

PRESCRIPTIONS

BOONE COUNTY MEDICAL SOCIETY



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BOONE COUNTY MEDICAL SOCIETY



Prescriptions is published monthly for members of the Boone County Medical Society (physician members in Boone, Cooper and Howard Counties) Deadline for submission of materials is the first of each month preceding publication.

*Disclaimer: BCMS does not assume responsibility for the statements of authors and opinions expressed are not necessarily those of *Prescriptions* or the BCMS nor should publications or advertisements be considered an endorsement by the BCMS.

TO TELL US WHAT'S ON YOUR MIND!!!

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PRESCRIPTIONS

VOLUME: 32 ISSUE: 2

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PRESCRIPTIONS MISSION STATEMENT:

“The Boone County Medical Society *“Prescriptions”* is to be used for communication among its members; to inform members of activities, highlight membership concerns and promote camaraderie. It is also intended as a forum to address community health needs.”

Doctor of the Year 2014



When **Frank Rieger** nominated **John Cowden** for the 2014 BCMS Doctor of the Year award he stated the following in his nominating letter.

“It is an honor and a pleasure to present the 2014 Boone County Medical Society Doctor of the Year Award to Dr. **John Williams Cowden**.

Dr. Cowden received his medical degree from the University of Michigan School of Medicine in Ann Arbor, and upon graduation he began his postgraduate education in uniform. His internship was served at Madigan General Hospital in Tacoma, Washington followed by his ophthalmology residency at Walter Reed General Hospital in Washington, DC. Following his residency, he continued his service in the United States Army in Nuremberg, Germany at the 130th General Hospital where he served as Chief of Eye Services. Dr. Cowden received the Army Commendation Medal and the first Oak Leaf Cluster for his participation in Operation Fig Hill, a humanitarian mission during the Jordanian Civil War in September of 1970.

In 1972 Dr. Cowden returned to the United States to serve as a fellow in Cornea and External Ocular Diseases at the University of Florida in Gainesville under the mentorship of Dr. Herbert Kaufman.

Following his military service, Dr. Cowden returned to his home state of Michigan in 1972 as a corneal specialist at the Kresge Eye Institute of the Wayne State University School of Medicine in Detroit. During his 20 years of practice in

Michigan, Dr. Cowden was very active in academic ophthalmology, in eye banking and in organized medicine. He ascended to the rank of tenured full professor at the Wayne State University School of Medicine and served as the Vice-Chairman and Residency Program Director at the Kresge Eye Institute. For 19 years he was the Medical Director of the Wayne State University Division of the Michigan Eye Bank and Transplantation Center and was the recipient of their Founders Award in 1991. As an active participant in the affairs of organized medicine, Dr. Cowden served as the president of the Michigan Ophthalmological Society from 1992 to 1993 and Chairman of the Legislative Affairs Committee.

In 1993 Dr. Cowden was chosen to become the Chairman of the Mason Institute of Ophthalmology (now know as the Mason Eye Institute) at the University of Missouri in Columbia. In his new role as chairman, Dr. Cowden continued to contribute in the arenas of academic ophthalmology, eye banking and organized medicine. He served as the Chairman of the Mason Eye Institute for 20 years from 1993 until August of 2013 and as Residency Program Director for 13 years from 1993 to 2006. In his role as an educator he has trained more than 140 residents and 50 Cornea Fellows, some of whom have carried on his legacy in leadership positions and academia. He has made numerous contributions to the scholarship of ophthalmology through the publication of 35 peer-reviewed articles, over 65 published abstracts, 8 book chapters and many presentations in local, national and international forums. He is a fellow of the American Academy of Ophthalmology and the American College of Surgeons.

Dr. Cowden continued his passion for eye banking after moving to Missouri. He served as the Medical Director of the Missouri Lions Eye Tissue Bank in Columbia, Missouri from 1994 to 2013 and has been a member of the Missouri Lions Eye Research Foundation Board of Governors from 1993 until the present. During his tenure as medical director, the eye bank (now known as Saving Sight) provided tissue for 33,680 corneal transplants.

