



IOWA FAMILY PHYSICIAN

VOL. LIV No. 2 / FALL 2026

2026 IAFP ANNUAL CONFERENCE

NOVEMBER 12-13, 2026

PRAIRIE MEADOWS CONFERENCE CENTER

Mark your calendars and plan to join us for our 2026 Annual Conference.

INSIDE:

- Education Issue
- Annual Conference Agenda and Registration
- FUTURE Recap

“FAMILY MEDICINE IS THE FOUNDATION FOR A HEALTHIER IOWA”

PRSRF STD
US Postage
PAID
Permit No. 762
Des Moines, IA

Iowa Academy of Family Physicians
1515 Linden Street, Suite 220
Des Moines, IA 50309



Buena Vista
REGIONAL MEDICAL CENTER
STORM LAKE, IOWA



Join Our Team in Storm Lake

Your Future in Family Medicine!

Grow with us!

Practice family medicine in a vibrant rural community with a dedicated team passionate about their work and community.

A Supportive, Welcoming Workplace

Join a team where employees love their jobs and the community they serve.

Experience the Diversity of Storm Lake

Storm Lake is a culturally rich town with over 30 languages spoken, home to Buena Vista University, and an excellent school system.

Annually



350
Births



3,000
Surgical
Procedures



8,400
Emergency
Room Visits



Learn More

Contact Katie Schwint at schwint.katie@bvrmc.org or 712.213.8601.

Vision Statement for the Iowa Academy of Family Physicians

"Family Medicine is the foundation for a healthier Iowa."

OFFICERS*President*

Jason Wilbur, MD
Iowa City

President-elect

Spencer Carlstone, MD
Pella

Vice President

Patrick Courtney, MD
Mason City

Secretary-Treasurer

Ursula Livermore, MD
Cedar Rapids

Board Chair

Sarah Ledger, DO
Mount Pleasant

Executive Vice-President

Sonia Bell, MBA
Des Moines

BOARD OF DIRECTORS**DISTRICT 1**

Laura Lasack, MD
State Center

Anna Mark, MD
Decorah

DISTRICT 2

Nicole Brokloff, MD
Davenport

Kelly Krei, DO
Davenport

DISTRICT 3

Madeline Godar, MD
Altoona

Jenna Kemp, MD
Waukegan

DISTRICT 4

Samantha Bissen, DO
Grundy Center

Nicole Ehn, MD
Webster City

At-Large

Tim McCoy, DO
Knoxville

Lisa Zittergruen, MD
Decorah

New Physician Director

Savannah Marker, DO
Winterset

Residency Representative

Dana Danley, MD
Des Moines

Resident Members

Sarah Costello, MD
Iowa City

Student Members

Madison Brewster
Iowa City

AAFP Delegates

Brent Hoehts, MD
Knoxville

Dawn Schissel, MD
West Des Moines

OFFICE STAFF

Executive Vice President
Sonia Bell, MBA

*Director of Communications
and Member Services*
Katie Cox

Director of Operations
Kelly Scallon

IAFP OFFICE

6500 University Avenue, Ste 100, PMB 123
Windsor Heights, IA 50324
Phone: (515) 244-4182
E-mail: mail@iaafp.org
Website: www.iaafp.org

2025-2026 Committee/Board Chairs

Board of Directors
Sarah Ledger, DO

Education Committee
Kate Hanrahan, MD

Nominating Committee Chair
Jim Bell, MD

Member Advocacy
Laura Bowshier, MD
Dave Carlyle, MD

Member Services
Nicole Brokloff, MD

IAFP Foundation President
Robin Barnett, DO

Magazine Editor
Jason Wilbur, MD

Magazine Assistant Editor
Sarah Costello, MD

PrimCare PAC
Laura Bowshier, MD

Iowa Family Physician is addressed and mailed to every family physician, resident, and medical student throughout the state and serves as the Academy's major communication source regarding public relations, legislative and membership information.

The IAFP neither recommends or endorses the paid ads included in this publication.

The information contained in The Iowa Family Physician is for informational purposes only. The Iowa Academy of Family Physicians (IAFP) assumes no liability or responsibility for any inaccurate, delayed, or incomplete information, nor for any actions taken in reliance thereon. The information contained has been provided by the individual/organization stated. The opinions expressed in each article are the opinions of its author(s) and do not necessarily reflect the opinion of IAFP. Therefore, The Iowa Family Physician carries no responsibility for the opinion expressed thereon.

