

PRESSCRIPTIONS

— BOONE COUNTY MEDICAL SOCIETY —



ON THE INSIDE:

Page 3	President's Message
Page 4	Meet BCMS Board
Page 10	Nominating Committee
Page 15	CME/General Membership Meeting Invitation

BOONE COUNTY MEDICAL SOCIETY



Prescriptions is published bi-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: 34 ISSUE: 3

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PRESIDENT'S MESSAGE



It is Time to Celebrate Humanism in Medicine!

By
Raghav Govindarajan, M.D.

Last week the school of medicine celebrated its second annual Gold Humanism Honor Society induction where 15 third year medical students who had displayed exemplary humanistic care throughout their clerkship were inducted into the honor society. The Gold Humanism Honor Society (GHHS) members are peer nominated and are the ones that others say they want taking care of their own family.

Unlike the traditional honor societies membership in GHHS signifies the students are specifically committed to the highest level of compassionate patient/family centered care and more importantly the creation of a GHHS chapter signifies that an institution places high value on the 'interpersonal skills and attitudes that are essential for the highest level of patient care'.

As the GHHS chapter advisor, I am thrilled to see humanistic patient centered care getting its due under the sun and being celebrated by the school of medicine. As I saw those 15 bright students recite the oath and don the pin, I was reminded of my own experience with doctors.

My aunt who was in her 30s had developed chest pain while teaching at the school. She was evaluated by the school nurse who thought the chest pain was due to acid reflux and gave her some antacids. The chest pain continued all night and got worse the next day. She was

evaluated by her primary care physician who immediately recognized she was having a heart attack (myocardial infarction) and she was taken to the 'big hospital' in the town. We were all anxious and I distinctly remember my mother (her sister) crying. We were scared, confused and lost coming to the big hospital not knowing what to expect and whom to speak with.

My mother tried to talk with one of the doctors taking care of my aunt. He was in his mid-thirties moderately built with a husky voice. As my mother started talking to him, he seemed disinterested, had no eye contact, didn't refer to my aunt by her name and kept addressing her as 'case number' and even seemed annoyed that we were asking questions.

Our anxieties only got worse after this and although none of us had slept for more than day, we could not close our eyes. Then as the shift changed, a new doctor came in to take care of her. He was mild mannered but quickly built a rapport with us, held my mother's hand and spent more than an hour answering all our questions. Most importantly he had a calm reassuring voice.

We were finally able to close our eyes and sleep. My aunt recovered from there on and was back to teaching in a month and continues teaching (it's been more than 15 years).

Medical schools have come a long way from days of labeling patients as cases. Providing patient centered, humanistic care has slowly but surely become a part of medical school syllabus. Yet the stratosphere of physicians is occupied by physicians with large grants, physicians with administrative background, physicians with encyclopedic medical knowledge and so on. Research, diagnostic acumen and even administration are all very essential but there is enough space in the stratosphere to include those physicians who have been recognized as providing exemplary humanistic care by patients, medical staff and colleagues alike. These physicians should be honored and celebrated and made into role models for students to emulate. Both Sherlock Holmes and Dr. Watson need to be celebrated. For Dr. House fans, both Dr. House and Dr. Wilson need to be celebrated!

GETTING TO KNOW YOUR 2017 BCMS BOARD



Nicholas Golda

Where are you from? I grew up in Southern California. I went to the University of California, Davis for my undergraduate degree and to the University of Southern California for medical school. My wife and I moved to Missouri for my residency training in dermatology.

Where do you work? My practice is at the University of Missouri where I am an Associate Professor of Dermatology.

What do you do in your spare time? My time away from work is spent with family. I love outdoor work, hand splitting firewood, simple carpentry, gardening, camping and smoking BBQ.

Why are you a member of BCMS? BCMS for me is an excellent opportunity to meet and build relationships with our community of physicians who are not part of the University medical practice.



Alan Hillard

Where are you from? My dad was a professor of language arts (Spanish) at Westminster College in the winter and in the summer at the UN of Wisconsin so I grew up both in Fulton, MO and Madison, WI – both have their charms.

Where do you work? I have been a member of Columbia Radiology for the past 24 years and am currently President of our group. I am one of the founders of Advanced Radiology.

What do you do in your spare time? I run, work out at Wilson's, spend time on our farm and enjoy visiting the grandkids. I help out at church and take trips with my wife of 35 years.

