

NOV/DEC 2011

Bulletin

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY



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Bulletin

NOV/DEC 2011

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY

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Cover Photo: PCMS Golf Outing, Kendall Reed, D.O. Putting

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*Merry Christmas
Happy Holidays
Happy New Year*

*From the
Polk County
Medical Society
Staff*

Taylor Kathie Nicki Julie

“Advocacy” Our Voice



John Zittergruen, D.O.

These past years that I have been on the PCMS Board, I have learned a great deal about being a political advocate for my profession.

It was always easier to let the “other guy” represent me, but in today’s political environment it is mandatory that all physicians take the lead and make their opinions known.

We are facing significant cuts in Medicare reimbursements again this year, with a purposed 29% cut unless another “patch” can be worked out before the end of the year. That is only a temporary fix for a growing problem. This is a problem that is forcing some physicians to stop taking Medicare patients.

What can we do? We can become advocates by taking the time to call or email our Congressmen. It will only take a few minutes and the contact information is on the PCMS website or our staff can get you the phone numbers and email addresses. Also, you need to get involved locally by taking some

time out of your busy schedules to join us at the State Capitol for the PCMS Legislative Breakfast on Wednesday, January 18th. The State Representatives turned out in droves last year and at times there were not enough physicians to present our views and concerns. The Legislators want to hear directly from physicians how their legislation affects doctors and patients in Iowa.

Lastly, we need to support our state lobbyists who do a great job for us at the local level by coordinating, organizing, and directing lobbying efforts on the behalf of the PCMS and our members.

It has been my pleasure to serve you as President of PCMS this year. I plan to remain an active advocate for PCMS. Please join me in voicing your concerns and views about our profession.



Congratulations to Robin Barnett, D.O., who was installed as President-Elect at the Iowa Academy of Family Physicians Annual Meeting on November 18th.



Congratulations to Thomas Evans, M.D., who received the 2011 AAFP Degree Recipient award at the Iowa Academy of Family Physicians Annual Meeting on November 18.



Congratulations to James Kimball, M.D., who received the Lifetime Achievement Award at the Iowa Academy of Family Physicians Annual Meeting November 18. He was also featured in the **Des Moines Register** on November 22 for winning a walk-on part for the play *Wicked* at the Civic Center.



Congratulations to Alan Koslow, M.D., who was featured in **Cityview** on October 20-26 for his commitment to helping others across the globe.



Congratulations to Rob Lee, M.D., who was installed as the AAFP Delegate at the Iowa Academy of Family Physicians Annual Meeting on November 18th.

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“Giving Back,”



Kaaren R. Olesen, D.O., MHA

As the holiday season approaches, we receive many reminders about giving to those less fortunate than us -- charitable donations

before the end of the year; gifts of food, clothing, and toys for needy families; dropping loose change in the ubiquitous red buckets of the Salvation Army. Do we really need to wait for a particular time of year to be compelled to give to those members of our community who are in need? As physicians we have an unique opportunity to reach out to these people all year long.

One way to give back is through Polk County Medical Society's Volunteer Physician Network (VPN). From July 1, 2010 through June 30, 2011 VPN providers saw almost 1,000 patients across all specialties for a donation of \$4 million in care, which also included lab tests, imaging, hospital stays, not just physician fees. Wow! The need of our Des Moines community is great. So how can you help?

Here's how it works. You call Nicci or her staff at Polk County Medical Society and tell her you want to be a part of the VPN. She will send you a patient referral as the need arises. Specialty Care Referrals are made on a rotating basis. The staff understands that the need is great but available physician time may be small. You can accept as many or as few referrals as you wish. Once you evaluate the patient and determine the need for further tests or procedures, another phone call is made to Nicci and her staff. They will work with the patient to fill out the necessary financial aid forms. Once approved, the additional tests or procedures are obtained through the participating hospitals, Mercy and Iowa Methodist. If you, as a clinician, have an affiliation with a particular health system, then the staff will accommodate your preference. The staff also can arrange for interpretive services for office visits, if needed, and assist with scheduling follow-up appointments. It is really quite easy to include these patients into your practice and better the health of the community as a whole.

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Congratulations to Whitney Molis, M.D., who was featured in the **Des Moines Register** on November 29 for beginning a food allergy desensitization program in Des Moines which is one of only five nationwide that offers treatment as therapy.



