



South Carolina's HEALTH IS OUR PRIORITY

Monthly Newsletter

January 2026

2026 Winter CME Conference: Agenda Now Available



The South Carolina Osteopathic Medical Society is pleased to announce the agenda for its [2026 SCOMS Winter CME Conference](#). You can earn up to 23 hours of AOA 1-A CME credit for a little as \$495.00!

The program offers a robust lineup of timely, evidence-based sessions designed to support your clinical practice, professional growth, and continuing medical education needs. Attendees can expect engaging presentations from expert faculty, practical takeaways, and opportunities for meaningful discussion and networking with colleagues.

We encourage you to review the agenda and begin planning your participation. [View the full agenda.](#)

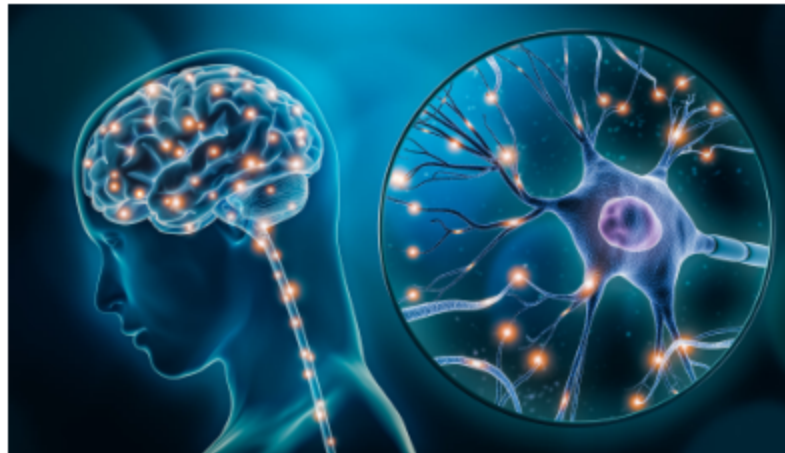
[Early Bird Registration Rates end January 16 so Register Now!](#)

Hotel rates are \$199 per night at the Omni Hilton Head Oceanfront Resort. Make your Hotel Reservations before January 19 [online](#) or by calling 1-800-843-6664. Ask for the group code 021326SCOMS.

SCOMS, in partnership with the ACOFP, will host an exclusive **Hands-On OMT Training** event on Friday, Feb. 13 from 8:00 a.m. – 12:00 p.m. Participate in expert-led, small group instruction and gain four AOBFP-approved hours toward your OCC Level 3 requirement! Space is limited to ensure adequate hands-on time and quality instruction for each participant. Don't miss this opportunity to refresh and enhance your OMT skills in a collaborative and practical environment. Cost is \$350 for SCOMS members and \$450 for non-SCOMS members.

Thank you for your continued support of SCOMS. We look forward to welcoming you to the 2026 Winter CME Conference.

At-Home Brain Stimulation Device





The US Food and Drug Administration (FDA) has approved an at-home brain stimulation device intended to treat major depressive disorder in adults.¹ This device, FL-100 from Flow Neuroscience, is the first of its kind to be approved in the U.S.

[Read more.](#)

AOA Offers Free On-Demand Webinar



The AOA is offering an on-demand CME webinar entitled, “Strategies for Enhancing Healthcare Providers’ Preparedness: Respiratory Syncytial Virus Immunization Updates for Older Adult Populations” for physicians to learn how to apply FDA-approved and CDC-recommended RSV prevention strategies for adults 50 and older at increased risk of severe illness.

MODULE  AMERICAN OSTEOPATHIC ASSOCIATION |  American College of Osteopathic Obstetricians and Gynecologists


Strategies for Enhancing Healthcare Providers' Preparedness: Respiratory Syncytial Virus Immunization Updates for Older Adult Populations


This educational module aims to equip healthcare teams caring for older patients with high-risk conditions and those at increased risk for severe RSV with the knowledge and tools necessary to implement effective prevention strategies.

Earn 1.0 AOA Category 1-A Credit or AMA PRA Category 1 Credit™

A medical education grant from GlaxoSmithKline supports this webinar and is in partnership with the American College of Osteopathic Obstetricians and Gynecologists.