In the area of organized medicine, Dr. Cowden is a member of the American Medical Association, the Missouri State Medical Association and the Boone County Medical Society and served as president of our organization in 2002. He has also participated in organized ophthalmology throughout the state

through his active membership in the Missouri Society of Eye Physicians and Surgeons and was the president of that organization in 2003.

He has also given generously of his time towards humanitarian causes such as Project Orbis, “The Flying Eye Hospital” that not only offers state-of-the-art surgical eye care to patients all over the world but also instructs local ophthalmologists on these techniques so that they can continue offering eye care long after the hospital has flown to another location. Dr. Cowden participated in missions with Project Orbis in Lima, Peru in 1996, Damascus, Syria in 1997 and Nagpur, India in 2001. However, I would be totally remiss not to mention the contributions that Dr. Cowden has made to ACTS (A Call To Serve) and the support that he has given Dr. Trish Blair through the years. I should also mention that Dr. Cowden went to the Republic of Georgia in the fall of 1998 with a number of donated corneas from the United States to perform corneal transplantations on patients in a country that was bereft of this type of eye surgery after the fall of the Soviet Union.

Dr. Cowden has been married to his wife Pat for over 50 years. They are the parents of 7 children and currently have 38 grandchildren and one great-grandchild all of whom they visit on a regular basis and closely participate in the many activities of their lives. In closing, I would like to thank Dr. Cowden for his many contributions to medicine, science, and advocacy and from a personal standpoint, his friendship and support during my career.

Please join us in congratulating the 2014 Boone County Medical Society's Doctor of the Year, Dr. John Cowden.”



February 2015 American Heart Month Make a Difference



Heart disease is the leading cause of death for both men and women in the U.S. To prevent heart disease and increase awareness of its effects.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease.

To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Get Involved

Take action to promote heart health.

1. Celebrate National Wear Red Day to raise awareness about women and heart disease. Encourage everyone in your community to wear red on February 6, 2015. Visit www.goredforwomen.org for more information.
2. Host an American Heart Month event at local schools, health centers, and libraries. Work with local recreation and fitness centers to spread the word about the importance of physical activity to prevent heart disease.
3. Contact your local Red Cross to host a CPR (cardiopulmonary resuscitation) training event in your community. Urge local community members to learn CPR and AED (automated external defibrillator). These skills can help save the life of someone who has sudden cardiac arrest.
4. Host a 20-minute group walk around your office at lunchtime.
5. Conduct a cooking demonstration using a heart-healthy recipe.

Adapted from the American Heart Association.
Contact the American Heart Association (<http://www.heart.org/HEARTORG/>) at inquiries@heart.org for more information and materials.

In Memoriam:



LeRoy Miller passed away December 3, 2014 at his home.

Dr. Miller was born in Gerster, MO. He entered the University of Missouri at age 16 and was a graduate of MU and the UN of Tennessee Medical School.

He married Betty Paterson in Nevada, MO and she survives.

Dr. Miller was a family practice physician for 40 years, the City of Columbia Health Officer for 35 years and he was also a Chief of Staff at Boone Hospital Center (1968 and 1969). He was a retired Colonel in the Army National Guard and Army Reserves.

Dr. Miller was President of the Boone County Medical Society in 1959 and remained active throughout his life.

In retirement he enjoyed the company of friends, old and new, and passed time hunting, fishing, traveling in their motor home and relaxing on his farm and cabin at the Lake of the Ozarks.

Dr. Miller was a Mizzou football season ticket holder for 62 years—an avid Mizzou Tiger fan.

He is survived by his wife of 65 years, Betty, two sons and one daughter, seven grandchildren and seven great grandchildren.

Memorial contributions may be made to the Cosmopolitan Diabetes Center at MU, the Wounded Warrior Project or the charity of your choice.