Congratulations to Dawn Schissel, M.D., who was installed as the Secretary-Treasurer at the Iowa Academy of Family Physicians Annual Meeting on November 18th.



Congratulations to Ross Valone, D.O., who was featured in the **Des Moines Register** on November 12 for pledging to put his fee for delivering babies on 11/11/11 in a bank account in the child's name.

FEATURE ARTICLE

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Who are the faces of these patients that need our assistance? Let me give you some examples from my practice: an American working married mother who couldn't afford health care and needed contraception and treatment for heavy menses; a woman with a uterus that weighed 5 pounds and 7 ounces at the time of her hysterectomy. "Why did she wait so long?" asked the OR staff. She couldn't access the health care system without insurance and proper documentation. No she wasn't a US citizen, but she lived here in our community, and needed our help. Maybe now that she is in better health, she can be a more productive

member of our community. Then there's the woman with severe prolapse that prevented her from working as a housekeeper. She benefitted from pelvic floor reconstruction. I told the medical equipment representative about her situation, and his company donated the mesh that was used, so the hospital didn't have to write off the cost of his product.

There are lots of ways to help, and people and companies willing to assist if they are only asked and made aware of the opportunity. Now, isn't it time to call Nicci and tell her you'll help a member of our community?

Polk County Doctors Providing Global “Humanitarian Acts”

Ismael M. Naanep, M.D.

In the month of February of the preceding two years 2 Polk County Medical Society members, doctors Praveen Prasad, M.D. and Ismael Naanep, M.D. have each traveled in opposite directions half way around the globe---Dr Prasad via the Atlantic route to India to join a medical mission group from Detroit and then meeting up with Dr Naanep in Manila, the Philippines who traveled via the Pacific route---to volunteer their surgical services in medical missions with the University of the Philippines Medical Alumni Society in America (UPMASA). Although Dr Naanep has been a volunteer for the past 7 years, this article covers the last 2 missions with Dr Prasad in February 2010 in the town of Siaton, Negros Oriental and in February 2011 in the towns of Alaminos and Bani, Pangasinan.

The Philippine archipelago is comprised of more than 7,000 islands, with many inaccessible except by airplane or boat, followed by a long bus ride. The mission group is made of UPMASA members along with other medical volunteers from the U.S. and Ugnayan ng Pahinungod (UNP), medical volunteers from the Philippine General Hospital which is the major teaching hospital of the University of the Philippines College of Medicine. The mission site is picked by representatives of UPMASA and UNP who visit remote towns throughout the archipelago among the many whose inhabitants have little or no access to health care. Preoperative screening of surgical patients is done prior to

the mission's arrival. Volunteers from the U.S. are responsible for their own travel expenses. Board and lodging during the mission are free or at a nominal cost depending on the type of accommodation. Funding for the mission itself are from fund raising dinners, donations from friends and alumni of the university, Handog Ngiti (Gift of Smile), Resources For the Blind, Catholic Medical Mission Board, Bausch & Lomb, Unilab Inc., Mercury Drugs and the Philippines Department of Health.

14-19 February 2010 Medical Mission, Siaton, Negros Oriental

We flew to Dumaguete City, the capital of Negros Oriental Province which is about an hour from Manila. From Dumaguete it took us about another hour by bus to Siaton, a coastal town whose inhabitants' main livelihood is fishing and farming. Drs. Prasad and Naanep were billeted in a home owned by an ISU graduate school alumnus (Go Cyclones), Fred Vande Vusse, who owns Embalming Solutions, Inc. Fred came to Negros Oriental to teach chemistry at Siliman University in Dumaguete, married a local woman and, with his background in chemistry, started his embalming business which supplies all of the embalming solution for the whole island of Negros. He is also a good cook and surprised us with his culinary expertise by supplying us with fresh yogurt and freshly baked bread every morning.



Surgical Venue and Statistics

Siaton has a small 25 bed district hospital for uncomplicated obstetrical, pediatric and medical patients. Only minor surgeries are done at the hospital. We converted two rooms into functional major operating rooms and supplied each room with portable anesthesia machines. Likewise, another room was converted in an operating room for minor surgery requiring major anesthesia. The lights went out during major surgery several times the first two days; fortunately, we were forewarned of "brownouts" occurring in previous missions so we had brought headlights to deal with power outages and surgery proceeded without interruption.

