



# ~ NUFA Connection ~

The National Undergraduate Fellows Association Newsletter  
<http://www.academyofosteopathy.org/UAAO/nufa.htm>

July-August 2006

Volume 1, Number 1

## From The Editor-in-Chief

**H**ello NUFA Members / Family!!!

It is with great excitement that I write to you all about our first ever NUFA newsletter to explore activities, share any issues and challenges affecting all undergraduate OMM fellows across the United States. So how did this all come about? Well, at the annual American Academy of Osteopathy (AAO) Convocation held this March 22-26, 2006 in Birmingham, Alabama, members of the National Undergraduate Fellows Association (NUFA) met to discuss the concerns and business affairs of its membership. Among the many wonderful ideas and planned pursuits, the development of a newsletter was entertained and accepted as a means to facilitate communication and group "happenings." Yes, I opened my big mouth and volunteered to lead this initiative, and I promised that while editor for this year, I would make our new newsletter a way for us to convey our thoughts, projects and even the cases we encountered in our clinical responsibilities available to the NUFA membership to grow not only in their education, but as a family. I suppose one of the biggest challenges of the fellowship program is becoming disjointed from the intimate and personal contacts we fostered during our first 2-years of basic science education due to our starting year classmates moving on to clinical rotations while we spend either asynchronous or a 1-year

continuous tenure in OMM training. Since our organization has all levels of "in-training" fellows; from those about to graduate this coming May 2007, to those who just accepted positions as fellows, like myself, we should tap into our own local osteopathic fellow communities and share what each of us is doing, or concerned about in our niche of training. It's my hope and desire to make this newsletter that vehicle that can use to keep account and help disseminate in a periodic fashion these issues, and dynamic events. With that said --- onward to an exciting year of



learning, sharing, and comradery. I encourage you to submit news articles of events happening at your schools

and local communities, clinical cases, and issues that concern you. Oh yeah, and being Hispanic, I might blurt out some Spanish sayings from time to time, hopefully you wont find this too annoying.

**Alberto Caban-Martinez** / [caban@nova.edu](mailto:caban@nova.edu)  
 College of Osteopathic Medicine  
 Nova Southeastern University, Fort Lauderdale

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### Officers / Editorial Staff 2006 - 2007

- NUFA Liaison.....Renee Schroeder
- NUFA Coordinator.....Jenny Kendall
- NUFA Advisor.....Hugh M. Ettlinger, DO
- NUFA Editor-in-Chief.....Alberto J. Caban-Martinez

## What Happened at Convocation??

Convocation 2006 was an exciting time for NUFA. Last year the position of NUFA Liaison was created in the UAAO Executive Council and the NUFA organization restructured to allow for a more effective communications and more centralized allocation of responsibilities. NUFA was able to work closely directly with the UAAO throughout the year, and at convocation, all the hard work showed.



First, just a little bit about the rest of Convocation. There are always technique workshops, where physicians present their little tricks on anything from thoracic HVLA to how to approach the spiritual component of healing, and this year's were stellar. The lectures this year were inspiring - including Oschman's take on the biophysical evidence for the effectiveness of osteopathy, an intense lecture by Jorgensen on the importance of advocacy to make sure that insurance companies recognize the autonomy of physician decisions, updates on osteopathic research, and new takes on osteopathic history. In addition, Dr Anderson gave a special presentation on the civil rights movement. Of course, there was everyone's favorite activity, the Evening with the Stars, where the amazing docs you always wanted to work with gather in one place and give small group and individual time. On top of

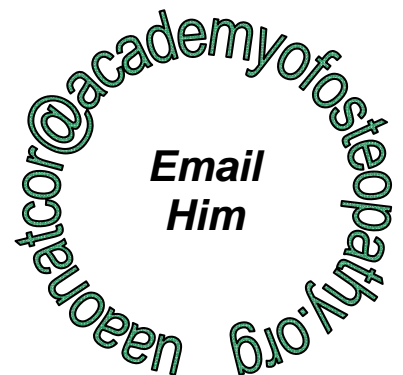
that we had one of the craziest student receptions ever, with karaoke, a mechanical bull, a jousting competition, and more! It really was an amazing conference.

