

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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Columbia, MO 65205

PRESCRIPTIONS

VOLUME: 32 ISSUE: 7

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***Prescriptions* Editor**

Steven Westgate, M.D.

Managing Editor/BCMS Executive Director

Beverly Wilcox

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.”

OLD GLORY FACTS

Currently the American flag consists of thirteen equal horizontal stripes of red and white and a blue rectangle canton bearing fifty white five pointed stars arranged in nine offset horizontal rows of six stars alternating with rows of five stars. The 50 stars represent 50 states of the United States of America and the 13 stripes represent the 13 British colonies that declared independence from the Kingdom of Great Britain.

The flag colors:

Red: Valor, bravery and sacrifice

White: Purity, innocence and peace

Blue: Vigilance, perseverance and justice

Stars: The star is a symbol of the heavens and the divine goal to which man has aspired from time immemorial.

Stripes: The stripe is symbolic of the rays of light emanating from the sun.

Nicknames:

Old Glory

The Star Spangled Banner

The Stars and Stripes

Origin:

The Stars and Stripes originated as a result of a resolution adopted by the Marine Committee of the Second Continental Congress at Philadelphia on June 14, 1777. The resolution read, "Resolved, that the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field representing a new constellation." The resolution gave no instruction as to how many points the stars should have, nor how the stars should be arranged on the blue union. Consequently, some flags had stars scattered on the blue field without any specific design, some arranged in rows and some in a circle.

Who designed the flag?

Francis Hopkinson of New Jersey, a signer of the Declaration of Independence, was responsible for the stars in the U.S. flag. At the time that the flag resolution was adopted, Hopkinson was the Chairman of the Continental Navy Board's Middle Department. Hopkinson also helped design other emblems for the government including the Great Seal of the United States. The flag was first carried in the Battle at Brandywine, PA in 1777. It first flew over foreign territory in 1778 at Nassau, Bahama Islands where Americans captured a fort from the British. Elizabeth Ross (better known as

Betsy Ross) was commissioned by a congressional committee to sew the first official flag. She was responsible for changing the stars from being six pointed to five pointed.

Current flag: The current 50 star version of our flag design was approved after Hawaii was admitted as the 50th state in August 1959. President Eisenhower on August 21, 1959 provided for the arrangement of the stars in nine rows staggered horizontally and eleven rows of stars staggered vertically. This version of our flag was raised for the first time on July 4, 1960 at the Fort McHenry National Monument in Baltimore, Maryland.

Each President in office at the time of the addition of another state was responsible for the flag's design. Consequently flags shown before 1912 had unusual arrangements of the stars and odd proportions. Some of the more unusual placement of the stars was back between 1859 and 1861 when Oregon joined the Union. The stars were arranged in various designs in various versions.



For more interesting trivia facts on the American flag explore Google under the Smithsonian, History of the flag and Fun facts about the US flag.



GEORGIAN NATIONAL DAY OF MOURNING DECLARED FOR FLOOD VICTIMS

June 15, 2015

Dear ACTS Friends:

ACTS sends our heartfelt sympathy to the families of the 10 victims of the sudden flooding of the two lowest lying areas of Tbilisi.

Central Park, home of the Tbilisi Zoo, is in one of these areas. Many of the zoo animals were killed and several others escaped. Georgian authorities responded with tranquilizer darts to stun the animals.

ACTS' on the ground team is responding to assist the injured and the families of the victims, as well as those displaced from their homes as a result of the flooding.

Tax deductible donations to help the flood victims can be made:

- ★ online at <http://acalltoserve.org>
- ★ or by mailing a check to ACTS at:
A Call to Serve
Box 7026
Columbia, MO 65205

Please indicate Flood Relief on the memo line of your check. If giving online, scroll to the Donate Now! button on ACTS home page and type Flood Relief in the box that reads "Other, please specify".

Trish Blair

Trish Blair, M.D.
President ACTS-I



**RESOLUTIONS PRESENTED
AT THE APRIL MSMA
CONVENTION &
RECOMMENDATIONS**

Continued from last month.

