

PRESSCRIPTIONS

— BOONE COUNTY MEDICAL SOCIETY —



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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: 5

OFFICERS

President

Raghav Govindarajan, M.D.

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Alan Hillard, M.D., Amy Zguta, M.D., Nicholas Golda, M.D.,
Laine Young-Walker, M.D.

MU AMA-MSS BCMS Liaison

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MSMA

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Jerry Murrell, M.D., Past-President
Joseph Corrado, M.D., President-Elect
George Hubbell, M.D., Councilor, Dist. V
Lisa Thomas, M.D., Councilor, Dist. V

AMA Council on Legislation & MSMA Council on Judicial and Ethical Affairs

Jerry Kennett, M.D.

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CARE, NOT COLLECTIONS, IN A HIGH DEDUCTIBLE WORLD

**By K. Michael Ireland | Executive Vice
President, Healthcare Banking Central
Missouri Region**



In 2016, 42 percent of people polled in a national survey said they had spent all or most of their personal savings on health care costs. 26 percent said health care costs had caused a serious financial problem for their family. The survey, as conducted by National Public Radio, The Robert Wood Johnson Foundation and Harvard's T.H. Chan School of Public Health, reinforces a fact both individuals and healthcare providers feel on a daily basis: managing healthcare costs is becoming increasingly difficult for consumers. Rising deductibles and high-deductible health plans (HDHP) are putting extra strain on patients. As a result, many healthcare systems – and their cash flows – are feeling the pressure as well.

As consumers look for places to cut expenses, they often start with their healthcare premium. They're willing to commit to a higher deductible – and cover more of their healthcare costs from out of pocket – in exchange for a lower premium. Between 2005 and 2011, the number of HDHPs grew tenfold, according to America's Health Insurance Plan Center for Policy and Research. And, as interest in HDHP plans has grown, the deductibles themselves have also increased. The

Kaiser Family Foundation reports that employee deductibles grew by 255 percent from 2006 to 2015. HDHPs are especially attractive for healthy individuals who are unlikely to need significant care.

As long as policy holders remain healthy, HDHPs make good financial sense. However, when injury and illness strike, the financial burden patients are saddled with can drive them to bankruptcy. Remember the 26% who said they faced significant financial stress due to health care? 7% of that group also said they declared bankruptcy. The reality is, the average person seeking care may not be prepared to take on the expenses that accompany an HDHP.

To avoid the stress of bills they cannot afford, some patients choose to forgo care altogether. According to the NPR/Robert Wood Johnson/Harvard poll, 15 percent of people said they struggled to get the care they needed, and 58 percent said it was due to financial difficulty. Then, 19 percent of people said they did not refill a prescription because of the cost. Choosing to forgo care can cause more serious problems that put the person in medical distress, ultimately increasing financial hardship.

When people can't pay, healthcare providers often feel the pinch. It is difficult to maintain daily operations while feeling the pressure of cash flow complications. Unfortunately, hospitals seem to have little recourse for recouping their accounts receivable. And no provider wants to send their patient to collections, especially under stringent and changing regulations. This has motivated a growing number of hospitals to look for a way to help patients get the care they need, without sending their patients deep into debt.

Mercy, a non-profit health organization, sought to explore a more compassionate alternative to billing and collections. Together with Commerce Bank, they've established an innovative patient lending program that allows patients to resolve their balance with a zero-percent (0%) interest loan they can pay back overtime. They can also arrange for this before they receive care. "A zero-interest line of credit is not a product you find many places," says Bruce Fernandez, Mercy's director of treasury services. "But Commerce understood patient needs and developed a truly humanitarian solution that helps ease their minds and support their recovery." An increasing number of healthcare providers are employing options like

this, in addition to providing upfront cost information to help patients make more informed health and financial decisions.

