

EDITOR'S MESSAGE

Comfort in Uncomfortable Situations

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These are exciting times to be in osteopathic family medicine! The opening of numerous osteopathic medical schools, consolidation in graduate medical education under ACGME, changes in Medicare fee schedules, and the decoupling of AOA membership related to board certification are just a few events that create excitement in our profession, but at the same time can cause uneasiness and an uncomfortable feeling. Preventing fear from dictating our next move requires an ability to become comfortable with feeling uncomfortable.

I have seen “helicopter” and “lawnmower” parents making it difficult for individuals to develop the emotional and coping skills required to manage the uncomfortable feelings in business, academics, and personal affairs. I would encourage you to rally around conflict and discomfort to help set a great course for osteopathic family medicine in the next few years. Be a part of positive change in the profession and embrace doing something different – you may find it to be motivating and enjoyable.

I do not think that we need to recite St. Crispin's Day speech (the speech King Henry V of England gave to

rouse his soldiers and made famous the phrase “band of brothers”) every day in our lives. However, by banding together with a great group of Osteopathic Family Physicians with a similar mindset and goals, we can influence our own lives, patients, and the profession for years to come. May your uncomfortable situations be a little nicer than the one show below experienced by SEAL trainees!

There are great articles in this issue of OFP. Highlighting the relationship between the viscera and the musculoskeletal system is seen in the brief report section. Our research and review articles demonstrate the unique nature of providing rational treatment based on osteopathic tenets. As the editorial committee finishes our push towards PubMed listing (an uncomfortable situation for those involved!), I am proud to see the unique osteopathic presentation of each of the OFP articles.

As November arrives, remember those individuals previously or currently in the service on Veterans' Day and have a Happy Thanksgiving. Enjoy the issue!



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