Introduced by St. Louis Metro Med
Opposing the Interstate Medical Licensure Compact

Recommendation: Referred Resolution to MSMA Council: Resolved, that the MSMA strongly opposes the Federation of State Medical Board's Interstate Medical Licensure Compact, and further be it Resolved, that the MSMA requests that our AMA likewise oppose the Interstate Medical Licensure Compact.

Introduced by St. Louis Metro Med
Truth in Advertising

Recommendation: Referred to MSMA Council for study and action: Resolved, that the MSMA work to have Missouri adopt Truth in Advertising legislation for all practitioners who provide health care in Missouri, and further be it Resolved, that Truth in Advertising legislation require that any advertisement or solicitation for health care services which promotes a health care practitioner or health care company or entity must identify the type of Missouri professional license or certificate held either by the advertising practitioner or the practitioner(s) providing health care under the advertising or the health care company, and (2) that such advertising or solicitation be free of any and all deceptive or misleading information, and further be it Resolved that when Truth in Advertising legislation applies to medical physicians, an allopathic or osteopathic physician may claim in any medium (print) media, electronic media or verbal communication) to be "board certified" only if the specialty board is a specialty board recognized by the American Board of Medical Specialties or the American Osteopathic Association or a specialty board which is recognized and sanctioned by a Missouri licensing authority which issues a license to practice allopathic or osteopathic medicine in this state and further be it

Resolved that an allopathic or osteopathic physician of medicine may present him/herself as having mastered additional post graduate training only if that training has been received from a specialty board which is a member board of the American Board of Medical Specialties or the American Osteopathic Association or required successful completion of a postgraduate training program approved by the Accreditation Commission for Graduate Medical Education or by the AOA.

Introduced by Dr. Herluf Lund, Jr.
Qualifications for Usage of the Term "Board Certified" in Physician Marketing

Recommendation: Referred to MSMA Council for study and action: Resolved, that the MSMA seek legislation whereby the Missouri Board of Registration for the Healing Arts may refuse to issue or may suspend or revoke any license or permit, or impose probationary or other restrictions on any license or permit issued under its jurisdiction for the following causes:

Holding oneself out to the public in any manner as being certified by a public or private board including but not limited to a multidisciplinary board or "board certified", unless all of the following criteria are satisfied

- (a) The full name of the certifying board from which the physician is certified and the full name of the specialty or subspecialty is included in any advertisement, promotion, marketing material and practice products.
- (b) The certifying board meets any of the following qualifications:
 - (i) The certifying board is recognized by the American Board of Medical Specialties or the American Osteopathic Association.
 - (ii) The certifying board has been approved by the Missouri Board of Registration for the Healing Arts.
 - (iii) A board requiring an Accreditation Council for Graduate Medical Education or American Osteopathic Association approved postgraduate training program that provides complete training in that specialty or subspecialty and be further

Resolved that the MSMA seek to legislation to empower the Missouri Board of Registration for the Healing Arts to provide detailed directives of the advertisement requirements and restrictions to be used by physicians, to provide for causes for which the board may refuse to issue or may suspend or revoke any license or permit or impose probationary or other restrictions on the license of a physician.

Introduced by Dr. Michael O'Dell and Kansas City Medical Society

Preparation of Inpatients for Discharge

Recommendation: Referred to MSMA Council. Resolved, the MSMA and AMA pursue legislation and regulation at the state and federal levels that assures the following: At discharge, the patient's regimen will be appropriately adjusted by the discharging physician, in collaboration with pharmacists, social workers and those familiar with any formularies that impact the patient's access to

necessary medications, and the patient's physician providing ongoing care and the patient's pharmacy of record will be informed of changes in the patient's drug regimen, including deleted medications and changes to dose, frequency, route, duration and other critical matters.