Moreover, the yearly administration meetings were organized and effective. There was better participation at this year's NUFA meeting than ever before, and the result was more commitment from members for NUFA's projects and progress. Members decided to pursue a website, a newsletter, and pledged to help with the upcoming NUFA OMM question book. It has been exciting to see the strides NUFA has made this year in its drive and its ability to pursue its goals, and I imagine the next few years will see continual improvement.

Convocation is the single most significant event of the year for the AAO, the UAAO, and NUFA. It doesn't mean that what goes on during the rest of the year isn't important, but Convo is the meeting of the minds and spirits that make up the leadership of an important and distinctive part of the osteopathic profession. NUFA's growing mission was apparent at this convocation, and its improving capability to organize to achieve was further developed. In the coming years, not only will Convo continue to grow, but NUFA meetings at Convocation will be more and more exciting as the organization expands - don't miss your chance to participate!



**Evan Rivers**  
UAAO National Coordinator  
Fellow - KCUMB



## Meet the OMM Fellows

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In this first volume of our newsletter we will be featuring those of you that replied to my call for your information. If we missed you in this edition; not to fear as I hope to feature more fellows in upcoming newsletter issues. Hopefully this will jump start us, in getting to know a little but about everyone.



**Name:** Meredith Mann  
**Email address:** mmann@westernu.edu  
**Osteopathic School:** Western University, College of Osteopathic Medicine of the Pacific  
**Degrees obtained:** B.A. Chemistry- University of San Diego  
**Fellowship year:** Third

Year Fellow (our program is three separate semesters over three years, this is my first, I'll be on campus this Fall semester)

**Participation:** I decided to participate in the OPP Fellowship because I felt it was a great opportunity to reach out to 1st and 2nd year students. During my first two years of medical school I really valued the guidance, wisdom, and encouragement that the fellows provided me with, and now I'm looking forward to being able to provide the same to future classes. I enjoy teaching and also want to strengthen my OMM skills, the fellowship will allow me the chance to do both!



**Name:** Thanh Nguyen  
**Email Address:** nguyentv@westernu.edu  
**Osteopathic School:** Western University of Health Sciences – College of Osteopathic Medicine of the Pacific  
**Degrees:** B.S. Nutritional Sciences and Toxicology

– Physiology and Metabolism.

**Fellowship:** 3 year program: 2006 – 2009

**Participation:** I've always had a passion for teaching and the OMM Fellowship at COMP allows me to pursue this path while at the same time refining my skills in Osteopathic Practices and Principles.



**Name:** Shane Hess  
**Nick Name:** "Shaners" or "Squiggles"  
**Email Address:** drshane33@gmail.com  
**Osteopathic School:** Des Moines University  
**Degrees:** BS Chemistry/Biology (Double Major) from the

University of Southern Colorado

**Fellowship:** 12 month commitment that is asynchronous with clinical rotations 2007-2009.

**Participation:** First and foremost, to learn and gain as much experience as I can so that in the end, my patient will benefit the most; to keep the passion and fire of OMM alive to show the world what the "banner of Osteopathy" stands for; to engage in research to further our knowledge and understanding; and finally to build comradery amongst my peers.



**Name:** Jason Dauffenbach  
**Email Address:** Jason.P.Dauffenbach@dmu.edu  
**Osteopathic School:** Des Moines University  
**Degrees:** B.S. in Biochemistry and Molecular Biology, Univ. of Minnesota Duluth

**Fellowship:** 2 year program; 1 year as 2nd year Fellow, followed by 1 year of Clinical Fellowship completed during clinical rotations.

**Participation:** The Fellowship offers a number of opportunities; including more patient contact in the clinical setting, community outreach, and teaching, that I feel will broaden and enrich my experiences throughout my clinical years.



**Name:** Elizabeth Stamper  
**Nick Name:** Liz  
**Email Address:** Elizabeth.A.Stamper@dmu.edu  
**Osteopathic School:** Des Moines University  
**Degrees:** B.S. (Biology)  
**Fellowship:** Asynchronous with

clinical rotations, consisting of three 4-month blocks

**Participation:** As I anticipated when applying, I've been able to further my knowledge and comfort with using OMM, gained much by helping to teach theory and techniques, and become more comfortable speaking to large audiences.



