



# FROM THE PRESIDENT'S DESK

## Preparing for the Challenges and Opportunities Ahead

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As we progress in 2025, I am privileged to share my reflections in this special edition of the *Osteopathic Family Physician*. This issue marks the 75th anniversary of the American College of Osteopathic Family Physicians (ACOFP), a significant milestone that celebrates our enduring legacy and calls us to reaffirm our commitment to the principles that define osteopathic family medicine: compassion, service, and a holistic approach to care that considers each patient's physical, emotional, and social well-being.

For 75 years, ACOFP has supported osteopathic family physicians by serving as a beacon of advocacy, education, and innovation. Our organization has empowered physicians to meet the needs of their patients and communities while upholding the values of integrity and holistic care. The commemorative timeline and features in this issue illustrate the evolution of ACOFP and its transformative impact on our profession. They remind us of the tireless efforts of those who came before us and challenge us to honor their legacy by addressing the opportunities and obstacles of today.

The articles in this issue highlight the adaptability and commitment of osteopathic family physicians to addressing the full spectrum of healthcare. Discussions on inclusive care for transgender patients, approaches to managing childhood obesity, and the application of osteopathic principles to postpartum pelvic girdle pain illustrate the broad impact of our profession. Reviews of treatments for trigger finger and the use of statin therapy over the long term emphasize the importance of integrating evidence-informed practices into clinical care. These contributions underscore our shared mission to provide personalized patient-centered care that upholds the values of osteopathic medicine.

The observances we celebrate in March further align with the principles of equity, inclusivity, and safety that guide our profession. International Women's Day, Women's History Month, and International Transgender Day of Visibility highlight the importance of providing equitable healthcare to all individuals, regardless of their background or identity. These occasions inspire us to continually refine our approaches to patient care and ensure we treat each person respectfully and with dignity. Patient Safety Awareness Week emphasizes our responsibility to maintain the highest trust, quality, and safety standards in every patient interaction.

For those of us engaged in academic medicine, Match Day on March 21st represents a defining moment as we celebrate the next generation of osteopathic physicians stepping into their residency training. This milestone underscores our duty to serve as mentors, educators, and role models for these future leaders of osteopathic family medicine. By imparting values and practical skills, we ensure that they will continue to uphold and advance the mission of our profession.

National Doctors' Day on March 30th allows us to reflect on the privilege and responsibility of being a physician. This day provides an opportunity to honor our predecessors' contributions, celebrate our colleagues' achievements, and recommit to delivering hope and

healing to the individuals and families we serve. It reminds us of our patients' profound trust in us and the transformative impact of our work on their lives.

As we commemorate ACOFP's 75th anniversary, we must also look to the future with resolve and purpose. The challenges we face today, from addressing healthcare disparities to navigating technological advancements, present unique opportunities for osteopathic family physicians to lead with empathy, expertise, and creativity. We must advocate for policies that promote patient-centered care and ensure all individuals have access to the resources necessary to achieve optimal health outcomes. By uniting our efforts, we can strengthen the foundation for future generations of osteopathic physicians.

We must deepen our community engagement and build collaborative partnerships to advance our impact. Osteopathic family physicians bring a unique perspective to healthcare by understanding the holistic needs of patients within the context of their families and communities. By working closely with community organizations, health systems, and policymakers, we can address the root causes of health disparities and develop solutions that improve outcomes for all. These collaborations enhance our ability to meet diverse populations' needs while reinforcing osteopathic family medicine's role as a leader in compassionate and comprehensive care.

The upcoming ACOFP Annual Convention in Palm Springs will allow us to celebrate our collective achievements, foster connections, and energize our shared mission. A highlight of the event will include the inauguration of Dr. Gautam Desai as the next ACOFP President. Dr. Desai's dedication, vision, and leadership will guide our organization toward continued excellence and innovation. His work reflects our values and sets the stage for a vibrant and impactful future for ACOFP and osteopathic family medicine.

I want to express my deepest gratitude to each of you for your dedication and contributions to our profession. Your work upholds the pillars of osteopathic family medicine and ensures that our mission continues to thrive. Together, we will advance the health and well-being of the individuals and communities we serve and build a stronger foundation for the next generation of osteopathic physicians.

I wish you a fulfilling and prosperous year ahead. Let us embrace this milestone to honor our past, strengthen our present, and shape a future where osteopathic family medicine continues to lead with integrity and purpose.

Warm regards,

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2024-2025 President, American College of Osteopathic Family Physicians