Greetings and Happy New Year,

I would sincerely like to extend my best wishes and hope for a wonderful new year for each and every one of you. The year is moving forward quickly with many events and activities.

Soon it will be time for the 39th Association of American Indian Physicians (AAIP) Annual Meeting and National Health Conference. I extend my deepest appreciation to Dr. Gerald Hill for his leadership and hard work during his presidency of AAIP beginning in July 2008 and ending in July of 2009.

The 38th Annual Meeting held in Alexandria, VA featured outstanding speakers presenting a variety of issues of great importance to the health of Native people and communities. Of major significance was the Listening Session with Dr. Yvette Roubideaux, the newly appointed Indian Health Service Director, and AAIP members. The annual meeting also allowed us the opportunity to come together and recognize one of our own, Dr. R. Dale Walker as the AAIP Physician of the Year, was very important to the AAIP membership.

This year’s annual meeting will be held at the Hyatt Regency Tamaya Resort & Spa located on the Santa Ana Pueblo and situated between Santa Fe and Albuquerque at the base of the Sandia Mountains. Tamaya features pueblo style rooms that reflect traditional designs and natural materials that compliment modern comforts and other amenities.

Tamaya also offers many family activities such as fine dining, a spa and salon, a nationally ranked golf course, three swimming pools, horse stables, bike riding and much more. I would like to invite you to come and enjoy the many opportunities that Tamaya has to offer and attend a conference that will provide sessions related to important health issues of American Indians and Alaska Native communities.

This year’s theme is “Health Promotion and Disease Prevention in Indian Country: Mind, Body, Spirit” with presentations that will serve as a forum for health care professionals, policy makers, tribal and community members. The conference will provide sessions in regard to stroke, diabetes, cervical/breast cancer, substance abuse, depression and much more. Each day of the conference will address issues regarding children, women and men’s health.

The dates of the conference are August 5-9, 2010 with the plenary sessions held on August 7-9, 2010. Please come join the AAIP and experience the unique and wonderful Tamaya at Santa Ana Pueblo and the surrounding Albuquerque, New Mexico area.

Sincerely,

Melvina McCabe, M.D.
2009-2010 AAIP President
AAIP MISSION
To pursue excellence in Native American health care by promoting education in the medical disciplines, honoring traditional healing principles and restoring the balance of mind, body, and spirit.

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The Association of American Indian Physicians 38th Annual Meeting and National Health Conference was held July 22-26, 2009 at the Westin Hotel in Alexandria, VA.

**PRE-CONFERENCE ACTIVITIES**
The AAIP annually hosts American Indian physicians and other related health care providers to learn and discuss the latest trends in Indian health care. The conference registered 200 AAIP member physicians, physician assistants, pharmacists, and other health care professionals for the conference and other pre-conference activities.

More than 75 Native American students participated in the conference in various student activities. The Pre-Admission Workshop co-sponsored by the University of Minnesota covered various topics: Financial Aid/Scholarships, Preparing for the MCAT, How to fill out the AMCAS, Personal Statements and other pertinent topics related to the application process to medical school. Twenty students were funded to attend the Pre-Admission Workshop and the annual meeting was an extra bonus. The students listened to two panel discussions composed of AAIP member physicians and Native medical students as well as hearing from the Association of American Medical Colleges (AAMC) regarding Building Diversity in Physicians Workforce. Additional student activities included the National Institute of Diabetes, Digestive and Kidney Research and Training Program for 10 students who have a strong interest in research. The Spirit of Eagles of Mayo Clinic provided support and information to the students regarding research opportunities. Other important student activities held prior to the opening of the conference included Dr. R. Dale Walker’s NIDA Mentorship Program and the Native Research Network Workshop.

The annual Women’s Retreat was held with the generous assistance of Dr. Marie Dobyns and facilitated by Dr. Terry Maresca and Dr. Shanda Lohse. Approximately 40 women were in attendance and indicated that the retreat was a great opportunity for support and guidance in a very unique and special way to all the women who attended the retreat.

The Presidential Reception featured entertainment by Darryl Tonemah, a singer/songwriter from Oklahoma. He combines rock, folk and heart of country for music that he calls Native Americana. The reception also featured the presentation of the Physician of the Year Award to Dr. R. Dale Walker for his many accomplishments throughout the year. Dr. Maresca stated, “We will always admire him and be grateful to him for inspiring and helping our nations from substance abuse.”

