



EDITOR'S MESSAGE

Caring for the Whole Patient, Every Day

Lindsay Tjiattas-Saleski, DO, MBA, FCOEP, FCOFP

The articles in this spring issue highlight the incredible breadth of family medicine. In these pages you will find discussions ranging from altitude sickness and preoperative optimization to osteopathic approaches to mastitis, febrile seizures, pediatric asthma management, and multidisciplinary care for patients with fibromyalgia. At first glance, these topics may seem unrelated, yet together they reflect the true nature of family medicine: caring for patients across their lifespan and addressing an extraordinary range of health concerns in everyday practice.

Spring brings longer days, warmer weather, and a sense of renewal. For family physicians, it also brings opportunities to encourage healthier habits: time outdoors, physical activity, and meaningful conversations about prevention and wellness. As osteopathic physicians, we remain grounded in caring for the whole person, recognizing the interconnectedness of body, mind, and environment. The diversity of topics in this issue reflects the diversity of the patients and communities we serve, and we hope these articles provide practical insights to support the important work you do each day.

2026 FUTURE LEADERS

The 2026 Future Leaders program will feature two opportunities for early and mid-career physicians:

- Future Leaders 1.0, open to third-year residents and new physicians-in-practice (years 1-5), introduces core leadership principles and practical skills, equipping residents and new physicians with the tools to begin leading effectively within their teams and organizations.
- Future Leaders 2.0 supports physicians as they step into more advanced leadership roles and broader organizational impact.

Both conferences will take place December 4-6, 2026, in downtown Chicago, IL. Apply today and make this the year to give your career a jump start!

"From the moment I arrived, I felt genuinely welcomed, valued, and invested in. The intimate size of the conference is part of what makes it so powerful and unique—you're able to truly connect with everyone in just a short time. I walked away with a deeper understanding of myself and my role as a leader in medicine."
– Cassandra Levitske, DO

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