



## Mississippi Academy of Family Physicians Foundation Newsletter

February 2010

Anna Tadlock  
Miss Mississippi 2009



Anna Tadlock, Miss Mississippi 2009, has partnered with the MS Academy of Family Physicians Foundation to teach a program titled, (Are You in to Health?) - "R U N 2 Hlth?" to students in 20 schools across Mississippi between February 2010 and May 2010. If you are interested in scheduling Anna to visit a school in your community, please contact Karen Jones at 601-661-7306 or by email [kjones@riverhillsbank.com](mailto:kjones@riverhillsbank.com). Her appointments are filling up, so don't delay!

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Dear MAFP Member,

The Mississippi Academy of Family Physicians Foundation is pleased to update you on what is going on at your Foundation: Miss Mississippi 2009, Anna Tadlock, will be presenting a program titled, "R U N 2 Hlth?" to 20 schools across Mississippi beginning February, 2010; the Foundation has received its first "Monthly Donor"; the Foundation needs you to take the 10 minute survey on tobacco cessation and lots more! Read on to be in the know!

### Tobacco Cessation

The MS Academy of Family Physicians Foundation, along with the Mississippi Chapter of the American Academy of Pediatrics, has begun implementing the Tobacco-Free Mississippi: Engaging Mississippi's Family Physicians and Pediatricians project. This project is funded by a grant from the Mississippi State Department of Health. We consider this project to be an important prevention initiative for this year and invite you to join us in this effort. **This project needs your participation and support!** MAFP is confident that with education and training of family physicians, together we can continue to make an impact on the health of Mississippians. We look forward to hearing from you as to how we can better equip you to help your patient base. If you have not already completed the survey, please do so by clicking on the link below. As of February 5th, 38 MAFP members have taken the survey.

[Take the survey](#)

## Quick Links...

[Our Website](#)

[MS Department of Health Office of Tobacco Control](#)

[MS Tobacco Quitline](#)

[MS Office of Healthy Schools](#)

[ACT Center for Tobacco Treatment, Education and Research](#)

[AAFP Ask and Act Tobacco Resource Center](#)

[Tar Wars](#)

**One Hour = Healthier Kids**

Present a strong tobacco-free message to a local classroom.

In just one hour, you can give children in your community the gift of longer, healthier lives.

How? Visit [www.tarwars.org](http://www.tarwars.org).

- Volunteer to be a Tar Wars presenter.
- Download your free program guide in the Tar Wars Store.

Since 1988

AMERICAN ACADEMY OF FAMILY PHYSICIANS  
STRONG MEDICINE FOR AMERICA

**Tar Wars**

A tobacco-free education program for kids from the American Academy of Family Physicians

AMERICAN ACADEMY OF FAMILY PHYSICIANS  
FOUNDATION

Supported in part by a grant from the American Academy of Family Physicians Foundation

Refer Your Patients to  
the Mississippi  
Tobacco

# Quitline

1-800-QUITNOW

1-800-784-8669

## ACT Center Satellite Tobacco Treatment Clinics

On-site treatment programs are available at 24 convenient locations across Mississippi. All clinics deliver the ACT Center

## Are You a Leader in Tobacco Cessation and Education?

by Martha Dempsey, MD  
PGY-2 UMC Family Medicine

At some point, each of us has an adolescent in our lives. Whether it is one of our patients, our child, grandchild, sister, brother, niece or nephew, we can all think of someone we know who is a teen or preteen. Now imagine nearly a quarter of them smoking cigarettes. Disturbing, right? Definitely disturbing; however, according to the CDC, in 2004 approximately 22 percent of high school students were smokers. Given this fact along with the knowledge that currently, cigarette smoking is the number one cause of death and disease in this country, we as family physicians must act promptly and aggressively to curb the trend of adolescent tobacco use.

We are lucky to live in a state that has taken the teen smoking epidemic seriously. As of November 2005, Mississippi was one of four states spending the minimum per capita amount recommended by the CDC for tobacco control programs. Considering that we are one of the poorest states in the nation tells me that Mississippi is committed to making its youth tobacco free.

Tar Wars is another wonderful example of our state's anti-tobacco dedication. Begun in 1988, this program is a product of the American Academy of Family Physicians and is used to educate 4<sup>th</sup> and 5<sup>th</sup> graders on the dangers of tobacco. Last year in Mississippi, over 5,000 were educated by medical students, nurses and other health care providers--but only one family medicine physician. We as family docs are vital to the program and have an obligation to serve as role models to the children of our state and promote a healthy and tobacco free lifestyle. We simply must become more involved with this great program.