Poster contest winners were also announced with the first place award going to Marilyn A. Roubideaux, M.D. for her poster “Contribution to Annual Mammogram Screening in American Indian Women.” Second place honors went to the Oklahoma City Indian Clinic poster represented by Alice Youngbear, D Ph, regarding the “BRAID Program: Effective Strategies
in Diabetes Education at an Urban American Indian Clinic. Various awards were present to the AAIP Diabetes Program Regional Member Affiliates regarding their outstanding work and contributions to the dissemination of National Diabetes Education Program (NDEP) materials and information in Native communities. The AAIP Health Careers Program presented Certificates of Appreciation to AAIP members and other health care professionals who have served as presenters and role models for the AAIP Patty Iron Cloud NNAYI and AAIP Pre-Admission Workshops.

Thursday, July 23, 2009

The Conference Opening Ceremony included a Blessing by Clayton Old Elk, a Flag Song by Ricky White and the Indian Health Service Honor Guard presenting colors. The Opening was followed by a keynote address by Yvette Roubideaux, M.D., MPH, and Director of the Indian Health Service. Dr. Roubideaux, a member of the Rosebud Sioux tribe, spoke on the Future of American Indian/Alaska Native Health Care covering three objectives: 1. To review the current AIAN healthcare challenges, 2. To discuss her priorities as the new I.H.S. Director, and 3. How you can provide input and participate in health reform in Indian Country. Dr. Roubideaux emphasized the need for improved access to care and also an increase in the quality of services provided to Indian people who utilize the I.H.S. as their main source of health care. A former president of the AAIP, Dr. Roubideaux also talked about the importance of the AAIP members providing input to the dialogue of national health care reform. A response panel composed of representatives from the National Indian Health Board, Audrey Solimon, National Congress of American Indians, Anawake Rose and AAIP member physicians Shanda Lohse and LeeAnna Muzquiz provided concerns and questions following Dr. Roubideaux’s keynote.

Ms. Rose emphasized the importance of current legislation in the United States Congress impacting the current status of access to health care for Indians and urged the physicians in attendance to play a role in educating the tribal leaders of the possible changes to health care access for Indians. Dr. Lohse wanted Dr. Roubideaux to focus on improving the image of I.H.S. and its quality of services that it provides in some areas of health care. Many physicians responded to the panel by raising concerns on using adequate data to fund areas I.H.S. desperately needs to cover, and reiterated one of Dr. Roubideaux’s main points of making sure that I.H.S. renews and strengthens its partnerships with tribal leadership and improving access to Indian students who are seeking careers in the health field. Dr. Gerald Hill, AAIP President, helped formulate a diverse range of topics for physicians and other health care professionals to attend. The AAIP meeting’s first day focused on cancer and diabetes issues. Diabetes still remains a major issue for health professionals working in Indian Country to discuss. Throughout
the meeting, the AAIP provided several speakers to address diabetes issues ranging from studies on genetics to healthy lifestyle choices for children. Also, the AAIP meeting provided an update on how new strategies created by collaborations between tribes, National Institute of Health (NIH), the Centers for Disease Control and AAIP are impacting Indian Country and diabetes. Other areas of emphasis of the AAIP meeting will focus on substance and alcohol abuse and its impact on the health and welfare of Indian people.

Robert Croyle, Director of the Division of Cancer Control and Population Sciences at NIH, discussed how cancer is on the rise for both men and women living in Indian Country due to a series of factors including high obesity rates as well as high use of tobacco. Dr. Croyle also touched on the relationship between diabetes and cancer and also discussed which types of cancer that Indian people are at high risk for due to their lifestyle choices.

The Opening Luncheon featured Capt. Pelagie “Mike” Snesrud and Dawn Satterfield from the Centers for Disease Control (CDC) presenting information regarding CDC’s “Partnerships with Tribes and Tribal Organizations to Impact Public Health Issues in Indian Country” and “Honoring Traditional Ways to Promote Health and Prevent Diabetes in Partnership with Tribes.”

