



the review

A quarterly newsletter of the North Dakota Academy of Physician Assistants

Cindy Renner, PC, Editor

December, 2003

Letter from the Editor

More often than not, our patients come to us with a big list of supplements they are considering taking, or have already purchased. They have questions about interactions with their prescribed meds, and correct dosages. For some reason, they seem to think if they can buy it over-the-counter, it must be safe, at any dose.

There are many patients who have had serious side effects from their “natural” supplements. One person was taking Lipitor for hyperlipidemia, and started taking a supplement called “Red Rice Yeast”. Unknown to her, this product acts like a statin – so she was getting much more than the recommended dose by combining them. She had been to several physicians and was very sick before this was discovered.

It is important that we educate ourselves about supplements to learn which ones have actually been studied scientifically, and are proven to provide benefit.

We also need to be able to advise our patients about what the recommended daily dose should be, since many patients tend to “megadose. Excessive doses of Vitamin C can cause nausea, vomiting, heartburn, kidney stones, drying of the mouth and mucous membranes, and blood clots. High doses of Vitamin E can lead to fatigue, nausea, vomiting, headaches and muscle cramps. Using antioxidants as an example, the benefit increases until the maximum recommended dose is reached, but they actually have a PRO-oxidant effect at higher doses.

Antioxidants:

Antioxidants help remove toxic by-products (oxidants) from the body. Even with a normal cholesterol level, oxidation of LDL occurs leading to atherosclerosis. The American Heart association web site (www.americanheart.org) has several articles about antioxidants. Those proven to be beneficial are Vitamin C, Selenium and Lycopene. However, **scientific evidence does not suggest that consuming antioxidant vitamins can eliminate the need to reduce blood pressure, lower blood cholesterol or stop smoking cigarettes.** Clinical trials are under way to find out whether increased vitamin antioxidant intake may have an overall benefit. However, a recent large, placebo-controlled, randomized study failed to show any benefit from vitamin E on heart disease, and use of vitamin A has been linked to increased rates of lung cancer.

What about omega-3 fatty acid supplements?

Epidemiologic and clinical trials have shown that omega-3 fatty acids reduce the risk of cardiovascular disease. Healthy people, people at high risk of CVD and patients with preexisting CVD all benefit. The AHA recommends including omega-3 fatty acids in the diet mainly from fish and plant sources. For persons without established heart disease, eating fish 2-3 times/week is felt to be a preventive dose. A three-ounce serving of salmon, herring, trout or sardines is a good source for omega-3. Tuna, halibut and flounder require larger servings to achieve the same results. It can be difficult for many people to eat this quantity of fish on a regular basis, (especially in a land-locked State like ND...) and some people with high triglycerides and patients with CVD may benefit from more omega-3 fatty acids than they can easily get from diet alone. For this reason the AHA also recommends the use of supplements to achieve this. A 1000mg omega-3 supplement would be the equivalent of 3 ounces of fish.

We will try to include information about specific supplements in upcoming newsletters, as helpful information is received.

Editor

NDAPA Spring Primary Care CME Conference May 6 & 7, 2004

North Dakota Academy of Physician Assistants (NDAPA) will sponsor the Annual Spring Primary Care Conference May 6 and 7, 2004. The conference will be held at the Ramada Plaza Suites and Conference Center. Lecture topics include: Common pediatric problems, Osteoporosis, Psychiatric diagnosis and treatment, Forensic psychiatry and disability evaluations, knee problems, STD update, Antibiotic resistance, HIV update and much more.

The NDAPA Membership Meeting will be held at 12:30 p.m. Friday, May 7th. Plan to attend to learn more about the NDAPA.

For further information and registration forms, contact UND Conference Services at 701.777.2663 or register on-line at www.conted.und.edu/primarycare.

AAPA Seeking Liaison

Would you like an opportunity to represent the National PA Association on a committee focusing on Rural Health? Since many PAs in ND work in rural settings, wouldn't it be great to have a ND PA serve on this committee?! It's a great opportunity...consider applying!

AAPA is seeking a liaison to represent the Academy to the National Rural Health Association. PAs who have been AAPA fellow members in good standing for the past three years may apply. The appointment term will begin March 1, 2004, and end January 1, 2005. The appointee will be eligible for reappointment to a three-year term beginning in January 2005. To learn more about the position, go to:

<http://www.aapa.org/leadership/leadershippostings.html>. Completed applications must be received at AAPA by **FEBRUARY 15**.