Why are you a member of BCMS? It is a way of giving back to organized medicine. We all work long hours and may feel insulated from the outside world but we are affected by our surrounding political and economic environment.



Amy Zguta

Where are you from? Columbia, MO

Where do you work? Columbia Eye Consultants, Ophthalmologist.

What do you do in your spare time? My husband, Greg, and I enjoy being near both our families. Currently I mostly cultivate interests for my three children: Megan 9, Anna 7 and Alex 22 months. Personally I aspire to read more for pleasure and cultivate a sport.

Why are you a member of BCMS? I think it is important for physicians to play an advocacy role for medicine at the local level as well as with our specialty societies.

GETTING TO KNOW YOUR 2017 BCMS BOARD



Larry Lampton

Where are you from? I am a 1966 MU graduate originally from Raytown, MO. Post graduate training at UMKC-KC General Hospital.

Where do you work? Private practice. Previously I was Chief Resident Internal Medicine then Pulmonary Medicine KU Medical Center. Air Force flight surgeon then Air Force Hospital commander and pilot (long story). Previously on the faculty at Indiana University Medical Center then at MU-Columbia. Served 4 years on the Columbia Board of Health

What do you do in your spare time? Main hobby outside of medicine – Boy Scouts especially as an Eagle Scout Advisor and a Commissioner supporting several packs and troops. Active in local Rotary.

Why are you a member of BCMS? I believe that organized medicine is essential to maintaining and advocating the professionalism within our society.



John Pardalos

Where are you from? Jefferson City, MO

Where do you work? Women's and Children's Hospital as Division Director, Neonatology; Medical Director Neonatal Intensive Care Unit and Medical Director of Children's Hospital Critical Care Transport Service.

What do you do in your spare time? I like to travel to Greece and spend time with my family. I've served on the Parish Council at St. Luke Greek Orthodox Church as President, Vice President or Treasure since 2002 when the church was established in Columbia. I've been working with A Call To Serve to decrease the neonatal mortality rate in the Republic of Georgia by educating the doctors and nurses in that country on neonatal resuscitation.

Why are you a member of BCMS? Serve as an advocate for the patients of mid Missouri and try to help improve their healthcare.



Laine Young-Walker

Where are you from? Kansas City, MO

Where do you work? At the University of MO as Associate Dean for Student Programs and Division Chief of Child & Adolescent Psychiatry. MO Dept of Mental Health – Medical Director of Children's Services.

What do you do in your spare time? Hang out with family, camp, go to movies.

Why are you a member of BCMS? To engage with other physicians in Boone County.



BOONE COUNTY MEDICAL SOCIETY ALLIANCE



President: Julia Norregaard with Kathie Lucas, Soo Lee and Millie Bever, MSMA Alliance Past President

March 13, 2017 Match Day. The Alliance served pizza and soft drinks MU medical students participating in March Day.

March 15, 2017 the Alliance prepared dinner and served it for the house guests at Ronald McDonald House.

April 3, 2017 Monthly meeting was held at the Missouri Orthopaedic Institute where Drs. Seth Sherman and Aaron Gray discussed KINECT, a new technology application for sports medicine.

They are continuing to work with several proposals for their philanthropic gifts. The following have been their current projects:

- Columbia Center for UrbanAgriculture: Sponsored a garden row with produce going to the Food Bank.
- MoMom: Silver sponsor for Missouri Mission of Mercy which provides free dental care to over 1500 patients each year.
- MedZou: Donation to the University of Missouri Medical School student-run health clinic.

- PhysZou: Donation to the University of Missouri Physical Therapy School student-run clinic.
- Ronald McDonald House: Provide and prepare meals for the resident throughout the year.

May 1, 2017 Installation of New Officers: Their Nominating Committee consisted of Janet Vaslow, Emy Friedman, Rhonda Schoenleber and Soo Lee.

New Officers are:

- President: Leslie Meyer
- Co-Vice Pres: Vicki Brocksmith and Kathy Welsh
- Treasurer: Soo Koon Lee
- Secretary: to be filled on a rotation basis

Philanthropic gifts, focused on community health, will be given to EnCircle Technologies and the PA program at Stephens College.

If you, or your spouse, have any questions about the Boone County Medical Society Alliance, please direct your questions to bcms@socket.net or julia.norregaard@gmail.com.



Bringing Life Back into Focus

New bladeless laser cataract surgery increases accuracy and reduces recovery time



Comparing the laser he uses to a perfectly circular stencil, Jarstad says it allows him to perform cataract surgery after cataract surgery with amazing accuracy. One of the first surgeons in the United States to master bladeless laser cataract surgery, he has performed the procedure more than 1,000 times.