Rethinking the traditional treat-first-pay-later model helps alleviate some of the pressure to pay large amounts right away. It allows patients to set up monthly payment plans to pay their medical bills, at a more budget-friendly rate. Gibson Area Hospital & Health Services is another provider that has taken advantage of the Health Services Financing (HSF®) program, offered by Commerce Bank. John Currier, Executive Director of Revenue Cycle at Gibson Area Hospital, says it has allowed them “to help people get out of debt when it comes to their health care bill.” By approaching healthcare financing in a different way, organizations like Mercy and Gibson Area Hospital are empowering patients to make informed decisions about their health and finances.

“It really is a stress relief for patients,” says Rob Schmitt, CEO of Gibson Area Hospital & Health Services. With the new approach, patients and providers can resolve financial matters and focus on what really matters: good health.

SAVE THE DATE
SEPT 19, 2017

**General Membership
Dinner & Meeting
D’Rowes
Columbia, MO**

- **6:30 Social**
- **7:00 Dinner,
Presentation and
2018 BCMS Election**

See invitation on page 7

**BCMSA
Meetings and Events**

September

Membership Luncheon
Monday, September 11, 2017
10 AM
at the home of Shelley Ravipudi
2317 Deer Creek Ct.

**19 10:15 AM Day on the Trail
Cycling/Lunch**
700 1st Street, Rocheport

October

**2 9 AM Gary Moreau
Mobility Worldwide**
503 East Nifong Blvd #186
MobilityWorldwide.org

**16 5:30 PM Board Meeting -
Daniel Boone Regional
Library**

**17 Ronald McDonald House
meal prep**



**BOONE COUNTY MEDICAL
SOCIETY ALLIANCE HOLIDAY
GREENERY PHILANTHROPIC
SALE**

Support the BCMS Alliance fundraising!

Share the holiday spirit with a hand delivered beautiful poinsettia from Kent’s Floral Gallery. Natural swags and wreaths also for sale.

We are taking orders now!

Please email Kathy Welsh at kjwelsh5@gmail.com or Leslie Meyer at meyerchica@gmail.com for details.

**Delivery week after Thanksgiving.
Proceeds support our philanthropic work!**

**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:

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 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 20, 2018. (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, 2017 to:**

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

Nominee's Name: _____
Years in Practice in Boone, Howard or Cooper Counties: _____
Your Name: _____
Your Phone Number: _____
Your Email Address: _____



OFFICIAL INVITATION MULation 2018

Please join us for the 20th annual MULation! This is an opportunity for medical students to learn about life in various specialties from local physicians.

When: Wednesday, January 17, 2018
6:30-7:15 PM – Cocktail Hour
7:15-9:00 PM – Round Table Discussions

Complimentary cocktails and appetizers provided.

Where: Peachtree Catering and Banquet Center, 120 E Nifong Blvd #10 Columbia, MO

Please **RSVP as soon as possible** to **mulation2018@gmail.com**.

Dress: Business Casual

**please indicate specialty*

Primary Care: Reviews & Updates

Saturday, October 7, 2017

Boone Hospital Center
1600 E. Broadway, Columbia, MO

BCMS is a financial contributor to this event so our members can attend at no charge.

7:15 - 7:55 *Registration and Continental Breakfast. Exhibits Open.*

7:55 - 8:00 *Welcome*

8:00 - 8:50 **CPD update** (Tareq Abu-Salah, MD)

8:55 - 9:45 **Pain Advocacy and the Elderly** (Bradford Noble, DO)

9:45 - 10:00 *Break*

10:00 - 10:45 **Emerging Applications in Neuromodulation** (Terry Ryan, MD)

10:50 - 11:35 **Dizziness Made Easy** (William Kinney, MD)

11:40 - 12:15 **General Surgery Concerns in the Primary Care Office**
(Anne Petersen, MD)

12:15 - 1:00 *Lunch and Exhibits*

1:00 - 1:40 **44 Years of Primary Care Dermatology - Lessons I Have Learned**
(James Roller, MD)

1:45 - 2:30 **Gastroenterology Update** (Donald Gerhardt, MD)

Please RSVP by **Monday, October 2** to Judy Feintuch at **573-815-3498** or **jfeintuc@bjc.org**, or register online at **www.boone.org/cme**

Boone Hospital Center is accredited by the Missouri State Medical Association to provide continuing medical education for physicians. Boone Hospital Center designates this live activity for a maximum of **6 AMA PRA Category 1 Credit™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.



