

PRESCRIPTIONS

BOONE COUNTY MEDICAL SOCIETY



ON THE INSIDE:

Page 3	June Feature
Page 4	Treadmill Desk
Page 5	In Memoriam
Page 7	MSMA News

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!!!

PHONE: (573) 814-1894
FAX: (573) 814-3765
EMAIL: bcms@socket.net

ADDRESS:

Boone County Medical Society
Box 196
Columbia, MO 65205

PRESCRIPTIONS

VOLUME: 32 ISSUE: 6

OFFICERS

President

Bridget Early, M.D.

President Elect

Hung Winn, M.D.

Secretary/Treasurer

Raghav Govindarajan, M.D.

Immediate Past President

Kim Cayce, M.D.

Board Members

John Pardalos, M.D., George (Rich) Nichols, M.D.,
Mark Janzen, M.D., George Parkins, M.D.,
Steve Keithahn, M.D., Ashish Nanda, M.D.

MU AMA-MSS BCMS Liaison

Nick Arnold, Lauren Stephenson

MSMA

Jerry Kennett, M.D., Past-President
Jerry Murrell, M.D., Past-President
Joseph Corrado, M.D., Councilor, Dist. V
George Hubbell, M.D., Councilor, Dist. V
Lisa Thomas, M.D., Vice Councilor, Dist. V

MO AMA Delegate

Ted Groshong, M.D.

AMA Council on Legislation &

MSMA Council on Judicial and Ethical Affairs

Jerry Kennett, M.D.

***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.”

The Perfect Valentine



By
Raghav Govindarajan, M.D. *

John was a 70- year-old gentleman who loved long morning walks and tending to his yard. After working for nearly 50 years he had come to enjoy his post retirement life.

On every Valentine's Day he held his wife's hand and took a long evening stroll with her finally going to the ice cream parlor in the corner. They had been married for 40 years and this was their favorite thing to do on Valentine's.

For the past three years his wife had noticed that his walking was not the same. He had become slower and clumsier. She thought that this was due to his age but then he gradually deteriorated. He had numerous falls resulting in rib fractures, hip fracture and even a hematoma around the brain. He had also become slower in his thinking and even forgetful.

He had seen about 5 physicians and had multiple imaging studies of his brain and spinal cord before he came to see me. He was completely wheelchair bound and needed help to do all his activities of daily living. His wife told me that he was not the same man she knew all these years.

As I examined him I noticed that the strength in his legs was normal, so were the sensation. He was slow in his responses but still sharp witted and the rest of his exam was normal. Then I made him walk and as soon I saw him walk I knew what was ailing him. His gait was what we call a 'magnetic gait'

whereby the patients don't lift their feet off the ground as if there is a magnet stuck under their feet that is pulling them toward the ground. This is seen in a condition called 'Normal Pressure Hydrocephalus' where there is an excess buildup of cerebrospinal fluid (CSF) in the brain.

At the end of the interview John told me "My only wish is that I can walk again so that I can take my wife out for an ice cream on Valentine's Day". He then had a large volume spinal tap and about 40cc of spinal fluid was drained. Immediately following that and to everyone's amazement his gait significantly improved and he was walking about 'like the old days'. This confirmed my initial suspicion of Normal Pressure Hydrocephalus. He even had a MRI of his brain which corroborated the diagnosis and finally a shunt was placed in his brain so that the excess CSF could be drained out.

When I saw him about 3 months later he only needed a cane to walk. With a wide smile he told me that he finally took that evening stroll with his wife on Valentine's Day and got their favorite ice cream!

*Dr. Govindarajan is a member of BCMS and our current Secretary/Treasurer. Dr. Govindarajan has been wanting to write stories of his patients. This is the second story of a series that he is writing and you, our BCMS members, are fortunate enough to see them in print prior to anyone else.

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.

BCMS MEMBER CREATES TREADMILL DESK FOR HIS OFFICE

By
**Mattie McDermott and
Daniel Sturgeon**

MU students from the class of Lynelle Phillips

Treadmill desks are becoming more and more popular among many professions. A traditional running treadmill raises your heart and is designed for cardio workouts. Treadmill desks, on the other hand, are designed to raise your metabolic rate above your normal resting basal metabolic rate. This type of activity is called Non-Exercise Activity Thermogenesis (“NEAT”). Walking at speeds below 2 mph on a treadmill desk raises your basal metabolic rate, but keeps your heart rate below an exercise range. When done at this speed, no sweating occurs and work productivity should not be affected.