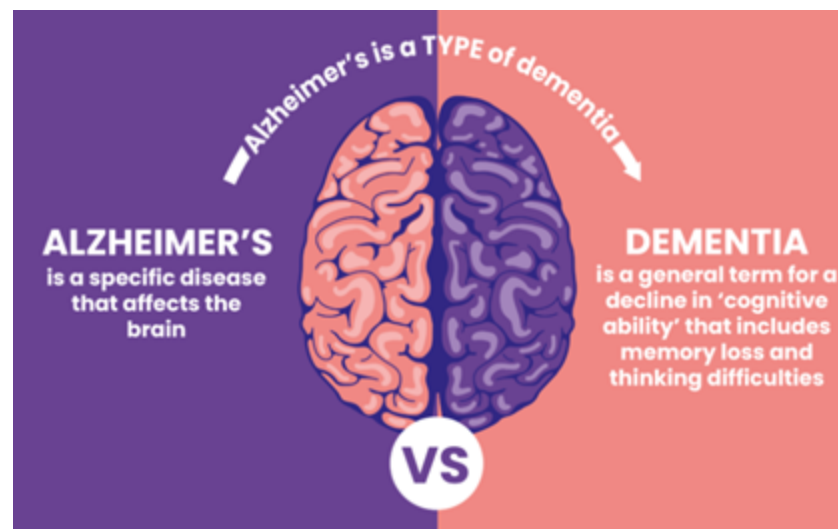
Presented by

 **Teresa A. Hubka, DO, FACOOG (Dist.)**

 **David E. Garza, DO, AOA Trustee**

Link sign up: <https://shorturl.at/BsruC>

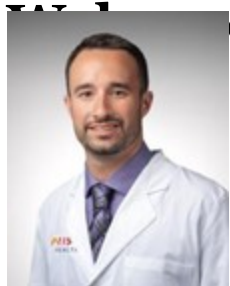
South Carolina Unveils New Resources in Fight Against Alzheimer's and Dementia



More than seven million Americans over 65 are living with Alzheimer's, including over 112,000 in South Carolina. Alzheimer's and related dementias remain a [significant public health challenge in South Carolina](#), with the state experiencing a higher mortality rate than the national average. New tools were announced to assist families, from early detection to daily caregiving support.

The Alzheimer's Association, along with gubernatorial appointees to the Alzheimer's Disease Resource Coordination Council and the departments of Aging and Public Health, unveiled new toolkits for senior centers.

[The Brain Health Toolkit](#) offers science-backed activities to protect memory and support healthy aging. [The Dementia Toolkit](#), created by the Department of Aging, guides families from early concerns to diagnosis and end-of-life planning.



Meet the New SCOMS Members!

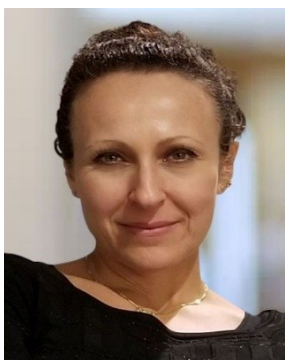
[Dr. Caleb Richards](#) is a primary care physician at Prisma Health in Columbia. He received his medical degree from the VCOM-Carolinas - Edward Via College of Osteopathic Medicine in 2016 and completed his residency in internal medicine at Harnett Health System in Lillington, North Carolina.



Dr. Michael Slisz works at Novant Health Huntersville - Administration in Huntersville, NC with other offices in Charlotte, NC. He received his medical degree from New York Institute of Technology / Old Westbury in 2013 and is board certified in Emergency Medicine. He is affiliated with Novant Health Mint Hill Medical Center.



Dr. Mark Doran is an emergency medicine physician and the Assistant Director - Department of Emergency Medicine and Site Lead for AnMed-Piedmont Free Standing Emergency Department. He received his medical degree from Philadelphia College of Osteopathic Medicine and completed his residency in emergency medicine at Rutgers, The State University Of New Jersey Residency Hospital.



[Dr. Hania B. Bednarski](#) is a general surgeon at Serenity Surgery and Wellness in Myrtle Beach. She received her medical degree from Kansas City University of Medicine and Biosciences College of Osteopathic Medicine and completed her general surgery residency at Touro University - Far Rockaway, NY. She later completed fellowships in Hand and Reconstructive Surgery and Breast Oncoplastic Surgery.



[Dr. Ashley Startzman](#) is a Pediatric Orthopaedic Surgeon at Shiners Children's Greenville with a passion for clinical research, and special interests in scoliosis, limb deformity and sports injuries. She received her medical degree from Nova Southeastern University - College of Osteopathic Medicine. Dr. Startzman completed her orthopedic surgery residency at Broward Health Medical Center and her pediatric orthopedic surgery fellowship at Baylor College of Medicine in Texas. As a mother, Dr. Startzman feels great empathy for parents whose children are undergoing medical care. For this reason, her approach to medicine is guided by making sure families are well-educated so they may join in an informed decision-making process for their child.



