

FROM THE PRESIDENT'S DESK



Honoring the Leadership of Women

David J. Park, DO, FAFAP, FACOFP *dist.*

In this issue of *Osteopathic Family Physician*, there is a focus on women's health. We all know that the landscape of women's health is a mosaic of complex needs, which include reproductive health, maternal care, functional and lifestyle considerations, and other gender-specific medical conditions. As scientific knowledge continues to expand in these areas, it is our obligation to keep current with new evidence-based practices as lifelong learners in family medicine. We are privileged with our ability to provide compassionate, holistic care, reinforced by our osteopathic approach that embraces the diverse dimensions of women's lives.

As osteopathic family physicians, we hold a sacred responsibility to take care of women at every stage of life. I am proud of the great strides we have made these past few decades in women's health, but what excites me even more is our path into the future. The evolution of technology beckons us with promises of transformative impact. The integration of electronic health information, virtual monitoring, and telehealth offers us unprecedented tools to engage in women's health in many innovative ways. Imagine a healthcare world where information is readily available whenever and wherever we are, enabling us to intervene before issues escalate, and where patients are empowered to take ownership of their well-being through real-time data and remote support. Not to mention the flexibility and convenience of access this offers busy women with multiple life responsibilities! I believe we are in the evolutionary process of increasing access for patients, decreasing in-person costs, and improving health outcomes with the integration of technology. However, we must also be vigilant in advocating for ourselves and the members on our healthcare team to ensure a good quality of life and job satisfaction by decreasing the stresses of new mandates from employers and regulatory bodies of government.

While our commitment to improving our patients' health is essential, so is our active involvement in leadership. There are many ways for you to involve yourself in this endeavor and one great way is to become more active in ACOFP. Visit the ACOFP website to learn more about the many ways you can contribute to the profession of osteopathic family medicine. There have been many female physician leaders in ACOFP who have exemplified this and have been great role models. They have been instrumental in advancing our mission by promoting excellence in osteopathic family medicine through education, leadership, and advocacy. It is within this context that we honor several of them who have served as presidents of our organization. The past presidents you will see spotlighted in this issue have worked to ensure that the voices and needs of women are elevated within our profession, and we celebrate them.

Let us be inspired by the leadership of our past, with a bright outlook for the future as we continue to incorporate new technologies, innovation, and knowledge in medicine to enhance the future of healthcare and wellness of our patients and ourselves.

Together, let us achieve new heights!

Professionally Yours,

David J. Park, DO, FAFAP, FACOFP *dist.*
2023-24 ACOFP President