

PRESSCRIPTIONS

— 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: 5

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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.”

NARRATIVES FROM MY SOUL

By
Raghav Govindarajan, M.D. *



The Artist and His Lost Muse

Paul was a 40-something vivacious guy who loved his paint brush and was ever eager to revive the modern art scene in the city. He spent hours in his basement working on the canvas which he called his 'Muse'. He had noted to his friends that this particular painting would bring the city alive. One day when his friends came to visit him they noticed that he was holding the paintbrush awkwardly. He still had the finesse but he was just struggling with his brush. They pursued him to meet his primary care physician who in turn referred him to us.

On our first meeting we spent a great deal of time talking about the 'MOMA' in New York and he seemed cheerful and even optimistic that I could fix him and he could go back to his Muse. As I continued to examine him I noticed that he had twitching all over his body. He could not tightly squeeze my fingers and his hand movements just seemed clumsy. We put him through the grind of medical testing including multiple blood work, MRI scans and the dreaded EMG. When I met him back in the clinic the tension and anxiety was palpable in the room. This time around his hair was unkempt, clothes loosely hanging and he seemed queasy.

I slowly went over all the testing that I had done so far. Then holding his hand I gave him the inevitable

diagnosis of Lou Gehrig's disease. There was a hush of silence in the room and after a while Paul asked me how long would he live. He told me that he didn't fear dying but he just wanted to get back to his Muse and complete the painting.

As the months passed by he progressively became weaker and had even greater difficulty painting. He read about stem cell therapy in Mexico and traveled all the way there to try it. It didn't help him and in turn only made his symptoms worse. He read about an antibiotic infusion that helped a few patients with Lou Gehrig's and traveled to the 'special clinic' to get these. Even this didn't help. Then he read about lithium (the medication that is used in mood disorders) that seemed to have helped a few patients with Lou Gehrig's. He even tried that. He had also heard about an herbal medication that helped a few patients and spent his life savings on buying that.

None of these so-called therapies helped him. He told his friends that he tried all these medications not because he wanted to live longer or enjoy his life. He hoped that at least one of these treatments would give him enough strength to go back to his Muse and complete his work.

By the time I saw him 8 months later, he had become wheelchair bound. He could no longer hold his head up and was drooling saliva. I talked to him about getting a feeding tube as well as getting an assist device for his breathing. He seemed more at ease this time but he still spoke to me about his unfinished Muse. That was a last I ever saw of Paul. A year later I got a letter from his friend noting that Paul had passed away in his sleep. His Muse though still remained incomplete.

**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 first 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.*

MAY IS NATIONAL ALLERGY AWARENESS MONTH

New ICD 10 Codes for Allergies:

- J30.1** Allergic rhinitis due to pollen
- J30.2** Other seasonal allergic rhinitis
- J30.81** Allergic rhinitis due to animal (cat, dog) hair and dander
- J30.89** Other allergic rhinitis



FIVE REASONS YOU SHOULD GET TESTED NOW FOR ALLERGIES

As spring allergy season looms, specialists at University of Missouri Health Care are encouraging individuals to get tested early for seasonal allergies.

The No. 1 reason: This winter has generally been mild, so allergy sufferers may experience symptoms as early as late February as soon trees begin to bud. Spring allergy season generally begins in earnest in early to mid March. Anyone who has not had adequate symptom control with environmental controls and medications should consider allergy tests.

“If you're suffering from any of the common allergy symptoms – runny nose, nasal congestion, sneezing or itchy, water eyes –for more than seven to ten days, I would encourage you to get evaluated for allergies,” said **Robert Zitsch**, M.D., an otolaryngologist at MU Health Care and the William E. Davis professor and Chair of the Department of Otolaryngology-Head and Neck Surgery at the MU School of Medicine. “Many people mistake allergies for a cold, but if the symptoms persist, it's likely that allergies are the cause.”

The No 2 reason: If you get tested early, before allergy symptoms kick in, you won't need to stop taking your allergy medicine.