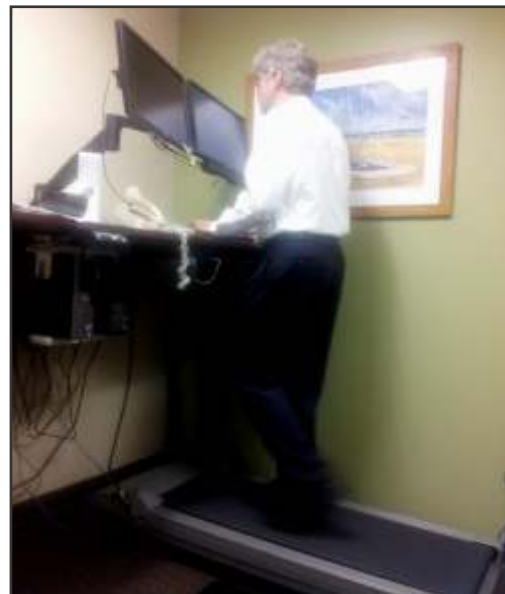
After doing his research, Dr. **Steven J. Westgate** decided to try out his own treadmill desk. Dr. Westgate, MD, is a radiation oncologist at University of Missouri Hospital in Columbia, MO. He began by buying a desk that could be moved to different levels for standing, sitting, or walking. Utilizing an inexpensive treadmill, he cut the display console off to create room for his computer desk and bought a small tray to store the console underneath for easy speed control access. He then bought a mount for his computer monitor to swivel back and forth in case he decided to stand or sit, instead of walk. The estimated cost of the makeshift treadmill desk was \$1,300 - \$1,400, much less than that of a newly bought desk which could cost anywhere from \$2,000 to \$4,000.

Dr. Westgate has been utilizing his treadmill desk for a little over a year and a half. Walking at a speed of about 0.8 mph allows him to type easily and even answer phone calls while moving. Claiming that he has no strict daily fitness goals, we asked why he insists on using the treadmill desk. Sitting for extended periods of time made Dr. Westgate much more tired and lethargic, but by staying slightly active he was able to remain more alert and

attentive. The treadmill desk is very low impact and does not cause him to change into gym gear to receive health benefits. Since he began using the treadmill desk in 2013, his cholesterol has gone down 30 points and his triglycerides are now down 50 points. His health benefits did not require a change in diet.

Unfortunately there are a few limitations to treadmill desks. First off, they take up a lot more space than a regular desk. Many health care offices are small and would not be able to accommodate the large treadmill. Nurses in particular work on moving computers for efficiency and do not have a desk at which they could utilize a slow moving treadmill. With more evidence based research supporting the health impact of treadmill desks, Dr. Westgate believes employers may be more financially supportive of the device. Hospitals may potentially save large amounts on employee health care insurance by utilizing treadmill desks throughout their facility.

Aside from his treadmill desk, Dr. Westgate remains active by biking approximately 4 miles to and from work on a daily basis. He also walks on weekends to maintain an active lifestyle. Between his bike commute and his treadmill desk, Dr. Westgate has seen great health benefits and sees no reason for a gym membership. Many working adults struggle to make it to the gym on a regular basis, but the treadmill desk is extremely convenient and leaves no room for excuses to skip the exercise.



Dr. Westgate and his treadmill desk.

In Memoriam:



ARTHUR (BUCK) RIKLI

Dr. Arthur E. Rikli, 97, of Columbia, died Wednesday, May 20, 2015.

Dr. Rikli, nicknamed "Buck" by his father, was born in 1917, he married Frances Mayer Rikli, and she preceded him in death in 2013.

Dr. Rikli earned a bachelor of arts degree from North Central College in Naperville, Illinois; his M.D. from the University of Illinois at Urbana-Champaign and his master's degree in public health from Johns Hopkins University. He served in the U.S. Public Health Service for 23 years, first as the director of the tuberculosis control program in Montana and Denver and later as a chronic disease consultant.

In 1959, Dr. Rikli became the director of the National Heart Disease Control Program in Washington, D.C. In 1968 he accepted a position with MU as coordinator of the Missouri Regional Medical Program and professor in the MU School of Community Health and Medical Practice. He retired from MU in 1984 and became a consultant for the National Library of Medicine and the MU Department of Health Management and Medical Informatics.

Dr. Rikli was a BCMS member since 1968.

Dr. Rikli is survived by his 2 daughters, 2 sons, five grandchildren and seven great-grandchildren.

