a regular basis."

The experience ignited a passion for overseas humanitarian work. A year later, he switched his major from engineering to biology, but medicine was not yet part of his plan.

FROM PARASITOLOGY TO MEDICINE

After college, Dr. Trecartin completed a master's degree in biology under the mentorship of a parasitology professor. Recognizing his interest in the field's clinical applications—its impact on disease and treatments to improve people's lives—he had to choose between pursuing a PhD or a career in medicine.

In the two weeks between graduation and starting a job as a high school science teacher in Texas, he studied for the MCAT® exam and applied to medical school. A year later, he entered Loma Linda University School of Medicine.

AN 'ALL-AROUND DOCTOR'

Dr. Trecartin entered medical school thinking he would ultimately specialize in infectious disease. But he soon discovered the rewards of family medicine.

"I wanted to be able to do procedures, take care of a variety of patients and build relationships over time," he says. "Given my interest in overseas work, I also wanted to be an 'all-around doctor.'"

The Wausau residency program proved to be a perfect fit, both personally and professionally. It offers four distinct seasons and plenty of outdoor recreational opportunities, plus what Dr. Trecartin calls "a culture of encouragement" that fosters clinical excellence.

"It's hard to know the internal culture of a program before you get there," he recalls, "but this is truly a family atmosphere."

I wanted to be able to do procedures, take care of a variety of patients and build relationships over time. I also wanted to be an 'all-around doctor.'

*—Wausau resident
Alexander Trecartin, MD*

ASPIRUS



Wausau resident Alexander Trecartin, MD, had many experiences on the path to family medicine.

RURAL WORK AND LIFE

In the future, Dr. Trecartin wants to work and live in a rural setting, and care for an underserved population. Wausau residency program coordinator **Deanna Froehlich** confirms that desire. "His eyes light up when he talks about rural medicine," she says.

He also wants to practice overseas, perhaps long term. But for now, he's happy to be back in the Midwest. When not working, he and his wife enjoy the beauty of north-central Wisconsin and the proximity to their families in Michigan and Missouri.

"By and large, family doctors love what they do," he observes, "but they also can have other interests. I appreciate that!"

Statewide Program Updates

Baraboo Rural Training Track

The Baraboo RTT recently matched with Courtney Reynolds and Sarah Schaaf, two UW School of Medicine and Public Health students who had rotated there for a rural and community medicine clerkship. The program is proud to retain learners committed to rural medicine.



Top to bottom: Courtney Reynolds and Sarah Schaaf

Lakeland Rural Training Track

Last July, the Lakeland RTT welcomed its first class of residents. They have been working hard to grow the program, and the community is excited to have residents in the area. The program has since matched its second class, and will welcome those four new residents this summer.



The first Lakeland RTT class

Eau Claire Residency Program

As part of its long-standing partnership with Chippewa Valley Technical College (CVTC), Eau Claire residents are presenting lunchtime “brown bag breaks” to educate CVTC students and staff on important health topics.



Shavith Samson, MD, presents the benefits of mindful eating

Madison Residency Program

As part of its new Rural Health Equity Track, the Madison program launched a series of workshops to teach residents to “think globally and act rurally” in their current training and future practice.



Madison and Baraboo faculty and residents at a recent RHET workshop

More at: go.wisc.edu/4614sx

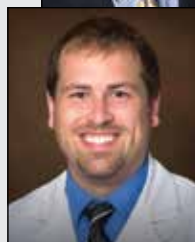
Madison residents **Allison Couture, DO**, and **Tina Ozbeki, MD**, each received McGovern-Tracy resident awards. Dr. Couture received hers for creating community cooking classes for children and families to combat childhood obesity; Dr. Ozbeki received hers for engaging the community through her regular column in the *Verona Press*.



Top to bottom: Allison Couture, DO, and Tina Ozbeki, MD

La Crosse Residency Program

La Crosse program director **Paul Klas, MD**, received the Wisconsin Academy of Family Physicians’ 2017 Educator of the Year Award, and second-year resident **Wesley Fox, MD**, received its 2017 David C. Eitheim, MD, Rural Resident Scholarship. The program also received continued accreditation from the ACGME.