“You need to be off of antihistamines and other allergy medications for at least five days before being tested” said Cynthia Rose, FNP, an allergist at MU Health Care's ENT and Allergy Center of Missouri. “If you have severe allergies you're not going to want to be without medication during the peak of the season. If you typically have allergies during the spring or fall each year, we recommend that you get tested now, before the allergy season is in full swing.”

The No 3 reason: You can manage your allergies with individualized treatments. If an individual tests positive for eight or more allergens –which many people in mid-Missouri do, Rose said –allergists can recommend over-the-counter allergy medications or prescription medications, such as allergy shots or drops to relieve the symptoms of allergy sufferers.

Allergy drops or “sublingual immunotherapy” contain tiny amounts of allergen extracts unique to each patient's particular allergies such as pollen and mold. Unlike traditional allergy shots, which require patients to receive weekly injections at their allergist's clinic, allergy drops require no needles and can be taken at home.

The No. 4 reason: Getting tested early can help prepare you for future seasonal allergies.

“Getting tested and started on treatment now also will help manage your fall allergies,” Rose said. “Allergy drops actually change your immune system. If you're allergic to ragweed, for example, the therapy will help you develop a resistance to the plant.”

The No 5 reason: You can find out if your seasonal allergies are worsened by food allergies. Many times, food can cause the same symptoms as seasonal allergies, and it's possible that individuals can be experiencing both food and seasonal allergies.

“Some people who have seasonal pollen allergies might get an allergic reaction shortly after they eat certain foods.” Rose said. “Some fruits or raw vegetables, for example, actually can worsen your symptoms. While you're being tested for seasonal allergies, we can run a test for food allergies as well.”

Individuals can be tested to determine what specific allergens are affecting them. Tests can be done with a simple prick of the skin, with results in about 20 minutes, or through blood work. The tests screen for four main types of allergens:

- ☑ Pollen, such as red cedar and ragweed
- ☑ Molds, both indoor and outdoor
- ☑ Dust, such as dust mites and common household dust
- ☑ Animals, such as cats and dogs

The ENT and Allergy Center of Missouri offers allergy testing on patients three years of age and older.

*Story contact: Derek Thompson,
MU Health Care
thompsonder@health.missouri.edu*

HOSPITAL NEWS



U.S. News & World Report has ranked MU Health Care on its list of Best Regional Hospitals for the third consecutive year. It was rated a top performer in eight specialty areas: Diabetes and endocrinology; ear, nose and throat; gastroenterology; nephrology; neurology and neurosurgery; orthopaedics; pulmonology and urology.



BHC has earned an A grade in the Fall 2014 Hospital Safety Score, which rates how well hospitals protect patients from errors, injuries and infection. Developed by a panel of patient safety experts, the Hospital Safety Score represents a hospital's overall capacity to keep patients safe from preventable harm.



SGR REPEALED AND THE MEDICARE ACCESS and CHIP REAUTHORIZATION ACT ADOPTED ON 4/14/15

On April 14, 2015 Congress finally passed the Medicare Access and CHIP Reauthorization Act of 2015; the President is expected to sign it shortly.

Highlights of this historic legislation:

- **The flawed SGR (Sustainable Growth Rate) formula is repealed immediately.** It was implemented 18 years ago. It has had 17 patches since 2003. The 21% payment cut scheduled to take place on April 15 was halted and a positive payment update of .5% will take effect July 1. The .5% payment update will be applied through 2019. Claims that were held for the first half of April will be processed and paid at the rates that were in place before the 21% cut was scheduled to take effect.
- Medicare's current QRP will be streamlined and simplified into one merit based incentive payment system (MIPS). This consolidation will reduce the aggregate level of financial penalties physicians otherwise could have faced.
- Protections are included so that medical liability cases cannot use Medicare quality program standards and measures as a standard or duty of care.
- Incentive payments will be available for physicians who participate in alternative payment models and meet certain thresholds.
- Technical support will be provided to help smaller practices participate in alternative payment models or the new fee-for-service incentive program.

The Bill H.R 2 did not include any references to ICD 10 implementation or ICD 10 delay. This bill goes to President Obama for signature. He has indicated that he would sign the bill according to a White House statement.