**Name:** Kelli Young  
**Nick Name:** Kelli  
**Email Address:** KelliYo@PCOM.edu  
**Osteopathic School:** Philadelphia College of Osteopathic Medicine  
**Degrees:** B.S. in Biology & Philosophy

**Fellowship:** 4 months each year over 3 years

**Participation:** I choose to do the OMM Fellowship because I wanted to gain a stronger understanding and working knowledge of Osteopathic Medicine so I would feel confident in treating my future patients.

**Name:** Natalie O. White  
**Email Address:** natalie.o.white@dmu.edu  
**Osteopathic School:** Des Moines University



**Degrees:** B.S. in Exercise Science, University of Iowa

**Fellowship:** 2-year program; 1 year as 2nd year Fellow, followed by 1 year of Clinical Fellowship completed during clinical rotations.

**Participation:** To pursue the fellowship means more to me than only refining palpatory skills and mastering new techniques: it encompasses submerging myself in an environment with others who share a similar goal. This goal is to effectively teach Osteopathic students, to heighten Osteopathic awareness, and to continue to amplify the enthusiasm for Osteopathy at DMU and beyond. While my reasons for aspiring to become a fellow are numerous, my enthusiasm to learn more is incredibly vast. The fellowship is an honor, a privilege, and an opportunity, but above all it is a commitment to the profession that I choose to uphold.



**OPP Fellows – Nova Southeastern University**  
Fort Lauderdale, Florida  
Left to Right: Elena Timoshki, Amil Badoolah Alberto Caban-Martinez, Renee Marchioni, Melissa Morgan, Graves Fromang & Alberto Caban-Martinez

**Name:** William Evan Rivers



**Email Address:** wwriters@kcumb.edu  
**Osteopathic School:** KCUMB-COM  
**Degrees:** BA/BS, DO in 2007  
**Fellowship:** 2004-2005, continuous  
**Participation:** I got into osteopathy for the philosophy and my

excitement about manual medicine. I wanted the chance to read about osteopathy, practice my hands, and create a couple of research projects on the physiologic effects of manual medicine. And I love to teach. It was a perfect match!

**Name:** Michael Lowney

**Email Address:** michaello@pcom.edu  
**Osteopathic School:** PCOM  
**Degrees:** BA from University of Chicago '04  
**Fellowship:** Our program is 4 months a yr for 3 yrs.  
**Participation:** I want to use this fellowship to learn and develop my osteopathic skills, practice those skills, and hopefully one day implement them everyday in a practice.

**Name:** Jennifer Lehman

**Nick Name:** Jennie  
**Email Address:** jlehman@westernu.edu  
**Osteopathic School:** Western University  
**Degrees:** BS Chemistry  
**Fellowship:** asynchronous with clinical rotations totaling a one year commitment  
**Participation:** I would like to work internationally someday and think having the skill of my hands is an invaluable tool

**Name:** Ligaya Smith

**Nick Name:** Ligaya  
**Email Address:** lsmith@westernu.edu

**Osteopathic School:** COMP DO 2008

**Degrees:** BS  
**Fellowship:** 2nd year; asynchronous with clinical rotations/ Fourth Yr Osteopathic Medical student  
**Participation:** I wanted to improve my osteopathic manipulations and increase my teaching skills to eventually use both in the future

**Name:** Courtney Tamiko Mizuhara-Cheng

**Nickname:** Rabbit  
**Email Address:** cmizuhara@westernu.edu  
**Osteopathic School:** WUOHS-COMP DO 2007  
**Degrees:** BS Biochemistry with minor in Education (UCLA 1998)  
**Fellowship:** 3rd year; 5th year Osteopathic Medical student  
**Participation:** The fellowship has been a great opportunity to develop my osteopathic manipulative medicine knowledge and to be able to share my understanding to others. I have been very fortunate to have the opportunity to be involved with various projects such as the publication of a manipulative medicine manual created by our faculty and NUFA OMM Review Book. I would like to continue being an educator and advocate of osteopathy in the future. The fellowship has allowed me to enroll in Masters in Health Professional Science Education which has helped enrich my background in this area.

