

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: 11

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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.”

GIVE YOUR TRADITIONAL THANKSGIVING MEAL A MAKEOVER WITH A FEW HEALTHY CHANGES

By: Kayla Otteson, RDN at MU Health Care

The traditional foods we often eat for Thanksgiving are actually very healthy, according to dietitians at the University of MO Health Care. But how we prepare the food makes all the difference.

Turkey, cranberries, green beans, sweet potatoes and pumpkin are all healthy foods,” said Kayla Otteson, RDN, registered dietitian nutritionist at MU Health Care. “But we mask these healthy foods with fat, sugar and salt. All it takes is making some healthier substitutions.”

Here are some quick and easy changes you can make to keep your holiday meal healthy.

- ✱ Use reduced-sodium chicken broth instead of regular chicken broth.
- ✱ Use fresh cranberries instead of canned jellied cranberries. Make cranberry relish with whole fresh cranberries, orange zest and sugar substitute.
- ✱ Used canned, evaporated skim (fat-free) milk instead of heavy cream.
- ✱ Roasted sweet potatoes can substitute for candied yams with marshmallows and butter or mashed potatoes and gravy. Roast cubed sweet potatoes with olive oil, cinnamon and small amount of maple syrup.
- ✱ Choose whole-wheat bread for stuffing and rolls instead of white bread.
- ✱ Pick pumpkin pie over pecan pie to save about 200 calories. Make pumpkin pie without the crust.
- ✱ For appetizers set out a vegetable tray instead of chips and dip or sausage and cheese.
- ✱ Drink water or zero-calorie beverages instead of soda.

- ✱ Make healthier gravy by chilling your turkey drippings and skimming the fat off. Combine these drippings with reduced sodium chicken broth and dry white wine.
- ✱ “As for the turkey, the main dish,” Otteson says “how it’s cooked whether in the oven, roaster or fried doesn’t make a huge nutritional difference. The skin is where you will find most of the fat. Peeling it off after the turkey is prepared you will be cutting back on a lot of fat.” White meat is leaner than dark meat so choosing the turkey leg means more fat and calories.
- ✱ Plate size and portions are another way to control your holiday eating. You may not always have control of the plate size, and many families use the biggest plates they can find. In this case, try to fill it up with fruits and vegetables. Leafy greens take up a lot of space, leaving you little room for the foods with more fat and calories.
- ✱ Serving sizes should be as follows:
 - 3 oz of turkey (which is about ¼ of the plate stacked 1” high)
 - ¼ of your plate for the starch or grains
 - ½ of your plate for fruits and vegetables.
- ✱ If you are filling up on fruits and vegetables you might be less likely to go back for seconds,” said Otteson.
- ✱ “Drinking a zero-calorie drink with your meal can help you feel full and also make you less likely to feel the need for a second plate.”





Get Ready for Cyber Monday 2015!

Cyber Monday is November 30th, and is expected to be one of the biggest online shopping days of the year. But before you click “buy”, make sure to check out these tips first – they could save you a holiday headache!

- ① **Make sure the payment site is secured.** In your browser’s address bar, check that it says “https” rather than just “http” (the “s” stands for “secure”). Some browsers also add a little lock icon to make this easier to read – check for this in the top left corner of the window.



Check for the lock icon, or look for the "s" after "http", to verify the site is secured.

What this means is that the connection is encrypted – in other words, the information you send will be coded, so anyone intercepting it won’t be able to read it.

- ② **Double-check your shipping dates.** What may seem like a great deal can end up being a disappointment if it doesn’t arrive until the New Year. Many sites are upfront about what shipping methods you’ll have to select for Christmas delivery, but some sites pair their “great deals” with highly inflated shipping and handling rates. Make sure to check the delivery guarantees – and if you’re not shopping for Christmas gifts, don’t pay extra on shipping if you don’t need to.
- ③ **Use varying passwords.** When creating accounts on multiple sites you’re not sure you’ll use again, it’s very tempting to reuse an

ID/password combination. However, if one site is compromised, all sites with the same password are as well.

One way to get around this is to incorporate the site name or something specific about the site into your password. For example, let’s say your password is always “password123” (not a good choice, by the way). If you’re creating an account for a shoe store, it’s a bit safer to make it something like “password_shoe123”. Easy to remember for you, and less useful to an automated cracking program.

- ④ **You don’t have to save card info.** Again, if you’re ordering from a site you’re not sure you’ll ever be using again, there’s usually a way to check out as a “guest”. This both prevents the password issue discussed earlier, and prevents your card info from being tied to an account.

