

Bulletin

JAN/FEB 2010

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY



- Legislative Priorities
- Annual Meeting
- Kathie J. Lyman Scholarship



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Bulletin

JAN/FEB 2010

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY

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ON COVER:

2010 President, Janie Hendricks, D.O., presents plaque to outgoing President, Robin W. Barnett, D.O.

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PCMS “LEGISLATIVE” BREAKFAST AT CAPITOL



Representative Rod Roberts with Janie Hendricks, D.O. in background.

The Polk County Medical Society met with over 50 Iowa Legislators on Wednesday, January 27th at the Iowa Capitol. On behalf of physicians and their patients, members of the Polk County Medical Society advocated with the leadership and individual members of the legislature opposing SP 153 and the ability for physician assistants to form corporations

with physicians, and SSB 3085 support nullification of the Board of Nursing rule expanding ARNPs scope of practice to include supervising fluoroscopy. The doctors also support continued funding for the Volunteer Physician Network ensuring continued patient access to specialty care. PCMS members advocated for our 2010 legislative priorities



L-R Senator Staci Appel discusses PCMS Legislative priorities with, Lenard Kerr, D.O., Clint Harris, M.D.

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“OBESITY”



Janie C. Hendricks, D.O.

In the medical community today there is a lot of discussion about health care costs and the cost of healthcare reform, I would like to suggest an alternate view. Perhaps as

physicians we should be addressing health rather than health care. If we could address preventive measures and therefore create healthier Americans, I suspect healthcare costs would plummet over time. Granted the immediate return on our investment would not be large, but over time billions of dollars could be saved.

Looking at just one area of healthcare: obesity, may demonstrate this point. According to the Centers for Disease Control and Prevention (CDC) obesity related conditions accounted for 10% of total annual medical expenses in 2008 or \$147 billion. Even a 20% reduction in the number of obese Americans would save billions of health care dollars yearly.

How large is the obesity epidemic in America? The National Health and Nutrition Examination Survey (N HANES) shows that 68% of US adults were overweight in 2007-2008. The obesity rate (BMI >30.0) rose from 13.4% to 33.8% over forty years. To paraphrase: most Americans are overweight and over 1/3 are obese. Some experts predict that at the present rate of weight gain, almost half of all adults in the United States would be considered obese by 2020. SHOCKING!

There is some good news in recent reports. Compared to the previous ten year period, the rate of increase in overweight and obese adults has slowed, but this is not good enough. We need to aggressively prevent obesity.

There are many presumed reasons for this obesity epidemic: increasing wealth and availability of food, food additives, and the proliferation of fast-food restaurants and jumbo sized portions of food just to name a few. We are also raising a society of inactive adults and children who consume many more calories than they burn.

What can we do to begin raising healthier and "lighter" Americans? Denmark has introduced legislation to tax trans-fats and sweets in addition to the tax on sodas they have already passed. There is no proof that this approach will work, but it is an interesting idea.

We have made huge strides in our battle against smoking with public health campaigns and education of our children. We need to increase our efforts to educate our children about nutrition, health, and exercise. The N HANES data suggest that already 17% of our school-age children are obese. There has been a move toward healthier school lunches and requiring physical education in school, but NOW IS THE TIME for a concentrated nationwide effort to prevent obesity and raise a healthier generation of Americans..

“KATHIE J. LYMAN”

Scholarship Fund First Recipients



Kathie J. Lyman presents 1st recipient from Des Moines University, Mackenzie (Mack) Worthington with Scholarship.

No I am certainly not retiring. Some of you may have wondered because after 20 years as your Executive Director, the Board established a Kathie J. Lyman scholarship fund for medical students recognizing my work with physicians and medical education. I am humbled by this honor.

Most of you know that my career has been working with doctors in Medical Staff and Medical Education. As the Administrator of Mercy Medical Education, I assisted in establishing the first medical student rotations with the medical students at Des Moines University, (formerly University of Osteopathic

Medicine and Health Sciences) in the early 70's. Over the years, along with the doctors and PCMS board, I have advocated for assistance with medical education costs. As the cost of medical education escalates this scholarship is timely and will provide support to medical students annually. One of the recipients will be from the University of Iowa Medical School and one from Des Moines University Osteopathic Medical School. The PCMS scholarship will provide the annual scholarship recipients with \$1,000 each. The awards will be presented at the annual meeting which will recognize the medical student's scholarly achievements and financial needs.



Gabriel Fierro-Fine
University of Iowa recipient

It was very exciting for me to present the first Kathie J. Lyman Scholarship award of \$1,000 at the PCMS Annual Meeting on January 13th to Mackenzie (Mack) Worthington, a first year medical student from Des Moines University Osteopathic Medical School. Mack is the oldest of five children, four currently in college and the first in the family to pursue a medical degree.