**Name:** Christopher A. Morrissey

**Nick Name:** Chris  
**Email Address:** drchris33@gmail.com  
**Osteopathic School:** Kansas City University of Medicine and Biosciences  
**Degrees:** B.S. Physical Education with Athletic Training emphasis; A.S. in Respiratory Therapy  
**Fellowship:** One year continuous fellowship  
**Participation:** To enhance my OPP diagnostic and treatment skills, to pass on my enthusiasm and knowledge to first and second year

students, to have the opportunity to lecture and gain my experience teaching, to better prepare myself as a future osteopathic surgeon.



**Name:** Alexis Allison Tracy  
**Nick Name:** Lex  
**Email Address:** atracy@wvsom.edu  
**Osteopathic School:** WVSOM  
**Degrees:** BA, English & BSc, Biology, Univ. of Nebraska, Lincoln

**Fellowship:** asynchronous with clinical rotations, 2004-2006

**Participation:** I have great pride in the history and uniqueness of osteopathy. I wanted to enhance my OMT skills, share my enthusiasm for manual medicine and osteopathic philosophy with students, and work more closely with our amazing OPP dept, including Drs. Karen Steele, Bill Lemley, Zack Comeaux, and David Essig-Beatty. I was also able to participate in a small research study through our dept., where we screened asymptomatic patients for somatic dysfunction and will follow them long-term to see if not treating asymptomatic somatic dysfunction leads to illness or clinical symptoms.

**Fellowship:** 3 year discontinuous

**Participation:** I love teaching!!! I truly plan on practicing OMM as my specialty and would love to one day teach at one of the universities full-time. I thought this opportunity would give me great practice for the future. Also, I knew it would give me more hands-on-time to further my skills. About my picture: I just got married 1 month ago!!

**Name:** Eun K. Strawser

**Nick Name:** Al

**Email Address:** eunst@pcom.edu

**Osteopathic School:** PCOM Degrees you have obtained: BA University of Pennsylvania

**Fellowship:** asynchronous with rotations

**Participation:** Osteopathy is amazing to me! It makes medicine make more sense to me, not in the way that I completely understand all the intricacies of OMT, but the practice, the purpose, and the philosophy of doing life as a health care professional through the lens of osteopathy. And, unfortunately for us D.O. students, doing this Fellowship is just about the only best way to really dive into this, to really wrap our brains and our hands around this. There's nothing else that instills what AT Still said about finding health - we're in the business of looking for health and not the disease, and I'd rather learn to be a physician who looks for health than look for disease ... to look for LIFE rather than death.



**Name:** Jessica Lynn Masser  
**Nick Name:** Jess  
**Email Address:** JessicaYa@pcom.edu  
**Osteopathic School:** Philadelphia College of

Osteopathic Medicine

**Degrees:** B.S. Biochemistry

**Name:** Scott R Peerenboom

**Nick Name:** Scooter

**Email Address:** scottpe@pcom.edu

**Osteopathic School:** PCOM

**Degrees:** BA, Athletic Training and Exercise Science

**Fellowship:** asynchronous, 12 months between 2004-07

**Participation:** To improve diagnostic and therapeutic techniques, to participate in undergraduate education and teaching.



**Name:** Patrick Hazen  
**Email Address:** phazen@westernu.edu  
**Osteopathic School:** COMP College of Osteopathic Medicine of the Pacific  
**Degrees:** BA in Biology from Concordia University, Irvine Ca.

**Fellowship:** asynchronous with clinical rotations. 2006-2009

**Participation:** The OPP Fellowship allows me to combine two things that I enjoy, OMM and educating others.



**Name:** Danielle Campbell  
**Nickname:** Dano (Given by a rugby referee mid-match, to my dismay. It has grown on me though.)  
**Email Address:** daniellepo@pcom.edu  
**Osteopathic School:** Philadelphia College of

Osteopathic Medicine

**Degrees:** BSc -- Lock Haven University

**Fellowship:** First year of a three year program

**Participation:** My goal is to be able to offer the best care I possibly can to my patients. This fellowship will give me tools that will allow me to offer more comprehensive care than almost any other doctor. Fellowship also offers the opportunity to teach, and I have always been interested in teaching.

**Fellowship:** asynchronous with clinical rotations.

**Participation:** I am interested in doing PM&R and believe that the fellowship will serve me well in pursuing my career in this field.