IAFP IOWA FAMILY PHYSICIAN

OFFICIAL PUBLICATION OF THE IOWA ACADEMY OF FAMILY PHYSICIANS

Vol. LIV No. 2 / FALL 2026

IN THIS ISSUE

President's Message 2

Editor's Desk 4

Student's Corner

Ottile Incentive Stipend Program Application 5

Resident's Corner

The Future is Family Medicine 6

Welcome First-Year Residents 2026-2027 8

Spotlight on Resident Education 10

Staff Rounds 12

Education

2026 IAFP Annual Conference 14

Members in the News

New Members 16

Created and
printed by



810 East First Street • Pella, Iowa 50219

Phone: (641) 628-1130 • Toll Free: (800) 326-6491 • Fax: (641) 628-2826

www.towncrierltd.com • www.towncriernews.com

AMERICAN NINJA DOCTORS

Jason Wilbur, MD, President

“The days are long, but the years are short,” is a quote that rings truer the older I am. Of uncertain origin and attributed to multiple sources, I first heard it spoken by my mother-in-law in reference to one of those the-kids-are-growing-up-so-fast moments. As I sit here today with most of my IAFP President year in the rearview mirror, I cannot fathom where the time has gone. Here at IAFP headquarters (a virtual place) we are busy preparing for our upcoming Annual Conference, and I cannot believe it's time for that again!

Ahead of our Annual Conference, this issue focuses on education and is meant to get you thinking about your own learning. There is always something new happening in medicine, and that is part of the beauty and the terror of our jobs as family physicians. Not only do we have to understand how to care for a wide range of health issues for our patients, what we need to know constantly changes. It's like we're running across a balance beam on a cruise ship hurtling through stormy seas in some crazy academic version of American Ninja Warrior. Maybe we should rename ourselves American Ninja Doctors – what do you think? It seems like family medicine is always reinventing itself, so maybe it's time for a dramatic overhaul in our marketing efforts. But in all seriousness, we are the ninjas of medicine, right? We must work

hard constantly to hone our craft and stay up-to-date.

To lean into this ninja metaphor a bit more, I want to share two quotes from Miyamoto Musashi. Musashi was a famous 17th century Japanese warrior and artist. He is best known to Americans through several quotes from his martial writing. Two of my favorites are: “Do nothing which is of no use,” and “Mastery of the body is nothing without mastery of the mind.” These quotes present useful mindsets for family physicians who must decide where we should focus our energies and what is not necessary for us to know. We need to keep learning, working, and striving, but we must do so in a mindful way that helps us to grow into the physicians our patients need now and in the future.

How do we stay prepared to meet the challenges of tomorrow? With the help of our academy, of course! Although our Annual Conference occurs only once a year, IAFP is here 365 days a year to support you and your practice. And if we are not meeting that need, we want to hear from you. Like many of you, I look forward every year to our Annual Conference and the opportunity to connect with and learn from each other, and I hope to see you there in November.



*Jason Wilbur, MD
President*

As required by the IAFP Bylaws this is the official notice of the Annual Business Meeting to be held on Thursday, November 12th at 9:00 am at Prairie Meadows Event Center in Altoona.

**IAFP Secretary –Treasurer,
Ursula Livermore, M.D.**

“Not only do we have to understand how to care for a wide range of health issues for our patients, what we need to know constantly changes. It's like we're running across a balance beam on a cruise ship hurtling through stormy seas in some crazy academic version of American Ninja Warrior. Maybe we should rename ourselves American Ninja Doctors – what do you think? ”

Are Your Patients Prioritizing Protein at Every Meal?



Encourage whole, **nutrient-dense proteins**, like beef. A serving of beef provides:

- ✓ About 25 grams of high-quality protein
- ✓ 9 other essential nutrients including Iron, Zinc, Choline, B-Vitamins
- ✓ About 170 calories



Scan here to access the latest daily protein recommendations, patient-friendly handouts, and clinical resources!

* A serving of beef is 3 ounces, cooked



Physician owned. Patient driven.

Practice healthcare the way it's meant to be.

- Be empowered to make decisions best for your patients – not corporate interests.
- Take the time you need to deliver high-quality care during every visit.
- Work in a collaborative and supportive environment that's consistently ranked for top quality and care by Iowa's largest health insurer.



Contact us about joining our
team of physician owners.

 iowaclinic.com

ALWAYS LEARNING

Sarah Costello, MD, Assistant Editor

Welcome to the fall edition of the *Iowa Family Physician*! As we welcome a new class of interns and medical students, this time of year always brings a sense of excitement and new beginnings. Having recently returned from the AAFP FUTURE conference, where I met so many medical students eager to pursue family medicine and train here in Iowa, I can attest that the future of family medicine is bright.

For me personally, this end of summer has been particularly meaningful. As I enter my final year of residency and contemplate my future career, I have found myself reflecting on how I got here—and how much I have learned along the way.

Almost a decade ago, after a 10-year career as a research and clinical microbiologist, I made the decision to go back to school to study medicine. I expected to learn anatomy, physiology, pathology, and the science of how the human body works in health and disease. What I didn't expect, especially as a thirty-something-year-old returning to school, was how much I would learn about myself and how much I would grow along the way.

Some of the most important lessons in medicine cannot be found in textbooks (or on up-to-date). I have learned about communication and empathy, about building confidence while remaining humble enough to ask for help, and about the importance of the people and culture

that surround us as we learn. I knew becoming a physician would challenge me academically, but I never anticipated how much learning and practicing the art of medicine would shape who I am.