It is imperative that we provide adolescents with all the information they need to refuse tobacco. Don't be afraid to ask them if they smoke or have ever tried it. It's our duty to intervene whenever we can. Now is the time for us to step up to the plate and advocate for our youth. As physicians, parents, grandparents, siblings, and aunts and uncles of these young people, we cannot spend another day idle as long as tobacco has its hold on them.

By implementing Tar Wars in your local schools, being a tobacco-free role model, and counseling every

Tobacco Treatment Program.

This project offers intensive assistance for overcoming tobacco addiction. Citizens of all communities and outlying areas are encouraged to participate.

The program includes an initial visit, six treatment sessions, medications, and follow-up appointments, all at no cost to the participants.

For more specific information about meetings in your area, you may contact any of the ACT Centers. For a listing of locations, [click here.](#)

### **Remember the Foundation with your Memorial and Honor Gifts**

Please remember the Foundation when making memorial or honor gifts. A secure donation may be made on the MAFP Foundation Website. Your memorial or honor information may also be entered and an acknowledgement will be mailed on your behalf.

The Foundation receives an annual memorial donation from Dr. and Mrs. Joseph E. Johnston, Mount Olive, MS. Throughout the year, they notify the Foundation to send a donation acknowledgement when a family member or friend passes away. You can do the same by [Clicking Here.](#)

adolescent that you come in contact with about the dangers of tobacco, we can make a difference. Please contact Kim Erikson at 601-853-3302 to get involved with Tar Wars in your community. We simply owe it to the youth of this state and this country.

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### **AAFP's Ask and Act Tobacco Cessation Program**

Tobacco addiction causes 440,000 deaths in the United States each year, making it the most preventable cause of death. Of the 46 million current U.S. smokers, 70 percent say they would like to quit.

Family physicians are taking a frontline approach to helping these smokers meet their goal. The AAFP's tobacco cessation program, "[Ask and Act](#)," encourages family physicians to ASK all patients about tobacco use, then to ACT to help them quit.

There's strong evidence that advice from a health care professional can more than double smoking cessation success rates. And research shows that patients are more satisfied with their health care if their primary care provider offers smoking cessation interventions - even if patients are not yet ready to quit. Take advantage of the resources on this site to make your interventions with your patients who use tobacco even more effective.

Visit the website for online resources.

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### **MAFP Foundation Makes Donation to MS Rural Physicians Scholarship Program**

In 2009, The MS Academy of Family Physicians Foundation supported the [MS Rural Physicians Scholarship Program](#) (MRPSP) through participation in the Annual Viking Classic Golf Tournament Birdies for Charity Program. One hundred percent of every 2009 donation made through this program by MAFP members was awarded to the MRPSP. During the Celebrity Roast of Dr. Daniel Jones, a check in the amount of \$2,000 was presented to Janie Guice, MRPSP Director.



Pictured are Michael O'Dell, MD; Brent Smith, MD, MRP Scholar; Justin Smith, MRP Scholar; Kristie Price, MRP Scholar; Janie Guice MRPSP Director; Jason Dees, DO; Dewitt Crawford, MD.

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Become a Foundation Monthly Donor  
by P. Brent Smith, M.D.

Family Physicians, Residents and Students,

Many of you are aware of the work that the Mississippi Academy of Family Physicians does on behalf of Family Medicine physicians, residents, and students in our state. However, most of us are unaware of the good that the Academy's philanthropic arm, the MAFP Foundation, achieves yearly. Scholarship programs, the continued support of the Tar Wars program, and active efforts to promote family medicine among students and residents are just a few of the ways the Foundation benefits us. Many of us have even been to state or national conferences with their financial assistance.

What the MAFP Foundation cannot do is continue its impact without the active support of our family physicians, and resident and student members. Now, the foundation has made the process of donating even easier by allowing for recurring monthly donations. So please, give what you can to ensure that Family Medicine in Mississippi has a bright future. You may sign up by [clicking here](#).

Sincerely,

P. Brent Smith MD  
PGY-1 UMC Family Medicine  
AAFP Resident Representative to the AMA-RFS  
MSMA Council on Legislation Resident Member

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Thank you for your continued support of the MAFP Foundation and its programs. Your input and support are valuable to the Foundation.

Sincerely,

Kim Erickson  
Mississippi Academy of Family Physicians Foundation



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