**Name:** Amanda Martin

**Email Address:** amanda.j.martin@dmu.edu

**Osteopathic School:** des moines university

**Degrees:** BS in physiology at UCLA

**Fellowship:** asynchronous with clinical rotations from 06-08

**Participate:** I have a great desire to improve my OMM skills and promote osteopathy as a profession.

**Name:** Pontus B.H. Oberg

**Nick Name:** N/A (some have tried "P", "Pontiac", "Swede", "Ponti"...)

**Email Address:** Pontus.B.Oberg@dmu.edu

**Osteopathic School:** Des Moines University

**Degrees:** BSc, Zoology

**Fellowship:** Asynchronous with clinical rotations; 2006-2008

**Participation:** I wanted to share my enthusiasm for OMM with the incoming classes by lecturing and teaching labs. I also wanted to work in the outpatient clinic, where patients are treated solely utilizing OMM, and learn as much as I could from my faculty and from the patients; I could then share this with the students. In addition, the fellowship gives me a unique opportunity to perfect my skills, learn new techniques, and meet others who are enthusiastic about OMM; all so I am better equipped to treat my future patients and share osteopathy with future generations.

**Name:** Cason Brown

**Nick Name:** Casey

**Email Address:** Cason.M.Brown@dmu.edu

**Osteopathic School:** Des Moines University

**Degrees:** BA- University of Colorado-Boulder

**Name:** Francisco Laboy III

**Email Address:** Franciscola@pcom.edu

**Osteopathic School:** Philadelphia College of Osteopathic Medicine

**Degrees:** BS Biology

**Fellowship:** 5th year Asynchronous with clinical rotations.

**Participation:** I wanted the opportunity to get experience with teaching OMT to first and second year students. I also wanted the ability to become involved with osteopathic research. Finally, I wanted early patient experience.



**Name:** Alberto J. Caban-Martinez  
**Nickname:** AJ  
**Email Address:** caban@nova.edu  
**Osteopathic School:** Nova Southeastern University  
**Degrees:** BS Computer Science / Masters, Public Health

**Fellowship:** One year program; 2006 to 2007

**Participation:** I have always wanted to develop further skills in osteopathic manipulative medicine, from those skills taught in the undergraduate osteopathic medical curriculum, as well as promote osteopathy to the Hispanic community.



**Name:** Jennifer C. Lane  
**Nick Name:** Lane  
**Email Address:** Jennifer.C.Lane@dmu.edu  
**Osteopathic School:** Des Moines University  
**Degrees:** B.S. in Biology, Minors in Chemistry and American Sign Language at the University of South Florida

**Fellowship:** Asynchronous with clinical rotations from 2006-2009

**Participation:** I would like to further my knowledge and skills of Osteopathic Manipulative medicine, as well as help others learn the it's benefits. I am also interested in pursuing OMM research.

**Name:** Jenny Kendall

**Nick Name:** No Fluff



**Email Address:** jennifer.y.kendall@dmu.edu

**Osteopathic School:** DMU-COM

**Degrees:** B.S. Biotechnology and French

**Fellowship:** It is 3 asynchronous 4 month blocks (4 months of fellowship, 4 months

rotations times 3), starting after the completion of third year.

**Participation:** The fellowship would allow me to enhance my OMM skills and develop clinical skills beyond that of my peers. I also wanted the chance to teach OMM to students and to spark excitement about the uniqueness of our profession in these future osteopaths. It is a nice way to give back to the profession that I am so proud to be a part of.

**Name:** Katherine Heineman

**Nick Name:** Kate

**Email Address:**

Katherine.L.Heineman@dmu.edu

**Osteopathic School:** Des Moines University

**Degrees:** BA (Carleton College, 2003)

**Fellowship:** One year program; interspersed with clinical rotations; 2007-2009

**Participation:** The extended training in teaching and patient care from the fellowship at DMU is a wonderfully unique opportunity that will enable me to begin my medical career with additional knowledge and confidence to treat and care for patients using a more pure Osteopathic approach. I anticipate at the completion of this fellowship, I will be better equipped to truly follow Dr. A.T. Still's counsel in promoting and advancing the Osteopathic profession in ways I cannot yet know at this time.