(Backtrack to 2012, BCMS Sec/Treasurer, Rumi Faizer worked so diligently trying to get the SGR repealed. Some of you may remember receiving the four page letter that Dr. Faizer created, along with his survey. Thanks to those of you who completed the survey back then. It assisted Dr. Faizer with some of his research. At this time BCMS is trying to contact Dr. Faizer to get his thoughts and see how he continued to pursue his efforts after he moved out of state and what he would like us to continue working on to improve the health of our nation through our physicians. We will keep you posted.)

The CMS, in an effort to minimize financial effects on providers, previously instituted a 10 business day processing hold for all impacted claims with dates of service April 1, 2015 and later. While the Medicare Administrative Contractors have been instructed to implement the rates in the legislation, a small volume of claims will be processed at the reduced rate based on the negative update amount. The Medicare Administrative Contracts will automatically reprocess claims paid at the reduced rate with the new payment rate.

No action is necessary from providers who have already submitted claims for the impacted dates of service.

The above information was researched by using MSMA, AMA and Medicare Learning Network and RT Welter & Associates websites.



EVENTS HAPPENING IN MID-MISSOURI

MSMA INSURANCE CONFERENCE
Increase Your Cash Flow and Reduce Billing Errors

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** at the Courtyard by Marriott.

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

Register in May at www.msma.org

FREE SKIN CANCER SCREENINGS

At Ellis Fischel Cancer Center for men and women 18 and older on **May 7 from 4-6:30 p.m.** (second floor Cancer Center at One Hospital Drive, Columbia.

CME – MEETING COMMON CHILDHOOD PROBLEMS
37TH ANNUAL CONFERENCE @ MU'S WOMEN'S & CHILDREN'S HOSPITAL

May 15-16, 2015

- Review common issues specific to the adolescent patient
- Discuss evidence based treatment options for the management of common adolescent health issues.
- Identify when referral to an adolescent specialist is recommended.

Register on line at medicine.missouri.edu/cme under this seminar.

Registration fees after May 1, 2015 are \$285 plus \$40 for Friday workshop (optional)
Earn up to 11.25 CME credits

BCMS MEMBER NEWS:

Congratulations to **Greg Worsowicz**, Health-South Chair in Physical Medicine and Rehabilitation at MU's School of Medicine. He is the new President-elect for the American Academy of Physical Medicine and Rehabilitation.

Congratulations to **Jerry Kennett** on his recent election to the Boone Hospital Center Board of Trustees.

Congratulations to **Raghav Govindarajan** on his appointment to the MSMA Commission on CME and to his accepting the Chair of a new MSMA Young Physicians Section Committee.

Thanks to **James Denninghoff, Sr.** for stepping up and assisting an MU med student with more information than BCMS could provide about the history of Drs. Guy Noyes (1873-1923) and Andrew Walker McAlester (1841-1922) and why they had Halls named for them in the University Hospital. Thanks to **John DeSpain** and **Kim Cayce** for referring her to the BCMS office. It was fun doing some research.

John Pardalos will be going to the Republic of Georgia this summer along with **Patricia Blair** to assist with ACTS' Breathing Life Into Georgian Babies program. Already in the works – **Hung Winn** will be going during the summer of 2016 to assist in this continuing project.



MULATION Mentors:

Many thanks go to the following member physicians that took their valuable time to be a mentor for MULATION:

Ted Groshong
Susan Zurowski
David Klachko
Raghav Govindarajan
Amy Zguta
Frank Rieger
CW David Chang
Robert Frazier
Tomoko Tanaka

BCMS Delegates to the April MSMA Convention:

Thanks again to the following that represented all of you at the Convention.