Introduced by Dr. Rebecca Hierholzer and Kansas City Medical Society

Missouri Legislature Declare Missouri a “Start by Believing” State to Encourage Victims of Sexual Assault to Report Incidents

Recommendation: Referred to MSMA Council: Resolved, the physicians of Missouri should support the “Start by Believing” campaign and be it further Resolved, that the MSMA send a message to the legislature that Missouri become a “Start by Believing” state, thus proclaiming that we will “start by believing victims of sexual assault.”

Pricing of Generic Drugs

Adopted: Resolved, that the MSMA understand the market and regulatory changes that affect generic pricing in order to determine an advocacy position for our patients. One part of that advocacy will be educate our legislators at the state and national level concerning the significant impact that the massive increase in the prices of generic drugs is having on the health of our patients and be it further Resolved, that we request that our AMA delegates pursue a similar resolution by the AMA.

Reprinted from the MSMA website.

As you read through these Resolutions, you will note that BCMS did not submit any this year. However, that does not stop you from thinking about issues that we need to try and change and submit them to the Convention next year. Keep BCMS posted on your thoughts.

MSMA INSURANCE CONFERENCE

Increase Your Cash Flow and Reduce Billing Errors

JULY 16, 2015

COURTYARD BY MARRIOTT - COLUMBIA

Have your staff plan to be represented at this conference where they can meet face-to-face with nine insurance companies and Medicaid during the MSMA Annual Insurance Conference on July 16, 2015 from 8:30-4:30. Register at www.msma.org

Learn about common errors preventing claims payment. This year ICD-10 will be featured.

EVENTS HAPPENING IN MID-MISSOURI

**PARKINSON'S SEMINAR
For Your Patients and
Caregivers**

**JULY 25, 2015 - HOLIDAY INN
EXECUTIVE CENTER - COLUMBIA**

Patients with Parkinson's disease and their caregivers are invited to attend this conference being held from **8 a.m. to 12:30 pm, Saturday, July 25.**

Sponsored by the University of Missouri Health Care's Movement Disorders Program, the seminar will address the latest developments in drug treatment of Parkinson's disease, the roll of deep brain stimulation, common vision changes, associated skin disorders and the role of support groups.

In addition to the director of MU Health Care's Movement Disorder Program, Irving Asher, presenters will include **Bokkwan Jun**, a neuro-ophthalmologist, **Thorkild Norregaard**, a neurosurgeon, **James Roller**, a dermatologist and Patsy Dalton, co-facilitator of the Columbia and Lake Ozark Parkinson's support groups.

Conference is free and open to the public. For more information or to register please visit <http://medicine.missouri.edu/parkinsons/>

**MU 25th ANNUAL CARING FOR
THE FRAIL ELDERLY
CONFERENCE**

AUGUST 14-15, 2015

HOLIDAY INN SELECT EXECUTIVE
CENTER - COLUMBIA, MO

Purpose: to provide a forum for updating health professionals caring for the elderly in the areas of medical management, interdisciplinary care and system change.

For more information contact Shirley Walters at walterssj@health.missouri.edu

BCMS has had several comments from our out-of-state retired physicians and thought members might like to have an update on them.

JOHN YARBORO: Destin, FL called to say that some of our members are his former students and he enjoys reading about them in *Prescriptions*.

BRENT PARKER: Colorado Springs, CO wrote to say he enjoys reading *Prescriptions*. He is now 87 and doing fairly well. He gave his best wishes to the Society.

John Pardalos is spending two weeks this month in the Republic of Georgia and working beside **Patricia Blair** on the Acts project of Breathing Life into Georgian Babies. The country of Georgia's Kvemo Kartli Region has Europe's highest infant mortality rates. This project is training and equipping Georgian medical professionals to resuscitate newborns who are struggling to breathe. Look forward to having pictures and stories when they return.