Free Subscription to "Surgical Physician Assistant" Journal

Free subscription to "Surgical Physician Assistant" Journal (an \$80/year subscription value) for all PAs and PA students! If you are interested in surgery and want to learn more about the surgical subspecialties (orthopaedics, cardiovascular and thoracic surgery, urology, neurosurgery and general surgery) you may sign up to receive the journal at the www.surgicalpa.com web site under the "Address change" button. Your signature and date are required by the US Postal Service. Also check out the "Job Listings" for the latest opportunities.

North Dakota Academy Of Physician Assistants PA of the Year Awards 2003

It's time to start thinking about PA of the Year for 2003. NDAPA is accepting nominations for PA of the Year in the following categories:

PA Educator of the Year
Humanitarian PA of the Year
Outstanding PA of the Year

There has been a great response to these awards in the past. This is an opportunity to recognize exceptional professional colleagues.

Consider nominating a candidate that is committed to their work, a great provider, someone who "goes the extra mile", someone who is a leader, a community and patient educator, someone who is involved in legislative and political issues or someone who is a great overall PA. This is an opportunity to recognize a colleague for their achievements and the role they play in health care.

Nominees do not have to be a NDAPA member, but must be a PA who works or resides in North Dakota. Each nominee will be contacted to submit his or her CV, picture and complete a questionnaire.

The awards will be presented at the 2003 Spring NDAPA Conference, May 7th, 2004 in Fargo.

Deadline for nominations is **March 15th, 2004**.

It's not too early to start planning your nominations NOW!

Complete the nomination form and send to:

Terri Lang
1412 Cottonwood Avenue
Minot, ND 58701
Phone: 701.838.6394
Fax: 701.839.0967
e-mail: terri_lang@und.nodak.edu



--Nomination Form--
Physician Assistant of the Year Awards 2003
Sponsored by:
North Dakota Academy of Physician Assistants

I nominate the following individual for PA of the Year:

Nominee Name

Address

City/State/Zip

Telephone --(work or home)

Nominated For:

Outstanding PA of the Year

Humanitarian PA of the Year

PA Educator of the Year

Nominator Name

Date

Nominator Address

City/State/Zip

Telephone – (work or home)

Please include a letter of recommendation, indicating your reasons for nomination.

The deadline for nominations is **March 15, 2004**.

No nominations will be accepted after that date.

Awards will be presented May 7nd, 2004 at the NDAPA Conference.

Guidelines:

Nominees do not have to be NDAPA members. The PA of the Year nominee may be a PA who works or resides in North Dakota.

Category descriptions:

Educator: This category is not limited to the academic setting. It is equally applicable to the PA educating the public on health-related issues or the PA profession.

Humanitarian: This category is for the PA whom you feel is giving of himself or herself in the service of others.

Outstanding: This category is for the PA who provides excellent care and service not only to their patients but also to the community and to the profession.

2004 DAKOTA CONFERENCE OFFERS SOMETHING FOR EVERYONE WORKING IN RURAL AND PUBLIC HEALTH

The 2004 Dakota Conference on Rural and Public Health will be held March 24-26, 2004 at the Holiday Inn-Fargo in Fargo, N.D.

Keynote presentations, topic sessions, intensive sessions, workshops, hot topic discussions and exhibits during the Dakota Conference will cover four core areas including healthcare administration, environmental and occupational health, diverse populations and health disparities, and health promotion and disease prevention.

Dakota Conference is an interdisciplinary forum for hospitals, nursing homes, clinics, public health professionals, managers, staff, board members, health care providers (physicians, nurses, social workers, nurse practitioners, physician assistants), government officials, researchers, educators, students, community developers, and others interested in improving health care services in the Dakotas and Minnesota to promote communication and the exchange of ideas and information important to private and public providers located in rural and urban settings.

“The purpose of an annual statewide health care conference, such as Dakota Conference on Rural and Public Health, is not only to instill newfound skills and knowledge,” said Brad Gibbens, associate director of the Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences and chair of the Dakota Conference committee, “but also to challenge and motivate people to think about the how’s, what’s, and why’s of our health care system.”