Perhaps that is one of the reasons I am so grateful to have found family medicine. Our education extends far beyond learning how to diagnose and treat disease. We learn to care for the whole person, to build relationships with our patients over time, and to understand health and illness within the context of their families and communities. And, importantly, we learn from our patients just as surely as we learn from our teachers and colleagues.

Now, as I begin my final year of residency, my role as a learner is beginning to change. I find myself increasingly teaching and mentoring junior residents and medical students while preparing for my own transition to family medicine faculty. Yet rather than feeling as though my education is coming to an end, I am increasingly aware of how much there still is to learn. I know I will continue learning from my colleagues and patients—and soon, from the residents and students I have the privilege of teaching.

I hope you enjoy this fall issue and its focus on education in family medicine, celebrating the many ways our specialty keeps us learning, teaching, and growing throughout our careers. I also hope to see many of you at the IAFP Annual Conference in November!



*Sarah Costello, MD
Assistant Editor*

“Some of the most important lessons in medicine cannot be found in textbooks (or on up-to-date). I have learned about communication and empathy, about building confidence while remaining humble enough to ask for help, and about the importance of the people and culture that surround us as we learn.”

OTILIE INCENTIVE STIPEND PROGRAM APPLICATION

Kacie Cowman

The following piece is a reflection on the Family Medicine clerkship experience of Kacie Cowman, a third-year medical student (MS3) at the University of Iowa Carver College of Medicine. Each year, the Otilie Endowment supports dozens of medical students in completing their family medicine clerkships in practices that serve rural, underserved, and/or predominantly geriatric populations. As part of this experience and in order to receive their stipend, students write a reflection. Outstanding reflections are selected by the University of Iowa Department of Family and Community Medicine for publication in The Iowa Family Physician.

"I haven't taken on a student in years. I wanted to be your preceptor because you're excited about family medicine and you're from a small town, so you *get it*."

This statement was one of the first things I heard from my family medicine attending, Dr. Krogstad, when starting my rural rotation in Creston, Iowa. It's true, I'm very interested in family medicine, and the thing that attracted me to Greater Regional Health was its dedication to offering full OB/GYN services. This issue matters to me because I've witnessed firsthand the impact the maternity care desert has on rural Iowans. I've worked as an emergency medical technician in Adair County, Iowa, for the past three years. Our ambulance is the only 24/7 staffed service in the entire county, yet our hospital does not offer OB/GYN services. So, on a fateful night when I responded to a 911 call for a high-risk pregnancy with sudden hemorrhage, our ambulance was faced with 30 agonizing minutes of transport to the nearest birthing hospital. Unfortunately, the story of our bleeding patient is not uncommon in Iowa.

In Iowa, 14 percent of women have no hospital within 30 minutes of their home, a vast increase from the national average of 9.7 percent. Greater Regional Health in

Union County, Iowa, is the only hospital with a birthing unit amid six surrounding counties named "maternity care deserts," defined as having zero hospitals offering obstetric care and zero obstetric physicians (March of Dimes, n.d.). Some of our patients at Greater Regional Health traveled over an hour to receive basic prenatal care, demonstrating how vital these services are to women in rural Iowa.

My family medicine preceptor, Dr. Krogstad, has been practicing in her community for 22 years and embodies the definition of a full-scope family medicine physician. Throughout her career, she has opened her own private practice and worked in multiple hospital departments, including emergency medicine, hospice, inpatient medicine, and obstetrics. Although she has since stepped back from many of these additional responsibilities, she continues to provide obstetric care to women in the area and covers the hospital's birthing unit two nights a week. She is the kind of physician I hope to become one day.

While in Creston, I got hands-on experience as a student that I hadn't received on previous rotations. Dr. Krogstad allowed me to remove an IUD, do a steroid joint injection, and deliver

a placenta – all first-time experiences for me. I typically saw eight to ten patients each day, and before seeing them herself, Dr. Krogstad would ask me about my differential diagnoses and proposed next steps in management. I felt involved as a valuable member of the team, and I learned more during this four-week rotation in authentic rural healthcare than I had during any previous rotation. Before completing this rotation, I was unsure if family medicine was the right fit for me. After my experience at Greater Regional Health, my passion for improving rural access to OB/GYN services has only grown stronger. I can now clearly envision myself practicing as a family medicine physician in a small Iowa town, returning to my rural roots to provide full-scope care for my neighbors.

References

March of Dimes. (n.d.). *Maternity care deserts in Iowa*. PeriStats. <https://www.marchofdimes.org/peristats/reports/iowa/maternity-care-deserts>

"In Iowa, 14 percent of women have no hospital within 30 minutes of their home, a vast increase from the national average of 9.7 percent."





