

# 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: 10

## **OFFICERS**

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Bridget Early, M.D.

### **President Elect**

Hung Winn, M.D.

### **Secretary/Treasurer**

Raghav Govindarajan, M.D.

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Kim Cayce, M.D.

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Mitchell Padkins, Nick Arnold

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### **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.”**



## SIMPLIFIED ESTATE PLANNING: THREE STEPS TO GET STARTED

*By Lyle Johnson, Market Executive,  
The Commerce Trust Company  
Central Missouri Region*

You and your loved ones are looking forward to the years ahead. You are, or will be, enjoying more time for friends and family, hobbies and interests.

Have you thought, though, about the possibility that you may eventually need support to meet your basic physical needs? At least 70 percent of people over 65 will need long-term care services and support at some point in their lifetime. On average, people need care for three years, but 20 percent of today's older adults will need care for five years or more.

Planning doesn't start the day of a crisis; you should act now. Although addressing future needs is an emotionally and mentally daunting task, you can take just three steps to help map a future for which you and those closest to you are prepared.

### ESTABLISH A PLAN

Discuss with an advisor your preferences for managing your personal affairs and healthcare decisions should you be incapacitated. The advisor can help you plan financially and connect you with an estate planner to document your wishes.

An estate plan includes three key documents related to healthcare while you are living:

- **Durable Power of Attorney** – Grants another person legal authority to manage your financial

and business affairs in a general or limited capacity while you are alive. His or her authority ends at your death.

- **Healthcare Power of Attorney** – Empowers another person to make decisions regarding your healthcare and medical treatment, in the event of incapacitation.

- **Living Will** – Establishes your wishes for life-prolonging medical care should you become incapacitated.

### PREPARE FINANCIALLY

Next, consider the type of care you'd need in the event of incapacitation. For example, would a nursing home fit your needs or would you prefer in-home care? You will need to prepare differently from a financial perspective, based on this decision. The median cost for a home-health aide for an eight-hour day is more than \$44,000 a year, while nursing care in a facility with a private room has a median cost of almost \$84,000 a year.

Start exploring your options now to give you flexibility down the road. Learn about what self-insurance versus long-term care insurance (LTC) looks like today. In the past, LTC was meant to cover only nursing home care, but coverage now also includes in-home assistance, assisted living facilities and adult day care. Another insurance option is hybrid insurance, which provides a death benefit if it is not used for long-term care expenses. "People underestimate long-term care costs, and the effect on a retirement strategy can be profound," says Guy Hockerman, vice president and senior financial planner, The Commerce Trust Company. "You may be surprised to learn the median age when people purchase LTC is 57. Don't wait until you have an issue to explore your options; one way to mitigate costs can be to plan early."

### COMMUNICATE

Finally, it's helpful to make your wishes known before a crisis situation. If you are comfortable with the direct approach, begin by notifying those you selected as durable and healthcare power of attorney and executors of your estate. Confirm they are comfortable with this responsibility and ensure they know where to access related documents.

We ask, listen and solve.  **The Commerce Trust Company**  
A division of Commerce Bank

If you prefer not to have those conversations now, don't let that reluctance derail your estate planning. Make sure, however, that your doctor and legal advisors know how to contact your representatives and activate your team as quickly as possible when it is time. Although the direct approach ensures a smoother transition, even the indirect approach is better than not attending to your estate plan.

Whether you decide to have the conversation or not, it's helpful to regularly record your wishes in written letters of intent to your executor or beneficiary. Letters of intent carry detailed instructions on how you would like to be cared for if you become incapacitated, your burial, and logistical information on representatives and key documents. "They also provide guidance for the care of dependents, particularly those with special needs," says Connie Moore, trust officer and client care specialist, Commerce Trust Company. "Letters of intent may also contain personal information or family history you would like to record."

"It's understandable that people don't proactively talk about estate planning and long-term care with their financial advisors and family or friends because there is so much wrapped up in this topic," continues Moore. "Even if you are already working with a financial professional, though, you may need to bring up this topic with them, or consult an additional partner on it."

Having a plan in place can provide peace of mind for you and for your loved ones, allowing you to keep up with more important things — like enjoying the life you're living.