As we age our eyes change, and many people develop cloudy vision caused by cataracts. By age 80, more than half of all Americans will either have cataracts or will have undergone a surgery to remove them. University of Missouri Health Care offers patients the most advanced cataract removal technology available today.

As Columbia’s first bladeless laser cataract surgery provider, MU Health Care is committed to bringing our patients unmatched accuracy and precision. Bladeless laser cataract surgery is a painless procedure that uses a computer-controlled refractive laser to break up cataracts. The laser also has the ability to correct astigmatism and can fix both nearsightedness and farsightedness.

“This new technology improves the precision of cataract surgery. The benefit is that there is less stress on the eye, which leads to less inflammation and trauma, ultimately ending in a quicker recovery.” John Jarstad, MD

“This new technology improves the precision of cataract surgery,” says **John Jarstad**, MD, director of cataract and LASIK surgery at MU Health Care and associate professor of ophthalmology at the MU School of Medicine. “The benefit is that there is less stress on the eye, which leads to less inflammation and trauma, ultimately ending in a quicker recovery.”

‘Perfect every time’

The laser portion of the surgery takes about 30 seconds, after which the unhealthy pieces are suctioned out, and a new lens is implanted. There are no needles or scalpels involved and no stitches. Patients typically see results immediately, and recovery takes about one week.

“Before the surgery, I absolutely could not have passed the driving vision test without my contacts or glasses,” says Diane Linneman, a Columbia resident. Linneman had bladeless laser cataract surgery on her left eye in September 2016 and her right eye in October. “The freedom now is amazing.”

Jarstad compares the accuracy of laser surgery to drawing a circle freehand on a piece of paper.

“You can get pretty close to a perfect circle occasionally, but if you have a stencil, or in this case, a laser, you can be perfect every time,” he says.

And he’s done just that. Jarstad was one of the first surgeons in the United States to master bladeless laser cataract surgery and has performed the procedure more than 1,000 times.

Patients with complex cataracts or those who want premium lenses will benefit the most from bladeless cataract surgery, Jarstad says. Anyone who is unable to hold still for two to three minutes or has a morgagnian cataract — one that has been left untreated for too long and has been liquefied — would not be a good candidate and should consider having standard treatment.

“The oldest patient I treated with bladeless laser cataract surgery was 103 years old,” Jarstad says. “After surgery, her comment was, ‘I wish I’d done this 30 years ago!’”

The biggest surprise for patients, Jarstad adds, is that there is no pain from the surgery and that colors appear much more vivid following the procedure.

“In many cases, patients no longer need to wear glasses or contacts to see clearly,” he says.

To learn more about bladeless laser cataract surgery, visit MUHealth.org/noblade or call (573) 884-EYES

Reprinted from MU Health, Winter 2017

In Memoriam:



CHARLES CHEEK
1936-2017

Dr. Cheek passed away on January 6 at Boone Hospital Center.

He was born in Fair Play, Missouri in 1936. He graduated from Fair Play High School and received his MD degree in 1961 from the University of Missouri-Columbia. He interned in Michigan and completed a residency in ophthalmology at Washington University/Barnes Hospital and continued his ophthalmology practice in Columbia until he retired in 1994.

Dr. Cheek, after retirement, enjoyed world travel, amateur radio, woodworking, street rodding, sports cars and Mizzou Tigers, especially basketball.

Dr. Cheek was involved in many civic activities and was a founding member of the American Intra-Ocular Implant Society and founder and past Chief of Staff at Columbia Regional Hospital.

Private services were held on January 10, 2017. Dr. Cheek is survived by his wife, Barbara; one daughter and four sons and their families.

BCMS Communications



Thank you so much for the Boone County Medical Society's generous donation of \$500 to MULation 2017.

For the last several years, MULation, an event organized by the students of the University of Missouri School of Medicine, has provided an unique opportunity for medical students and physicians to discuss various areas of medicine and related career opportunities.

Because of your donation, MULation 2017 was, once again, a huge success! We had over 100 medical students and over 50 physicians in attendance, making this year the largest MULation to date. The medical students enjoyed having the opportunity to network with current physicians around Missouri, and to gain insight into the different fields of medicine as well as into the life of a physician.

Again, we thank you for your generosity and hope you will be willing to donate again in the future.