Mack grew up on a farm in Central Iowa where he learned science in his hands with many types of livestock and caring for animals. His grandfather's lung cancer moved him to learn more about the challenges in health care in the US and also around the world. During his under grad at Simpson Mack volunteered for medical missions while helping on the farm. He witnessed the health conditions in three countries. Mack wrote in his essay: "I quickly learned the consequences of not having clean or boiling water, unsanitary medical practices in medical facilities, and can still picture a woman in labor with the roof falling in the room she had, seeing the sky in a delivery room. In Africa they had several nursing home patients in one bed and an AIDS crisis. It was my first attempt at patient education and experiencing non compliance with cultural patients. These global experiences along with my family health battles, volunteering at Iowa Methodist, led me to want to be a doctor. Mack thanked the Polk

County Medical Society for this scholarship which will allow him to continue his medical education and achieve his goal to sustain quality medical care for the communities in Iowa".

The second scholarship was awarded to Gabriel Fierro-Fine, University of Iowa medical student. Gabriel is a second year medical student who grew up with little access to health care. That experience led him to want to become a doctor. He works in less desirable neighborhoods

to provide healthcare to the underserved. Seeing people denied basic healthcare due to income and language barriers has profoundly impacted his life. Gabriel this year was elected mayor by his peers at the Carver College of Medicine. He helped run a physician-medical student mentoring program for first and second year students to improve them both academically and professionally. He joined the Iowa National Guard Medical Corps to serve the Iowa community and also to provide healthcare to the men and women who put their lives on the line for our state and country. Mr. Fierro-Fine was unable to attend the PCMS Annual Meeting. However, he sent a letter of sincere thanks to the Polk County Medical Society physicians for their support and assistance with medical education for him and other students.

My sincere thanks to all of the doctors who contributed to the Kathie J. Lyman Scholarship Fund. Your support sent a clear message that PCMS doctors are grateful to the young professionals who chose medical education, and ensures support of future medical students.

You can still contribute to this worthwhile scholarship as PCMS builds the fund. Your contribution can make a difference in the life of a medical student. Donations for the Scholarship can be sent to the Polk County Medical Society, with checks made out to the Kathie J. Lyman Scholarship Fund (501c3). I thank you in advance for your support and again for this honor.

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Monica Hanson, M.D.

“Poems”

WINTER PRAYER

Lord, give me poetry
to find beauty
on this somber day.

For days, nature,
paralyzed and mute,
constantly dressed in gray,
proclaims nothing.

Today even the wind is silent
and the squirrels disappeared.

Lord, let me soon see:
a sun rise,
a sun set,
a rose bloom.
Amen.

I AM AFRAID *for the children of Haiti.*

Their small bodies,
others pull from the rubble,
are wounded, deprived.

Tears of pain and fear
wash their cherubic,
dark, dusty faces.

While their weary,
brown-moon eyes,
holding
inscrutable memories,
search
for awaited hope
of anyone
or anything familiar.

I AM AFRAID

*Where do I go now?
To whom do I now belong?*

*Please,
do not let me die.
Just this time,
do not leave,
or believe
that you have already
done your part.*

I AM AFRAID



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Robert Shires, M.D.

“Not What I Expected” PART THREE

I used to be a physician
A well-respected position
We're forced EMR
A keyboard sub par
I'm a data entry technician

The templates you use look so cool
Designed for an audit to fool
You check the box quick
To tell them they're sick
The laptop is now a health tool

Insurance must take lots of blame
Excuses to doctors so lame
It's all about dough
And making it grow
Their tactics performed without shame

A PA to me takes more time
To waiver from it like a crime
Pay me for the search
Not left in a lurch
Excuses to save every dime

Premiums rise much too fast
Coverage for sick may not last
Get rid of drug reps
Generics are best
A sample drawer thing of the past

Drug makers created a mess
Not willing to settle or less
Their retail price high
My patients do cry
To eat or take meds too much stress

My patients deserve better care
Decisions for health should be fair
Our Congress will fail
Any fairness derail
Just politics with all its hot air



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L-R Craig Mahoney, M.D., Senator Amanda Ragan, Terry Flander, D.O., Greg Recker, D.O., Representative Marcella Frevert, Janie Hendricks, D.O., Lenard Kerr, D.O.



L-R Janie Hendricks, D.O., Senator James Seymour



L-R Senator John Kibbie, Stephen Eckstat, D.O., Clint Harris, M.D.



