

FROM THE PRESIDENT'S DESK



Preparing for the Challenges and Opportunities Ahead

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Dear Members,

As we approach the close of another year, it is important to reflect on the challenges and progress we have made in our profession. The year's final months often prompt us to think about personal and professional renewal and how we can better serve our patients, colleagues, and communities in the year to come. This time also encourages us to evaluate the values that define our osteopathic profession: holistic care, compassion, and a focus on the person as a whole.

The evolving healthcare landscape continuously presents new obstacles, but as osteopathic family physicians, we are uniquely positioned to face these challenges head-on. Our role as primary care physicians allows us to be the first point of contact for patients, building relationships beyond episodic care. We serve as stewards of our patients' well-being across a lifetime, embodying the principles of prevention and early intervention.

This issue of *Osteopathic Family Physician* offers a collection of timely and critical topics that reflect the multifaceted nature of family medicine. From addressing the management of chronic pain to understanding the growing concerns around binge eating disorder and the complexities of ADHD in the family medicine setting, these articles provide us with essential insights to improve patient care and refine our clinical approaches.

For instance, the narrative review of opioid use in elderly patients underscores the importance of safer alternatives like buprenorphine, especially as we continue to confront the opioid epidemic. Managing opioid use remains a cornerstone of ethical and effective patient care, particularly for vulnerable populations.

Moreover, this issue delves into other significant areas of patient care, including strategies for treating trigger finger and managing acute kidney injury due to medications like clindamycin. These practical discussions directly impact our patients' day-to-day lives, reminding us of the importance of continuous education and staying current with clinical best practices.

In the article discussing vitamin C, topical retinoids, and sunscreen, we are reminded of preventive care's role in dermatology—an area often overlooked in primary care but critical to long-term health outcomes. In all its forms, preventive care remains at the heart of our practice as osteopathic family physicians, empowering our patients to maintain wellness before illnesses manifest.

We must also remember our role as advocates for those who cannot advocate for themselves. The article on abuse of older adults serves as a poignant reminder of the vigilance required in

our profession to safeguard the dignity, safety, and well-being of this often-overlooked population. Our responsibility is to remain attuned to the physical, emotional, and financial vulnerabilities that older adults may face and intervene where necessary to protect them.

As we reflect on the passing year, I am particularly excited to invite you to the upcoming **ACOFP 62nd Annual Convention and Scientific Seminars in Palm Springs, California, April 2-6, 2025**. This event will be extra special as we celebrate the 75th Anniversary of our professional family with enthusiasm and energy. The ACOFP '25 convention promises to be a monumental occasion, highlighting the unity, strength, and evolution of osteopathic family medicine over the past seven and a half decades.

ACOFP '25 will feature extensive educational sessions, workshops, and networking opportunities to enhance our skills and foster connections across the profession. Whether you are a seasoned practitioner or early in your career, this event offers invaluable opportunities to grow and engage with our professional community. Registration is now open, and I encourage you to explore our preliminary schedule online and begin planning your participation. More details will follow soon, and we are excited to share this significant milestone with all of you!

As we move toward the end of this year and prepare for the opportunities and challenges of 2025, I encourage each of us to continue seeking knowledge, remain compassionate in our care, and stay engaged with the osteopathic principles that guide our work. The path forward may not always be easy, but together, we can meet these challenges and ensure we continue to provide the highest quality care to our patients, communities, and profession.

Wishing you all a restful and reflective end to the year, and I look forward to seeing you in Palm Springs next April as we celebrate this remarkable occasion together.

Warm regards,

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President, American College of Osteopathic Family Physicians