Entering in credit card data usually only takes a minute or two – a small amount of extra work if you do end up making a repeat purchase.



You, too, can be the proud owner of this photo of a PS4!

- ⑤ **Read all the details!** Everyone knows that if it’s too good to be true, there’s a good chance it is. But sometimes even not-so-great things turn out worse than you’d assume. Take, for instance, people paying more than retail price for the newest video game systems on eBay. Except instead of buying a system, they’d missed the fine print where the seller explained the auction was for a **photograph** of the system.

Naturally, eBay determined that these auctions were fraudulent... but it probably made for a disappointing holiday nonetheless. Double-check the details, especially on any auction or resale site.

Reprint permission granted from [The Socket Connection](#) Nov 2014

Letter to the Editor

Dear All,

I sincerely hope you are doing great.

I'm glad to inform you that as a result of your unceasing efforts, the outpatient department (OPD) of proposed oncology department (first of its kind in Afghanistan) started its services yesterday, Monday, August 16, 2015. This is the first big step towards establishing a comprehensive cancer center within the structure of Ministry of Public Health.

Please join me in thanking the MoPH leadership, especially distinguished Dr. Ahmad Jan Naeem, the Deputy Public Health Minister, for making it possible.

We would like to express our sincere appreciation to the oncologists who are providing their precious time, energy and skills voluntarily without any incentives.

Best in Health

Maihan Abdullah **

Cancer Control Committee Coordinator

**Maihan Abdullah, MD, PDG, MPH was a guest speaker for our DIG meeting on November 11, 2014. Dr. Abdullah is a general surgeon from Afghanistan with much passion for the health of Afghanistan. He was a Fulbright Scholar at MU and received his MPH from MU in 2013. He spoke to us about how a Health Promotion Department in a third world country works, the structure, the technical capacity, the funding, the problems they face, what health conditions and diseases they focus on and their vision, goals and objectives.

Again we want to thank Lynelle Phillips and **Steven Westgate** for bringing Dr. Abdullah and his mission to our attention and for keeping us updated on the progress he is making in Afghanistan.



Maihan Abdullah is pictured above 4th from the left.





HAPPY BIRTHDAY TO OUR MEMBERS

NOVEMBER

11/01	Geetha Davis
11/05	Daniel S. Hoyt
11/05	Hugh S. Harris, Jr.
11/06	William S. Irvin
11/11	Dennis Abernathie
11/13	Thomas R. Highland
11/13	Nilakskhi Gupta
11/13	Richard Weachter
11/14	Clint Kingsley
11/15	Joseph J. Muscato
11/15	Robert R. Conway
11/16	Lynn L. Kleopfer
11/16	Ryan Davis
11/19	Tomoko Tanaka
11/20	William G. Marshall
11/24	James E. Fairlamb

NEW MEMBERS

Patrice Delafontaine CD
One Hospital Dr. DC018.00
Columbia, MO 65212

Syed Naqvi CD
One Hospital Drive DC043.00
Columbia, MO 65212

Congratulations and welcome to the Boone
County Medical Society.

FASTEST 2016 DUES PAYING BCMS MEMBERS

**Gregory Renner and
Frederick Lobati**

Thank you!!

If you have not paid your 2015 MSMA dues of \$395 and your BCMS dues of \$205, please log onto the MSMA website and pay them together or mail your check and dues statement to MSMA at Box 1028, J.C., MO 65102. Remember, BCMS is a component society of MSMA and you must belong to MSMA before you can become a BCMS member.

MSMA YOUNG PHYSICIANS SECTION

MSMA has revitalized the Young Physicians Section for physician members age 40 and under. The new Chair for this Section will be our BCMS Secretary/Treasurer, **Raghav Govindarajan**.

If you are a BCMS member under 40 and interested in this program, please contact our office. MSMA will be coordinating some activities throughout the year with BCMS. We'll keep our members informed of activities.

MONTHLY RETIRED PHYSICIAN LUNCHEON

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

Babbo's
1305 Grindstone Parkway,
Columbia, MO 65203

No reservation needed, just show up.



**MSMA NEEDS
VOLUNTEERS FOR
PHYSICIAN OF THE DAY
AT THE CAPITOL - 2016**

Between January 6 and May 13 MSMA needs one physician every Tuesday, Wednesday and Thursday during the legislative session to spend a day in the Capitol as "Physician of the Day". You will need to arrive at the Capitol around 9-9:30 am and stay until 2:00-3:00 pm except Thursday when the House and Senate typically adjourn around noon.

If you are interested or have more questions, please contact Kenny Jackson from MSMA at 800-869-67692 or by email at kjackson@msma.org.

