

PRESCRIPTIONS

— BOONE COUNTY MEDICAL SOCIETY —



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BOONE COUNTY MEDICAL SOCIETY



Prescriptions is published monthly for members of BCMS (physician members in Boone, Cooper and Howard Counties). Deadline for submission of materials is the 15th of each month preceding publication.

MISSION:

The Boone County Medical Society's mission is to support the physicians of Boone, Howard and Cooper Counties and others across the State of Missouri in their efforts to provide high quality patient-centered care.

VISION:

The Boone County Medical Society will be an indispensable unifying voice for the physicians in Boone, Howard and Cooper Counties in:

- ⌘ Providing high quality continuing medical education.
- ⌘ Advocating for the physicians and patients of Boone, Howard and Cooper counties as well as others across the State of Missouri and
- ⌘ Providing mentorship for the next generation of physicians through professional development and active participation in organized medicine.

VALUES:

The Boone County Medical Society will embrace the values of leadership, professionalism, collegiality, advocacy, transparency, inclusiveness and fairness while pursuing its vision and mission.

PRESCRIPTIONS

VOLUME: 33 ISSUE: 1

OFFICERS

President

Hung Winn, M.D.

President Elect

Raghav Govindarajan, M.D.

Secretary/Treasurer

Frederick Fraunfelder, M.D.

Immediate Past President

Bridget Early, M.D.

Board Members

John Pardalos, M.D., Mark Janzen, M.D.,
Steve Keithahn, M.D., Ashish Nanda, M.D., Larry Lampton, M.D.,
Alan Hillard, M.D., Amy Zguta, M.D.

MU AMA-MSS BCMS Liaison

Mitchell Padkins, Nick Arnold

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
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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

Boone County Medical Society

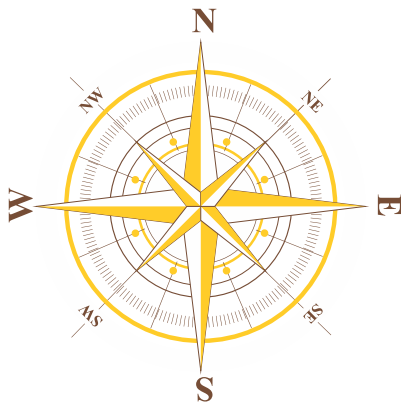
Box 196, Columbia, MO 65205

(573) 814-1894

bcms@socket.net

www.boonecountymedicalsociety.org

JANUARY FEATURE



WHERE BCMS HAS BEEN IN 2015 AND WHERE WE ARE HEADED IN 2016

Again BCMS has been and is going through a lot of changes for you in 2015-2016.

2015

CME/GENERAL Membership MEETINGS:

March Comparative Examination of Cancer – Cross Species Lessons by Jeffrey Bryan, DVM, MS, PhD, DACVIM. Alliance guest night.

June Objectives for Adoption and Assisted Reproductive Technology by Professor Mary Beck, JD.

September End of Life Care for the Elderly by David Fleming, M.D., MA, MACP

Financially Supported CME for our members at Boone Hospital Center:

February Stroke Review & Update (4 CME credits)

October Primary Care Oncology: Optimizing Quality (4 CME credits)

DIG (doctor Interest Groups) MEETINGS: Attendance continues to be good for these informal dinner sessions.

May Energy Medicine Going Mainstream by James Denninghoff, M.D.

July Wines 101 at Macadoodles

November We worked hard to bring you a public forum on Medicaid Expansion – Good or Bad

for Missouri. As we wanted to present a fair and balanced forum, this event was cancelled in the end because we did not have enough panel members in opposition to it.

January GALA: Our more formal gathering EVERY year where we install our upcoming year's officers/board, honor our Doctor of the Year (in 2015 we honored **John Cowden** and for 2016 it will be **Patrick Smith**) and we recognize our 50 year physicians. This year's Gala will be celebrated on January 23, 2016. ACTS updates us on their activities as we relax, have fun and enjoy the camaraderie. In 2016 we are having this function at the Country Club of Missouri with entertainment being Bill Atterberry who was with the Ozark Opry as a musician and comedian. Plan to attend.