Services will be in July at the Community United Methodist Church, in Columbia. Memorial contributions can be made to the Missouri Symphony Society.



JAMES C. DENNINGHOFF

James C. Denninghoff passed away unexpectedly on April 25, 2015. He was born in 1925 in LaCrosse, WI. In 1949 he married Eloise Guffy and she preceded him in death in 2004. He married Lucille Salerno in 2005.

Dr. Denninghoff graduated from the University of Wichita and Washington University Medical School in 1953. He completed his residency at Jewish Hospital in St. Louis in 1957.

During WWII (100th Division, Infantry), he served in Germany and France.

He practiced Internal Medicine in Columbia from 1957 to 1990.

He was a founding member of Trinity Presbyterian Church.

Many of his interests included trains, cars, photography, travel, reading music, fixing any nonworking item and telling knock-knock jokes. He loved playing with his eight grandchildren.

Dr. Denninghoff was President of BCMS in 1980 and 1981.

Survivors include his wife, Lucille Salerno, his two daughters and one son (Dr. **James S. Denninghoff**) and families.

Visitation and services were May 1 at Memorial Funeral Home. Memorial contributions may be made to the Brotherhood Fund at Trinity Presbyterian Church, Osher Lifelong Learning or the Missouri Symphony Society.

Our condolences go out to the families of these two long time members of BCMS. They will be missed.

DIG (DOCTOR INTEREST GROUP) MEETING – MAY 13

ENERGY MEDICINE GOING MAINSTREAM

BY

JAMES DENNINGHOFF, M.D.



George Parkins and Frank Rieger



John Cowden and James Denninghoff



Bridget Early and James Denninghoff



John DeSpain, George Hubbell, Don Liu
and Allen Cass

Energy medicine is the diagnostic and therapeutic use of energy whether produced by or detected by a medical device or by the human body. Energy medicine recognizes that the human body utilizes various forms of energy for communications involved in physiological regulations. Energy medicine involves energy of particular frequencies and intensities and wave shapes that stimulate the repair of one or more tissues. Examples of energy include heat, light, sound, gravity, pressure, vibration, electricity, magnetism, chemical energy, and electromagnetism.

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration” Nikola Tesla



MSMA's 2015-2016 President



John O. Stanley, MD
Kansas City, Missouri

John O. Stanley, MD, a board-certified Family Physician from Kansas City, Missouri, will serve as President of the Missouri State Medical Association in 2015-2016. He was installed in Kansas City, April 18, 2015, during the MSMA's 157th Annual Convention.

Goals for MSMA during his tenure as President are:

- To help physicians solidify their status as head of the medical team by informing our patients and our public officials of the differences between medical doctors and other health care providers such as nurses, chiropractors, psychologists, optometrists, and midwives.
- To encourage all physicians, whether independent or employed, to see the value of becoming involved in legislative matters which affect our ability to practice medicine and care for our patients.
- To import to all physicians that organized medicine is a unique and powerful voice which speaks up and stands up for physicians.

Dr. Stanley was born in Omaha, Nebraska, to Dr. Charles G. and Bernadine Stanley. Dr. Stanley's father was in medical school at Creighton at the time of Dr. Stanley's birth. Upon graduation, Dr. Charles moved his young family back to his hometown of Kansas City, where he became a beloved figure in his community and a family physician in the truest sense of form. Dr. Stanley's mother still lives in the family home in midtown Kansas City.

Dr. Stanley attended Missouri Western State University, where he played football, and received his bachelor's degree in biology. After a year of graduate school at University of Missouri - Kansas City, Dr. Stanley enrolled in medical school at University Autonoma of Guadalajara in Guadalajara, Mexico. Dr. Stanley and his brother Gerry (now Gerard J. Stanley, MD) lived in a converted school bus while attending medical school.

After graduating from medical school, Dr. Stanley moved to the Washington, D.C. area, where he completed his fifth pathway and internship, then his residency in Family Practice, at Prince George's General Hospital in Cheverly, Maryland. Dr. Stanley worked in the D.C. area for three years before moving back to Kansas City in 1987. Between D.C. and K.C., Dr. Stanley took a break from traditional practice and worked as a cruise ship doctor for Norwegian Caribbean Lines for a couple of months.

Upon his return to the Kansas City area, Dr. Stanley started a practice in Gladstone, where he operated as a solo family physician for ten years. In 1997, Dr. Stanley joined Briarcliff Medical Associates. He and his partners at Briarcliff then joined the multi-specialty group Meritas Health, based at North Kansas City Hospital in 2011.