A plenary session opened the afternoon sessions with Mary-Anne Enoch, MD, of the National Institute on Alcohol Abuse and Alcoholism (NIAA) regarding the “Genetics and Environmental Risk Factors for Alcoholism-Pointers for Prevention and Treatment.” Six concurrent sessions were available for conference attendees that ranged from “Native Americans and Cancer” by Judith Kaur, MD, “Breast Cancer and Social Interactions: Identifying Multiple Environments that Regulate Gene Expression” by Sarah Gehlert, Ph.D., the “Biologic Effects and Damage of Alcohol” by Samir Zakhari, MD of NIAAA and the “American Indians/Alaska Native Substance Abuse Treatment Outcomes: Positive Signs and Continuing Challenges” by Dr. Dan Dickerson.

Friday, July 24, 2009

The early morning activities included the annual Initiation Ceremony for new AAIP member physicians and “Dance Away Diabetes” presented by Rocco Clark of Yakama Nation. The program was an interactive activity in which participants learn the basic steps and other
complex moves used in Pow Wow dancing as a great way to manage or even prevent diabetes. Plenary sessions covered topics such as “Cerebrovascular Disease Risk Factors, Brain Abnormalities, and Manifestations: The Strong Heart Stroke Study” by Steven Verney, Ph.D. and “Advances in Native Diabetes,” Leslie J. Baier, Ph.D. followed by concurrent sessions regarding topics covering “National Diabetes Education Program: Prevention and Control,” Charlene Avery, MD and Kansas Dubray, MD; “Chronic Kidney Disease Among AI/AN,” Stacy Jolly, MD; “Cerebrovascular Disease/Interventional Radiology,” Philip Banovac, MD; “Prenatal and Early Life Risk Factors for Diabetes, Chronic Disease and Depression” by Ann Bullock, MD; “Complex Systems and the Future of Medicine: Our Traditional Healers Were Right,” James Jarvis, MD; “Diabetes Education Through Community Partnerships” by Noelle Kleszynski, MPH; Sharon Ann Shirley and Gina Zanon.

A luncheon sponsored by the American Psychiatric Association was provided to attendees and Dan Dickerson was the featured speaker for the luncheon and his topic was “Using Cognitive Behavior Therapy for American Indians/Alaska Natives with Substance Abuse Disorders.”

The afternoon plenary presentations included topics “Addressing Health Disparities in HIV Infection, Viral Hepatitis, STD’s and Tuberculosis” by Kathleen McDavid Harrison, Ph.D., M.P.H. and “Emergency Medicine and Trauma” by David R. Boyd, MDCM, FACS. Concurrent sessions followed covering topics such as “Clinical Toxidromes, Poisonings, and Common Drugs of Abuse” by James Kennedye, MD; “Update on Tuberculosis” by John Jereb, MD; “An Overview of Molecular Diagnostics” by Joe Jacobs, MD, MBA; “Pediatric Trauma” by David R. Boyd, MDCM, FACS; and “Meeting the Challenges of HCV Infection and Hepatitis C.” The Annual AAIP Gourd Dance and Contest Pow Wow concluded Friday’s conference events. Mr. Tim Talchief was the Master of Ceremonies, Head Gourd Dancer was AAIP member Dan St. Arnold, MD; Head Man Dancer: Orrenzo B. Snyder, MD; Head Lady Dancer: Lana White-King, MD, Host Drum: Black Bear Singers; and Arena Director: Dennis Zotigh.

Saturday, July 25, 2009

The day began at 7 a.m. with the Diabetes Affiliate Breakfast. This was an AAIP Diabetes Program activity to update affiliates regarding programs and future efforts.

To begin the plenary session for the day, “Walking Into the Unknown: Native American Men’s Health Issues” – an award winning 65 minute video health documentary featuring Arne Vainio, M.D. and David Jorde, M.D., a film to educate American Indian males regarding health care services and importance of necessary health screenings. Dr. R. Dale Walker presented the “American Indian and Alaska Native Adolescent Suicide: Emerging Community-Based Integrative Care Models for Prevention and Intervention,” followed by Sara Jumping Eagle, MD regarding “Native Adolescent Health: Challenges and Hopes”. A luncheon sponsored by the American Academy of Pediatrics with presenter Cindy Pellegrini, Assistant for Federal Affairs for the AAP. The afternoon was an open afternoon for most conference participants to tour Washington, D.C. monuments while the AAIP physician members attended a Listening Session with Dr. Yvette Roubideaux, Director of the Indian Health Service.
Sunday, July 26, 2009