NEEDED: 15 BCMS
MEMBERS TO BE
DELEGATES AT THE MSMA
CONVENTION

MARCH 18-20, 2016
THE RENAISSANCE
ST. LOUIS HOTEL

If you are available to attend the convention, please let the BCMS office know by January 15, 2016. Any BCMS member can be a delegate. If you are planning to submit a Resolution, it is advisable to attend the convention so that you can defend that Resolution. Watch for updated information concerning hotel reservations and further details.

BCMS AND BCMSA 5TH
ANNUAL FAMILY
TAILGATE



October 20, 2015
Mizzou vs. Florida Gators



WHAT'S NEW IN MEDICINE 1963

Overcoming Allergy To Penicillin

Many people have become sensitive to penicillin to the point where its use may produce strong reactions. Yet, despite availability of many other antibiotics, penicillin is considered the drug of choice in some severe infections. Now physicians at a New York hospital report that simultaneous use of prednisone, a hormone, may solve the problem. In three patients with infections of the lining of the heart and with histories of allergy to penicillin the hormone allowed the antibiotic to be used without causing reactions, and in all three the heart infection was overcome.

New Aid For Allergy

A new long acting form of a widely used antihistamine, Chlor-Trimeton, appears to be a significant improvement in the treatment of allergy, three physicians report after studying it in 43 patients with respiratory and skin allergies. Taken only once every 12 hours, and in some cases, once every 24 hours, the new preparation, called Minitrol, produced excellent relief in 30 patients, moderate in 12 and failed in only 1.

Easing Leg Cramps Of Pregnancy

Cramping spasm of the calf muscles, a common and very painful complaint in the later months of pregnancy, can be relieved in most cases by isoxsuprine hydrochloride. The compound, although originally developed to relax or dilate blood vessels, brought marked relief of leg cramps for 96 out of 100 pregnant women in a study conducted by a New Jersey physician.

Ultrasound For Plantar Warts

Often exquisitely tender and difficult to treat effectively, plantar warts on the soles of the feet are common warts flattened by pressure. Now excellent results with ultrasound (high frequency sound waves) have been reported by doctors at University Hospital in Ann Arbor, Michigan. The cure rate—44 out of 55 cases—was the highest among those who had had warts for no more than 6 months.

Rubbing Away Psoriasis

Of 96 patients with psoriasis who were treated by rubbing in a cream containing tar and allantoin (Alphosyl) some of whom had shown no improvement after years of other therapy—73 responded with 75 to 100% improvement; only 8 were not helped at all. When the cream was used again at the first sign of recurrence, it was effective in bringing psoriasis under control once more. It is important that the cream be rubbed in briskly. In a previous test it was found that patients who did not benefit had only patted the medication on.

Treating Chronic Ear Infection

Persistent infection of the middle ear has been overcome with a bismuth compound, Bistrimate, which may work in some cases even when antibiotics and other treatments have failed. In one difficult case, discomfort and drainage of the right ear started after an upper respiratory infection and persisted for 2 months. Various antibiotics taken by mouth, followed even by puncture of the eardrum and irrigation of the middle ear over a period of three weeks, with an antibiotic solution, failed to help. When tablets of Bistrimate were tried, the ear discharge began to subside on the 3rd day; at the end of the 7th day, the ear was dry and healing.

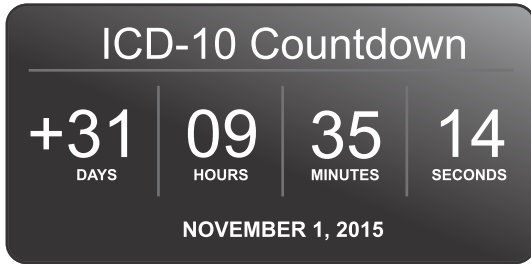
Acute Leukemia In Children

Although it has thus far produced no cure, a new agent Cytoxan, is providing helpful in treating children with acute leukemia. Physicians in Houston, Atlanta and St Louis studied the drug in 44 children with advanced leukemia, who were in relapse after conventional treatment with ACTH, steroids and other compounds. Complete remissions lasting from 3 to 15 months were obtained in 8 of the children, partial remissions in 5 others.

Relieving “dumping” Syndrome

Following stomach surgery for ulcer or other problems, some patients develop the “dumping” syndrome, experiencing such symptoms as flushing, sweating, cramps and weakness when they eat. Now 4 University of Washington surgeons report excellent results in such cases with Periactin. In every one of 16 patients, moderate to severe symptoms present for as long as 9 years were greatly relieved or completely eliminated when the drug was taken two hours before meals.