In his spare time, Dr. Stanley starts each day with an early-morning workout at the YMCA. He and his wife Kath frequently attend theater productions, concerts, live music shows, and art openings in Kansas City and elsewhere.

Dr. Stanley is a travel bug, and enjoys any and all new places, but his favorite place of all is his cabin in Grand Lake, Colorado, where he goes with family and friends to hike in the summer and ski in the winter. Dr. Stanley and his wife have five children, John, Suzanne, Ken, Tom, and Luke.

RESOLUTIONS PRESENTED AT THE APRIL MSMA CONVENTION & RECOMMENDATIONS

Introduced by St. Louis Metro Med Creation of “medical student” category in Federal Direct Student Loan

Recommendation: Adopted as amended: Resolved, that the MSMA encourage the AMA to study the true rate of default in federal student loans among medical student borrowers, and be it further Resolved, that the MSMA encourage the AMA to advocate for the creation of a separate “Medical Student” category in the Federal Direct Student Loan Program, such that interest rates on loan to medical students can be properly risk-adjusted.

Introduced by St. Louis Metro Med Flexibility in Scheduling Pre-authorized Procedures

Recommendation: Referred to MSMA Council: Resolved, that the MSMA seeks through appropriate channels, to adopt a policy whereby the pre-authorization of a point of care event, at a particular facility, is good for a minimum span of 28 days in order to provide flexibility in scheduling that physicians need to accommodate their patients' schedules and needs.

Introduced by St. Louis Metro Med Reduced Payments for Subsequent Services with the Global Period

Recommendation: Referred to MSMA Council: Resolved, that the MSMA oppose the medical insurance company practice of reduced procedural fees for indicated, necessary and appropriate medical services performed by physicians during the global period.

Introduced by St. Louis Metro Med Accurate and Update Listing of Participating Physicians in Networks

Recommendation: Adopted. Resolved, that the MSMA work with regulating agencies to have Missouri insurance companies maintain accurate and up to date listings each month of participating physicians by specialty within their network (s).

Introduced by St. Louis Metro Med
Reclassification of Medications
Recommendation: Adopted amended substitute
Resolution: Resolved, that MSMA educate
physicians and study the compliance of pharmacies

regarding the federal and state regulations for emergency telephone prescriptions for Schedule II controlled substances.

Introduced by Dr. Caffrey and Kansas City Medical Society

Missouri Medicaid Application During Pregnancy

Recommendation: Amended Substitute Resolution adopted: Resolved, the MSMA pursue remedies of delayed processing of Medicaid eligibility applications during pregnancy, and be it further Resolved, the MSMA and MO HealthNet continue discussions regarding faster application approvals for women with high risk pregnancies, and be it further Resolved, the MSMA support its members on provisional Medicaid eligibility for their patients.

Introduced by Kansas City Medical Society
Member Participation in MSMA Governance
Recommendation: Adopted: Resolved, that the MSMA Council study and discuss the current structure, meeting length and meeting frequency of the Council and the House of Delegates to determine if any changes might encourage more members to participate.

Introduced by Ingrid Hsiung and Josephine Doo,
University of MO-KC Student Medical Society
**Increasing Consumer Awareness through Front-
of-Package Labeling Systems**

Recommendation: Adopted substitute Resolution: Resolved, the MSMA and AMA encourage evidence-based standardized labeling systems that will provide consumers with easily accessible, unbiased nutritional facts and promote sustainable healthier eating patterns.

Introduced by Dr. Brian Andrews and St. Charles-
Lincoln County Medical Society
**Any Willing Physicians in Federal Exchange
Plans**

Recommendation: Adopted as amended: Resolved, MSMA support a requirement that any health care plan sold in Missouri through the federal exchange must allow any willing physician to participate in that plan.

Introduced by St. Louis Metro Med
**Patient-Physician Continuity Upon Health Plan
Termination**

Recommendation: Substitute Resolution adopted: Resolved that the MSMA support extension of the continuity of care window to nine months or the end of the next enrollment period, whichever comes later, after patient and physician notification of the health plan's termination of the physician contract.

Continued next month.