WELCOME TO OUR RETURNING OR NEW PHYSICIAN MEMBERS

Ellen McQuie FP
303 N. Keene St. #301
Columbia, MO 65201

Ashley Millham FP
303 N. Keene St #301
Columbia, MO 65201

Justin Terrell FP
303 N. Keene St #301
Columbia, MO 65201

Siamac Vahabzadeh FP
303 N. Keene St #301
Columbia, MO 65201

Sosunmolu Shoyinka P
3301 S. Providence Rd.
Columbia, MO 65203

Please welcome these new members to our Society. We encourage them to participate in our general membership/CME and DIG (Doctor Interest Group) meetings so they can meet our members.

BCMS MEMBERS PARTICIPATE IN MSMA and AMA LEADERSHIP ROLLS

Lisa Thomas
MSMA Vice Councilor

Raghav Govindarajan
MSMA Chairman, Young Physician Committee

Ted Groshong
AMA Delegate

Jerry Kennett
AMA Council on Legislation and
MSMA Council on Judicial and Ethical Affairs

Mitchell Padkins
AMA Student Recruitment and BCMS
Liaison from Mizzou Medical Society

Nick Arnold
President Elect – AMA Student Section
and BCMS Liaison from Mizzou
Medical Society

David Fleming
Missouri Medicine Contributing Editor

Missouri Medicine Editorial Board:
**Jon Dyer, Pamela Honeycutt,
Jerry Kennett, W. Kirt
Nichols, John Pardalos,
Harold Williamson, Gregory
Worsowicz**

Jerry Murrell, Frank Rieger and Ted Groshong were selected at the June 2, 2015 General Membership/CME meeting to be on the **BCMS Nominating Committee** and assist in the preparation of our Slate for 2016 officers/board.





HAPPY BIRTHDAY
TO OUR MEMBERS

JULY

7/01 William K. Winkelmeyer
7/01 H.Dennis Dierker
7/02 Sidlee Leeper
7/02 Charles W. Barbee
7/03 Brent M. Parker
7/04 John K. Boyer
7/04 Holly Monroe
7/06 William Woods
7/07 James M. Koch
7/07 Steven T. Fogel
7/08 Terrence Ryan
7/14 Amy Zguta
7/16 Eleanor Braddock Shaheen
7/16 Trung Tran
7/16 Nicholas Golda
7/17 Don Liu
7/18 Mark Adams
7/20 Pamela J. Honeycutt
7/21 Gregory H. Croll
7/22 Thomas Meyer
7/23 Brett D. Crist
7/23 Edwin Long
7/26 Michael J. Friedman
7/28 Catherine Dunn
7/28 Bokkwan Jun
7/28 John Zygiel
7/31 Jonathan Dyer
7/31 Eric Barnes
7/31 Rene Boulicault



MONTHLY RETIRED PHYSICIAN LUNCHEON

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

Teppanyaki Grill & Buffet
908 Interstate 70 Drive SW,
Columbia, MO 65203

No reservation needed,
just show up.

WE NEED YOUR EMAIL ADDRESS!!

BCMS is trying to become greener – we need your email address to do this. Please email it to the office at bcms@socket.net. We probably have 30% of our members email addresses. Do we have yours?

NOMINATING COMMITTEE - CALL FOR NOMINEES FOR 2016 OFFICERS/BOARD

For the past 113 years physicians in Boone, Cooper and Howard counties have benefited from having a local organization represent their profession.

Boone County Medical Society wants you to take a stand now to influence the future direction of your society by making your desire known to become a nominee for a position either as an officer or a board member. Elections for 2016 will be held at the general membership meeting being held Tuesday, September 1.

Please contact the BCMS office or one of the following members of the Nominating Committee concerning your desire to make a commitment by August 15.

Bridget Early, Chairman Members: Hung Winn, John Pardalos, Raghav Govindarajan, Mark Janzen, Rich Nichols, George Parkins and Ashish Nanda. Members at large are: Ted Groshong, Frank Rieger and Jerry Murrell.

