



DELAWARE  
ACADEMY of  
MEDICINE



**Update  
October 2018**

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## The Khanversation

### A Moment with our President

Dear Colleagues,

As we head into Fall, I am reflecting on the activities of Summer 2018. From the perspectives of both a shade-tree mechanic and a physician-administrator, I engaged in recharging, restoration, and even change management (those quarters between seats don't empty themselves...).

I continue to learn from all my colleagues in the Delaware Academy of Medicine/Delaware Public Health Association: physicians, public health professionals, nurses, healthcare executives, as well as their alter egos: caregivers, parents, siblings, partners. I have often reflected on this dichotomy between the personal and professional, and marveled at the ability of those who manage it well.



Among those who seem to manage it better than most include anyone dedicated to a craft- to doing what they love. We know plenty of people in healthcare who fit the bill: the community physician on-call for her patients, regardless of hour of the day; the ER nurse who checks up on his patients after they left the hospital, to make sure they're doing OK; the public health worker going out on weekends to check on a struggling family.

Anyone who has watched the TV show 'Wheeler Dealers' or heard the NPR show 'Car Talk' knows the craft is where it's at. Whether medicine, coffee, beer, cars- the craft and the craftspeople that make it happen weave together the personal and professional in ways that embody a desire to turn one's interest into a vocation. Turns out it's not quite as simple as 'if you do what you love, you'll never work a day in your life'. It's actually a great deal of hard work to turn a passion into a real, mortgage-paying endeavor.

It can also be tremendously fulfilling. I recently had the privilege of chatting with Mark- having a ~~con~~Khanversation, if you will. Mark is a master upholsterer, the go-to source for some tough fabric work I needed done on a car. Hearing him speak about his work, his knowledge of materials, his explanation of the work that would be involve- he was no less a master of his art than a reconstructive surgeon. We discussed our respective work: our interest in working with other master craftspeople, sort of like medical consultants for other parts of the body; and the joy of mentorship, of training the next generation of learners. We did all this over a Saturday- a day of rest to be sure but also a day to do the work one enjoys (or sometimes, simply has to).

How fortunate we are that we get to do what we love. How doubly fortunate, then, that we sometimes get to make a vocation out of it. Thank you to those who invest in the craft, who make it personal, who deliver a superior product. It applies to cars, to healthcare, indeed to most human endeavors. We raise a glass of your favorite crafted beverage this month to all of you. *Drive On!*

## Global Health

Does pollution on the other side of the globe influence our weather and health here at home?

Does U.S. policy on trade, immigration, international development and diplomacy affect other countries?

We are fortunate in Delaware to be so connected with global and community health!

[Read more](#)



## Upcoming Conferences

### American Planning Association 2018 Regional Conference

Since 1999, the Delaware and Maryland Chapters of the American Planning Association have jointly organized an biannual regional planning conference known as the Delaware/Maryland (or Maryland/Delaware) APA Regional Conference. This year, Delaware is the sole conference organizer, so we have named the conference the 2018 Delaware APA Regional Conference.



The 2018 Delaware APA Regional Conference will be held at the Atlantic Sands Hotel and Conference Center, Rehoboth Beach, Delaware on October 23-24, 2018.

[View the full agenda](#)

[Register online](#)

## Local News

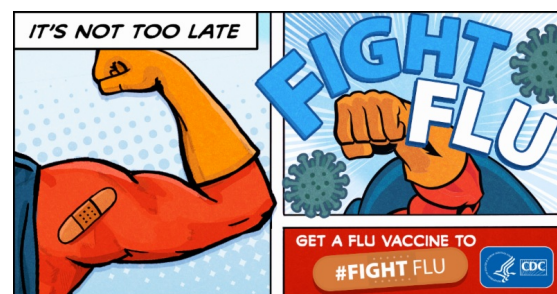
### DPH Bulletin - Special Flu Edition

While flu season typically begins in October, Delaware is already seeing flu activity. The best way to not get the flu is to get vaccinated.

Flu vaccines are recommended for all Delawareans 6 months of age and older. The Division of Public Health (DPH) advises young children, adults 65 and older, those with underlying medical conditions, and those with access and functional needs to get their flu vaccinations by the end of October.

[Read the DPH Bulletin](#)

[Find a Flu Clinic](#)



## National News



AMERICAN PUBLIC HEALTH ASSOCIATION

*For science. For action. For health.*

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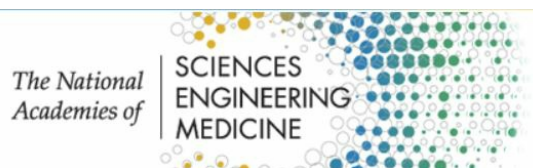
## APHA 2018: Annual Meeting

**November 10 - 14. San Diego.  
"Creating the Healthiest Nation: Health Equity Now"**

Are you attending the APHA Annual Meeting? Let us know! We'd like to meet up with you in San Diego this November! Let us know you're coming by sending an e-mail to [Liz Healy](mailto:Liz.Healy@apha.org)!

Haven't registered yet? No problem - [click here](#)!

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- [Letter Report on the 2020 Census](#)
- [Visions into Voyages for Planetary Sciences in the Decade 2013-2022: A Midterm Review](#)
- [Open Science By Design: Realizing a Vision for 21st Century Research](#)

## Spotlight On...

### Treasurer David M. Bercaw, MD, FAAFP



David M. Bercaw, M.D., FAAFP, joined the Family Practice Residency faculty at Christiana Care as associate director in 1996. He was appointed Chair of the Department of Family and Community Medicine in 2015. His medical interests include public policy, patient-safety and quality of care. Dr. Bercaw holds an academic appointment as Clinical Associate Professor of Family and Community Medicine at Sidney Kimmel Medical College of Thomas Jefferson University. Dr. Bercaw has served as president of the Delaware Academy of Family Physicians (2006-2007) and president of the Medical Society of Delaware (2010-2011).

[Learn more about Dr. Bercaw](#)

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### Plan4Health

In 2016, the Delaware Chapter of the American Planning Association and the Delaware Academy of Medicine/Delaware Public Health Association received a grant from the American Planning Association through its Plan4Health program to combat two determinants of chronic disease: lack of physical activity and lack of access to nutritious foods.

**PLAN4Health**  
An American Planning Association Project

The Delaware Plan4Health Initiative and the Delaware Coalition for Healthy Eating and Active Living sought to change the approach in which comprehensive plans are updated, to include considerations for health and equity.

## October is...

Down Syndrome Awareness Month  
National Breast Cancer Awareness Month  
National Dental Hygiene Month  
National Domestic Violence Awareness Month  
National Healthy Lungs Month  
National Liver Cancer Awareness Month  
National Medical Librarians Month  
National Physical Therapy Month  
National Spinal Health Month  
Rett Syndrome Awareness Month  
Sudden Infant Death Syndrome (SIDS) Awareness Month  
Talk About Prescriptions Month

[Learn More](#)

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