L-R Greg Recker, D.O., Representative Janet Petersen, Janie Hendricks, D.O.

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CONGRATULATIONS

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Des Moines University



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Margaret H. Verhey, M.D.
Iowa Heart Center Medical Director

ANNUAL MEETING

& Installation of 2010 Officers

The Polk County Medical Society held their Annual Meeting on Wednesday, January 13th at the Des Moines Golf and Country Club. The 2010 PCMS officers were elected and installed.

Over 140 PCMS members, hospital administrators and guests were present as the 1st recipient of the

Kathie J. Lyman Scholarship was presented with his scholarship. Charles Wittmack, J.D., shared his funny and exciting experiences, of his 15 years of adventure from Everest to the English Channel along with fascinating slides.



L-R Margaret Verhey, M.D., and husband Doug Albaugh, Michael Witt, D.O., Terry Flander, D.O.



L-R Craig Mahoney, M.D. and wife Michelle



L-R Kathleen Massop, M.D., Douglas Massop, M.D.



L-R Marc Worthington, Mackenzie Worthington (first recipient of the KJL Scholarship), Cindy and Stephen Dengle (Des Moines University)



Charles Wittmack, J.D. giving his presentation



L-R Amar Nath, M.D. and wife Sandhya, George Kappos, M.D., Timothy Peterson, M.D.

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L-R Chris and Steven Harlan, M.D., Ravinder Agarwal, M.D.



L-R Lynn Struck, M.D., Susan Richards



John Clark, D.O.



L-R Louis Schneider, D.O., John Zittergruen, D.O. and wife Bonnie, Patricia Schneider



PCMS members talking with speaker, Charles Wittmack, J.D.



L-R: Carl Meyer, M.D., Vicky Hertko,



**David Drake, D.O., M. Claire Cumbie-Drake,
Anila Khan, D.O.**



L-R: Margie Koslow, Victoria Eckstat, Stephen Eckstat, D.O., Alan Koslow, M.D.

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Speaker, Charles Wittmack, J.D.



L-R: Bruce Reese, Kathie Lyman, Kelly Reed, D.O.



L-R: Dennis Walter, M.D., Terry Van Oort, M.D.

Polk County Medical Society

“Legislative Report”

January/February 2010



John Cacciatore



Justin Hupfer

The 2010 session of the Iowa Legislature convened on January 11, 2010. The Governor and the Legislature are facing the worst national economic downturn since the Great Depression of the 1930's. The 2010 session will focus on budget issues. Democrats control the Governor's office and the Legislature (House has 56 Democrats to 44 Republicans and the Senate has 32 Democrats to 18 Republicans).

Iowa faces a \$500 million - \$1 billion budget gap in FY2011 according to the Legislative Services Agency and the Department of Management. This means authorized or anticipated expenditures exceed projected revenues within this range in the coming fiscal year. Gov. Culver ordered a 10% across the board budget cut in October totaling approximately \$565 million in budget cuts for the current fiscal year, FY2010, to keep pace with falling revenues.

Of particular interest to the members of the Polk County Medical Society, the Department of Human Services has reduced Medicaid reimbursement rates to physicians by 5% as

part of their need to achieve a 10% cut across the department.

The Governor released his FY11 budget proposal on January 27th. Overall, it is a status quo budget, maintaining funding levels at the FY10 levels after the across the board cut. There are a few exceptions. The Governor fully funds Medicaid. Due to the phasing out of the federal stimulus money, the state's Medicaid share will increase by \$122 million. The Governor is proposing a \$180.8 million increase in Medicaid to cover the loss of federal stimulus dollars and expected increase in utilization.

Despite a challenging state budget, PCMS is pursuing full funding of its work to support the Volunteer Physician Network. Current funding is \$137,387. Actual cost is \$176,500. PCMS is providing in-kind services totaling \$39,113. PCMS is seeking full funding from the Legislature at \$176,500.

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Congratulations to Richard Demming, M.D., who received the Health Promotions Award of Merit from the American Cancer Society for contributions to Health Promotions in the Midwest Division, Iowa Region.



Congratulations to James Kimball, M.D., who received Osceola's Community Service Award. Dr. Kimball also serves on the Osceola City Council, as well as the County Economic Development Corporation board.



Congratulations to Anadeep Kumar, M.D., who was appointed as the Iowa State Physician Liaison to the American Association of Neuromuscular & Electro diagnostic Medicine.

LEGISLATIVE REPORT

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Sen. Jack Hatch and Rep. Mark Smith continue their work to reform Iowa's health care system and increase affordable access to health care services for Iowans. The centerpiece of this year's proposal will expand health care access for adult Iowans to Iowa Cares beyond Broadlawns Hospital in Polk County and University Hospital in Iowa City. Subcommittee work on SF 2092 began February 1st.