CALL FOR NOMINATIONS FOR HONORARY MEMBERSHIP IN BOONE COUNTY MEDICAL SOCIETY

Our By-laws have a class of membership that the current Board has determined we have not used as often as we could have. To date we presently have three members in this category—Drs. Patricia Blair (nominated for her work with ACTS), George Tsilosani (former President of the Republic of Georgia’s Medical Society) and Paul Ladenson (nominated for his work with our Ladenson Scholarship and his outstanding work at John Hopkins University in Endocrinology).

The By-laws state: “Honorary members of this Society shall consist of such distinguished members of the medical profession as shall be elected by unanimous vote of the Society. They shall have distinguished themselves by investigational work or by a personal sacrifice in the cause of scientific medicine to warrant their recommendation for election by the Judicial Board. They shall be exempt from the payment of dues of the Society and shall have all the privileges of active members except that they shall not be eligible to hold office nor be allowed to vote.”

At this time we are calling for nominations to this class of membership. If you have someone you would like to nominate, please notify the Society before August 1 as we would like to present these nominations at our September 1 General Membership meeting.

NOMINATION NAME/ADDRESS _____
NOMINATOR’S NAME / PHONE NUMBER _____
REASON FOR NOMINATION - Please place on a separate sheet

Forward to the BCMS: Email: BCMS@socket.net Fax: 814.3765.
Mail: Box 196, Columbia, MO 65205

BOONE COUNTY MEDICAL SOCIETY
PRESENTS
DIG (DOCTOR INTEREST GROUP) MEETING

**WINES 101
BY
AARON SAELER, WINE MANAGER
MACADOODLES**

Don't know anything about wines, except that you like to drink them? Join Aaron Saeler, Wine Manager for Macadoodles, for our own private wine 101 class:

1. History of wines
2. Differences in wines and how to serve them.
3. Sample from a selection of wines from around the world
4. Become an informed wine connoisseur

THURSDAY, July 16, 2015

6:30 Class and finger foods catered by Hy-Vee as we sample wines

MACADOODLES
455 E. GREEN MEADOWS RD.
COLUMBIA, MO 65201

RSVP BY JULY 9, 2015

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

(\$20 Charge for non-members)

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CME* & GENERAL MEMBERSHIP
MEETING

END OF LIFE CARE FOR THE ELDERLY

BY

DAVID FLEMING, M.D., MA, MACP

Immediate Past President, American College of physicians

Join Dr. Fleming for learning objectives:

1. Recognize the challenges of meeting end of life care needs of an expanding elderly population.
2. Assess the importance of early effective communication and planning in preparation for end of life care in the elderly.
3. Prepare health care teams to provide high value care and improve outcomes for elderly patients at the end of their life.

Tuesday, September 1, 2015

Cash Social (6:30-7:00) Dinner, Business Meeting-Election of 2016 Board and Officers and
Presentation (7:00-9:00)

CHRIS McDôs

1400 Forum Blvd., Columbia, MO 65203

RSVP Required by August 25, 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.)

* Institute for International Medicine (INMED) designates this educational activity for a maximum of 1 AMA PRA Category 1 Credit.™ 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.

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Columbia, MO 65205-0196**

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**BOONE COUNTY MEDICAL SOCIETY
CME & GENERAL MEMBERSHIP
MEETING**

**END OF LIFE CARE
FOR THE ELDERLY**

DAVID FLEMING, M.D., MA, MACP
Immediate Past President, American
College of physicians

Tuesday, September 1, 2015

Cash Social (6:30-7:00) Dinner, Business Meeting-
Election of 2016 Board and Officers and Presentation
(7:00-9:00)

CHRIS M.D'S
1400 Forum Blvd., Columbia, MO 65203

RSVP Required by August 25, 2015

**BOONE COUNTY MEDICAL SOCIETY
PRESENTS DIG (DOCTOR INTEREST
GROUP) MEETING**

WINES 101

AARON SAELER, WINE MANAGER
MACADOODLES

THURSDAY, July 16, 2015

6:30 Class and finger foods catered by Hy-Vee as we
sample wines

MACADOODLES
455 E. GREEN MEADOWS RD.
COLUMBIA, MO 65201

RSVP BY JULY 9, 2015