Our sympathy and condolences are extended to Dr. Miller's family. Condolences to the family may be given at www.parkerfuneralservice.com.

In 1953 Dr. Miller volunteered the City of Columbia for the nationwide “Polio Pioneer Program”. In 1954 there were only one or two cases of polio in Columbia whereas the year before there had been 65 reported cases.

Dr. Miller initiated a city law against selling unpasteurized milk in the early 50's and in the 1960's he helped promote a program called “Operation Sugar Cube” which coincided with the first oral polio vaccine.



MULATION
January, 21 2015
Peachtree



Drs. Frank Rieger & Amy Zguta



Dr. Robert Fraizer



Dr. Ted Groshong



Dr. David Klachko



Drs. Mary & Joe Muscato and Cynthia Hayes



Dr. Raghav Govindarajan

CELEBRATING 10 YEARS
OF THE EXPLORING MEDICAL
MISSIONS CONFERENCE
YOU'RE INVITED

WHAT CAN YOU DO IN TEN?

DATES

Friday & Saturday
May 29-30, 2015

LOCATION

Graceway Church
5460 Blue Ridge Cut-off
Kansas City, MO 64133

The EMMC (Exploring Medical Missions Conference) provides an opportunity for you to engage in learning alongside leaders and visionaries, build valuable relationships and discover new ways to participate in medical missions. We invite anyone with a passion to serve the forgotten of this world. Join us at the 2015 EMMC, May 29-30 as we answer the question: What Can You Do in Ten?

For more information and to register, visit:

inmed.us



INSTITUTE FOR
INTERNATIONAL
MEDICINE



2015 Annual Convention

Friday, April 17 ♦ Saturday, April
18 Sunday, April 19
Westin Crown Center
Kansas City

FREE

Convention Registration
CME to MSMA Members

www.msma.org/annualconvention
for more information



IF YOU HOLD A CURRENT MISSOURI MEDICAL LICENSE

And plan to renew it, remember to do so by January 31, 2015.

The requirements are:

- Obtain ~~90~~ **50** hours of CME during the CME reporting period (every 2 years). The current CME reporting period ends on December 31, 2015. ← **CORRECTION**
- It is the physician's responsibility (NOT his employee or employer) to submit the renewal application and fee to the Board of Healing Arts.
- A licensee who fails to obtain 50 hours of CME during the reporting period shall not engage in the practice of medicine unless an extension has been granted by the Board.
- An application for an extension must be made prior to December 31, 2015 along with a \$50 processing fee. Extensions are granted through February 28, 2016
- Failure to obtain the CME or request a CME extension by December 31, 2015 is cause for disciplinary action against your license.
- The next CME reporting period is January 1, 2015 thru December 31, 2016
- **NOTIFY THE BOARD OF ANY NAME, ADDRESS CHANGES** to assure their renewal is sent to the proper address.

The above licensing information came from an MSMA Progress Notes Oct. 2014



By: Nicholas Arnold, Mizzou Medical Society representative to the BCMS board

The MU AMA/MSMA chapter recently finished up all recruiting. Due to a joint effort of all involved and great publicity, we reached record enrollment with nearly 80 new students (of 104) joining. We would like to say a special thank you to the Boone County Medical Society for providing funds for reflex hammers and pocket reference guides which are greatly appreciated by all medical students. BCMS also provided funding to raffle off a Littmann stethoscope which is also appreciated by our AMA/MSMA chapter as well.

MUlation, which is a networking and informational event held each year, will be on January 21 this year. The event starts with a social from 6:30-7:15 and then informational sessions until around 9. Each year several members of BCMS come and participate in this event. MUlation greatly appreciates the time and financial support that all of you give to this event each year.

The MU AMA/MSMA chapter also appreciates the opportunity to attend the BCMS Gala and other educational events that we are invited to attend on a regular basis. We look forward to seeing many of you at these events in the future and appreciate your willingness to include us.