SF 153, allows physician assistants, nurse practitioners and others to form limited liability companies. PCMS, the Iowa Medical Society and others are opposed to the bill. As a result of work in the subcommittee and committee process, the nurse practitioners are no longer in the bill. PCMS will continue to monitor this legislation.

PCMS is supporting the Iowa Society of Anesthesiologists and the Iowa Medical Society's efforts to protect patients by defining the scope of practice for Chronic Interventional Pain Management and the use of fluoroscopy. The Board of Nursing approved an administrative rule allowing Advanced Registered Nurse Practitioners (ARNPs) to supervise the use of fluoroscopy in conducting Chronic Interventional Pain Management. No other state allows ARNPs to supervise fluoroscopy and very few permit it with a specified level of training and physician oversight. The rule makes Iowa an outlier and PCMS's concern is for patient safety.

Volunteer Physician Network 2009 Donated Care

Thanks to the PCMS specialists who provided over 1000 free Specialty Care referrals from the 59 Free Clinics in Iowa.

You, by your volunteerism, saved the State of Iowa over ***\$1,886,765.61** by providing free specialty care when needed to these uninsured through the VPN program.

Thanks to a grant from Prairie Meadows, interpretive services were provided to VPN patients when needed.

Thanks to our partnership with Des Moines hospitals, the VPN patients received inpatient hospitalization when needed.

The health care providers in Central Iowa through their care and compassion allow patients to have access to quality care and an opportunity for a healthier life.

****Financial statistics from: Specialty offices and Des Moines Hospitals***

Yearly total includes only one visit per patient; it does not include multiple visit dollar amounts. (Majority of patients are seen minimum of 3 up to 12 times a year)



Calling all “YOUNG” Physicians

The Young Physicians Program through the Polk County Medical Society is a group dedicated to enriching the lives of members both professionally and socially. Our emphasis is on physicians in their first six years of practice.

Throughout the year, our plan is to hold events to help you feel more settled into your work life and community life. We would like to offer meetings regarding professional issues relating

to starting practice. Do you know how to negotiate a contract effectively? Do you know how to manage financial statements, balance sheets, and human resources in an efficient way? We'd like to assist in adding familiarity to these processes through workshops.

How about professional networking? Do you find yourself referring patients to other specialists at the suggestion of members who

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Michael and Judy Quinn

Dennis and Stacie Fry

Dan and Donna Schroeder

James and Vera Gallagher

Jeannine Schulze

Bonnie and Don Green

Tess Young

Ed and Vicki Hertko

John and Bonnie Zittergruen

The above have contributed to the Polk County Medical Society Alliance Holiday Sharing Card. The funds received will go toward our health promotion project - pediatric care through Free Medical Clinics. The PCMSA thanks you for your support in making a difference in the lives of many children in the Des Moines area.

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L-R Robert Lee, M.D., Representative Linda Miller, Terry Flander, D.O.



L-R Representative Mark Smith, Terry Flander, D.O.



L-R Philip Colletier, M.D., Rep. Mike May



L-R Senator Swati Dandekar, Ravinder Agarwal, M.D.



**L-R Representative Bruce Hunter, Lenard Kerr, D.O.,
Stephen Eckstat, D.O.**

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LR- Andrew C. Steffensmeier M.D., Teresa La Masters, M.D., Susan Suh, Joe Bantz, Foster Group; and Donny Suh, M.D.

have been in practice for some time? Would you like to meet others trained during the time you were in training that practice in the area? We will provide an opportunity to get to know others who may be going through the same "growing pains" as you.

Equally important to physicians at the beginning of their careers is personal growth and development. Would you like to know more about the communities in which you work or live? What recreational activities are available? What can you do with a significant other? What can your children do? Are there any volunteer activities available? We plan to invite community leaders in to introduce their communities to you. We also plan on providing some opportunities to socialize with each other, including significant others and children at times.

Are you ready for the challenges of managing a new income? Could you use some suggestions on setting financial priorities and how to evaluate your investment options? How about some help with financing a home purchase? What do you need to know about your credit score? We'd also like to provide an opportunity for you to interact with experts in these fields.

Getting involved is easy. Just attend events as they are announced. You can find us on Facebook by searching for Polk County Young Physicians. A webpage will be coming as well. If your interest goes beyond attending and you'd like to be involved in organizing a meeting or have a good idea for a topic you'd like to see us address, please contact Nicci at PCMS 288-0172 or email at pcms@pcms.org.

By: Andrew Steffensmeier, M.D.

