



Cooperative of American Physicians, Inc. Cosponsors Sold-Out Physician Stress Program with Orange County Medical Association

LOS ANGELES, CA, November 1, 2010 -- To help physicians better recognize the symptoms of stress and combat its effects, the Cooperative of American Physicians, Inc. (CAP) partnered with the Orange County Medical Association (OCMA), to host a well-being program, entitled "Healthy Doctor." The cosponsored dinner program took place at the Newport Beach Marriott Bayview on October 21, and attracted nearly 85 guests, selling out prior to the event.

The program featured stress-reduction experts Donald L. Sharps, MD and Donald E. Maurer, MD, who emphasized the importance of taking care of one's self to make a better impact on patients, and to thrive and grow personally and professionally.

Dr. Sharps, a board-certified psychiatrist and associate medical director of the County of Orange Health Care Agency, opened the program with tips on recognizing the difference between healthy and unhealthy stress, and shared a comprehensive three-prong approach to managing stress.

Dr. Mauer then spoke about Mindfulness Based Stress Reduction (MBSR), a complementary medicine program shown to offer significant benefits to a variety of medical and psychological conditions. A board-certified emergency room physician, Dr. Mauer presented an overview of the MBSR program, and then conducted a series of exercises to demonstrate relaxation techniques.

"CAP is proud to partner with the OCMA to help local physicians address the day-to-day pressures they face in this increasingly challenging health care environment," said CAP Senior Vice President of Membership, Cindy Belcher, who was present at the event. "Based on the sell-out crowd and the attendees' favorable feedback, plans are underway to host similar events with the OCMA, to help improve the lives of physicians throughout the state," Ms. Belcher noted.