**Name:** Renee Schroeder

**Nick Name:** Wren

**Email address:** rschroeder@wvsom.edu



**Osteopathic School:** West Virginia School of Osteopathic Medicine (WVSOM)

**Degrees:** BA in Chemistry, minors in Biology and Ethics

**Fellowship:** Divided 1 year program: December 2005-June 2006, August 2006 –

December 2006

**Participation:** To deepen my understanding of osteopathic philosophy, improve my diagnostic and therapeutic skills, and explore career opportunities in academia.



**Name:** Jeremy Wetmore

**Nick Name:** Jeremy

**Email Address:**

wetmore1@pc.edu

**Osteopathic School:** Pikeville

**Degrees:** B.S. Biology

**Fellowship:** one year continuous

Participation: I wanted to further hone my OMM skills. The only way to really do that is to spend time getting your hands on people. Also, I knew that later on in my career, if I knew I could have had a year to spend with my mentor and didn't, I would kick myself.

More fellows in future issues

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No. 2

# MARK YOUR CALENDAR

## 2007 Annual Convocation

American Academy of Osteopathy

**March 21-25, 2006**

The Broadmoor Hotel

Colorado Springs, Colorado

Theme: "Neuromusculoskeletal Medicine:

An Osteopathic Evolution"

Program Chairperson:

George J. Pasquarello, DO, FAAO

## *The Still Technique*

*Applications of a Rediscovered Technique  
of Andrew Taylor Still, MD*

**August 18-20, 2006**

South Pointe Hospital

Warrensville Heights, OH

<https://www.academyofosteopathy.org/CME0806.pdf>

Have an interesting article of interest to NUFA members? Would you like to see a faculty member interviewed for the Connections Newsletter. Please email Alberto Caban-Martinez (caban@nova.edu) with your candid comments and suggestions for future issues.

## Journal Club Wrap-Up



Each issue of the NUFA connection will present a brief summary of important scientific literature topics presented various peer-reviewed journals. We know you are busy with clinical, teaching and administrative responsibilities, so let the NUFA editorial staff review and present the highlights of contemporary literature of interest to OMM Fellows.

### → Recurrent Otitis Media and OMT ←

In the current issue of JAMA (*Vol. 6, No. 6, Page 327*) an article entitled: "Osteopathic Evaluation and Manipulative Treatment in Reducing the Morbidity of Otitis media: A Pilot Study" authors Dr. Brian Degenhardt and Michael Kuchera from the A.T. Still Research Institute at AT Still University of Health Sciences have conducted a pilot cohort study where they enrolled 8 participants with a 1-year post-treatment follow-up. Study participants over a period of three weeks received osteopathic structural exams and OMT. Finding from the study indicated that OMT may change the progression of recurrent Otitis media.

### Did we miss your profile?

We are very interested in profiling you in an upcoming issue of NUFA Connection. Logistics and timing might of not permitted us to reach you for this first issue. Please be sure to send a completed bio and photo to [caban@nova.edu](mailto:caban@nova.edu). If you do not have a bio sheet template, please email Alberto Caban-Martinez for one.

## Wanted Associate Editors

Do you like to write? Would you enjoy writing brief articles about Osteopathic Medicine? Than NUFA Connection wants you! We are looking to secure four (4) highly energetic, self-motivated, responsible, and dependable associate editors to assist in the coordination and drafting of following content areas:

- **Associate Editor (Clinical)**
  - File articles on clinical case reports of interest to the NUFA membership
- **Associate Editor (Science)**
  - File scientific / journal style reports of contemporary literature
- **Associate Editor (Community Service)**
  - File reports on community service events occurring among the NUFA membership
- **Associate Editor (Social)**
  - File reports of social events as well as regional / national meetings of interest to the NUFA membership

Those interested should write a **two-sentence** statement indicating why they are most interested in the position, which will terminate on June 30, 2007. Each associate editor will be responsible for submitting at least 1 article/report for the remaining five (5) print issues of NUFA connections this academic year. Friendly, periodic reminder will be sent to you prior to your deadline. Please send your two sentence statement by Sunday, July 30 to the Editor-in-Chief: [caban@nova.edu](mailto:caban@nova.edu) as well as any questions about the positions. Selection of each associate editor position will be announced on Monday, July 31.