BILLS THAT PASSED 2015 LEGISLATIVE SESSION

Missouri Governor signs Tort Reform Bill



Tort Reform (SB 239) On May 7, Governor Jay Nixon signed into law SB 239, MSMA's tort reform bill. His signature brought to an end three years of a hard-fought offensive to restore limits on

non-economic damage awards in lawsuits alleging medical negligence. SB 239 creates two caps on non-economic damages; a primary limit of \$400,000, and a higher cap of \$700,000 for "catastrophic" injuries (which are tightly defined). Both are subject to an annual index of 1.7% for inflation.

Board of Healing Arts Opinions (SB107) The Board of Healing Arts, as well as other boards that license healthcare professionals, to issue non-binding opinions. It fixes a problem the Supreme Court created when it ruled these boards could not offer opinions to their licensees without promulgating a rule. This will allow the Board to answer simple licensing questions and provide guidance to physicians.

Nurse/PA/Assistant Physician Hydrocodone (HB 709) This bill allows APRN who have a certificate of prescriptive authority and are in a valid collaborative practice agreement to prescribe Schedule II Hydrocodone. The same ability extends to PA and Assistant physicians in a proper supervision agreement. Hydrocodone is the only Schedule II drug they will be able to prescribe and only in a limited amount.

Bills that Did Not Pass that we have kept an eye on this session are:

Prescription Drug Monitoring Program – Missouri will remain the only state without a PDMP database.

Medicaid Expansion

Epipens

Expert Witnesses

Helmet Repeal

Marijuana

The above condensed information and photos have been provided as a courtesy from MSMA Legislative Reports dated May 7 and 21, 2015

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?

2015 MSMA Convention

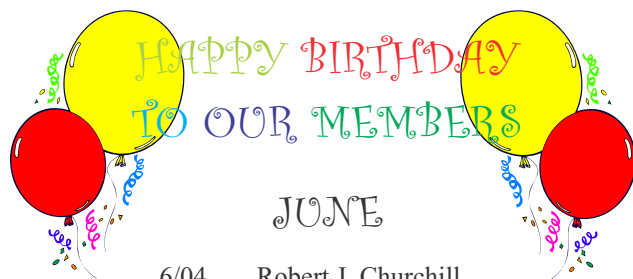


MSMA - Young Physicians Section:
Raghav Govindarajan, Jon Patterson, David Barbe (Pres-Elect AMA), Ramona Behshad, Thomas Lovinger



50 Year Physician: Kulangara Zacharias

Photos Courtesy of MSMA.



6/04	Robert J. Churchill
6/05	Steven J. Westgate
6/05	Pamela S. Gulley
6/10	Larry Mosby
6/11	Wm. Wilson Beckett
6/11	Roger Bumgarner
6/11	Kenneth Weston
6/14	Greg M. Worsowicz
6/14	Christina Stixrud
6/15	John Markley
6/15	Angela Stewart
6/16	David A. Beck
6/19	Peter K. Buchert
6/21	Patrick A. Smith
6/21	Joel T. Jeffries
6/22	Cesar Lee Ong
6/25	Mark Cohen
6/26	Janie R. Vale
6/27	Mary K. Welch
6/28	Abram Elsenraat
6/28	Michael J. Hauan



CENTERS FOR MEDICARE AND MEDICAID SERVICES (CMS)

REGISTRATION NOW OPEN FOR PHYSICIAN COMPARE VIRTUAL OFFICE HOUR

The Centers for Medicare and Medicaid Services will host a one hour Virtual Office Hour session to discuss the Physician Compare website. During this session, CMS will answer stakeholders' questions about Physician Compare and public reporting.

CMS will hold the session via [WebEx](#) on [Tuesday, June 23, 2015 from 1:00-2:00 EDT.](#)

Anyone interested in participating may register by sending an email to the Physician Compare support team at PhysicianCompare@Westat.com. Please use the subject line "Physician Compare Virtual Office Hour" and include your name, organization telephone number and email address.

CMS is soliciting all questions in advance. You may include your questions with your registration email or send them separately to PhysicianCompare@Westat.com including the same subject line and contact information. In order to address as many participant questions as possible, you may submit up to three questions – one primary question and two secondary questions. All questions must be received by 5:00 pm EDT on May June 15, 2015.

For more information about Physician Compare, visit the [Physician Compare Initiative](#)

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)

Boone County Medical Society
Box 196
Columbia, MO 65205-0196

Return Service Requested

Presorted
Standard
U.S. Postage
PAID
Columbia, MO
Permit 148

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

WINES 101
BY
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
Boone County Medical Society
573.814.1894; Fax: 573.814.3765; email: bcms@socket.net
(\$20 Charge for non-members)