MONTHLY RETIRED PHYSICIAN LUNCHEON

Retired physician luncheon meets on the 3rd Wednesday of each month at 12:00PM (noon)

Teppanyaki
908 I-70 Dr SW
Columbia, Mo

No reservation needed, just show up.

BOONE COUNTY MEDICAL SOCIETY ALLIANCE

2015 SCHEDULE FOR BCMSA MEMBERS

Monday, February 2 9:30 a.m.
Food as Medicine presented by Liz Graznack, owner of Happy Hollow Farm. Meeting at home of Lisa Dresner, 5409 West Tayside Circle. 874-1958

Monday, March 2 9:30 a.m.
Boone County History and Ways to Preserve Our Local Heritage by Nancy Russell, Boone County native and Columbia Tribune columnist. Meeting at home of Shirley Pierce, 6711 East Hwy WW 874-1958

Tuesday, March 3 6:30 social 7:00 Dinner
Guest Night with Boone County Medical Society Meeting at Courtyard by Marriott. Dr. Jeffrey Bryan, DVM presenting on Comparative Examination of Cancer-Cross Species Lessons. RSVP by Feb 23.

If you are the spouse, widow/er of a physician/resident/ medical student and would like to promote public health and education, connect with health-related community venues and stimulate friendships through a common bond then please join the BCMSA.

BCMSA MEMBERSHIP FORM

Name: _____
Address: _____
City, ZIP: _____
Home Phone: _____
Email: _____
Spouse's Name Specialty: _____

Annual dues (three options)
\$50 state and local
\$100 national, state and local
\$20 spouses of resident/medical student

Send to Leslie Meyer, 720 Logwood Lane, Columbia, MO 65203
meyerchica@gmail.com.



JANUARY & FEBRUARY

1/03	Jeffrey B. Jorgensen
1/05	David Wayne Moreton
1/06	Kristen Fernandez
1/08	Robert E. Frazier
1/10	Jerry D. Kennett
1/10	Terry Lynn Ray
1/10	Sidney G. Christiansen
1/12	Alberto Diaz-Arias
1/17	David E. Payne
1/17	Richard Heimburger
1/17	Mohammad Agha
1/18	Mark Wakefield
1/18	Emily Guyer
1/19	Lynn D. Mitchell
1/19	William Cass
1/19	Jonathan Harrison
1/20	Dan L. Pierce
1/22	Eric Thompson
1/24	James T Elliott
1/24	Kimberly Morse
1/26	Georgia B. Nolph
1/28	Harold A. Williamson, Jr.
1/29	Chia-Wai D Chang
2/03	Edgar I. Ailor
2/07	Lisa Thomas
2/11	Jennifer L.K. Clark
2/11	Alan E. Hillard
2/11	Hung Winn
2/11	Kenneth Rall
2/13	Roland E. Lohmar
2/13	Frank G. Rieger, III.
2/20	David Hinds
2/20	Robert E. McDavid
2/21	Jerry R. Blair
2/22	Hector Heredia-Bejarano
2/22	James B. Pitt
2/22	H.T. Lee
2/26	Jill Stahlhut -Murphey
2/27	David L. McLaren

JERRY KENNETT stepped down as Chief Medical Officer and Vice President of Boone Hospital Center on January 1, 2015 after holding that position for five years. He will return full time to Missouri Heart Center where he is a senior partner and founding member of Missouri Cardiovascular Specialists.



A Celebration to benefit the infants of Georgia.

Georgia has the highest infant mortality rates in all of Europe. Please support "Breathing Life Into Georgian Babies." Our investment to train Georgian doctors in neonatal resuscitation.

ACTS

Mardi Gras Missouri-Style
February 26, 2015 @ 6:30 pm
Mu's Donald W. Reynolds
Alumni Center

For More Information Please Email:
mardigrasinfo2015@gmail.com

Boone Hospital Center Stroke Review & Update*

February 7, 2015 | 7:30am-Noon

February 7, 2015 | 7:30am-Noon
Boone Hospital Conference Center
1600 E. Broadway
Columbia, MO 65201

Registration, Breakfast Buffet, Exhibits
7:30-8am

4 CME/CE Presentation

Managing the Wake-Up Stroke: Can Advanced Stroke Imaging Make a Difference?