*Lyle Johnson has 20 years experience in financial services and has spent the last eight years with Commerce Bancshares. He is The Commerce Trust Company Market Executive for Central Missouri. His primary responsibilities include building and managing client relationships and leading the Central Missouri staff.*

**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



**Spend your HALLOWEEN MORNING earning CME credit.** BCMS is financially contributing to this CME event so all of our members are able to attend at no charge to them. Make your reservation soon. Watch for your invitation arriving in the mail.

## October 31 at Boone Hospital Center

### PRIMARY CARE ONCOLOGY: OPTIMIZING QUALITY

A.M.

- 7:15 Breakfast, Registration/Exhibits
- 7:55 Welcome
- 8:00 Colon Cancer Screening: Getting it Right by Donald Gerhardt, M.D.
- 8:30 Skin Cancer Screening in Primary Care by Lindall Perry, M.D.
- 9:05 Prostate Cancer Screening: Who Needs it Anyway? By Clay Mechlin, M.D.
- 9:40 New Lung Cancer Screening Guidelines by Tareq Abu-Salah, M.D.
- 10:10 Break
- 10:30 Women's Oncology: "Bottom Line" Update for Primary Care Physicians by Barbara Tellerman, M.D. and Sara Crowder, M.D.
- 11:30 Strategies for Integrating Primary Care Physicians into the Specialized Care of Their Patients with Cancer. A panel discussion moderated by Joe Muscato, M.D. and Mung Chin, Nurse Navigator, Stewart Cancer Center

RSVP by October 26 to Judy Feintuch at  
573-815-3498 or [jfeintuc@bjc.org](mailto:jfeintuc@bjc.org)

*In Memoriam:*



**CLARENCE E. ( GENE)  
RIDENHOUR, M.D.**

Dr. Ridenhour, 83, passed away at University Hospital on September 1, 2015.

Dr. Ridenhour was born in 1931 in Belle, MO. He was raised there and graduated valedictorian from Belle High School.

He taught grade school in College Hill after graduating from Central Missouri State University. During the Korean War he enlisted as an aviation cadet. He went on to become an officer and earn his navigator/bombardier wings.

He married Ruth Dobeck in 1958. His brother, LeRoy, died from meningitis and thus Dr. Ridenhour's passion for becoming a physician was born. He graduated from the University of Missouri with a BA in chemistry and then his M.D. in 1963. He did his surgery residency at Washington University and MU. Dr. Ridenhour was board certified as a general, vascular and thoracic surgeon when he became one of the founding members of Columbia Surgical Associates before retiring in 1995.

Dr. Ridenhour was a member of several organizations including the AMA and BCMS, where he was President in 1985 and 1986. Dr. Ridenhour was a fellow of the American College

of Surgeons and had been Chief of Surgery at Boone Hospital Center and Columbia Regional Hospital. He had also earned his 33<sup>rd</sup> degree in the Mason's Scottish Rite.

Dr. Ridenhour enjoyed singing in the United Methodist Church choir and gardening.

Dr. Ridenhour is survived by his son, Colonel Gary Ridenhour of Ft. Hood, TX, a daughter, Renee Ridenhour of Kansa City and three granddaughters.

Memorial contributions can be made to

Missouri United Methodist Church  
204 S. Ninth Street  
Columbia, MO 65201

Or  
Scottish Rite Temple  
33 N. Masonic Drive  
Columbia, MO 65202

The Society office and our members would like to extend our sympathy to Dr. Ridenhour's family. Dr. Ridenhour applied for membership in 1967 to BCMS and had been a continuously active member since then. His contributions to BCMS will be greatly missed.

# SEPTEMBER 1, CME/GENERAL MEMBERSHIP MEETING

CHRIS MCD'S

DAVID FLEMING, M.D., MA, MACP



# 2015 BOONE COUNTY MEDICAL SOCIETY DOCTOR OF THE YEAR NOMINATION FORM

Nominations for the BCMS Doctor of the Year Award are being solicited. This award will be given annually only if there is a nominee who meets the following criteria.

To be eligible, the nominee must: (1 and 2 are mandatory)

1. Be a member in good standing of BCMS, who has made a significant contribution in his/her practice of medicine, and be nominated by a fellow BCMS member.
2. Have a minimum of 15 years in the practice of medicine with at least five year of practice in Boone, Howard or Cooper Counties.