Sincerely,

Yang Yu

MULation 2017 Co Chair and
Fundraising Chair



Emails Received:

PDMP

Mayor Treece: Thanks for the email in support of the PDMP ordinance.

Councilman Ian Thomas (Ward 4): I appreciate your input. I strongly support the proposed PDMP. Cheers.

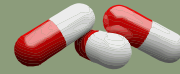
GALA

Ravi Johar, M.D.: It was a lovely event and we all truly enjoyed ourselves. You guys have a great Gala.

BOONE COUNTY PRESCRIPTION DRUG MONITORING PROGRAM IS UP AND RUNNING!



REGISTER AT: missouri.pmpaware.net



St. Louis County has sent out communications to our providers. If you haven't received your communication yet go to the above site where

- A registration guide is available: **PDMP Registration Guide**
- Physicians may choose to supervise and delegate access to the PDMP: **PDMP Delegate Users**
- All users must update validation documentation before their registration will be processed. A list of authorized users and associated required documentation can be found: **PDMP Validation Documentation**.
- Creating your account you will need to use 8 characters (use at least 1 upper, 1 lower and 1 symbol).

Our goal now that Columbia has passed their City Ordinance, Boone County has joined it – the 2017 Legislature once again did not pass statewide legislation - **is to get physicians on board and use it. It is worthless if you don't do that.**

Got a Problem with Your Cash Flow?

**Fix cash flow issues and boost your bottom line!
Attend MSMA's Annual Insurance Conference**

Open to Physicians and Office Staff

Thursday, July 20, 2017 Renaissance St. Louis Airport Hotel

- Eight payers including MO HealthNet (Medicaid) will be present
- Increase cash flow
- Learn the most common billing errors
- Find answers to your questions without a lengthy phone call
- Talk to a "live person" about your specific claim questions

Registration: www.msma.org/workshopstraining
Contact Pat Mills at 800-869-6762 or pmills@msma.org



BOONE COUNTY MEDICAL SOCIETY

A local voice for physicians

If you are interested in serving as an officer or board member on the 2018 BCMS slate, please let the BCMS office know by June 15.

WE NEED YOU

THREE GENERAL MEMBERS **FROM OUR MEMBERSHIP ARE NEEDED**

TO ASSIST THE BOARD OF DIRECTORS **IN PUTTING TOGETHER THE 2018** **SLATE OF OFFICERS/BOARD**

Since 1902 physicians in the Boone, Howard and Cooper Counties have benefited 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 2018.

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 (whether in person or doing business via email) prior to 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

Board Members: Currently have six board members

If you are interested in serving on the Nominating Committee, please let the BCMS office know by June 15. Call 573.814.1894 or email the office at bcms@socket.net.

MUlation 2017



January 18, 2017

MU School of Medicine held their annual MUlation event at Peachtree beginning with a 6:30-7:15 social time and 7:15 -9:00 round table time. Dr. **Ted Groshong** opened the event with his “organized medicine speech”. Haley Wansing with MSMA and Beverly Wilcox with BCMS worked the MSMA and BCMS kiosk. While they were able to lay materials on each table like MSMA pens, post it notes, tote bags and BCMS magazines they also spoke with the students and mentors about our organizations.



BCMS would like to thank the following BCMS members for taking their time to be mentors that evening:

Michael Brown
Susan Zurowski
Kara Braudis
Greg Renner
Tomoko Tanaka
Pradeep Sahota
Katherine Welch
Ted Groshong
Gregory Worsowicz



OUR DAY (March 7, 2017) WITH DAVID BARBE, M.D. INCOMING AMA PRESIDENT

We invited Dr. David Barbe, M.D. from Mountain Grove, MO to spend the day in Columbia with us prior to his being installed as the next AMA President. The BCMS board met with Dr. Barbe for lunch at the Alumni Center for our one on one time with him.



Larry Lampton, Lisa Thomas, Amy Zguta and David Barbe



David Barbe, Hung Winn, Nicholas Golda



Bridget Early, Raghav Govindarajan

In the evening Dr. Barbe was our special guest and presenter for our CME meeting. His topic Health System Reform and Physician Payment Under MACRA. He also updated us on the AMA.