Healthcare administration issues that will be addressed during the conference include, HIPAA, workforce issues, health care finance, health care policy, leadership development, and hospital and clinic issues.

In the environmental and occupational health area workplace health, bioterrorism and bloodborne pathogens will be discussed.

Topics to be covered relating to diverse populations and health disparities include: Native American issues; gay, lesbian, bisexual and transgender issues; other minority population issues; uninsured/underinsured populations; and geographic disparities.

Health promotion and disease prevention topics will include, tobacco use prevention, HIV/AIDS, mental health, family-centered care, patient advocacy and violence.

In addition to the conference sessions, two pre-conference sessions will be held. The first of these will cover prescription drug access and affordability for seniors and is co-hosted by the Aging Services division of the North Dakota Department of Human Services. The second pre-conference session will focus on leadership development for critical access hospitals and is hosted by the North Dakota Medicare Rural Hospital Flexibility (FLEX) steering committee.

A national and state health policy update will also be provided during the conference and the Center for Rural Health will host a Foundation Resource Center to answer grant development questions.

Keynote speakers at this year’s conference will be Marcia Brand, Ph.D., director, Office of Rural Health Policy, Health Resources and Services Administration, U.S. Department of Health and Human Services, Washington, D.C.; Terry Dwelle, M.D., M.P.H.T.M., state health officer, North Dakota Department of Health, Bismarck, N.D.; Monica Mayer, M.D., Family Practice Trinity Community Clinic, New Town, N.D., and Donna Sweet, M.D., professor, Internal Medicine, University of Kansas School of Medicine-Wichita; director, Kansas AIDS Education Training Center, Wichita, Kan.; chair-elect designee for the Board of Regents of the American College of Physicians.

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Dakota Conference

The luncheon speaker on Wednesday, March 24 will be Miss North Dakota 2004 Sara Schelkoph.

On the evening of Thursday, March 25, the annual Dakota Conference Awards dinner will be held honoring awardees from both the Public Health Association and the Dakota Conference Outstanding Rural Health Awards.

Health care and human service professionals may also take advantage of continuing education hours as applications have been made for the North Dakota and Minnesota State Board of Examiners for Nursing Home Administration, North Dakota Board of Social Work Examiners, North Dakota Nurses Association, North Dakota Dietetic Association, and the Bismarck State College Division of Continuing Education.

For more information and to register for the Dakota Conference visit:

<http://www.bismarckstate.edu/cce/ruralhealth>



CME Corner....

North Central Regional Meeting
Collinsville, IL— March 12-13, 2004
Contact: Kari Anderson
800.975.9344
kari@ampka.com

25th Annual SAPA PA Refresher Course
Fayetteville, NC — April 26-30th
Contact: Bob Potter, PA-C
309.734.5446
www.sapa.org

NDAPA Spring Primary Care Conference
Fargo, ND — May 6-7, 2004
Contact: UND Conference Services
701.777.2663
www.conted.und.edu/primary care

32nd Annual AAPA Conference
Las Vegas, NV
June 1-6, 2004
Contact: aapa@aapa.org
703.836.2272
www.aapa.org

**Mark Your
 Calendars...
 Spring CME
 May 6-7, 2004
 Fargo, ND**

***5th Annual PA Foundation
Silent Auction
June 5th, 2004 — Las Vegas, NV***

The Physician Assistant Foundation will host the 5th Annual PA Foundation Silent Auction on June 5th in Las Vegas. Las Vegas is the site of the 32nd Annual AAPA Conference which will take place from June 1-6, 2004. The Auction will be held in the Pavilion Registration Area, Hall C3, Las Vegas Convention Center from 8:30 a.m.— 4:30 p.m.

Proceeds from the Auction help to fund PA scholarships and community programs that PAs are involved in. These programs are helping to make a difference in the communities that they serve.

To make this a successful event, the PA Foundation can use your help. Please consider donating an item to the Auction. The value of the item donated is tax deductible and you will be helping to support the Foundation's programs. If you are going to be attending the Conference, please come to the Auction and take part in a fun and exciting event.

For more information about the Auction, contact the PA Foundation at: 703.519.5686. You can visit the PA Foundation Web site at www.aapa.org/paf or e-mail Nina Maxberry at nmaxberry@aapa.org.



THANK YOU!