Top to bottom: Paul Klas, MD, and Wesley Fox, MD

Milwaukee Residency Program

The Milwaukee program welcomed former resident and new faculty member **Shelly Crane, DO**. Dr. Crane practices at the Aurora Wiselives Center for Wellbeing and has interests in integrative medicine, osteopathic manipulation, and health care policy.



Shelly Crane, DO

Wausau (con't.)

Wausau resident **Caitlin Harris, DO**, received a McGovern-Tracy resident award for launching a coalition of community health organizations and developing a new wraparound care program to better serve patients with complex social needs who may be high utilizers of the health care system.



Caitlin Harris, DO

Waukesha Residency Program

Last July, the Waukesha program welcomed its first class of residents after transitioning to Aurora Health Care sponsorship and becoming an academic partner program. The program looks forward to welcoming its second class of residents this summer.



The first Waukesha class

Statewide Osteopathic Program

This July, **Sarah James, DO, FACOFP**, will begin a six-year term on the ACGME Osteopathic Principles Committee. The committee grants recognition of the osteopathic principles dimension of ACGME-accredited residency programs, and reviews their ability to uphold osteopathic standards after recognition has been granted.



Sarah James, DO

Fellowships

The department received a Wisconsin Department of Health Services grant that will enable our addiction medicine fellowship, directed by **Randall Brown, MD, PhD, FASAM**, to continue in the future with state support.

Thanks to efforts by Dr. Brown and others who serve on the boards of the Addiction Medicine Foundation, the American Board of Addiction Medicine and the Addiction Medicine Fellowship Directors Association, the ACGME recently approved program requirements for graduate medical education in addiction medicine—paving the way for the department to apply for ACGME accreditation of the fellowship.



Randall Brown, MD, PhD, FASAM

Wausau Residency Program

Wausau program faculty member **Kevin Thao, MD, MPH**, received a 2018 Wisconsin Alumni Association “Forward Under 40” Award for living the Wisconsin Idea. Through research and community partnerships, Dr. Thao works to provide culturally inclusive health care, prevent long-term disease and promote healthier lifestyles for Hmong in Wisconsin and the nation.

More at: go.wisc.edu/g2n2f4



Kevin Thao, MD, MPH

Catching Up: The Class of 2008

Baraboo

Kelly Pucillo, MD, practices full-scope family medicine at ThedaCare in Waupaca, Wisconsin. She's delivered almost 200 babies in her rural central Wisconsin town and is busy raising two girls of her own.



Drs. Jim Damos and Shari Munneke were perfect examples of full-scope family doctors after whom I try to mirror my practice today.

—*Kelly Pucillo, MD*

Fox Valley

Xa Xiong, MD, practices at Ascension in Stevens Point, Wisconsin, and is an assistant clinical professor of family medicine at the Medical College of Wisconsin. Widely recognized as a role model by the Hmong community, he received a Journey of Hope award from the Wisconsin Department of Children and Families “for outstanding achievement by a refugee during resettlement and integration into American society.” He was also named the Wisconsin Academy of Family Physicians’ 2016 Family Physician of the Year.



Madison

Brian Arndt, MD, is the medical director of the UW Health Verona Clinic, in a hybrid role of clinical practice, hospital care, teaching, research, and administration. He has research interests in primary care workload, with a particular emphasis on the influence of the EHR and how to optimize practice efficiency.



Sonia Acevedo Espinoza, MD, MSPH, is a clinical professor in the University of California–Davis Department of Family and Community Medicine. She has interests in meditation and health and is becoming a mindfulness-based stress reduction teacher.



Jill Mallory, MD, completed an integrative medicine fellowship in 2010 and is an international board-certified lactation consultant. She practices full-spectrum integrative family medicine at Wildwood Family Clinic in Cottage Grove, Wisconsin. Her practice focuses on mother and baby care, but includes families and integrative medicine consults from all over the Midwest.



Dr. Adam Rindfleisch was an excellent role model for how to incorporate integrative medicine into family medicine. He supported me to be my authentic self and to build a unique medical practice based on my strengths and passions.

—*Jill Mallory, MD*

Karen Reed, MD, practices outpatient family medicine part-time at UnityPoint Health–Meriter in Madison, Wisconsin. She enjoys running, reading, volunteering at her children’s school and traveling around the world with her family.



Andrew Slattengren, DO, is an assistant professor in the University of Minnesota Department of Family Medicine and Community Health, and chairs the board of the family medicine workforce development organization Family Medicine Midwest.