The final day of the conference began with two plenary sessions, “Building Epidemiological Capacity in Maternal and Child Health” by Myra Tucker, BSN of CDC and “Women’s Health Awareness” by Lana White King, MD an Internal Medicine Hospitalist. Concurrent Sessions completed the morning presentations starting with “Balance – Native Women in Medicine” a panel of Native women physicians Stacey Jolly, Shanda Lohse, Sara Jumping Eagle, Amy DeLong and Kelly Moore. “Estimating Risk for Suicide or Self-Injury: A Primer for Primary Care” by David Foos, MD, Psychiatrist and “Finding Solutions for the Diabetes Epidemic in American Indian Communities,” a panel moderated by Nicole Stern, MD with panelist Charlene Avery, MD; DeeAnn DeRoin, MD; and Ann Bullock, MD. The last three concurrent sessions for the morning were “Promoting the Sexual Health of Native Teens,” Sara Jumping Eagle, MD, Pediatrician/Adolescent Medicine Specialist; “The Indian Country Methamphetamine Initiative: Taking Care of Home” by R. Dale Walker, MD, Director of the One Sky Center; and “2010 Census in Indian Country” by Curtis Zunigha and Al Midkiff. A Closing Luncheon was held that included the passing of the AAIP Eagle Wing the Presidential symbol from Dr. Gerald Hill 2008-2009 AAIP President to incoming 2009-2010 AAIP President, Dr. Melvina McCabe.

The nearly 40 presentations included discussions of such critical issues as cancer control, alcohol abuse, methamphetamine abuse, tuberculosis, cardiovascular disease, diabetes and kidney disease, and Native men’s, women’s and adolescent health. Discussions of solutions for reducing health disparities among Native people confirmed that all conference objectives were met.
CALL FOR ABSTRACTS

39th Annual Meeting
August 5 – 9, 2010
Hyatt Regency Tamaya Resort & Spa
Santa Ana Pueblo
New Mexico

“Health Promotion and Disease Prevention in Indian Country:
Mind, Body, Spirit”

Scope of the Conference

The Association of American Indian Physicians will conduct a national health conference to serve as a forum for healthcare professionals, policy makers and tribal and community members concerned with American Indian/Alaska Native health issues. AAIP is seeking presentations that address successful or model prevention efforts and programs in Indian communities in regard to stroke, diabetes, cervical/breast cancer, substance abuse, depression, obesity, SIDS, suicide, osteoporosis, prostate cancer, domestic violence, and cardiovascular disease. Each day of the conference will address issues regarding children’s, women’s and men’s health.

Conference Objectives

The 39th AAIP Annual Meeting activities will provide:

1. A forum for various healthcare professionals to present and discuss their work regarding Health Promotion and Disease Prevention in Indian Country through presentations, workshops, and panel discussions.

2. A national forum for student recruitment into health professions.

3. Abstracts selected will be published in the conference program and the AAIP website.

For questions or to submit an abstract, please contact the AAIP offices at: 1225 Sovereign Row, Suite 103, Oklahoma City, OK 73108, phone (405) 946-7072, fax, (405) 946-7651, or visit the AAIP website http://www.aaip.org for the application.
The Association of American Indian Physicians (AAIP) will host the 18th Annual Cross Cultural Medicine Workshop in Santa Fe, New Mexico at the Hotel Santa Fe on April 22-25, 2010.

AAIP’s mission is dedicated to pursuing excellence in Native American health care by promoting education in the medical disciplines, honoring traditional healing practices, and restoring the balance of mind, body and spirit.

Consistent with this mission, AAIP supports the continued respectful collaboration between western trained physicians and native traditional healers and conducts this annual workshop to provide physicians, medical students, and other health professionals with a greater understanding of western and traditional medicine.

The workshop is formatted for physicians, physician assistants, nurse practitioners, nurses, other allied health professionals, as well as governmental and non-governmental health-related organizations interested in integration of health care modalities, cultural competency in health care, and health equity.