MIZZOU TAILGATE: Our joint venture with the Alliance took place this year before Mizzou's homecoming game. There were approximately 40 members attending. The Alliance went all out with decorations, BCMS provided food from Buckingham's and you all provided the fun. Make sure you attend next year and bring another member or physician guest.

MSMA EVENTS: We participated in:

Physician of the Day which takes place throughout the legislative session.

MSMA Convention which will be March 18-20, 2016 in St. Louis where we will be sending 14 Delegates and submitting at least two Resolutions to defend. The Convention is open to all of our members to attend. Check information out on the MSMA website.

FINANCES: With interest rates so low, the officers/board have continued to discuss how our funds should be handled that would best serve the society. After discussion with several other societies, the officers/board set up meetings with financial institutions here in Columbia. After presentations by them the board selected the firm of LaBrunerie Financial to handle the investment our funds. Criteria that we had: Our funds should not be invested in any company that has dealings with alcohol or tobacco. The officers/board will review these accounts monthly and Alex LaBrunerie will meet with us quarterly to keep us advised of actions in the three accounts that were established with him: two scholarship funds and a portion of BCMS funds that were in our Commerce Bank Money Market account.



SCHOLARSHIPS: The society maintains two different medical student scholarships (Ladenson Scholarship and BCMS Scholarship) and works hard to keep them advertised with Missouri Schools of Medicine so that an award from each scholarship account can be made yearly. This year saw an entirely new change in timeframe for submission to awarding these scholarships. The 2015 Ladenson Scholarship went to Kristen Allcorn Killen attending MU-Columbia's Medical School. The 2015 BCMS Scholarship was awarded to Samuel F. Thompson who graduated from Rock Bridge High School and attends MU-Columbia's Medical School.

MEMBERSHIP SURVEY: Our Membership Committee did a Membership Survey via several different venues – individual mail, *Prescriptions* and Survey Monkey. This Survey will guide us how to better serve our members.

MISSION STATEMENT: The officers and board have worked throughout the year on our new Mission Statement. We will present this new Mission Statement at the 2016 Gala. It will supersede all three of the current Mission Statements that we currently have (one for the Society, one for CME and one for *Prescriptions*)

MULATION: In January each year we lend financial support for this event and provide specialty physicians as mentors to MU medical students.

MIZZOU MEDICAL SOCIETY: We assist with recruiting incentives for each new member (reflex hammers and Maxwell Guides plus one Littmann stethoscope used as a raffle item) at their first meeting. A representative from Mizzou Medical sits on the BCMS board and reports activities. Guest slots for the Gala, general membership meetings and DIG meetings are available for their members.

PRESCRIPTIONS: Your monthly published 12 page newsletter keeps you updated on local happenings. Advertisement free.

WEBSITE: Work has continued on the website and should be available in January. Once that is up and running smoothly we will be looking at other social media.

DUES TO BCMS: Your BCMS dues again did not increase in 2015. We did add one new category—that of an Associate \$100.00 (this would cover any physician assistant, etc. classification)

Active	\$205.00
3 rd yr practice	205.00
2 nd yr practice	102.50
1 st yr practice	51.25
Residents	none
Retired	none
Students	none
Associates	100.00

BCMS OFFICERS & BOARD:

Your board continues to work for you each and every day. They constantly work on

- CME accreditation for our meetings
- Obtaining quality and interesting speakers
- Member retention and attendance
- Increased membership including residents
- Legislative issues that involve physicians
- MSMA cooperation
- Routine housekeeping issues for BCMS

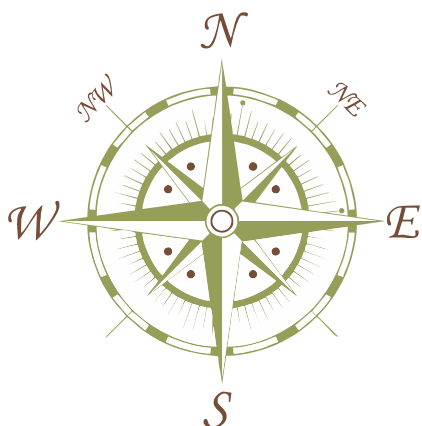
Be sure and thank your 2015 officers and board members when you see them.