8-8:50am: David Brummett, MD

Emergency Management of the Stroke Patient: Opportunity for Excellence

8:55-9:45am: Peter Panagos, MD

Panel Discussion: Hot Topics and Controversies in Stroke Care

10- 11am

The Ethics of Stroke

11:05-11:55am: Joel Shenker, MD



**Please RSVP by February 2 to:
Judy Feintuch**

Phone: 573-815-3498

Email: jfeintuc@bjc.org

Or register online at www.boone.org/cme

Boone Hospital Center designates this educational activity for a maximum of 4 *AMA PRA Category 1 Credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Boone Hospital Center is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

***BCMS is a financial contributor of this event.**



BOONE COUNTY MEDICAL SOCIETY
CME* & GENERAL MEMBERSHIP
MEETING

**COMPARATIVE EXAMINATION OF CANCER
– CROSS SPECIES LESSONS**

By: **Jeffrey N. Bryan, DVM, MS, PhD, DACVIM**

Join Dr. Bryan for learning objectives

1. Understand comparative disease modeling between companion animals and humans.
2. Understand application of technologies relevant to human disease to animal disease for better understanding of disease mechanism.

Tuesday, March 3, 2015

Cash Social (6:30-7:00) Dinner, Business Meeting and Presentations (7:00-9:00)
by Dr. Bryan and Dr. Jeffrey Copeland, MSMA President

Courtyard by Marriott
3301 LeMone Industrial Blvd Columbia, MO

RSVP Required by February 23, 2015

To Boone County Medical Society
573.814.1894; Fax: 573.814.3765; email: bcms @socket.net

(Non-member fee of \$20 is payable at the door. This is guest night (no-charge) for Boone County Medical Society Alliance and Mizzou Medical Society members)

* Institute for International Medicine (INMED) designates this educational activity for a maximum of *1 AMA PRA Category 1 Credit*.TM Physicians should only claim credit commensurate with the extent of their participation in this activity.

This program has been planned and implemented in accordance with the essential areas and policies of the Missouri State Medical Association (MSMA) through the joint providership of Institute for International Medicine (INMED) and Boone County Medical Society. Institute for Internal Medicine (INMED) is accredited by MSMA to provide continuing medical education for physicians.

Boone County Medical Society
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Columbia, MO 65205-0196

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Boone Hospital Center
Stroke Review & Update
February 7, 2015 | 7:30am-Noon
Boone Hospital Conference Center
1600 E. Broadway
Columbia, MO 65201

Managing the Wake-Up Stroke: Can Advanced
Stroke Imaging Make a Difference?
8-8:50am: David Brummert, MD
Emergency Management of the Stroke Patient:
Opportunity for Excellence
8:55-9:45am: Peter Panagos, MD
Panel Discussion: Hot Topics and Controversies
in Stroke Care
10-11am
The Ethics of Stroke
11:05-11:55am: Joel Shenker, MD

Please RSVP by February 2 to:
Judy Feintuch
Phone: 573-815-3498 Email: jfeintuc@bjc.org
Or register online at www.boone.org/cme

BOONE COUNTY MEDICAL
SOCIETY
CME* & GENERAL MEMBERSHIP
MEETING

**COMPARATIVE EXAMINATION
OF CANCER - CROSS
SPECIES LESSONS**

By: Jeffrey N. Bryan, DVM, MS, PhD, DACVIM

Tuesday, March 3, 2015

Cash Social (6:30-7:00) Dinner, Business
Meeting and Presentations (7:00-9:00)

Courtyard by Marriott
3301 LeMone Industrial Blvd
Columbia, MO

RSVP Required by February 23, 2015