The Future is Family Medicine

The AAFP FUTURE Conference, formerly known as the National Conference of Family Medicine Residents and Medical Students, took place July 30–August 1 in Kansas City, bringing together medical students, residents, educators, and family medicine leaders from across the country. IAFP was proud to host a joint Iowa-Oklahoma reception, giving students and residents the opportunity to connect with program directors, coordinators, faculty, and fellow learners while exploring the many opportunities available in family medicine.

Iowa also had a strong presence at the Student and Resident Congress, with a full delegation participating and representing our state. The conference was a great opportunity to build connections, share ideas, and showcase the welcoming family medicine community that awaits the next generation of physicians.



WELCOME FIRST-YEAR RESIDENTS!

2026-2027

Broadlawns Medical Center, Des Moines

1. Josiah Adamson, MD - University of Nebraska Medical Center, Omaha, NE
2. Mark Dyken, MD - University of Iowa Carver College of Medicine, Iowa City, IA
3. Amanda Gregory, DO - Des Moines University, West Des Moines, IA
4. Cameron Greiner, DO - A.T. Still University of Health Sciences, Kirksville, MO
5. Kesiya Johnson, DO - Des Moines University, West Des Moines, IA
6. MaKenzie Klepsch, MD - Saint James School of Medicine, Golden Vale, Saint Vincent and the Grenadines
7. Hafsa Mohamud, MD - University of Minnesota Medical School, Minneapolis, MN
8. Levi Stacken, DO - A.T. Still University of Health Sciences, Kirksville, MO
9. Noah Woolston, DO - Kansas City University Osteopathic Medical School, Kansas City, MO

MercyOne Des Moines, Des Moines

1. Kenneth Acevedo, MD - University of Medicine and Health Sciences, St. Kitts, West Indies
2. Prince Basoah, MD - Sumy State University Medical Institute, Sumy, Ukraine
3. Alvin Chen, DO - New York College of Osteopathic Medicine of New York
4. Tina Hundito, MD - St. George's University School of Medicine, London, England
5. Bryce Leatherman, MBBS - St. George's University School of Medicine, London, England
6. Yunus Mufti, MD - Ross University School of Medicine, Saint Michael, Barbados
7. Saul Rodriguez, MD - University of Iowa Carver College of Medicine, Iowa City, IA
8. Kristina Rossmiller, MD - University of Iowa Carver College of Medicine, Iowa City, IA

MercyOne Genesis, Davenport

1. William Conroy, MD - University of Illinois College of Medicine, Rockford, IL
2. Daniel Galvez, MD - University of Iowa Carver College of Medicine, Iowa City, IA
3. Blake Holmes, DO - Des Moines University, West Des Moines, IA
4. Hannah McKay, DO - Des Moines University, West Des Moines, IA
5. Kara Rueschenberg, MD - University of Iowa Carver College of Medicine, Iowa City, IA
6. Lauren Schmidt, MD - University of Illinois College of Medicine, Peoria, IL

MercyOne North Iowa, Mason City

1. Anaximander Abimbilla, MD - Hebei North Medical University, Zhangjiakou, China
2. Azka Aisha, MBBS, MD - Nishtar Medical University, Multan, Pakistan
3. Emad Alamouti-Fard, MD - Azad University School of Medicine, Tehran, Iran
4. Siddharth Bhatt, MBBS - Dr. M. K. Shah Medical College and Research Centre, Ahmedabad, India
5. Mitul Chaudhary, MD - AMA School of Medicine, Makati, Philippines

MercyOne Northeast Iowa, Waterloo

1. Sung Cha, MD - Cebu Institute of Medicine, Cebu City, Philippines
2. Ankush Kimmatkar, MBBS - Capital Medical University, Beijing, China
3. Prachi Mehmi, MD - Adesh Institute of Medical Science and Research, Bathinda of Punjab, India
4. Sagar Modi, MBBS - Smt. Nathiba Hargovandas Lakhmichand Municipal Medical College, Ahmedabad, India

UnityPoint Health Central Iowa - Allen Hospital, Waterloo

1. Tyler Grof, DO - Kansas City University Osteopathic Medical School, Kansas City, MO
2. Mangyung Kandangwa, MD - Avalon University School of Medicine, Willemstad, Curacao
3. Justin Mitchell, DO - Kansas City University Osteopathic Medical School, Kansas City, MO

UnityPoint Health Central Iowa - Iowa Lutheran Hospital, Des Moines

1. Hanna Hard, DO - Lincoln Memorial University - Debusk College of Osteopathic Medicine, Harrogate, TN
2. Chloe Oehm, MD - University of Medicine and Health Sciences, St. Kitts, West Indies
3. Bansari Patel, MD - St. George's University School of Medicine, Grenada, West Indies
4. Brady Schutt, DO - Des Moines University, West Des Moines, IA
5. Kiana Stanek, DO - Des Moines University, West Des Moines, IA
6. Paul Strand, DO - Des Moines University, West Des Moines, IA
7. Morgan Wohlgenuth, DO - Noorda College of Osteopathic Medicine, Provo, UT