Officers:

Bridget Early	President
Hung Winn	President Elect
Raghav Govindarajan	Sec/Treasurer

Board:

John Pardalos	Mark Janzen
Rich Nichols	George Parkins
Steve Keithahn	Ashish Nanda



WHERE WE ARE GOING IN 2016

CME: We will continue to have our March, June and September general membership meeting providing quality speakers accredited through INMED (Institute of International Medicine out of K.C.). You will continue to see the name INMED come up on your evaluations, CME accreditation certificates and survey. All this will be handled through emails so don't just delete them as junk.

DIG MEETINGS: There will continue to be at least two regular DIG meetings per year but the third may be some type of forum, possibly for the public, to assist in general knowledge on a current pertinent topic.

CME JOINT MEETINGS: We are continuing to provide as much CME as possible, therefore our relationship with Boone Hospital Center will continue. Financial support is being provided for their February 17, 2016 Stroke Review and Update so that our members can attend this 4 CME credit event free of charge. We look forward to also supporting a fall event with them.

WEBSITE: The BCMS website is being developed and should be up and running in January 2016.

DUES: No increase in dues again for 2016. They have not increased since prior to 1999. That's 17 years. Your board continues to be financially responsible with your dues money.

FINANCES: The financial accounts, including our two scholarship funds, are being reviewed monthly by the board and quarterly with our financial advisor. We will continue to be wise stewards of the BCMS finances.

SCHOLARSHIPS: See updates in the 2015 Section.

BYLAWS: Our Bylaws are very outdated and they are still being reviewed with a fine tooth comb and updated. Bylaw changes and approval have a certain protocol and that will be followed to bring members up-to-date on proposed changes.

RETIRED PHYSICIAN LUNCHEONS: These luncheons are held on the 3rd Wednesday each month 12:00 noon. New Location thru January: Arris', 1020 E. Green Meadows #102, Columbia 65201. Retired physician's monthly reminder postcard will have the current restaurant location so be sure and look at it. Reservations are not required; there is no formal business meeting. If you have recently retired and have not notified the BCMS office of that change, please email or call us.

MEMBERSHIP: We will specially be looking at ways to increase our membership, retain the members we have and increase attendance at functions. We are working with MSMA and their Young Physician Society (YPS) and hope to hold a joint event in Columbia specifically for physicians under 40. We would encourage resident membership, since it is free to belong to BCMS but they do have to belong to MSMA because we are a component society. Bring a possible member guest to our meetings!!!!

PRESCRIPTIONS: We will continue to provide our monthly newsletter. If you have an article or want to write an article to be published, please contact the society office. We may be looking into having a couple of advertisers to help offset the cost.

IN GENERAL: Our relationships with the Alliance, MSMA and Mizzou Medical will continue to be strong. We will continue to support MUltation financially and with specialty physician mentors. We will continue with the January Gala where our Doctor of the Year is honored as well as our 50 year physicians. The September Mizzou tailgate continues to grow with support from the Alliance. We will continue to provide quality CME speakers for our general membership meetings and educational/interesting topics for our DIG meetings. We are trying to keep BCMS fresh and updated.

Your assistance is always needed. Please make sure to attend at least one event or more of your

choosing during the year to show your support. We are always looking for new ideas and need members to sit on some of our Committees, be delegates to the MSMA convention or even be board members.

If you have an idea or article for *Prescriptions* or a CME/DIG speaker, please share that information with the Society office.

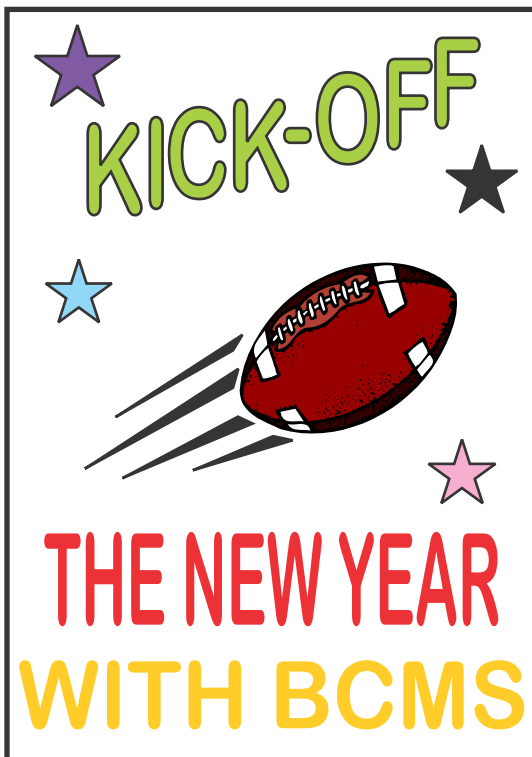
2016 Officers/Board

Hung Winn	President
Raghav Govindarajan	President Elect
Frederick Fraunfelder	Sec/Treasurer

Board:

John Pardalos	Mark Janzen
Steve Keithahn	Ashish Nanda
Larry Lampton	Alan Hillard
Amy Zguta	

This is your local physician organization – help us make it fit your needs.



**BOONE COUNTY MEDICAL SOCIETY
2016 EVENT DATES
January - March**

January

January 5 - **Board Meeting** 6:00pm
(Old & new officers/board)
BHC Conf Rm 1-C

January 20 - Retired Physicians Luncheon
12:00 at Arris'

January 23 - BCMS GALA
See invitation on page 11

February

February 2 - **Board Meeting** 6:00pm -
500 Keene, Suite 405

February 17 - Retired Physicians Luncheon
12:00 Location to be announced

March

March 1 - **Board Meeting** 6:00pm at TBA
CME/General Membership Dinner Meeting
(Guest night for Alliance) 6:30 Social, 7:00
dinner and presentation at TBA

March 16 - Retired Physicians luncheon 12:00

**MONTHLY RETIRED
PHYSICIAN LUNCHEON
!! LOCATION CHANGE !!**

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

Arris'

1020 E. Green Meadows Rd #102
Columbia, Mo

No reservation needed, just show up.

**BCMS
2016 GALA**
See invitation on page 11.

Patrick Smith, Mizzou head team physician, was inducted into the 2015 Missouri Sports Hall of Fame.

Congratulations to **N. Scott Litofsky**, MU Division of Neurological Surgery, for sponsoring Kristen M. Scheitler-Ringer, M2, in the annual Health Sciences Research Day held November 12. Ms. Scheitler-Ringer was a 3rd place Research Day Award recipient in Clinical Research.

Mark Adams presented the Missouri State Medical Foundation Scholarships to four second-year medical students at MU-Columbia's School of Medicine.



HAPPY BIRTHDAY
TO OUR MEMBERS

New Members

William Bray OPH
Mason Eye Institute
One Hospital Drive
Columbia, MO 65212

John Jarstad OPH
Mason Eye Institute
One Hospital Drive
Columbia, MO 65212

Carisa Petris OPH
Mason Eye Institute
One Hospital Drive
Columbia, MO 65212

*Welcome to Columbia and Boone
County Medical Society*

We look forward to meeting you at some of our functions, including the January Gala and our DIG or general membership CME meetings.

HOSPITAL NEWS

BOONE HOSPITAL

U.S. News and World Report has ranked BHC as No. 1 of all hospitals in mid-Missouri and No. 3 of all hospitals in Missouri.

UNIVERSITY OF MISSOURI HEALTH

James Stannard, M.D., interim dean of the University of Missouri School of Medicine has appointed **Quinn Johnson**, MD, MBA as chair of the Department of Anesthesiology. He has been interim chair since 2013.

DECEMBER

12/03	Sosunmolu Shoyinka
12/04	Dean Hainsworth
12/04	Alice Landrum
12/04	Wilma Rajcher
12/06	Mary S. Muscato
12/07	Myles Goble
12/07	Neal R. Meyer
12/08	Richard Burns
12/08	Ira Hubble
12/10	Mark Janzen
12/11	Ronald Rumpf
12/12	Tim McGarity
12/13	Daniel G. Hoernschemeyer
12/14	Fassil Mesfin
12/16	Robert Little
12/16	Mark Monroe
12/18	David M. Schlossman
12/18	Curtis H. Bourgeois
12/19	Daniel C. Vinson
12/19	Lewis J. Garrotto
12/21	Theodore E. Wills
12/21	Melissa Myers
12/22	Susan M. Zurowski
12/24	Richard M. Wolkowitz
12/26	Roger Dela Torre
12/27	J. Jefferson Seaberg, III
12/27	Karen M. Thies
12/27	William Bray
12/27	Dana Mazuru
12/29	Bridget P. Early
12/30	Laine Young-Walker
12/31	David R. Mehr
12/31	Quinn Johnson



HAPPY BIRTHDAY
TO OUR MEMBERS

JANUARY

- 1/03 Jeffrey B. Jorgensen
- 1/05 David Wayne Moreton
- 1/06 Kristen Fernandez
- 1/08 Robert E. Frazier
- 1/10 Jerry D. Kennett
- 1/10 Terry Lynn Ray
- 1/10 Sidney G. Christiansen
- 1/17 David E. Payne
- 1/17 Richard Heimburger
- 1/18 Mark Wakefield
- 1/18 Emily Guyer
- 1/19 William Cass
- 1/19 Lynn D. Mitchell
- 1/19 Thomas Aleto
- 1/19 Jonathan Harrison
- 1/20 Dan L. Pierce
- 1/22 Eric Thompson
- 1/24 Kimberly Morse
- 1/24 James T Elliott
- 1/25 Justin D Terrell
- 1/26 Georgia B. Nolph
- 1/28 Harold A. Williamson, Jr.
- 1/29 Chia-Wai D Chang

**MSMA Young Physician
Section - Convention Session**

The MSMA Young Physician Section (YPS) encourages you to attend the MSMA Annual Convention, March 18-20, 2016 at the St. Louis Renaissance Airport Hotel. A YPS presentation on **Protecting Your Biggest Asset – You** will be held on March 19 at 1:00 followed by a business meeting

Moderator: Raghav Govindarajan, Chair

**WE STILL NEED:
5 BCMS MEMBERS
TO BE DELEGATES
AT THE MSMA
CONVENTION**

9 Delegate Positions have been filled.

**MARCH 18-20, 2016
RENAISSANCE ST. LOUIS HOTEL
IN ST LOUIS**

If you are available to attend the convention, please let the BCMS office know by January 20. 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.



158th
Annual Convention
March 18-20, 2016 - St. Louis Airport Renaissance Hotel

Make hotel reservations prior to February 24, 2016 to take advantage of MSMA's Convention room rate.
Call the St. Louis Renaissance Airport Hotel directly at 1-800-468-3571 or
Online at <http://www.marriott.com>



2016 MISSION AND VISION STATEMENT BOONE COUNTY MEDICAL SOCIETY



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VALUES:

The Boone County Medical Society will embrace the values of leadership , professionalism, collegiality, advocacy, transparency, inclusiveness and fairness while pursuing its vision and mission.