David Barbe

David Barbe, M.D., from Mountain Grove, MO was sworn in in late June as the 172nd President of the American Medical Association. Dr. Barbe spent a day in March with the BCMS board and then presented our evening CME meeting for our general membership. Dr. Barbe will focus his tenure on

- Advancing AMA's strategy to improve health outcomes for Americans living with pre diabetes and hypertension
- Accelerate change in medical education and prepare students for today's health care system
- Enhance physician satisfaction and practice sustainability.

On November 3 at 11:00 Dr. Barbe will speak in the MU School of Medicine - Acuff Auditorium (or in that general vicinity)- about healthcare and financing. Make plans to attend this presentation.



Nicholas Golda

Allie Starks job shadowed **Nicholas Golda** during the Minorities in Medicine Outreach Week.



John Pardalos

On June 21, 2017 **John Pardalos**, Neonatology Division Director at MU Health Care took a team to the rural mountainous Kvemo Kartli region of the country of Georgia and will stay until July 17. This region of Georgia has one of the world's highest infant mortality rates due to physicians there lacking the expertise and equipment to care for healthy newborns with breathing difficulties They are working with ACTS (**Trish Blair**, President) as part of an ongoing project called Breathing Life into Georgian Babies.



Karen Edison

Karen Edison was recently elected to the American Dermatological Society.

Matthew Smith has been appointed as associate member of the Society of American Shoulder and Elbow Surgeons.

Patrice Delafontaine (Hugh E. and Sarah Stephenson Chair) addressed the 37th Annual Dialysis Conference in Long Beach, California and welcomed guests during the plenary session.



Debra Koivunen

Debra Koivunen received the Distinguished Service Award from MU School of Medicine and Medical Alumni Organization. Alumni Affairs Dean **Ted Groshong** was on hand to assist with the awards presentations.

Nathan Beckett, 3rd year medical student and Mizzou Medical Society member had the opportunity to recognize one of his patients and his family as teachers at the annual Legacy Teachers luncheons. Nathan met his legacy teacher (now 5 months old) during his child health clerkship at MU Women's and Children's Hospital in Columbia.

George Parkins thanks for sharing pictures on face book of your fabulous July trip to Helsinki, Stockholm. Makes us all want to go there.



Lisa Thomas

Lisa Thomas has been appointed as the new Medical Director for Missouri Physicians Health Program. Dr. Thomas graduated from MU School of Medicine where she completed a residency in Psychiatry followed by fellowships in Child/Adolescent and

Forensic Psychiatry. She also has a Master of Arts in Clinical Psychology from Washington University in St. Louis. Dr. Thomas has been on the board of BCMS and a Past President.

She has also moved up from being an MSMA Vice Councilor to a MSMA Councilor representing us in District 5.

WELCOME NEW MEMBERS TO BCMS

Tahir Rahman P



One Hospital Drive
Columbia, MO 65212

Sara Crowder GYN



1605 E. Broadway #260
Columbia, MO 65201

If you'd like to appear in our What's Up Doc feature, please email pictures or articles to BCMS at bcms@socket.net



TYPES OF MEMBERSHIP AND DUES FOR 2018 BCMS MEMBERS

The BCMS board will be increasing 2018 member's dues. This increase is the first of its kind for us in over 17 years.

BCMS has different types of membership--you may not be aware of some of these. BCMS is a component society under MSMA, therefore, you must belong to MSMA before you can become a member in BCMS.

Active: Limited to those MSMA and BCMS dues paying members who hold a license to practice as a physician or surgeon under the laws of the State of Missouri.