[Dr. Phillip Prest](#) is a Trauma Surgeon at Prisma Health in Columbia and is the Assistant Program Director of General Surgery Residency and Co-Director of Surgical Clerkship at USC School of Medicine Columbia. He completed medical school and a general surgery residency at the Philadelphia College of Osteopathic Medicine. He then completed a fellowship in trauma and critical care at Emory University/Grady Memorial Hospital in Atlanta. Dr. Prest is board certified by the American Osteopathic Board of Surgery in both general surgery and surgical critical care and is a fellow in both the American College of Osteopathic Surgeons and the American College of Surgeons. As an assistant professor of clinical surgery at the University of South Carolina School of Medicine, he is actively engaged in educating medical students, surgical residents and surgical critical care fellows. He is co-director of the surgical clerkship and co-director of the trauma research committee. He is actively engaged in multiple research projects with topics ranging from surgical nutrition to better aligning patient expectations and the delivery of care. Additionally, he has helped lead "Stop the Bleed" efforts throughout the Midlands of South Carolina by facilitating multiple courses aimed at training non-medical individuals in basic bleeding control techniques.



Dr. Tiffany Fanter is a third-year resident with Spartanburg Regional Family Medicine Residency. She earned her medical degree from Lincoln Memorial University - DeBusk College of Osteopathic Medicine.

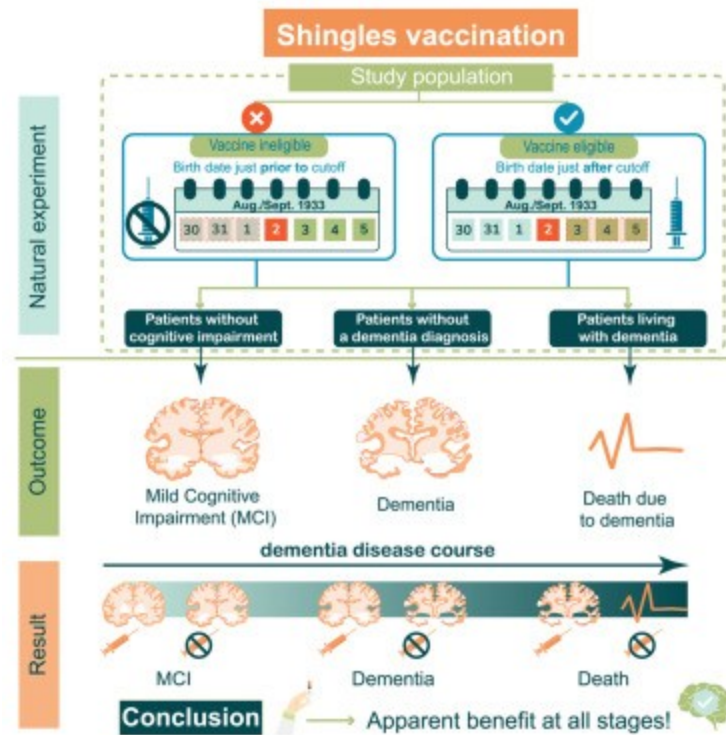


Dr. Chandler Kaufman is a third-year resident with Spartanburg Regional Family Medicine Residency. He earned his medical degree from Lake Erie College of Osteopathic Medicine.



Dr. Ryan Paulson is a Family Medicine Physician at Paris View Family Practice Bon Secours in Greenville. He earned his medical degree from VCOM-Carolinas in 2016 and completed his Family Medicine Residency at University of the Incarnate Word in San Antonio, TX.

**Shingles Vaccine is Linked with ~20-25%
Reduced Risk of Dementia and Alzheimer's
Disease**



Multiple large natural experiments have documented Shingles vaccine is linked with ~20-25% reduced risk of dementia and Alzheimer's disease. A new report adds to that and extends to slowing the progression of dementia. [Read the full report](#) in *Cell*.

Share Your Research

SCOMS wants to highlight the outstanding research being conducted by our members! If you've recently presented, published, or completed a project, we'd love to feature your work in an upcoming newsletter and on our social media. Please email a brief summary (250 words or less) and a photo or link to your publication or presentation to andrea@scdos.org.



Renew SCOMS Membership, Join Now, or Refer a Friend-

Receive a Free Gift AND Be Entered to Win a SCOMS Gift Pack 🎁

SCOMS offers multiple membership categories to welcome a variety of individuals who practice in and support the Osteopathic profession.

[Click here](#) to remain a member of the **ONLY** association in SC devoted to improving and promoting public health by the advancement of the science and profession of osteopathic medicine.



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