David Barbe with Raghav Govindarajan, BCMS President

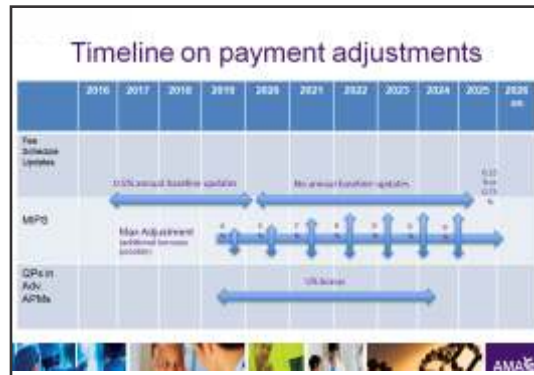
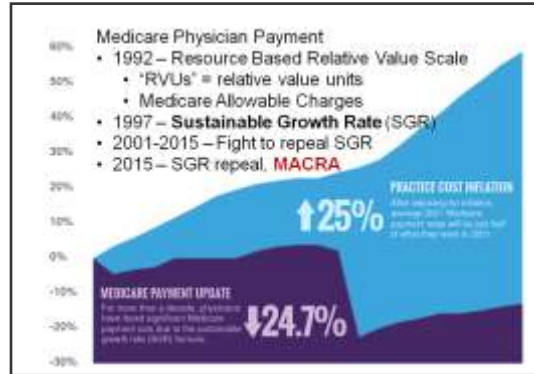


Sarah Luebbert, MSMA explaining New Member Campaign



Hx of Medicare Physician Payment

- 1965 – Medicare / Medicaid started
- 1965 – 1992 – Fee for Service, “usual, customary, reasonable”, balance billing permitted
- 1992 – Resource based relative value scale (RVU) based fee schedule. Established “Medicare Allowable Charge” and eliminated balance billing
- 1997 – Balanced Budget Act created Sustainable Growth Rate (SGR) formula to regulate total physician payments.
- 2015 – SGR repealed, Medicare Access and CHIP Reauthorization Act (MACRA)



MACRA Next Steps

- Implementation timeline concerns
 - Short lead-time for physicians to learn the rules
 - Inadequate time to make practice adjustments
- AMA recommends transitional reporting year in 2017, to begin July 1



BOONE HOSPITAL STROKE REVIEW

BCMS was a financial sponsor of this event.

Approximately 87 attendees at this seminar on February 25, 2017 heard presenters give updates on these topics:

- Integration of Neuro-Rehabilitation Best Practices into Comprehensive Stroke Care by Catherine Lang – Washington University
- Sleep Apnea and Stroke by **David McLaren**
- Acute Stroke Management: Review and Update by **Allyn Sher**
- Stroke in the Young Adult by Komal Ashraf
- 2017 Interventional Stroke Treatment by Andrew Getzoff

Staggering new evidence shows that strokes are now the 3rd leading cause of death in the U.S.



Allyn Sher



David McLaren



BOONE COUNTY MEDICAL SOCIETY
CME & GENERAL MEMBERSHIP
MEETING

**Negative Secular Trends in Medicine:
Maintenance of Certification and Overreaching
Bureaucracy**

By Robert M. Doroghazi, M.D.

Join Dr. Doroghazi for the following learning objectives: (1) List the justifications for the new Maintenance of Certification requirements (2) Discuss expenses and time spent to satisfy new Maintenance of Certification requirements (3) Review motives of the ABIM to institute changes

Tuesday, June 6, 2017

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

**D'ROWES
1005 CLUB VILLAGE DRIVE, COLUMBIA, MO**

RSVP Required by June 1, 2017 To Boone County Medical Society
573.814.1894 website: www.boonecountymedical society.org email: bcms@socket.net

(\$20 charge for non-members payable at the door)

**Door Prizes: Five one year subscriptions to *The Physician Investor Newsletter*
Must be present to win**

* 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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**BOONE COUNTY MEDICAL
SOCIETY CME & GENERAL
MEMBERSHIP MEETING**

**Negative Secular Trends in
Medicine: Maintenance of
Certification and Overreaching
Bureaucracy**
By: Robert M. Doroghazi, M.D.

Tuesday, June 6, 2017

Cash Social (6:30-7:00) Dinner, Business Meeting
and Presentation (7:00-9:00)
**DROWES 1005 CLUB VILLAGE DRIVE,
COLUMBIA, MO**

**RSVP Required by June 1, 2017 To Boone
County Medical Society**

SAVE THE DATE

Tuesday, July 11th, 2017

**DIG (DOCTOR INTEREST
GROUP) MEETING**

**6:30 Social
7:00 Dinner & Presentation**

Watch your for invitation