University of Iowa Health Care, Iowa City

1. Kayla Bean, MD - University of Iowa Carver College of Medicine, Iowa City, IA
2. Thomas Bussey, DO - Des Moines University, West Des Moines, IA
3. Ryan Good, DO - Kansas City University, Joplin, MO
4. Alexander Mosteller, MD - Indiana University School of Medicine, Indianapolis, IN
5. Urza Niroula, MBBS - Nepal Medical College, Kathmandu, Nepal
6. Sandra Oppong-Twum, MBChB - University for Development Studies School of Medicine and Health Sciences, Tamale, Ghana
7. Sophia Park, MD - University of Minnesota, Minneapolis, MN
8. Manan Sharma, MBBS - Sri Guru Ram Das Institute of Medical Sciences and Research, Amritsar, India

Family Medicine-Psych Program

1. Nathaniel Britt, MD - University of Cincinnati College of Medicine, Cincinnati, OH
2. Xiomara Diaz, MD - Morehouse School of Medicine, Atlanta, GA
3. Michael Douche, MD - University of Nebraska College of Medicine, Omaha, NE
4. Eleanor Smith, MD - Michigan State University College of Human Medicine, Grand Rapids, MI

University of Iowa Health Care, Sioux City

1. Jade Baird, DO - A.T. Still University of Health Sciences, Kirksville, MO
2. Benjamin Eastman, MD - University of South Dakota Sanford School of Medicine, Vermillion, SD
3. Aaminah Nadeem, MBBS - University of Health Sciences, Lahore, Pakistan
4. Karansher Randhawa, MD - Government Medical College, Patiala, India
5. Nisha Regmi, MD - College of Medicine Sciences, Bharatpur, Nepal
6. Rahul Singla, MD - Guru Gobind Singh Medical College and Hospital, Faridkot, India

We Want You!

JOIN A COMMITTEE

COMMITTEES MEET VIRTUALLY SEVERAL TIMES A YEAR. IT IS A GREAT WAY TO GET INVOLVED AND MAKE A DIFFERENCE!

- **ADVOCACY COMMITTEE**
- **EDUCATION COMMITTEE**
- **MEMBER SERVICES COMMITTEE**
- **AD-HOC PATHWAYS COMMITTEE**

Visit our web site to learn more about these committees and other volunteer opportunities.

www.iaafp.org/committee-volunteer-form/



Your focus is them; our focus is you.

At Copic, we believe that by supporting you—offering the resources and knowledge to prevent unexpected outcomes—we're not only protecting you, we're protecting your patients. That's improving medicine for everyone. We're here for the humans of healthcare.



copic.com
800.421.1834

SPOTLIGHT ON RESIDENT EDUCATION: AN INNOVATIVE APPROACH TO DIABETES EDUCATION AT THE MERCYONE GENESIS QUAD-CITIES FAMILY MEDICINE RESIDENCY

By Stephanie McMillan, DO, R3, MercyOne Genesis Quad Cities Family Medicine Residency Program, Davenport, Iowa

Rates of diabetes and diabetes-related complications continue to rise across the country. In 2023, data from the CDC reveals there are 40.1 million adults living with diabetes across the United States. An additional 115.2 million Americans have prediabetes.¹ In the state of Iowa, 2017 data recorded 231,984 adults with the condition. Research shows that 15-30% of patients with prediabetes go on to develop type 2 diabetes within five years.² Currently, an additional 7.2% (approximately 220,000 individuals) currently have prediabetes in the state of Iowa. Rates of diabetes related complications are increasing as well. The most common complications include kidney failure, nontraumatic lower extremity amputations, stroke, heart failure, myocardial infarction, peripheral neuropathy, and hyperglycemic crisis. As the rates of diabetes and the need for treatment of the health implications of diabetes rise, so too, does the need for physicians adequately trained to treat and manage these conditions.

Diabetes is complex and its management requires multi-disciplinary care and support. However, treatment by specialists in diabetes management is difficult to obtain, particularly in rural areas. In August 2026, the state of Iowa had fewer than 45 practicing adult endocrinologists; most of these physicians practice in urban areas and fewer yet make the management

of diabetes the primary focus of their practice.³ Realizing that many people, especially those in rural areas, cannot or will not travel for specialty care, patients with diabetes rely on their local primary care physicians, leaving family physicians on the front lines of diabetes care across the state.

For these family physicians, providing care for patients with diabetes can prove challenging. The most recent ADA standards of care article on improving care and promoting health in populations outlines bleak success rates in key measures of diabetes management.⁴ They reported that 50.5% achieved an A1C <7%. The blood pressure goal of 130/80 was met by 47.7%, and the non-HDL cholesterol was achieved by 55.7%. Achieving the goal in all three metrics was achieved by a mere 22.2%. Diabetes and related metabolic conditions remain a significant area of unmet need, and with that comes real opportunity to improve both individual outcomes and the health of our communities.