Taken from Cosmopolitan magazine July 1963



**BY NOVEMBER 1
ICD-10 HAS BEEN
IN EFFECT FOR 31 DAYS**

HOW ARE YOU DOING?

If your office has experienced any problems with the processing of your claims or other administrative transactions, please have your business office manager go to:

Medicare:

The AMA has created an ICD-10 complaint form that will be available on the AMA ICD 10 web page to report problems with Medicare claims. Forms will be forwarded to the Centers for Medicare & Medicaid Services. The AMA will not provide individual responses to each complaint.

Physicians can also contact their Medicare Administrative Contractor (MAC) or monitor their MAC's website for information on problems with ICD-10. You may also contact CMS directly by emailing the ICD-10 ombudsman, Dr. William Rodgers, at ICD10Ombudsman@cms.hhs.gov

Medicaid:

Check the state Medicaid website for information about ICD-10 implementation and a method of contact for issues.

Commercial Payers:

Check the payer's website for information about ICD-10 implementation and a method of contact for issues.

- For United Health Group you can use ICD10questions@uhc.com
- For Humana you can use ICD10inquiries@humana.com

- For Anthem you should contact the Provider Service Call Center for the locality and line of business involved (telephone numbers can be found on Anthem.com)

Vendors:

Any issues with practice management systems, electronic health records, billing vendors or clearinghouses should be directed to the company.

Of Note: CMS announced that the ICD-10 Coordination Center and claims processing will continue to operate even if there is a government shutdown due to the budget.

*Reprinted from enews.ama-assn.org; ICD 10 Resources
September 29, 2015*

Medicare and Medicaid 50th Anniversary

This summer marked the 50th anniversary of the enactment of Amendments to the Social Security Act that established the Medicare and Medicaid programs.

On July 30, 1965 President Johnson signed legislation to establish Medicare for the elderly and Medicaid for low income adults, children, pregnant women and people with disabilities. Though Medicare and Medicaid started as basic health coverage programs for Americans, the programs have evolved over the years to provide more Americans with improved access to quality and affordable health care coverage. These programs have transformed the delivery of health care in the U.S.

In 1966 approximately 19.1 million Americans were covered by Medicare. In 2012 there were nearly 52 million beneficiaries covered by Medicare. As the Baby Boom generation has started to retire Medicare has seen a three million person increase in the last three years.

*CMS.gov Centers for Medicare & Medicaid Services
July 30, 2015*

**MEDICAID EXPANSION
GOOD OR BAD FOR
MISSOURI?**

COME JOIN US FOR A FREE LIVELY
(GET THE FACTS FROM EXPERTS)
PUBLIC DEBATE ON WHETHER
MEDICAID SHOULD OR SHOULDN'T
BE EXPANDED IN MISSOURI

WHEN:

MONDAY, NOVEMBER 16
6:30 p.m

WHERE:

COLUMBIA PUBLIC LIBRARY
100 W. BROADWAY, COLUMBIA

FOR EXPANSION

Dr. Ed Weisbart
Physician for National Care

Chris Kelly

Former MO Representative and
Boone County Judge

AGAINST EXPANSION

Keith Frederick, M.D
MO Representative

MODERATOR:

Karen Edison, M.D.

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COUNTY MEDICAL SOCIETY**

For more information contact
Boone County Medical Society at 814.1894 or
submit any questions you would like addressed to
bcms@socket.net

**2016
BCMS
GALA**

Entertainment:
Bill Atterberry
Comedian & Musician
Veteran of the
Ozark Opry

**Country Club of
Missouri**

6:00pm Social
7:00pm Dinner

JANUARY 23RD, 2016



MUlation 2016 SAVE THE DATE

Please join us for the 18th annual MUlation!
This is an opportunity for medical students to gain
knowledge about life in medicine from local
physicians.

When: Wednesday, January 20th, 2016

Where: Peachtree Catering and Banquet Center
120 E Nifong Blvd # 104, Columbia, MO

Who: Community physicians, residents, MU
medical students

Program: 6:30-7:15 pm social time
7:00-9 pm round table discussions

Dress: Business casual

Complimentary appetizers and drinks provided.

Please RSVP by 5pm on Friday, January 15th to:
Melanie Bryan mulation2016@gmail.com or 314-330-0895

*please indicate your field to help us organize the round table
discussions*

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**MEDICAID EXPANSION
GOOD OR BAD FOR
MISSOURI?**

**PUBLIC DEBATE ON WHETHER
MEDICAID SHOULD OR SHOULD NOT BE
EXPANDED IN MISSOURI**

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MEDICAL SOCIETY

Watch your mail for further details.

