



Resident Spotlight: Attending Preventive Medicine 2023, New Orleans, March 2023

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I am writing to share my recent experience attending [Preventive Medicine 2023](#), the annual meeting of the American College of Preventive Medicine. Held in New Orleans last month, this was a great event for professional development and learning from experts in the field. The opportunity to meet colleagues, connect with mentors, and network with other professionals left me feeling fulfilled and invigorated. Attending in-person conferences has become a rarity in today's virtual era, making the experience even more exhilarating!

One of the best parts of the conference was my poster presentation, "Prevalence Of Lifestyle Factors In Small Cohort Patients Receiving care at Federally Qualified Health Centers (FQHC)." This poster showcased my current project, a yearlong effort to determine the return on investment in devoting clinical time toward addressing lifestyle factors from upstream to arrest the progression of chronic diseases and even reverse their course. My research findings reveal the significant impact of addressing lifestyle factors on patient outcomes.

During the conference, I became a Vaccine Confident Ambassador, a commitment I hold dear. Vaccine hesitancy remains a challenge in many communities, and I am honored to have been able to use my platform to promote vaccination and make a positive impact on public health.

In addition, as a trailblazer for Wayne State University's Preventive Medicine Residency Program I was happy to introduce this new program to the American College of Preventive Medicine members and others in the field. Our MIDOCS-supported program, which began in 2020, is the second preventive medicine residency in the state, after the University of Michigan. I am a member of the inaugural cohort, and this achievement left me feeling Warrior Proud!

In summary, attending Preventive Medicine 2023 in person was a fulfilling and rewarding experience. I acquired much knowledge about various topics discussed at the conference, and I am grateful for the opportunity to have connected with fellow professionals, shared my research, and promoted preventive medicine. I look forward to continuing to make a positive impact on public health in the future and advancing our field.

[Preventive Medicine Residency Program \(APRH\)](#)
[American College of Preventive Medicine](#)