Dr. Jeff Patterson cared deeply about colleagues, learners and patients—and taught us that being a physician is a great responsibility.

—*Andrew Slattengren, DO*

Wausau

Michael Umland, MD, practices at an Aspirus clinic in Wausau, Wisconsin, and works part-time in emergency and hospital medicine at other locations. An associate professor at the Medical College of Wisconsin, he also precepts medical and nurse practitioner students and resident physicians in Wausau.



Dr. Thomas Strick was a very knowledgeable person to look up to for advice, and Dr. Kevin O’Connell made residency a great place to learn.

—*Michael Umland, MD*

Stay in Touch!

Alumni, we want to feature you in our next issue!

Share your news or updates at:
fammed.wisc.edu/alumni/alumni-form

ISENSEE (continued)

LIFE-CHANGING LEARNING

Although Dr. Isensee's term as WMAA president ends in July, she'll continue on its board of directors as a past-president for four more years.

For her, that work is service to the University of Wisconsin School of Medicine and Public Health, which provided the education that made her career possible.

Recalling learning experiences that changed her life, Dr. Isensee remembers a rural rotation as a fourth-year medical student with Dr. Eugene Krohn, founder of the Krohn Clinic—one of Wisconsin's first rural group practices.

Dr. Krohn was Dr. Isensee's family physician while growing up in the rural town of Melrose, Wisconsin. He not only taught her obstetrics skills, but took her kayaking and blueberry picking around Black River Falls.

Baldy Lloyd was a hands-on, gentleman family doctor, and the best technician in the residency. Bill Scheibel was a great scholar who could quote JAMA.

—Susan Isensee, MD
(Madison '86)

MEMORIES OF FAMILY MEDICINE RESIDENCY

Those experiences and her rural upbringing led Dr. Isensee to choose a residency at the University of Wisconsin Department of Family Medicine and Community Health.

She was based at the Madison program's Verona Clinic, and considers William Scheibel, MD, and Baldwin Lloyd, MD, her biggest mentors.

"Baldy Lloyd was a hands-on, gentleman family doctor, and the best technician in the residency," she recalls. "Bill Scheibel was a great scholar who could quote JAMA."

One of her most memorable experiences was a rural rotation in Waupaca. She lived there for two months, went sturgeon fishing and made maple syrup with the preceptor and staff, and took emergency department call every other night.

One night, she went to the scene of a bad accident, and accompanied the patient and the emergency medical technicians as the only physician on the ambulance ride to Appleton.

"I had to bag the patient and run an IV on the way. I was scared because I was a second-year resident—but it was such a learning experience and a great rotation. I still remember those special moments."

In Memoriam: Rudy Hecht, MD, First Northeast Medical Director

We honor Rudolph "Rudy" Hecht, MD, who passed away on January 23, 2018.

Dr. Hecht was one of our original teaching faculty and the first medical director of the Northeast Family Medical Center.

Born in Hamburg, Germany, Dr. Hecht left the country at the age of six with his family to escape the Nazis. He completed medical school at the National University of Mexico, and residency at Denver General Hospital. He was a general practitioner and surgeon in Texas until joining our department in 1973.

Dr. Hecht was also the Honorary Consul for Mexico to Madison and

I know that I am the type of family physician I am today because of my training under Rudy Hecht. His picture has been in my office...and every rural rotation family practice resident in Richland Center is introduced to my clinic director.

—Neil Bard, MD
(Madison '80)
Richland Center, Wisconsin

Dane County from 1973 to 2016, and made many volunteer medical trips in his career.

He donated his body to the UW School of Medicine and Public Health Body Donation Program to further the education of future doctors. In his spirit, donations can also be made to our department's Visionaries Fund.



Dr. Rudy Hecht



Read full story: go.wisc.edu/d4oyu8
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Honor our founders, innovators and mentors

Portrait names: Marc Tomasin, John Becker, Matt Priddy, Rudy Hecht, Pauline Boyd, James Clark, Linda Stanley.

Many physicians, teachers, researchers and leaders built the UW Department of Family Medicine and Community Health into the great department it is today. By donating to the Visionaries Fund, you can honor those who shaped our department.

Learn more at: go.wisc.edu/492vkf

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