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Cynthia Brinson, MD, receives Texas Academy of Family Physicians Public Health Award

THE WOODLANDS, TEXAS — Cynthia Brinson, MD, of Austin, Texas, received the Texas Academy of Family Physicians Public Health Award during TAFP’s Annual Session and Primary Care Summit in The Woodlands on Nov. 9. The award recognizes individuals who make extraordinary contributions to the public health of Texas.

Brinson has spent her entire professional career addressing the HIV epidemic through clinical research and evidence-based clinical care including prevention, screening, and treatment. She amplifies her work by providing educational lectures to colleagues and teaching residents and medical students.

Brinson was instrumental in forming the HIV Study Group at Blackstock Family Health Center in 1992. The group, now known as Central Texas Clinical Research, continues to be a productive community-based clinical research organization. Many medications that are now the standard of care for the treatment of HIV, Hepatitis B and C were studied by the group prior to approval for use.

In 2017, she helped open Kind Clinic with Texas Health Action after years of operating part-time out of her own clinic. It’s the first full-service non-profit clinic in Central Texas to provide access to free STI screening and treatment and HIV pre- and post-exposure medication for those at risk of contracting HIV. She and her colleagues have provided risk reduction service for approximately 25,000 members of the community.

Residents rotate through the clinic to improve their skills and comfort. Due to the success of the rotation, Dr. Brinson will be a mentor for the newly created HIV Distinction Track within the UT Dell residency program in Austin, training the next generation of family doctors to promote public health through infectious disease prevention, screening, and treatment.

Family physicians like Brinson are qualified to work in all major medical areas and are trained to treat more than 90 percent of all cases they encounter. Family physicians care for patients of all ages.

The Texas Academy of Family Physicians is the premier membership organization dedicated to uniting the family doctors of Texas through advocacy, education and member services, and empowering them to provide a medical home for patients of all ages. It has 33 local chapters and is a chapter of the American Academy of Family Physicians. Visit www.tafp.org for more information.