The 2009 Cross Cultural Medicine Workshop attracted more than 100 participants, including medical students, pre-medical students, physicians, traditional practitioners, and other tribal health professionals.
How to Register for the 2010 Workshop:

There are a number of ways to register for the 2009 Cross Cultural Medicine Workshop.

Register online!
It’s fast, secure and convenient. Have your credit card ready when you register.

By Mail or Fax!
Complete a registration form and mail or fax to us.

Association of American Indian Physicians
1225 Sovereign Row, Suite 103
Oklahoma City, OK 73108

Or fax it to us at (405) 946-7651.
Contact the AAIP Accounting Department at the following phone number (405) 946-7072 to provide payment via credit card.

Registration Details:
Make registration fees payable to AAIP. Registration is not complete until registration fee is received.

Cancellation Policy:
Note: Cancellations must be submitted in writing and sent to AAIP Conference Registrar no later than April 9, 2010.

Hotel Reservations
Special rates have been arranged at the conference hotel:

Hotel Santa Fe
1501 Paseo De Peralta
Santa Fe, NM  87501

For reservations, call (800) 825-9876.

A special conference room rate of $129.00 plus applicable taxes has been obtained for conference participants, mention the Association of American Indian Physicians and the workshop to receive this special rate. A limited number of rooms have been secured at this rate, so register and book early.

Hotel rate deadline is March 22, 2010.

Cross Cultural Medicine Workshop Objectives

- To identify strategies to improve cultural competency and communication between American Indian/Alaska Native patients and health professionals
- To compare and contrast the similarities and differences between Western and American Indian/Alaska Native approaches to healing and health.
- To improve understanding of the role of traditional healers
Arne Vainio has dedicated his life to taking care of people. He was a firefighter and a paramedic before he decided to go to medical school at the University of Minnesota-Duluth. For Dr. Vainio, taking care of people also means giving back.

“I’m a family practice physician at the Min-No-Aya-Win Human Services Clinic. It is on the Fond du Lac Ojibwe Reservation,” explained Dr. Vainio. “I get to help Native people understand their health, explain to them why they are sick and what they can do to be well.”

Dr. Vainio hasn’t strayed far from his Minnesota roots. He was born in Chisholm, Minnesota to a full-blood Ojibwe mother and a Finnish father. Dr. Vainio lives his life from the lessons he learned as a youth. His father died when he was a young boy and he credits his uncle for taking time for him. Today, he does the same for young people.

“I have an 11-year-old son. It’s become a tradition that every Saturday morning, we go out for breakfast. We also include his friends and my brother,” said Dr. Vainio.

Dr. Vainio enjoys visiting elementary and middle schools to teach “Mad Science”. He helps show students that science can be fun. Recently, he was featured in an Emmy-nominated documentary film, “Walking Into The Unknown”. The documentary produced by his wife, Ivy, documents his experiences as a “middle-aged Native male” undergoing a variety of health screenings.

“Whether I’m a physician, a teacher, or a father - my goal is to make a difference. I want my patients to know how to make healthier choices. For young Native people, I want them to know that they can help others. Being a physician is one way of helping and honoring our people,” said Dr. Vainio.

The AAIP is proud to have Dr. Vainio as a member. He represents the organization’s mission by serving as a mentor and role model to Native students.
The Association of American Indian Physicians organized the 12th annual Patty Iron Cloud National Native American Youth Initiative held June 20 – 28, 2009 at the George Washington University campus in Washington, D.C. The student scholars were high school students that included 16 sophomores, 22 seniors and 21 juniors who meet the standard criteria regarding the personal attributes, academic achievements, social responsibility, and genuine interest in a health and/or biomedical research profession. Students represented 34 tribal affiliations that included the following tribes: Apache, Athabascan, Caddo, Cherokee, Chickasaw, Chippewa, Choctaw, Comanche, Cree, Creek, Delaware, Hidatsa, Hopi, Jemez, Ketchikan, Kiowa, Lumbee, Manda, Mattaponi, Miami, Navajo, Ojibwe, Osage, Ponca, Santa Domingo, Seminole, Seneca-Cayuga, Shishmaref, Sioux, Suqaq, Tlingit, Tsimshian, and Yaqui. Students represented 15 States: Alaska, Arizona, Colorado, Massachusetts, Michigan, Minnesota, Montana, North Carolina, New Mexico, Oklahoma, Oregon, Utah, Virginia, Washington, and Wyoming.
The 2009 Patty Iron Cloud NNAYI highlights included presentations from 20 AAIP member physicians who served as role models and conducted presentations during the conference. Physicians represented a wide range of medical specialties. Presentations included their personal testimonies on their road to becoming Native physicians. Other health leaders made presentations, including Dr. Garth Graham, the Deputy Assistant Secretary for the Office of Minority Health and Dr. Yvette Roubideaux, the Director of Indian Health Services. The students learned about the various health-related occupations, medical organizations, academic institutions, and scholarship opportunities.