A. Major Operating Room Cases

1. Thyroidectomies: 46
2. Hernia/Hydrocele Repairs: 17
3. Abdominal/Vaginal Hysterectomies: 7

4. Cleft Lip Repairs: 14
5. Pterygium Excisions: 23
6. Cataracts with Lens Implants: 40
7. Colostomy Closure: 1
8. Modified Radical Mastectomy: 1
9. Minor Surgeries Under General Anesthesia: 9
10. Others (Unclassified): 5

B. Outpatient Minor Surgeries (Local Anesthesia): 212

Grand Total: 377

Surgical and Dental Statistics

Grand total of 3,065.

13-18 February 2011 Medical Mission, Alaminos/Bani, Pangasinan

From Manila we were driven 6 hours to the towns of Alaminos and Bani in the province of Pangasinan, passing through verdant rice fields

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“PCMS 2012”

Candidates For Office

In accordance with the Bylaws of the Polk County Medical Society, the **Nominating Committee** presents the following Slate of Officers for 2012:



PRESIDENT - Lynn M. Nelson, M.D.

Lynn M. Nelson, M.D., specializes in Orthopaedic Spine Surgery at Des Moines Orthopaedic Surgeons, P.C., 6001 Westown Parkway, West Des Moines. He has been a member of PCMS since 1994 and a Councilor since 2009.



PRESIDENT-ELECT - Philip J. Colletier, M.D.

Philip J. Colletier, M.D., specializes in Radiation Oncology at Mercy Therapeutic Radiology Associates, 411 Laurel Street, Suite C100, Des Moines. He has been a member of PCMS since 1998 and a Councilor since 2005.



SECRETARY-TREASURER - Dennis M. Fry, M.D.

Dennis M. Fry, M.D., specializes in Vascular Surgery at Iowa Clinic Vascular Surgery, 5950 University Ave., Suite 231, West Des Moines. He has been a member since 2002 and a Councilor since 2007.



COUNCILOR – Joel A. From, M.D.

Joel A. From, M.D., specializes in Cardiology at Iowa Heart Center, 411 Laurel St., Suite A250, Des Moines. He has been a member of PCMS since 1988.



COUNCILOR – Steve Cahalan, M.D.

Steve Cahalan, M.D., specializes in surgery at Mercy Surgical Affiliates, 411 Laurel St., Suite 2100, Des Moines. He has been a member since 1990.



COUNCILOR - Larry Severidt, M.D.

Larry Severidt, M.D., specializes in Family Medicine at Broadlawns Medical Center, 1801 Hickman Road, Des Moines. He has been a member since 2005.



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“1st Annual Golf Outing”



L-R: Donny Suh M.D., Duane Pineda, John Zittergruen, D.O., Craig Mahoney, M.D., Kathie J. Lyman, Scott Raridon, & Kevin Lowary

“I can honestly say that this year’s 1st golf outing was a success.” Thanks to all who participated in the Polk County Medical Society golfing event at Des Moines Golf and Country Club, it was great fun. The 50 golfers said they would be back next year as it was a fun opportunity to play golf with colleagues.

As for 2012, the Polk County Medical Society is planning the 2nd Annual golf outing. The

date and location will be announced, so plan to attend.

On behalf of the board and staff of the Polk County Medical Society, thank you again. We look forward to seeing you at our next event.

John H. Zittergruen, President
Polk County Medical Society

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L-R: Peter Wirtz, M.D., Gary Gately, Robert Brooks, Ph.D. , & Mike Badeaux



L-R: Kurt Klise, M.D., Julie Klise, Tammy Lair, & Bradley Lair, M.D.



L-R: Luis Castagnini, M.D., Michael Line, Joe Reed, & Joseph Hwang, M.D.



1st PCMS Golf Outing



L-R: Kevin Ward, Scott Meyer, M.D.,
Donny Suh, M.D., & Kyle Galles, M.D.