The MercyOne Genesis Quad Cities Family Medicine Residency program in Davenport, Iowa, offers an innovative approach to teaching residents advanced diabetes management via their two-year Diabetes Subtrack. This Subtrack provides residents in the second and third year of training in family medicine with immersive longitudinal training

experience, including over 500 hours of direct patient care, a comprehensive didactic curriculum focused on topics in advanced diabetes management, and extensive collaboration with multidisciplinary specialists involved in diabetes management.

During the two-years, residents rotate through the advanced diabetes clinic, endocrinology, podiatry, and the wound center, among other settings, dedicating two half-days per month to clinical experiences focused on people living with or at risk for diabetes. These experiences leave residents feeling equipped to manage more challenging diabetes cases. Participants feel comfortable working with continuous glucose monitors, recognizing cases of Latent autoimmune diabetes in adults (LADA) that may have gone previously unrecognized, as well as optimizing medication regimens. Residents also have ample exposure to diabetes management in the hospital, helping to manage Diabetic Ketoacidosis (DKA) and routine diabetes management of hospitalized patients. Residents are also expected to participate in one diabetes conference to further their connections in the diabetes field as well as learn up-to-date information.

Upon completion of the two-years of longitudinal work, residents are eligible to sit for the Board Certification in

“Diabetes is complex and its management requires multi-disciplinary care and support. However, treatment by specialists in diabetes management is difficult to obtain, particularly in rural areas.”

Advanced Diabetes Management exam (BC-ADM). The BC-ADM is a nationally recognized interdisciplinary credential, open to physicians, advanced practice nurses, pharmacists, and dietitians, which certifies demonstrated expertise in managing complex diabetes. To date, the Diabetes Subtrack has graduated two residents, Dr. Dailen Folkedahl ('25) and Dr. Anna Wilcox ('26). Both residents stayed in Iowa to practice. Dr. Folkedahl is practicing in Decorah, Iowa, with the nearest endocrinology access over an hour away. Dr. Wilcox is just beginning her practice in Ames, Iowa. Currently, three residents participate in the Subtrack: Dr. Stephanie McMillan ('27), Dr. Adrienne Fouts ('27) and Dr. Brooke Turek ('28); at least one additional intern is expected to join the Subtrack in the upcoming year.

These recent graduates and current program participants are helping to fill a gap in diabetes care and management and look forward to continuing to lead these efforts for comprehensive, patient-centered advanced diabetes care management in their communities. They serve as not only great resources for their patients, but for their colleagues as well. While the Diabetes Subtrack in the Quad Cities was the first program of its kind in the nation, new programs are emerging, including a new program in Des Moines to help bridge the gap in advanced diabetes care. To learn more about the Diabetes Subtrack training opportunity, visit the Diabetes Care Academy website, listed in the sources of this article.⁵

Credits:

I would like to acknowledge Matt Arnold, PharmD, the Clinical Pharmacist of the MercyOne Genesis Quad Cities Family Medicine Residency Program and the Diabetes Subtrack Director. This subtrack would not be possible without him and we appreciate his hard work and dedication to making it a success.

Sources:

1. Centers for Disease Control and Prevention. National Diabetes Statistics Report. Accessed August 20, 2026. <https://www.cdc.gov/diabetes/php/data-research/index.html>
2. Iowa Department of Health and Human Services. Diabetes & screening data. Accessed August 20, 2026. <https://hhs.iowa.gov/about/data-reports/health-disease/diabetes/diabetes-screening-data>
3. Iowa Health Professions Inventory, Office of Statewide Clinical Education Programs. University of Iowa Carver College of Medicine; 2026.
4. American Diabetes Association Professional Practice Committee for Diabetes. 1. Improving care and promoting health in populations: Standards of Care in Diabetes—2026. Diabetes Care. 2026;49(suppl 1):S13-S26. doi:10.2337/dc26-S001
5. Diabetes Care Academy. Accessed August 20, 2026. <https://www.diabetescareacademy.org/>

Physician-Led Medicine in Iowa



Join the McFarland Team

Seeking BE/BC Family Medicine physicians to join our collegial teams within Iowa's largest physician owned, multi-specialty clinic.

- Full-time positions
- Broad spectrum practices with or without OB
- Flexible work schedules
- Top-tier compensation and benefits
- Loan forgiveness available
- Outstanding support services
- Large, established referral network
- McFarland Clinic is physician owned and governed

Enjoy work-life balance in a family-friendly community with small-town charm and big-city amenities nearby.



McFarland Clinic
Extraordinary Care, Every Day

EEO/AA Employer/Protected Vet/Disabled

Contact: physicianjobs@mountainmedgroup.com

Every family physician deserves a little time to recharge, learn something new, and catch up with the people who get it. Our staff has such a great time organizing the Annual Conference for you every year, we wanted to share a little bit of that fun. So, we put together this short comic to show you what that looks like this year. Consider it your official referral!