Students participated in guided tours to academic institutions such as the George Washington University campus and Medical Center, Georgetown University School of Nursing and Health Studies, and the National Institutes of Health (NIH) laboratories. The students also had the opportunity to meet with their Senate or Congressional representative from their state.
HEALTHY FAMILIES THROUGH HEALTHY RELATIONSHIPS

In an effort to address the gaps in the area of healthy relationship skills found in our Native communities that often lead to domestic violence, teenage parents, single parents, absentee parents and divorce, the Association of American Indian Physicians recently received a grant from the Administration for Native Americans for a Family Preservation project.

AAIP’s Family Wellness project laid the ground work for this initiative, with its successful completion of its Family Wellness and Youth in Distress Phase I and Phase II projects. Both projects were funded by the Administration for Native Americans.

Whereas, the Family Wellness project focused on developing curriculum and activities for first youth and then families, the Family Preservation project goes further back into the development and maintenance of relationships.

“When we were working with youth, we saw that a lot of them were from quote ‘broken homes’, ‘single-parent homes’, ‘blended families’, ‘teenage parents’ - they were facing a lot of issues that the current curriculum or activities just could not address, and even when we went into the Phase II of the Project and started working with more of the parents - we saw the same thing, divorce, single parents, absentee parents, grandparents raising grandchildren” explained Robert Whitebird III, Program Director for the Family Preservation Program.

“If we can help these individuals and couples in developing relationships and understanding of relationships, we can assist in reversing the trends in divorce rates, absentee parents and teenage parents.”

The Family Preservation is a three-year project, that has two main objectives:

Objective One seeks to target American Indian youth by incorporating AAIP’s Family Wellness and Youth In Distress curriculum along with other tools deemed necessary by our Coalition Partners, to develop training sessions that will meet the needs of the community by aiding American Indian youth in how to identify and develop a healthy relationship. Sessions currently include lessons on Self-Esteem, Communication, Conflict Management, Building Healthy Relationships, Decision Making, Risky Behavior, and Responsibility.

Objective Two will target American Indian adults, regardless of their relationship status, and will in part use the Leading the Next Generations curriculum. Through the use of the curriculum and again other tools deemed necessary Coalition Partners, training sessions will be developed to meet the needs of the adults within the community on building a healthy relationship. Sessions currently include lessons on Cultural Values, Balancing Traditional and Modern Views, Healthy Relationships, Self-Worth, Gender Differences, Conflict Management, Parenting Skills, and Financial Responsibility.

“I am very excited about the challenges and rewards that this new grant brings. We have developed a wonderful foundation with our existing Coalition Partners, and I am sure that they will continue to support our efforts” said Whitebird.

The Family Preservation is excited to welcome Yonavea Hawkins to the AAIP family. Ms. Hawkins will serve as the Program Assistant to the Family Preservation project. She is an enrolled member of the Caddo Nation and serves on the Caddo Heritage Museum Board. She is also active with the Oklahoma City Pow-wow Club and Changing Winds Cultural Society, where she serves as Secretary for both organizations.

Ms. Hawkins enjoys attending Pow wows, bead-work, and sewing traditional regalia for herself and others in the Native American community. She is avid artist and has had her artwork and beadwork displayed throughout the Southwest. Ms. Hawkins also designed the Family Preservation artwork and logo.
DEADLINE REMINDERS

Annual Meeting
Annual Meeting Call for Abstracts - March 1
Annual Meeting Hotel Rate Discount - July 7

Cross Cultural Medicine Workshop
Discounted Hotel Rate - March 22

National Native American Youth Initiative
Counselor Applications - March 5
High School Student Applications - April 16

NIDDK Annual Meeting
Student Scholarships - May 28