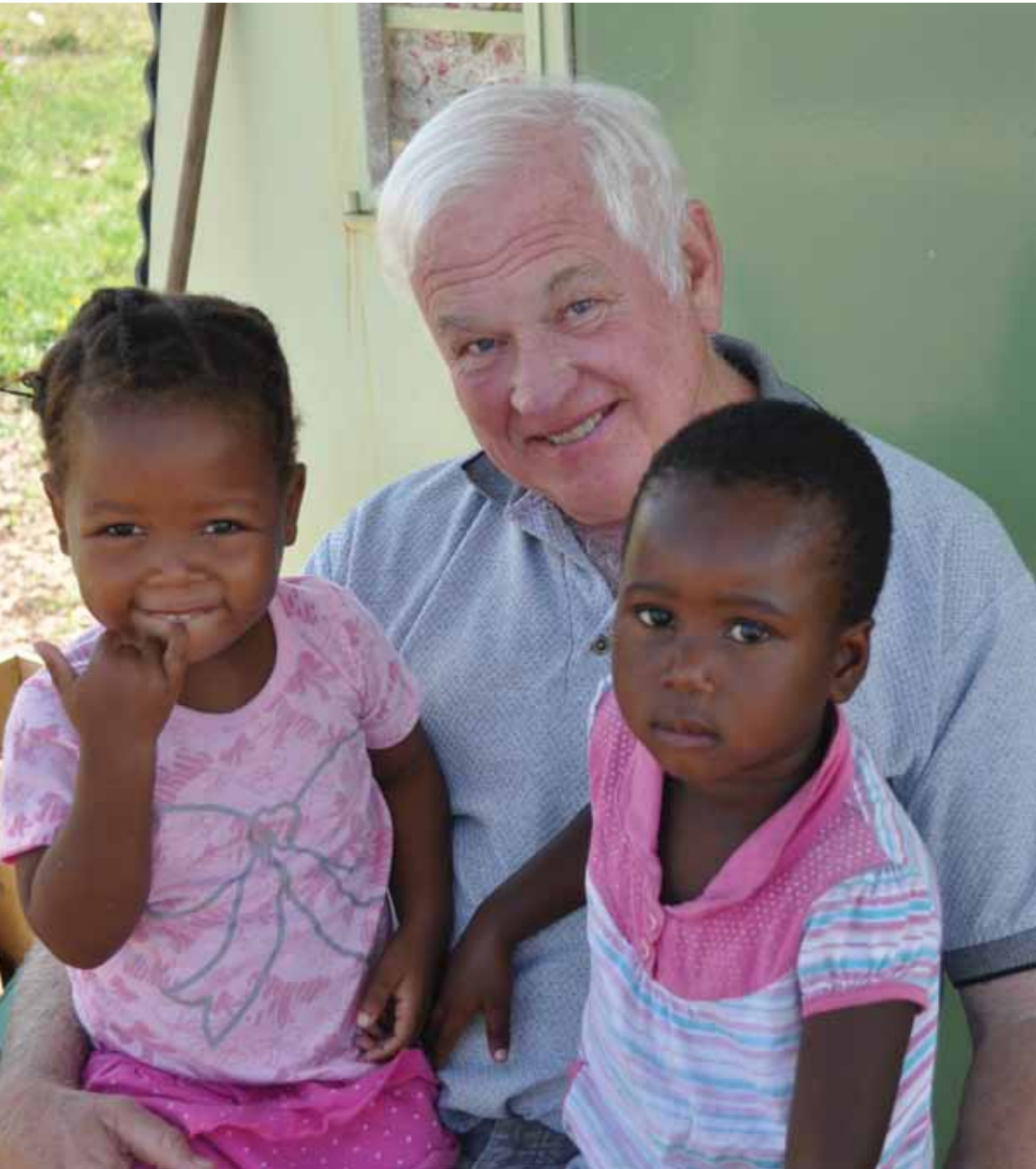
L-R: Larry Baker, D.O., & Lori Baker



Theresa LaMasters, M.D.

“Life Changing,”

Jim Blessman, M.D.



Nearly 20 years ago I felt the importance of giving back to my community and started a Free Medical Clinic in the Polk City Methodist Church. Over the years, that has grown into a network of over 20 free clinics in churches and community buildings throughout Iowa, under the name of Free Clinics of Iowa.

Ten years ago I retired from my successful occupational medicine and pain medicine practice at Mercy Hospital and committed my life to full time work as a medical missionary. As I look back on the last 10 years I would not have missed this part of my life for anything. The blessings I have received doing this work have exceeded my wildest expectations.