As a Family Physician, you dedicate your days to taking care of your patients and your community...



..but every doctor needs their own referral now and then.



DOCTOR'S ORDERS



78th Annual IAFP CME Conference.
Up to 13.5 AAFP Prescribed credits.



Where some of the best moments happen between sessions...



...or during Thursday night Trivia Night...



...and for sure after WINNING Trivia Night!



Come for the credits. Stay for the colleagues.
Go home a little more yourself.

2026 IAFP ANNUAL CONFERENCE

NOVEMBER 12-13, 2026 | PRAIRIE MEADOWS CONFERENCE CENTER

SCHEDULE OF EVENTS

THURSDAY, NOVEMBER 12

8:15 am	President's Breakfast
8:15 am	Registration & Breakfast
9:00 am	Annual Business Meeting
9:45 am	Welcome/ Introductions & Overview
10:00 am	Breastfeeding
10:35 am	PE Diagnosis, Management & Treatment
11:10 am	Medicaid Update
11:45 am	Hypertension Updates
12:20 pm	Medical Marijuana
12:55 pm	Buffet Lunch
1:20 pm	AAFP Update
1:45 pm	Installation of Officers
2:05 pm	Journal Club Live
3:25 pm	Break
3:30 pm	Sports Nutrition
4:05 pm	Pediatric GI
4:40 pm	Resident Case Presentation
5:00 pm	Presentations Conclude
5:30 pm	Trivia Night & Farm Bureau Awards

FRIDAY, NOVEMBER 13

7:00 am	Registration
7:00 am	Breakfast in Exhibit Hall
7:55 am	Introductions and Announcements
8:05 am	Medical Decision Making
8:40 am	Early Detection of Dementia
9:15 am	FELLOWS
9:25 am	ABFM Update
9:50 am	Break in Exhibit Hall
10:20 am	Early Cues, Better Outcomes: Rethinking MCI & AD Management
11:20 am	Buffet Lunch
11:50 am	Awards Ceremony
12:30 pm	Visit Exhibits
1:00 pm	Cancer Testing & Care
1:35 pm	Syphilis Update
2:10 pm	GDMT for Heart Failure for the PCP
2:45 pm	Break
2:50 pm	Resident Case Presentation
3:15 pm	Testosterone Therapies
3:50 pm	Thyroid Nodules
4:25 pm	Recess for the Day



IOWA ACADEMY
of FAMILY PHYSICIANS

CONFERENCE INFORMATION

Registration Type

Active Member	\$375
New Physician Member	\$275
Life/Inactive Member	\$240
Resident/Student Member	N/C
PA/NP who works with an AAFP Member	\$375
Non-Member (includes PA/NP)	\$475

Cannot attend the whole conference? No problem!
You now can choose to register by the day!
Pay a \$200 fee to just attend one day!



Scan the QR code to view more details and register!

CONFERENCE LOCATION/HOTEL INFO.

Prairie Meadows Conference Center
1 Prairie Meadows Drive
Altoona, IA 50009 | 515-957-3000

Special Conference room rates are \$152 single/double + tax per night. Please identify yourself as part of the Iowa Academy of Family Physicians when booking a room to receive special room rates. Reserve your room before October 28, 2026 to receive this rate.

EDUCATIONAL OBJECTIVES

At the conclusion of this conference the participant should be able to:

- Review practical clinical information helpful in diagnosis
- Apply current clinical concepts in family medicine
- Integrate advanced knowledge and skills with professional performance, thereby furthering excellence in health care

Specific objectives for each topic will be included on the syllabus.

ATTENDEES WITH SPECIAL NEEDS

The Iowa Academy of Family Physicians will make every effort to accommodate registrants with special needs. Please let us know if you have an ADA disability that we should be aware of when you attend our conference.

TARGET AUDIENCE

This program is intended for family physicians, residents, students, physician assistants and nurse practitioners. Faculty will use lectures, augmented by audio-visual aids as well as interactive discussions.

EXHIBITORS

Thank you to our current exhibitors. Due to their support, the IAFP can offer quality CME while keeping registration fees affordable.

[AS OF SEPTEMBER 15, 2026]

- Abbott Diabetes Care
- American Board of Family Medicine
- Amgen
- Axsome Therapeutics
- Bayer
- Copic
- Diabetic Equipment and Supplies
- IA Dept of Health and Human Services
- Iowa Perinatal Quality Care Collaborative
- Iowa Research Network
- Pfizer Vaccines
- Sanford Health Equip
- Story County Medical Center
- UCS Healthcare
- UnityPoint Health
- University of Iowa Family Medicine Medical Student Education Team
- Wapiti Medical Staffing
- Washington County Hospital and Clinics



Join us for Trivia Night! Test your knowledge of both medical facts and pop culture while enjoying a fun and lively evening reception. It's the perfect chance to socialize, compete, and have a blast! Don't miss out!

