



American Osteopathic College
of Occupational & Preventive Medicine

AOCOPM News, February 2024



Welcome the 2024 Board Members

2024 Board Members: <https://www.aocopm.org/leadership> (click photos for bios)

Kris Belland, DO, President (elected in 2023)
Naomi Wriston, DO, MS, FAOCOPM, Immediate Past President (elected in 2022)
Keith Proctor, DO, MSPH, President-Elect
Alan Philippi, DO, MS, Treasurer
Dennis A. Estep, DO, MPH, MS, FACOEM, Secretary
Jennifer A. Benincasa, DO, MPH, MSHCA, VP and Division Chair, Aerospace Medicine
Charles L. "Carl" Wertz, III, DO, MPH, FAOCOPM, VP and Division Chair, Occupational Medicine
Luzan Phillpotts, DO, MPH, VP and Division Chair, Preventive Medicine and Public Health
Patrick T. Birchfield, DO, MPH, MSS<, FAOCOPM, FAsMa, At-Large Trustee (2023-2025)
John Carbon, DO, MS, At-Large Trustee (2024-2026)
Stephen Cullen, DO, At-Large Trustee (2024-2024; Note: unexpired Term)
Philip M. Eskew, DO, JD, MBA, At-Large Trustee (2024-2026)
Scott Everson, DO, MPH, At-Large Trustee (2022-2024)
Gerald F O'Malley, DO, FACEP, FAAEM, FACMT, FAACT, At-Large Trustee (2023-2025)
Corey J. Morris, DO, Resident and Fellow Representative
Jelaun Newsome, DO, MPH, MBA, Early Career Physician Representative
Sanjoli Agarwal, MPH, OMS3, Medical Student Co-Representative
Megha Luthra, OMS3, Medical Student Co-Representative
Huma Abbasi, MD, MPH, CIH, Associate Member Representative
Murray Goldstein, DO, MPH, FAOCOPM(d), Special Advisor to the Board (appointed 2021)

Many thanks to those members rotating off the Board for their selfless service:

Mary E. Hanley, DO, MPH DO, FUHM, CWSP, Rotating off as Immediate Past-President.
Joseph Zell, DO, MBA, MPH, Rotating off as Secretary.
Warren Silberman, DO, MPH, FAOCOPM, Rotating off as VP and Division Chair, Aerospace Medicine
Al Baltrusaitis, DO, MPH Rotating off as VP and Division Chair, Occupational & Environmental Medicine
Paul Fowler, DO, JD, FAOCOPM, Rotating off as At-Large Trustee
Kristy Ray, DO, MPH, Rotating off as Representative for Early Career Physicians



Occupational Sitting Time, Leisure Physical Activity, and All-Cause and Cardiovascular Disease Mortality

by Wayne Gao, PhD1; Mattia Sanna, PhD2; Yea-Hung Chen, PhD3; et al
via JAMA Network

Findings suggest that reducing prolonged sitting in the workplace and/or increasing the volume or intensity of daily physical activity may be beneficial in mitigating the elevated risks of all-cause mortality and cardiovascular disease associated with prolonged occupational sitting.

[https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2814094?utm_source=For The Media&utm_medium=referral&utm_campaign=ftm_links&utm_term=011924](https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2814094?utm_source=For%20The%20Media&utm_medium=referral&utm_campaign=ftm_links&utm_term=011924)



An Introduction to the Certificate of Added Qualification in Occupational & Environmental Medicine

Dr. Dan Berry explains all about the CAQ in Occupational Medicine and also provides some very good reasons to obtain this CAQ:

<https://youtu.be/gF1xyv7DQ3g?si=697WN9pzKtFpsGA>



Register for DO Day

April 13-14, 2024 | Virtual Conference
April 17-18, 2024 | In-Person Congressional Meetings

Registration: <https://registration.experientevent.com/ShowAOA243/Flow/ATTENDEE#!/registrant//Welcome/>



Check Out the Agenda...and Don't Forget to Book Your Room!

[2024 Midyear Educational Conference and OPAM Workshop Agenda](#)

Hyatt Regency Conroe: AOCOPM Group Rate \$165. Government \$122. These rates are good until February 29, 2024. If you call 936-444-4454 to register, use the group code: G-AOCO. Hotel Registration link: <https://www.hyatt.com/en-US/group-booking/IAHRC/G-AOCO>. The hotel is in a peaceful setting--lots of green space, and within walking distance of SHSUCOM as well as restaurants.

HYBRID: Online via Zoom and in Person

Sam Houston State University College of Osteopathic Medicine, Conroe, TX

- Midyear Conference, Thursday-Sunday, March 21-24, 2024
- OPAM Workshop: Basic Course in Occupational Medicine, Part I, Wednesday, March 20, 2024

[Registration Form](#) - Last day for Earlybird pricing is February 20th!

NOTE TO STUDENTS: Have you already thought of questions for the Q&A session on Thursday, March 21, 2024? If so, send them to ronda@aocopm.org -

Contact Info:

AOCOPM

800-558-8686

Jeffrey LeBoeuf, Executive Director - jeffrey@aocopm.org

Ronda LeBoeuf, Office Manager - ronda@aocopm.org

Did We Miss Something? Do You Have News to Share?

Send your information to ronda@aocopm.org
(You can post on AOCOPM's social media, too)

Connect with Us:



