

# 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: 9

## **OFFICERS**

### **President**

Hung Winn, M.D., J.D., M.B.A.

### **President Elect**

Raghav Govindarajan, M.D.

### **Secretary/Treasurer**

Frederick Fraunfelder, M.D., M.B.A.

### **Immediate Past President**

Bridget Early, M.D.

### **Board Members**

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Larry Lampton, M.D., Alan Hillard, M.D., Amy Zguta, M.D.

### **MU AMA-MSS BCMS Liaison**

Mitchell Padkins, Nick Arnold

### **MSMA**

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Jerry Murrell, M.D., Past-President  
Joseph Corrado, M.D., Council Vice Chair, 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

## **Boone County Medical Society**

Box 196, Columbia, MO 65205

(573) 814-1894

[bcms@socket.net](mailto:bcms@socket.net)

[www.boonecountymedicalsociety.org](http://www.boonecountymedicalsociety.org)

## BCMS SPONSORS MIZZOU MEDICAL SOCIETY MEETING

This event came about via brainstorming with the BCMS Membership Committee meeting last month. **Marcus Wade**, long known to BCMS from his active early days with Mizzou Medical Society, felt that Mizzou Medical Society members, M1 and M2, could benefit in having Residency Program Directors talk to them about residency programs, their requirements and how to be a better informed resident when that decision time comes.

BCMS worked directly with Mizzou Medical Society liaison, Sonia Boodram, and this meeting took place August 17, 2016 in the School of Nursing.

A huge thanks to the approximately 60-70 Mizzou Medical Society members that attended as well as to the Residency Program representatives that took time from their surgery and clinic day to participate.

Residency Programs that participated:

### **Family Medicine:**

Erik Lindbloom, M.D., Associate Director  
Gina Silvey, Coordinator

### **General Surgery:**

Amanda Frevert, Coordinator

### **ObGyn:**

Mike McCullough M.D., Staff

### **Pediatrics:**

Kris Koehn, M.D., Program Director

### **Radiology:**

Mark Travis, M.D., Program Director  
Crystal Arellano, Coordinator

### **Psychiatry:**

Andrew Resnik, M.D., Program Director  
Karla Simmons, Coordinator

Our thanks to:

- **Hung Winn**, BCMS President, as he presided over this event.

- Sonia Boodram, Mizzou Medical Society, Recruitment Chair and BCMS liaison and her staff for setting up the facility and getting the information to their members plus recording RSVPs.
- BCMS for coordinating all of the Residency Program Directors and Coordinators and the food from Shakespeare's.
- **Marcus Wade**, for his idea that we turned into a reality. So successful that we possibly could turn this into an annual event!



Hung Winn, BCMS President and Residency Program Directors



Erik Lindbloom, Associate Director Family Medicine



# ORTHOPAEDIC REVIEW UPDATE FOCUS ON PRIMARY CARE

August 13, 2016  
CME Seminar  
Sponsored by Boone Hospital Center  
Financial contribution by BCMS

Topics:  
Common Hand Ailments    **Matthew Jones**  
Emerging Treatments in Hip and Knee Arthritis  
   **Alan Anz**  
Top 5 Foot & Ankle Problems    **Brian Kleiber**  
Rotator Cuff Injuries    **Joshua Hamann**  
Shoulder Replacements for Chronic Rotator Cuff Tears  
   Kurt Bormann  
ACL Injuries Reconstruction & Recovery  
   Tameem Yehyawi  
Cervical Myelopathy vs Cervical Radiculopathy  
   Jason Koreckij

*Note: 75 Registered for this event*



Alan Anz



Joshua Hamann



Bus Tarbox and Brian Kleiber



Matthew Jones



## DIG July, 2016 MEETING

Our July DIG (Doctor's Interest Group) met to hear Bob Bondurant, RN, MSW, LCSW from Missouri Physicians Health Program talk with us on "Healing the Healer".



Speaker Bob Bondurant and BCMS President Hung Winn



### BCMS DONATES TO MISSOURI PHYSICIANS HEALTH PROGRAM

Dr. Winn, President of BCMS, recently presented to Missouri Physicians Health Program, a \$500 donation on behalf of BCMS.

BCMS began their yearly donations to MPHP several years ago under our leadership with then President, **Gilbert Wilshire**. Donations assist MPHP to continue their work with Missouri physicians who suffer from practice-threatening impairments. MPHP helps physicians return to healthy personal and professional functioning through early identification, intervention and treatment. MPHP is an independent 501c.3 nonprofit organization that relies on donations to supplement participant fees along with support from MSMA.

For further information about MPHP or how to make a donation go to [www.themphp.org](http://www.themphp.org).



**Charles H. Sincox, M.D.**

*Medical Director*

**Robert Bondurant, RN, LCSW**

*Executive Director*

**Mary Fahey, LCSW**

*Clinical Coordinator*

July 18, 2016

Beverly Wilcox, Executive Director  
Boone County Medical Society  
Box 196  
Columbia, MO 65205

Dear Ms. Wilcox:

Thank you so much for your generous donation to the Missouri Physicians Health Foundation, a 501c.3 organization. Your contribution of \$500 dated 7/8/2016 was tremendously appreciated and is fully deductible. There were no goods or services provided in return for your donation.

The outstanding support and philanthropic spirit of organizations like yours make it possible for MPHP to exist. We depend on you to enable us to serve physicians for many years to come.

Again, thank you for your support!

Warmest regards,

*Charles Sincox, MD, FAAFP*  
*Medical Director*

*Robert Bondurant, RN, LCSW*  
*Executive Director*

**Sponsored by the Missouri State Medical Association**

# SEPTEMBER RELAXATION COLOR THERAPY



It's been a long hot summer. Spend some time relaxing. Let your creativity flow. Email your masterpieces back to us and we'll include it in a future issue.

## White Coat Ceremony Marks Start of Professional Journey for 104 Medical Students

*MU School of Medicine celebrates increase in applications, minority enrollment*

Students from the University of Missouri School of Medicine class of 2020 took their first steps toward becoming physicians during a White Coat Ceremony this afternoon at Jesse Hall on the University of Missouri campus.

“Now, more than ever, is an exciting time to be part of the MU School of Medicine,” said Patrick Delafontaine, M.D., the Hugh E. and Sarah D. Stephenson Dean of MU School of Medicine. “With 27 percent of our new students representing various minority groups, diversity is perhaps one of the greatest strengths of the class. These are differences to celebrate, because —like their future patients— our students come from a variety of backgrounds and experiences.”

The class of 2020 consists of 104 students. Of this class, 27 percent of students self-identified as an ethnic minority. This includes students who are Asian, black, Latino, American Indian or Pacific Islander.

A goal of medical schools across the nation is to increase enrollment by traditionally underrepresented students, and 8 percent of students in the MU class of 2020 self-identified as underrepresented minorities.

The MU School of Medicine received 2,167 applications for the class of 2020, marking the highest number of applications ever received by the school. Class members are 49 percent male and 51 percent female and range from 21 to 48 years old. In addition, 26 percent of students are from socioeconomically disadvantaged backgrounds, 18 percent are from rural areas and 86 percent are from Missouri.

At the ceremony, the students were presented with their first white coats, the most common symbol of the medical profession for more than a century, in

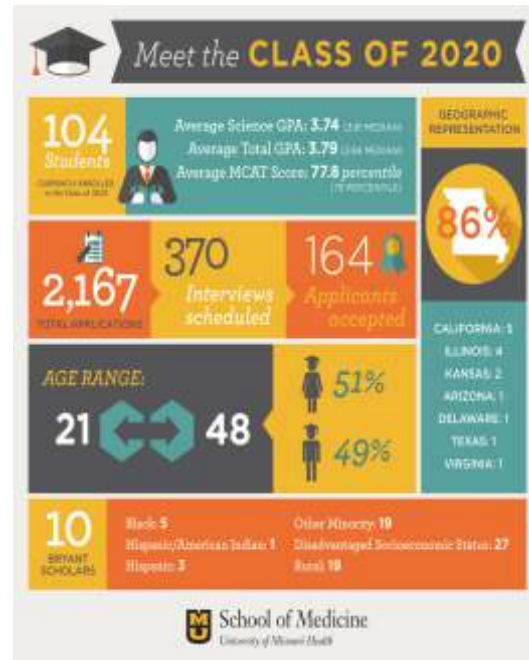
front of hundreds of their family members and friends. The annual event encourages new medical students to begin their education by upholding the highest values and standards of their profession.

Eight to 12 students from the class will complete their third and fourth years of medical education at the clinical campus in Springfield, Missouri. The medical school plans to expand its class size each year to 128 students with the completion of the Patient-Centered Care Learning Center in 2017.

The first White Coat Ceremony was conducted in 1993 at the Columbia University College of Physicians and Surgeons. The ceremony was created by Arnold Gold, M.D., a pediatric neurologist, who called the white coat his profession’s “cloak of compassion.” The Arnold P. Gold Foundation estimates that a White Coat Ceremony or similar rite of passage is now held at more than 90 percent of schools of medicine and osteopathy in the United States, as well as at all four medical schools in Israel. The first White Coat Ceremony at MU occurred in 1997.

*Story by Diamond Dixon, reprint permission provided by MU Health Public Relations*

**Raghav Govindarajan**, BCMS’s President Elect and **Patrick Delafontaine**, Dean of MU School of Medicine, were two of the five of the speakers for this ceremony.





## WHAT'S UP DOC

Many of you knew Dennis Knudson, who had been a long time previous member of BCMS. Dr. Knudson was in private practice at Boone Clinic for 20 years before spending 10 years at the University of MO-Columbia as a faculty staff member in the Otolaryngology Department. He passed away on August 5<sup>th</sup> at the age of 80. He is survived by his wife, Judy; a son and daughter; 7 grandchildren and 3 great-grandchildren. A celebration of his life will be held at Stephens Lake Park at a later date. Our sympathies are extended to his wife and family.

For the past couple of weeks **Patricia (Trish) Blair** had been dealing with health issues after returning from the Republic of Georgia. Earlier this week (8/15) she was flown to Mayo Clinic for a second opinion which confirmed a cytology diagnosis of poorly differentiated serous carcinoma of the abdomen. She is not an ideal surgical candidate right now so they will begin her chemotherapy treatment here in Columbia soon. Trish has requested that you keep her in your prayers for health, strength, resilience and rapid healing. No visitors or phone calls please. Cards or notes that can be read at her convenience are very welcome—cancer patients who have more laughter tend to do better physically/medically so include your uplifting Bible verse or two along with a funny comic strip or something humorous.

Cards will reach her at:  
Dr. Trish Blair, 107 W. Burnam, Columbia, 65203

### NEW MEMBERS:

**Josh Hamann**                      ORS  
One South Keene  
Columbia, MO 65201

**Elizabeth Early**                OTO  
303 N. Keene #401  
Columbia, MO 65201

BCMS would like to welcome these two new physicians to our group. Josh Hamann has already shown his willingness to become an active member by accepting a leadership role on our 2017 Slate of Officer/Board Members. Encouraging new members to attend our events is one of our goals. See you soon.



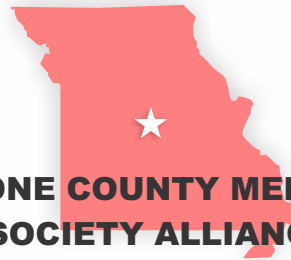
## MIZZOU MEDICAL SOCIETY

### 2016 Fall Information

M1 and M2 classes combined membership in Mizzou Medical Society is approximately 200. Applications for membership in the chapter are still being reviewed and compiled for their database therefore total numbers of members in their Society are unavailable at the time we went to press. Dues are \$100 for a 4 year membership to Mizzou Medical Society, MSMA and AMA. Approximately 65 attended their first AMA chapter meeting.

Our BCMS liaison is Sonia Boodram.

See Page 3 for our first MU Residency Program Directors event sponsored with Boone County Medical Society.



## BOONE COUNTY MEDICAL SOCIETY ALLIANCE

Fall Luncheon    September 12, 2016    11:30

At the home of President, Julia Norregaard.

*"All spouses are welcome regardless of membership past or future."* If you have questions please contact Ms. Norregaard at 617.756.9391.

An event calendar will be published as soon as it is completed.

Our next joint venture with BCMS will be our annual family MU Tailgate so watch for your invitation.



# **BOONE COUNTY MEDICAL SOCIETY**

## **Proposed Slate for 2017 Officers/Board**

### **OFFICERS**

PRESIDENT: RAGHAV GOVINDARAJAN - Incumbent  
PRESIDENT ELECT: FREDERICK FRAUNFELDER - Incumbent  
SECRETARY/TREASURER: JOSH HAMANN - New

### **BOARD**

JOHN PARDALOS	Incumbent
LARRY LAMPTON	Incumbent
ALAN HILLARD	Incumbent
AMY ZGUTA	Incumbent
NICK GOLDA	New
LAINÉ YOUNG-WALKER	New

HUNG WINN, PAST PRESIDENT

### **2017 NOMINATING COMMITTEE CONSISTS OF:**

BCMS OFFICERS & BOARD AND THREE GENERAL MEMBERSHIP MEMBERS:  
TED GROSHONG, RICHARD HEIMBURGER and BRIDGET EARLY

**Election will be held at the BCMS General Membership meeting on  
Tuesday, September 13, 2016**

**Les Bourgeois 6:30 Social, 7:00 Dinner, Election and Presentation by Erol Amon,  
MD, JD on Anatomy of a Lawsuit**

**RSVP to BCMS office by September 5, 2016 NO late RSVP's accepted**

**If you are unable to attend this meeting but would like to suggest additional  
candidates or vote on this proposed Slate, please email your information/vote to  
[bcms@socket.net](mailto:bcms@socket.net) on or before September 9, 2016.**

# BOONE COUNTY MEDICAL SOCIETY DISTINGUISHED PHYSICIAN AWARD (Previously called Doctor of the Year Award) NOMINATION FORM

Nominations for our Distinguished Physician 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 years of practice in Boone, Howard or Cooper Counties. (The board reserves the right to waive the phrase "with at least five years of practice in Boone, Howard or Cooper Counties" if appropriate.)

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

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

The BCMS Distinguished Physician Award 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 21, 2017. (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, 2016 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  
GENERAL MEMBERSHIP MEETING

**ANATOMY OF A LAWSUIT**

**By:**

**EROL AMON, MD, JD  
ST. LOUIS UNIVERSITY**

Join Dr. Amon for the following learning objectives:

1. 4 elements of a professional liability action
2. The best way to work with your attorney
3. How to prep for a deposition

**Tuesday, September 13, 2016**

Cash Social (6:30-7:00) Dinner, Business Meeting Including Election of 2017 Officers/Board Members and Presentation (7:00-9:00)

**Les Bourgeois Winery Restaurant (Downstairs)  
Rocheport, MO**

**Final RSVP Required by September 5, 2016, NO Late RSVPs Accepted**

To Boone County Medical Society

573.814.1894 website: [www.boonecountymedical society.org](http://www.boonecountymedical society.org) email: [bcms@socket.net](mailto:bcms@socket.net)

**Non-member fee of \$25 is payable at the door**

*Note: 1 CME credit has not yet been accredited for this program but we are continuing to work with speaker and INMED to accomplish this.*



**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

**Final RSVP Required by September 5, 2016, NO Late RSVPs Accepted**

Les Bourgeois Winery Restaurant (Downstairs)  
Rocheport, MO

**Tuesday, September 13, 2016**

**ST. LOUIS UNIVERSITY**

**EROL AMON, MD, JD**

**By:**

**ANATOMY OF A LAWSUIT**

BOONE COUNTY MEDICAL SOCIETY  
GENERAL MEMBERSHIP MEETING