NEW MEMBERS:

Active

David Connett, DO, Norwalk
Sara Mesenbrink, MD, Elkhorn
Jillianne Murray, DO, Carroll

Students

Noah Andrys, University of Iowa
Erica Blomme, MD, Oskaloosa
Gavin Blow, Des Moines University
Columba Chukwuka, MD, Grimes
Grace Erpelding, DO, Bettendorf
Erica Fossee, University of Iowa
Payton Hellman, University of Iowa

Katherine Karger, Des Moines University
Loren Kimmel, University of Iowa
Claire Loftus, Des Moines University
James Navarro, Des Moines University
Timothy Slade, DO, Des Moines University
Elizabeth Sogge, Des Moines University
Jayden Swayze, Des Moines University
Tuan Truong, University of Iowa
Emily Upin, University of Iowa
Mina William, Des Moines University

Residents

Listed on page 8.

WHAT IS THE IAFP PRIMCARE PAC?

IAFP PrimCare PAC is the state political action committee of the Iowa Academy of Family Physicians. The PAC is a special organization set up to collect contributions from a large number of people, pool those funds and make contributions to state election campaigns.

WHERE DOES MY DONATION GO?

IAFP PrimCare PAC contributions directly support legislators who are informed and committed to family medicine's business and practice management issues. Family medicine interests are much more likely to receive greater attention among the many competing interests and constant stream of proposals put forward consideration.



IAFP members at the Iowa State Capitol for the Governor's bill signing for postpartum Medicaid coverage (SF2251) and nonmedical switching (HF626), May 2024.

DONATE TODAY.
JOIN THE FIGHT FOR A HEALTHIER IOWA.

IAFP in Washington, D.C. for the Family Advocacy Summit



TO DONATE

VISIT IAAFP.ORG/PRIMCARE-PAC
OR
MAIL YOUR PERSONAL CHECK TO:
IAFP PRIMCARE PAC
6500 UNIVERSITY AVE
SUITE 100, PMB 123
WINDSOR HEIGHTS, IA 50324

Contributions to PrimCare PAC are not deductible for federal income tax purposes. Voluntary political contributions by individuals or an LLC to PrimCare PAC should be written on a PERSONAL CHECK OR PERSONAL CREDIT CARD. Funds from corporations cannot be accepted by the PAC. Contributions are not limited to suggested amounts. The Iowa Academy of Family Physicians will not favor nor disfavor anyone based upon the amount of or failure to make a PAC contribution. Voluntary political contributions are subject to limitations of FEC regulations.

THE **HEART** OF THE FOUNDATION



STUDENTS Your support provides funding for the Annual FMIG dinner, \$300 scholarships for students attending the AAFP National Conference, the outstanding student award, and travel expenses to send a student to the Family Medicine Congressional Conference.

RESIDENTS Your support provides funding for residency program visits, the AAFP National Conference – Iowa Residency exhibit hall, Resident Council summer meeting luncheon, and travel expenses to send a resident to the Family Medicine Congressional Conference.

UNRESTRICTED Your donation helps to support programs where funding is needed in the areas of resident and student programming.

Thank You **2026 IAFP FOUNDATION DONORS!**

Sonia Bell, MBA
Larry Beaty, MD
Kyle Brown, MD
Jenny Butler, MD
Corrine Ganske, MD
Madeline Godar, DO
Cynthia Hoque, DO
Peter Kim, MD
Ursula Livermore, MD
Patricia Magle, MD

Sabrina Martinez, MD
Brian Mehlhaus, MD
Donna Nelson, MD
Thomas Richmann, MD
Dawn Schissel, MD
Larry Severidt, MD
Dustin Smith, DO
Donald Skinner, MD
Stephen Sorensen, MD

- To keep family medicine in Iowa strong, we are asking
- **all Iowa family physicians** to donate to the IAFP Foundation.
- ANY amount is appreciated! We are aiming for **100% participation!**
- Below are the different levels of donation.

Your gift is tax deductible as the IAFP Foundation is a 501 (c) 3 charitable organization.

IAFP FOUNDATION DONATION:

- ☐ \$1000 **Grand Patron**
- ☐ \$750 **Patron**
- ☐ \$500 **Benefactor**
- ☐ \$250 **Sponsor**
- ☐ \$100 **Friend**
- ☐ Other _____

Please use my donation for: (Check all that apply)

- ☐ Students / Family Medicine Interest Groups
- ☐ Residents ☐ Unrestricted

Make a donation online at www.iaafp.org or

☐ Pay by check _____

Name: _____

Address: _____



Iowa Academy of Family Physicians
6500 University Avenue • Ste 100, PMB 123
Windsor Heights, IA 50324

kcox@iaafp.org
kscallon@iaafp.org
sbell@iaafp.org
www.iaafp.org

Phone 515-244-4182
Fax 515-244-4131

Find us on Facebook, Instagram and LinkedIn!