MARCH BIRTHDAYS

1	Robert J. Casper, M.D. Kirk K. Peterson, M.D. John G. Piper, M.D. Carole R. Rodemyer, M.D.	13	Alan L. Braun, M.D. Liberato A. Iannone, M.D. Scott A. Meyer, M.D. Michael J. Quinn, M.D. Jeffrey D. Stahl, M.D.	23	Siva P. Jagarlapudi, M.D.
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L-R Representative Jerry Kearns, Representative Ralph Watts, Ravinder Agarwal, M.D., Stephen Eckstat, D.O.



L-R Alan Koslow, M.D., Representative Curt Hanson



L-R Janie Hendricks, D.O., Senator Brad Zaun, Clint Harris, M.D.



L-R Representative Ralph Watts, Robert Lee, M.D.



L-R Representative Jack Drake, Ravinder Agarwal, M.D.

APRIL BIRTHDAYS

1

Steven A. Aviles, M.D.
Neil R. Horning, M.D.
Michael T. Pruchnicki, M.D.
Ellen B. Roose, M.D.

2

Kendall Reed, D.O.
Angela E. Sandre, D.O.

3

Amerlon L. Enriquez, M.D.
Richard D. Wells, M.D.

4

David K. Jones, M.D.
Konstantinos P. Lekkas, M.D.

5

Jose R. Borromeo, M.D.
Tracy L. Ekhardt, M.D.
Allen R. Kaufman, M.D.

6

Colin Kavanagh, D.O.

9

Richard S. Bratkiewicz, M.D.

10

John C. Heffernan, M.D.
David E. Swieskowski, M.D.

11

Jerry Lehr, D.O.
Stacey S. Roberts, M.D.

12

Craig A. Stevens, M.D.

13

Ronald K. Grooters, M.D.
Clint Rozycki, M.D.

14

Rodney R. Carlson, M.D.
Steven R. Craig, M.D.

15

Ethel F. Faust, M.D.

16

Scott Paulsen, M.D.
Anna G. Sagebiel, D.O.

17

Michael W. Agey, D.O.
Samir Y. Alabsi, M.D.
Eric G. Garner, M.D.
John P. Palecek, M.D.
Tamra Richardson, D.O.

18

Thomas E. Becker, M.D.
Nargis Naheed, M.D.

19

Lynn M. Nelson, M.D.
Sara L. Schutte, D.O.

20

Ari Auron, M.D.

21

Geethanjali Bandla, M.D.
John R. Gambill, M.D.
Robert S. Shires, M.D.
Jon G. Van Roekel, M.D.

22

Donald L. Burrows, M.D.
William M. Jagiello, D.O.

23

Christopher R. Spinelli, D.O.

24

Kelli C. Green, M.D.
Robert D. Rondinelli, M.D.
Michael J. Versackas, M.D.

25

James L. Gallagher, M.D.
Richard H. Marcus, M.D.

26

Karen Kienker, M.D.
Marla Onishi, M.D.
David A. Vittetoe, M.D.

27

Steven J. Bailin, M.D.
John C. Jabour, M.D.
James P. Lovell, D.O.
S. Rani Makkapati, D.O.
Gerard A. Matysik, D.O.
James G. Piros, M.D.
John G. Sweetman, M.D.

28

John Houghton, D.O.
Randall D. Miller, D.O.

29

William W. Chase, M.D.
Ryan P. Melcher, M.D.
Jason M. Reynolds, M.D.

30

Harvey A. Giller, D.O.
Lester J. Yen, M.D.

2010 Calendar of Events

EXECUTIVE COUNCIL MEETING
the third Tuesday of each month
in the PCMS Boardroom at 5:30 PM

January 19th

February 16th

March 16th

April 20th

May 18th

*No scheduled meetings for June, July or
August*

September 21st

October 19th

November 16th

December 21st

LEGISLATIVE BREAKFAST
Wednesday, Jan 27th
7:30 a.m. to 9:00 a.m.
State Capitol Legislative Dining
Room

AMA ADVOCACY MEETING
March 1-3, 2010
Washington, D.C.

CIVIC CENTER EVENT JERSEY BOYS
Friday, July 23rd
7:30 p.m.

WASHINGTON D.C. FLY-IN
September 14th & 15th (tentative)

PCMS 2010 TRIPS

Australian Splendors Down Under
January 5-23

Asian Explorations Luxury Cruise
March 24-April 9

Egypt & Israel Cradle of History
Luxury Cruise
May 1-14

Scandinavian & Russian Splendors
Luxury Cruise
June 15-30

Jewels of the Mediterranean &
Greek Isles Luxury Cruise
October 23-November 3



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