Drafted by the BCMS Mission Statement Committee:
Hung Winn, Raghav Govindarajan and Steve Keithahn
Adopted by the BCMS Board December 1, 2015
Presented to the BCMS Membership at the January 2016 Gala



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

PRIMARY CARE ONCOLOGY: OPTIMIZING QUALITY

October 31, 2015

CME Meeting

Sponsored by Boone Hospital Center
Financial Contribution by BCMS

Moderator: **Joe Muscato**

Topics:

Colon Cancer Screening: Getting it Right
Donald Gerhardt

Skin Cancer Screening in Primary Care
Lindall Perry

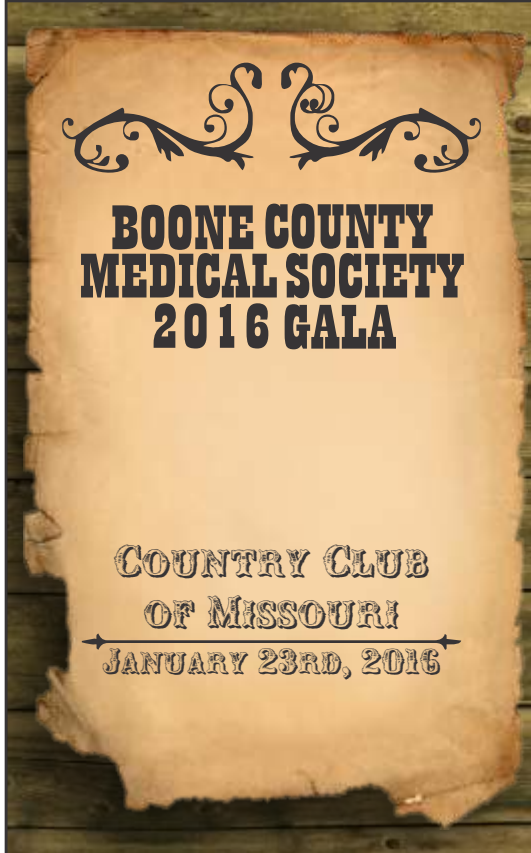
Prostate Cancer Screening: Who Needs it Anyway?
Clay Mechlin

New Lung Cancer Screening Guidelines
Tareq Abu-Salah

Women's Oncology: "Bottom Line" Update for Primary Care Physicians
Barbara Tellerman and Sara Crowder

Panel discussion on Strategies for Integrating Primary Care Physicians into the Specialized Care of their Patients with Cancer
Moderated by **Joe Muscato**, Medical Director
Stewart Cancer Center and Mung Chin, Nurse Navigator





6:00-7:00 SOCIAL RECEPTION
with cash bar

7:00 WELCOME
Bill Atterberry
Master of Ceremonies

DINNER

PROGRAM

**INSTALLATION OF 2016
SLATE OF OFFICERS/BOARD**
Introduced by Bridget Early

OATH OF OFFICE
by John Stanley, MSMA President

2015 DOCTOR OF THE YEAR AWARD
Patrick Smith

**50 YEAR PHYSICIAN
PRESENTATIONS TO**
Lawrence Lampton, W. Kirt Nichols,
Gilbert Ross

ACTS CELEBRATION
by Trish Blair

BOONE COUNTY MEDICAL SOCIETY

2016 ANNUAL GALA RESERVATION

Your response is requested by
January 11, 2016.

Member Name: _____

(please print)

Name of Guest(s): _____

(please print)

Black Tie Optional

\$35.00 per person

Payment must accompany
reservation

Mail to:
Boone County Medical Society
Box 196
Columbia, MO 65205

**Reservation and payment
MUST be received no later than
January 11, 2016.**

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

Return Service Requested

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

MULATION 2016

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

2016 BGMS GATA

Entertainment: Country Club of Missouri
Bill Atterberry
Comedian & Musician
Ozark Opry

6:00pm Social
7:00pm Dinner

JANUARY 23RD, 2016