The ideal nominee will meet at least ONE of the criteria described below:

3. Local, state or national recognition in their specialty.
4. Significant contributions to medical research, teaching or scientific publications.
5. Significant contributions to organized medicine outside of Boone, Howard or Cooper Counties.
6. Significant community involvement outside of medicine.
7. Noteworthy humanitarian efforts on a local, national or international level.

The BCMS Doctor of the Year Committee and the Board of Directors will select the recipient and the winner will be notified by the Board President. The award will be presented during the Annual Gala/General Membership Meeting held on January 23, 2016. (Whenever possible, the person who nominates the recipient will be asked to aid in the presentation of the award.)

Complete the information below and return it with your letter of support and your nominee's CV **no later than November 1, 2015 to:**

BCMS  
Box 196, Columbia, MO 65205-0196  
FAX: 573/814-3765 or EMAIL: [bcms@socket.net](mailto:bcms@socket.net)

Nominee's Name: \_\_\_\_\_

Years in Practice in Boone, Howard or Cooper Counties: \_\_\_\_\_

Your Name: \_\_\_\_\_

Your Phone Number: \_\_\_\_\_ Your Email Address: \_\_\_\_\_

**BOONE COUNTY MEDICAL SOCIETY  
Slate for 2016 Officers/Board**

**OFFICERS**

PRESIDENT: HUNG WINN -Incumbent  
PRESIDENT ELECT: RAGHAV GOVINDARAJAN - Incumbent  
SECRETARY/TREASURER: FREDERICK FRAUNFELDER - New

**BOARD**

JOHN PARDALOS	Incumbent
MARK JANZEN	Incumbent
STEVE KEITHAHN	Incumbent
ASHISH NANDA	Incumbent
LARRY LAMPTON	New
ALAN HILLARD	New
AMY ZGUTA	New

BRIDGET EARLY, PAST PRESIDENT



**2016 NOMINATING COMMITTEE CONSISTS OF:**  
BCMS OFFICERS & BOARD, AND THREE GENERAL MEMBERSHIP  
MEMBERS: JERRY MURRELL, TED GROSHONG and FRANK RIEGER





HAPPY BIRTHDAY  
TO OUR MEMBERS

## OCTOBER

10/01 James J. Sowash  
10/04 Dana Schoenleber  
10/04 Milamari Cunningham  
10/07 John B. Baird  
10/08 Stephen H. Weinstein  
10/08 Michael J. Szewczyk  
10/08 Maarten Nieuwenhuizen  
10/10 Frederick Lobati  
10/11 Gilbert Ross  
10/12 Marcos Reyes  
10/13 Marc Borenstein  
10/14 Paul Thompson  
10/15 James Zaner  
10/16 Kulangara Zacharias  
10/19 David L. Brown  
10/19 Laurie B. Fowler  
10/19 Chris Martin  
10/20 William Underwood  
10/20 Robert M. Thomas  
10/20 Jonathan Musco  
10/20 Jerry Murrell  
10/20 Lowell D. Schoengarth  
10/21 Trisha A. Taylor  
10/21 Janice L. Seabaugh  
10/21 Jeffrey Huebner  
10/21 Douglas Bankhead  
10/22 Stephen Colbert  
10/27 Troy Dean Scheidt  
10/27 Lee W. Trammell  
10/27 David Brummett  
10/27 Kara Braudis  
10/29 Holly B. Ford  
10/31 Justin A Malone

## New Members or Members Rejoining

Thomas Aletto, Jr. ORS  
110 Virginia Ave.  
Columbia, MO 65212

Richard Burns IM  
800 Hospital Drive  
Columbia, MO 65201

Kimetha Fairchild FP  
1001 W. Worley St.  
Columbia, MO 65201

Peter Koopman FP  
2325 Smiley Lane  
Columbia, MO 65202

Arnoldo Rivera OTO  
One Hospital Dr MA314  
Columbia, MO 65212

Helen Tergin D  
401 Keene  
Columbia, MO 65201

Laine Young-Walker P  
One Hospital Dr DC067.00  
Columbia, MO 65212

Christina Goldstein  
1100 Virginia Ave #4040  
Columbia, MO 65212

Resident: PD  
Kalen Long  
3601 W. Broadway  
Columbia, Mo 65203

BCMS would like to thank these new members for joining our society. Please welcome them at our upcoming events.