The first few years I traveled the world visiting over 70 countries conducting suitcase medical clinics. After doing this for a while I became discouraged about the quality of medical care we were delivering and stopped participating. About seven years ago I visited South Africa for the first time and fell in love with it. My wife and I then made a conscious decision to focus our efforts in Limpopo, South Africa. As most of you know, the country has more patients dying from AIDS than anywhere else in the world. This has left nearly 2 million orphans in this beautiful land. Most of the orphans are cared for by their grannies but many of them suffer just to exist.

Through our organization, Blessman Ministries, we host optical clinics giving the children eye exams and a new pair of glasses. Over the last five years we have distributed over 27,000 pairs of glasses. We are also feeding over 2,000 children every day in partnership with

programs like Meals from the Heartland. We are also starting small businesses to employ African nationals. We know that if we create jobs we will be providing a long term sustainable environment.

Our partnership with Des Moines University and University of Limpopo, has given us the opportunity to provide training for American medical students, giving them a chance to make an impact in the world.

Through all of this we continue to care for and love the people of South Africa. I encourage you to find ways you can make an impact. It will be life changing.





Amspaugh, Beth M., M.D.

Education: University of Wisconsin School of Medicine, Madison, WI
Master of Arts, International Relations, Yale University
Residency: Indiana University, Ophthalmology, Indianapolis, IN
Specialty: Ophthalmology

Dr. Amspaugh currently practices at Physicians Eye Clinic, 2101 Westown Parkway, West Des Moines, IA



Bansal, Rahul, M.D.

Education: University College of Medical Sciences, New Delhi, India
Residency: Wayne State University-Psychiatry, Detroit, MI
Specialty: Psychiatry

Dr. Bansal currently practices at Mercy Behavioral Health, 1750 48th Street, Suite 2, Des Moines, IA.



Beltroy, Eduardo, M.D.

Education: Universidad Peruana Cayetano, Lima, Peru
Residency: SUNY-Pediatrics, Brooklyn, NY
Specialty: Pediatrics

Dr. Beltroy currently practices at Blank Children's Hospital, 1200 Pleasant Street, Des Moines, IA.



Fustino, Nicholas, M.D.

Education: University of Massachusetts Medical School, Worcester, MA
Residency: Eastern Virginia Med School-Pediatrics, Norfolk, VA
Specialty: Pediatrics

Dr. Fustino currently practices at Blank Children's Hospital, 1200 Pleasant Street Des Moines, IA.



Groen, Amy M., D.O.

Education: Des Moines University, Des Moines, IA
Specialty: Pediatrics

Dr. Groen currently practices at Blank Children's Hospital, 1200 Pleasant Street, Des Moines, IA.



Nakarawat Weeraworn, M.D.

Education: Chulalongkorn University, Bangkok, Thailand

Residency: St. Louis University-Neurology, St. Louis, MO

Specialty: Neurology

Dr. Nakarawat currently practices at Methodist Plaza Specialty, 1221 Pleasant Street, Suite 300, Des Moines, IA.

FEATURE ARTICLE

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and plantations of towering coconut trees. Both towns are located at the central and westernmost part of the island of Luzon and face the South China Sea. Owing to its location the towns were heavily devastated by a recent powerful typhoon from which the towns were slowly rebuilding when we arrived. Alaminos was home to a district hospital so that the surgeons were assigned there while the medical/dental personnel were assigned to the town of Bani where the outpatient clinic was set up.

A. Major Operating Room Cases (Alaminos)

1. Hydrocele Repair: 5
2. Hemorrhoidectomies: 5
3. Abdominal Hysterectomies: 4
4. Exploratory Laparotomy for chronic ectopic pregnancy: 1
5. Appendectomy: 1
6. C- Section: 1
7. Large Superficial Tumor Excisions: 4
8. Cholecystectomies: 5
9. Cataract Extractions with Lens Implant: 51.
10. Excision of Pterygium: 24
11. ENT: 5
12. Cleft Lip Repairs: 8
13. Herniorrhaphies: 26

14. Thyroidectomies: 27

15. Parotid/Neck Tumor Excisions: 9

B. Outpatient Minor Surgeries (Local Anesthesia):
218

Grand Total: 393

Medical, Surgical and Dental Statistics

Grand Total of 4067

The last evening was reserved for a farewell dinner, acknowledgement and speeches of appreciation by the towns' officials and entertainment provided by school children. The next mission in February 2012 will be in Talisay, Cebu. The UPMASA Medical Mission may be viewed on Youtube as "UPMASA Medical Mission 2010 md.mov".

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