Wilma Rajcher	Richard Heimburger
Mila Cunningham	Lisa Thomas
Bridget Early	Steve Keithahn
George Parkins	Ted Groshong
Raghav Govindarajan	

NEW MEMBERS:

ANNE FITZSIMMONS FP
3217 S. Providence Rd.
Columbia 65203

KARA BRAUDIS D
1020 Hitt Street
Columbia 65212

ABIGAIL McEWAN OTO
One Hospital Dr. MA314
Columbia 65292

TURI McNAMEE IM
101 S. Fairview Rd.
Columbia 65203

CLINT KINGSLEY HO
One Hospital Dr. DC116.71
Columbia 65212

BOKKWAN JUN OPH
Mason Eye Institute
One Hospital Drive DC149
Columbia 65212

KATHY LENTZ OPH
Mason Eye Institute
One Hospital Drive DC149
Columbia 65212

Rejoining are:
RYAN DAVIS RA
One Hospital Drive DC069.10
Columbia 65212

GARY LaMONDA IM
201 W. Broadway Bldg #3D
Columbia 65203

DAVID PITTMAN Honor PTH

Congratulations to our new members. Look forward to them joining our activities.



APRIL

4/01 Matthew Smith
 4/02 Mark P. Bryer
 4/03 Turi McNamee
 4/05 Todd M. Oliver
 4/08 David M. Klachko
 4/10 John Adams Jr.
 4/14 Kimberly Cayce
 4/15 Elizabeth Wilson
 4/16 Pardeep Sahota
 4/19 George R. Nichols
 4/21 Leo R. Landhuis
 4/23 Elizabeth Heimburger
 4/23 Karen Edison
 4/25 William Birkby
 4/29 Brian D. Kleiber

MAY

5/02 Kimetha Fairchild
 5/04 Nicholas B. Couper
 5/04 Walter R. Peters
 5/04 Loren J. Humphrey
 5/06 Thomas Younker
 5/08 John Miles
 5/09 David Fleming
 5/11 Gilbert Wilshire
 5/12 Justin Welch
 5/15 Roger Bonham
 5/15 Brian Hecht
 5/15 Lindell Perry
 5/16 William J. Crowley, Jr.
 5/17 James S. Denninghoff
 5/20 Michael D. Curry
 5/20 Mari A. Z. Keithahn
 5/20 Marcus J. Wade
 5/21 Ted Groshong
 5/21 Richard J. Mellitt
 5/21 Kristin L. Parkinson
 5/22 Alan Anz
 5/22 Thorkild Norregaard
 5/22 Gary LaMonda
 5/26 James F. Eckenrode
 5/28 George Parkins
 5/28 Elangovan Balakrishnan
 5/29 Irving Asher
 5/30 George Hubbell
 5/31 Gregory Renner
 5/31 Randall E. Mueller
 5/31 Allyn L. Sher



MICROSOFT SURVEY OF PHYSICIAN'S COMMUNICATION

Microsoft just released the following 402 U.S. physician online survey data:

50% of physicians used Smartphones
 49% used laptop computers
 23% used tablets
 56% still used a desktop computer
 55% still use a fax machine
 27% still use pagers
 39% still use paper

Use of the desktop
 46% used it to communicate with colleagues
 40% used it to schedule surgeries
 39% used it to communicate with pharmacists
 35% used it to contact patients.

Other ways to communicate with patients
 27% paper
 26% laptop
 19% Smartphone

Statistics from MobiHealthNews 417/15
newsletter

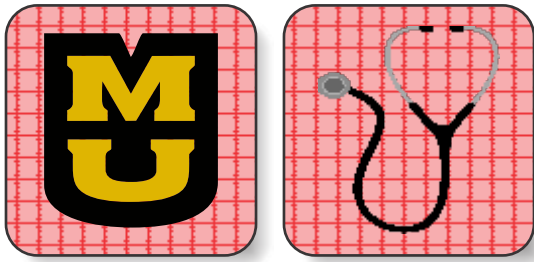
MONTHLY RETIRED PHYSICIAN LUNCHEON

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.

MATCH DAY AT MU



After four years of medical school and countless hours of anticipation, medical students gathered at the University of Missouri School of Medicine on March 20, 2015 to get a glimpse of what their future holds.

For 101 graduating medical students at MU and hundreds of others across the nation, it's a day to rip open sealed letters revealing where they will spend the next three to seven years in their first jobs as physicians, training in their chosen specialties.

More than 40,000 medical school graduates competed for approximately 29,000 residency positions this year. The 2015 class of MU School of Medicine students was highly sought after. Ninety-nine percent of the class received a residency program match, meaning many hospitals and health systems chose graduating MU medical students as their top residency candidates.