Recruitment efforts for Mizzou's Chapter of the MSMA are in full swing for the 2015-2016 year. There has been a lot of interest from the entering class and much excitement about the year's upcoming events. Thus far there have been 55 first year medical students sign up for our society. Many of these new students have expressed interest in involvement opportunities and leadership roles in the organization. The chapter is excited about all of the interest so far and we look forward to the year ahead.

*- Mitch Padkins*

BCMS Liaison

(Note: BCMS has once again donated funds to secure Maxwell Guides and reflex hammers for all of the new members of Mizzou Medical. We have also purchased one stethoscope to be used as a raffle item). From a previous suggestion of our Secretary/Treasurer, Raghav Govindarajan, a label was placed on all items indicating they were gifts from BCMS.



A welcome from Julia Norregaard, President of the Alliance:

Dear Friends:

Welcome to a new season with BCMSA. I'm honored to be following in the footsteps of some incredible women, and so our theme for the year ahead is "Ever Onward". We're coming from a great place and looking forward to an exciting future.

I'm excited about sharing opportunities to serve, both in our community, as well as each other through support and friendship.

I look forward to seeing you at our monthly meetings, as well as, some fun social events that we have planned.

*Julia Norregaard,*

President BCMSA

Next Meetings:

**Monday, October 5, 11:00**

Karen Grundy

Director Missouri Contemporary Ballet

Join us for a session on movement and the body.

110 Orr Street, #102


**Monday, November 2, 2015 5:00 PM**

Aaron Dolan

Interior Designer and Owner of Studio Home

1029 E. Walnut Street





**BCMSA**  
**Membership Form**

*NOTE: Please send the following information To:*  
**Donna Brooks,**  
**3712 Teakwood Dr.,**  
**Columbia, MO 65203**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**City, ZIP:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Cell Phone (optional):** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Spouse Name:** \_\_\_\_\_

**Dues:** \$60 state and local; \$110 national, state and local; \$20 resident/medical students' spouses; \$90 couples rate for national membership; \$60 couples early career; \$25 couples residents.

**Missouri Physicians Health Program - BCMS Donation**

BCMS continues to support the Missouri Physicians Health Program (The Physician Lifeline: Preserving Physicians' Lives) with financial support and once again BCMS has donated on behalf of our members \$1,000 towards their programs.

Missouri Physicians Health Program continues to assist (confidentially) our physicians, some whom are our own members, that have had suicidal thoughts, addiction to prescription medications or alcohol, bipolar illness, behavior issues, licensure problems, legal concerns or recovery issues from physical illness and more.

Missouri Physicians Health Program has an outstanding Missouri program benefitting our practicing physicians, residents and medical students and they need financial support to maintain the success they have had with our physicians.

**MICROSOFT SURVEY OF PHYSICIAN'S COMMUNICATION**

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

- 50% of physicians used Smartphone
- 49% used laptop computers
- 23% used tablets
- 56% still used a desktop computer
- 55% still used a fax machine
- 27% still used pagers
- 39% still used paper
  
- Use of the desktop
  - 46% used it to communicate with colleagues
  - 40% used it to schedule surgeries
  - 39% used it to communicate with pharmacies
  - 35% used it to contact patients.
  
- Other ways to communicate with patients
  - 27% paper
  - 26% laptop
  - 19% Smartphone

*Statistics from MobilHealthNews 4/17/15*

**Boone County Medical Society  
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**PRIMARY CARE ONCOLOGY:**

**OPTIMIZING QUALITY**

CME Seminar

Boone Hospital Center

(OCT 31)

2015 DOCTOR OF THE YEAR

NOMINATION FORM

(DUE NOV 1)

**BCMS Public Forum**

**Medicaid Expansion**

Columbia Public Library

(Nov 16)



**BCMS & BCMSA**

**5th Annual Family**

**Football Tailgate**

A graphic featuring the Mizzou tiger head logo on the right and the Florida Gator head logo on the left, with "VS" in the center. The text "Mizzou" and "Florida Gators" is positioned above their respective logos. Below the logos, the date "October 10th" and "Time: TBD" are written.

**Mizzou**  
**Florida Gators**  
**VS**  
**October 10th**  
**Time: TBD**

When: 2 hours before game time.