Thank you so much for the Kathy Ohly Scholarship. It was very generous of you to award three scholarships this year. I truly appreciate it — and it is very much needed. Kathy sounds like she was a special person, what a great tribute to her. Thanks again.

Sincerely and Gratefully yours,

Cathy Urlaub, PA-S



**Merry Christmas
and Happy
New Year**





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North Dakota Academy of Physician Assistants
 Terri Lang, Executive Secretary
 1412 Cottonwood Avenue
 Minot, ND 58701
 Phone: 701.838.6394
 Fax: 701.839.0967
 Email: terri_lang@und.nodak.edu



President

Wanda Knudson
 1208 Bayview Court
 Bismarck, ND 58501
 H—224.9160
 W—323.6000
 F—323.5369
 Email—wandaknudson@cs.com

Past President

Denise Lorenz
 414 4th Ave. NE
 Hazen, ND 58545
 H—748.3563
 W—748.2256
 F—748.2257
 Email—denden@westriv.com

President Elect

Kate Larson
 Box 1061
 Garrison, ND 58540
 H—463.7311
 W—463.2245
 F—463.6543
 Email—katel@restel.net

Vice President

Ginger Collins
 828 3rd St. SW
 Rugby, ND 58368
 H—776.6376
 W—776-6325
 Email—rugbypa00@yahoo.com

Secretary

Wayne Kartes
 PO Box 995
 Rolla, ND 58367
 H—477-5862
 W—477-31111
 Email—w_kartes@hotmail.com

Treasurer

Patricia Blomquist
 8268 Hwy 40
 Battle View, ND 58773
 H—464.5760
 W—572-7651
 Email—patrnpac@yahoo.com

Director at Large

Cheryl Ulven
 PO Box 265
 Ray, ND 58849
 H—568-2281
 W—627-2990
 Email—parabar@nccray.com

Legislative/Government Affairs

Denise Lorenz
 414 4th Ave. NE
 Hazen, ND 58545

Membership

Denise Lorenz
 414 4th Ave. NE
 Hazen, ND 58545

Professional Wellness

Randy Perkins
 2015 2nd Place NE
 Jamestown, ND 58401
 H—252-6828
 W—253.3650
 Email—randperkins@hotmail.com

CME

Heidi Olson-Fitzgerald
 4284 14th St. S.
 Moorhead, MN 56560
 H—218.236.4951
 W—234-3900
 F—234-3951
 Email—hmfitz@att.net

Elections

Denise Lorenz
 414 4th Ave. NE
 Hazen, ND 58545

Scholarship

Micki Lueck
 602 Broadway
 Lisbon, ND 58054
 H—683.5973
 W—683.5241
 F—683.4345
 Email—mlueck@bannerhealth.com

Reimbursement

Jean Nygaard
 8533 County Road 19
 Wildrose, ND 58795
 H—539-2137
 W—965-6349
 Email—rjnygd@nccray.com

Corporate Sponsor

Roger Preszler
 1242 3rd Ave. NW
 Valley City, ND 58072
 H—845-8791
 W—845-6000
 Email—rjpreszler@yahoo.com

Newsletter

Cindy Renner
 800 St. Louis Place
 Bismarck, ND 58504
 H—223.4865
 W—255-2252
 F—255-2255
 Email—eatchocl8@aol.com

Public Education/Relations

Heidi Olson-Fitzgerald
 4284 14th St. S.
 Moorhead, MN 56560

PA Program Liaison

Terrie Jo Wold
 PO Box 9037
 Grand Forks, ND 58202
 H—772.5951
 W—777.3721
 F—777.2389
 Email—tewold@medicine.nodak.edu

2004 Chief Delegate—AAPA HOD

Wanda Knudson
 1208 Bayview Court
 Bismarck, ND 58501

2004 Junior Delegate—AAPA HOD

Micki Lueck
 602 Broadway
 Lisbon, ND 58054

2004 Alternate Delegates—AAPA HOD

Heidi Olson-Fitzgerald
 4284 14th St. S.
 Moorhead, MN 56560

Julie Keller
 Central Dakota Family Physicians
 922 Lincoln Avenue
 Harvey, ND 58341



The mission of NDAPA is to promote quality, cost-effective, accessible health care to enhance the health and well-being of the people of North Dakota and to promote the professional and personal development of Physician Assistants.