Honor: Active members who have reached advanced years, retired or become incapacitated and unable to continue their active practice of medicine.

Honorary: Individuals (do not have to be physicians) who have distinguished themselves by special investigational work or personal sacrifice in the cause of medicine.

Resident: Members of the Resident and Fellow section who are serving a full time postgraduate training program approved by the AMA or the AOA.

Student: Reside in Boone, Howard or Cooper Counties limited to members of the medical student section who are pursuing a course of study leading to the degree of Doctor of Medicine or Doctor of Osteopathy.

Associate: Health related professionals not provided for in other categories of membership who wish to become members of BCMS. They also must become members of MSMA before they are eligible to become BCMS members.

Dues for 2018 will be as follows:

Boone County Active	\$225.00
Boone County 3 rd yr practice	225.00
Boone County 2 nd year practice	112.50
Boone County 1 st year practice	56.25
Residents	None
Retired	None
Students	None
Associates	120.00

SEPTEMBER

9/03	W. Kirt Nichols
9/03	Juan Jose Pineda
9/07	David Pittman
9/07	Diane T. Brukardt
9/07	John Jarstad
9/08	Sanjeev D. Ravipudi
9/09	Tahir Rahman
9/12	Christine Franzese
9/13	Don J. Gibson
9/15	John W. Yarbro
9/17	Charles P. Bondurant
9/20	Cathy Jo Cody
9/27	Kari Martin
9/28	Robert P. Zitsch III
9/29	Frederick Fraunfelder

OCTOBER

10/01	James J. Sowash
10/04	Dana Schoenleber
10/04	Milamari Cunningham
10/07	John Baird
10/08	Stephen H. Weinstein
10/08	Michael J. Szewczyk
10/08	Maarten Nieuwenhuizen
10/11	Gilbert Ross
10/11	Peter Koopman
10/14	Paul Thompson
10/15	James Zaner
10/16	Kulangara Zacharias
10/19	David L. Brown MD
10/19	Laurie B. Fowler
10/19	Chris Martin
10/20	Robert M. Thomas
10/20	William Underwood
10/20	Jerry Murrell
10/21	Trisha A. Taylor
10/21	Janice L. Seabaugh
10/21	Jeffrey Huebner
10/27	Troy Dean Scheidt
10/27	Lee W. Trammell
10/31	Justin A Malone

BOONE COUNTY MEDICAL SOCIETY
Proposed Slate for 2018 Officers/Board

OFFICERS

PRESIDENT:	FREDERICK FRAUNFELDER – Incumbent
PRESIDENT ELECT:	JOSH HAMANN - Incumbent
SECRETARY/TREASURER:	Open

BOARD

JOHN PARDALOS	Incumbent
LARRY LAMPTON	Incumbent
ALAN HILLARD	Incumbent
AMY ZGUTA	Incumbent
LAINÉ YOUNG-WALKER	Incumbent
QUINN JOHNSON	New Anes with MU
TREY JAMES	New Hospitalist with BHC

RAGHAV GOVINDARAJAN - PAST PRESIDENT

2018 NOMINATING COMMITTEE CONSISTS OF:

BCMS officer/board along with Greg Renner, Ted Groshong, Lisa Thomas, General Membership Members

**Election will be held at the BCMS General Membership Meeting on
Tuesday, September 19, 2017 6:30 social, 7:00 dinner at D'Rowes and presentation
By Gary Nolan, 93.9 Eagle Radio Host, on Free Market Health Care**

**If you are unable to attend and wish to cast your ballot or comments prior to
September 19th, please email them to the BCMS office at bcms@socket.net.**

BOONE COUNTY MEDICAL SOCIETY
GENERAL MEMBERSHIP MEETING
AND 2018 ELECTION OF
OFFICERS/BOARD

Free Market Healthcare

By **Gary Nolan, Radio host**
93.9 The Eagle

Tuesday, September 19, 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 September 12, 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)

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

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