At 99%, the number of MU School of Medicine graduates matched with residencies is above the national average match rate of approximately 94%.

The MU School of Medicine filled all 96 of its residency positions in the match. Many of those physicians – 31% of MU School of Medicine's class of 2015 – will stay on the MU campus for their residency training. Forty six percent of the MU School of Medicine 2015 class will remain in Missouri and 49% of this graduating class selected residency programs in high need primary care fields, including internal medicine, pediatrics and family medicine.

*Story Contact: Stephanie Bachman
Media Relations Coordinator
MU Health Systems*

WE NEED YOU NOW!

CALL FOR NOMINATING COMMITTEE AND NOMINEES FOR 2016 BCMS OFFICERS/BOARD

Since 1902 physicians in the Boone, Howard and Cooper Counties have benefitted from having a local organization representing the medical profession. The Boone County Medical Society asks that you step forward to influence the future direction of your medical society and make it more effective. Volunteers and nominees are needed for 2015 and beyond.

Nominating Committee

Our bylaws read that the Board of Directors shall serve as the Nominating Committee for officers. **There shall be three at large members of the Society nominated and elected at the June membership meeting by the general membership.** The Society President shall serve as Chairman of the Nominating Committee.

The Nominating Committee should meet by July 1 to begin its function of preparing a slate of officers to be nominated and elected at the September general membership meeting. The following candidates will be selected:

Officers:

President, President elect, Secretary/Treasurer (one year terms)

Board Members:

Currently have six board members

Call 573.814.1894 or email the office at bcms@socket.net to volunteer for the Nominating Committee or offer your name to be considered on the slate. The Board of Director's job will be easier if you would do this prior to our June 2 membership meeting.

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

ENERGY MEDICINE GOING MAINSTREAM

By
JAMES DENNINGHOFF, M.D.

Join Dr. Denninghoff to learn about:

1. Energy medicine is the diagnostic and therapeutic use of energy.
2. Energy medicine since 15,000 BC.
3. The physiological impact energy medicine has on the human body.
4. Live demonstration and handouts.

Wednesday, May 13, 2015

6:30 Social with cash bar
7:00 Dinner and Presentation

D ROWE'S
1005 CLUB VILLAGE DR.
COLUMBIA, MO

RSVP BY MAY 10, 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
CME* & GENERAL MEMBERSHIP
MEETING

**OBJECTIVES FOR ADOPTION AND
ASSISTED REPRODUCTIVE
TECHNOLOGY**

By: **Professor MARY BECK, JD**

Join Professor Beck for learning objectives:

1. Adoptions and assisted reproductive techniques are used to bring children into homes.
2. Different kinds of adoptions require essentially the same elements to finalize.
3. Collaborative reproduction may involve 6 or more parties.
4. Insurance issues and Missouri law challenges.

Tuesday, June 2, 2015

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

LONE STAR STEAKHOUSE
3220 VANDIVER DR. (By BassPro). Columbia, MO

RSVP Required by May 26, 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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RSVP BY MAY 10, 2015

D ROWES
1005 CLUB VILLAGE DR.
COLUMBIA, MO

Wednesday, May 13, 2015
6:30 Social with cash bar
7:00 Dinner and Presentation

JAMES DENNINGHOFF, M.D.
By

ENERGY MEDICINE GOING MAINSTREAM

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

(\$20 Charge for non-members)

Boone County Medical Society
573.814.1894; Fax: 573.814.3765;
email: bcms@socket.net
RSVP Required by May 26, 2015

LONE STAR STEAKHOUSE
\$220 VANDIVER DR. (By BassPro)

Tuesday, June 2, 2015
Cash Social (6:30-7:00)
Dinner, Business Meeting and Presentation (7:00-9:00)

By: **Professor MARY BECK, JD**

**OBJECTIVES FOR ADOPTION
AND ASSISTED REPRODUCTIVE
TECHNOLOGY**

BOONE COUNTY
MEDICAL SOCIETY
CME* & GENERAL MEMBERSHIP
MEETING