



Establishing a High Probability of SUCCESS



Delivering *life* Wealth planning services including fee only portfolio management, retirement planning, estate & charitable giving strategies, risk management & education funding.

For more information or to schedule a private consultation, please contact our office at **515.226.9000** or **800.798.1012** or visit our website at www.fostergrp.com



1001 Grand Avenue West Des Moines, IA 50265

Phone	800	798.1012
	515	226.9000
Fax	515	224.4970

Foster Group's (the advisor) marketing material should (1) not be construed by any existing or prospective client as a guarantee that they will experience a certain level of results if they engage or continue to engage the advisor's services; (2) it should not be construed as a current or past endorsement of the advisor by any of its clients; and (3) lists or rankings published by magazines and other sources are generally based exclusively on information prepared and submitted by the recognized advisor.

Official Publication of the Polk County Medical Society

VOLUME 83 No. 2

Des Moines, Iowa Mar/Apr 2011

2011
EXECUTIVE COUNCIL

OFFICERS

John H. Zittergruen, D.O. President Lynn M. Nelson, M.D. President-Elect Philip J. Colletier, M.D. Secretary-Treasurer

COUNCILORS

Ravinder K. Agarwal, M.D. Mark A. Barnhill, D.O. Tracey Ekhardt, M.D. Dennis M. Fry, M.D. Nancy J. Kane, M.D. Kendall Reed, D.O. Louis E. Schneider, D.O. Donny W. Suh, M.D.

PAST PRESIDENT

Janie C. Hendricks, D.O. EDITORIAL BOARD EDITOR

Steven R. Eckstat, D.O. MANAGING EDITOR

Kathie J. Lyman

Disclaimer: The author's views do not necessarily reflect the official policies of the Polk County Medical Society. Products and services advertised in the Bulletin are neither endorsed nor guaranteed by the Polk County Medical Society.

Bulletin MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY

Inside This Issue

Feature Articles

Legislative Breakfast at Capital	
My Other Career - Dr. Wayne Belling, D.O.	9
Legislative Report - PCMS Lobbyists	12
PCMS 2011 Legislative Priorities	13
New Zealand Earthquake - Megan Flatt	14
PCMS D.C. Advocacy	19
Disaster and Devastation	20
Chronic Conditions - Carlos Alarcon, M.D.	

Monthly Articles

President's Message	5
Executive Director's Message	7
Doctors in the News	11
VPN	23
New Members	27
May Birthdays	32
June Birthdays	34

Cover Photo Taken by Wayne Belling, D.O.: Cinque Terre, Italy: Rustic Riviera

Articles and editorial inquiries should be directed to:

Editor, PCMS Bulletin 1520 High Street Des Moines, IA 50309

515-288-0172 http://www.pcms.org e-mail: kjlyman@pcms.org

Publication design and layout by LCS for more information visit www.lymancs.com.

Legislative Breakfast,

The Polk County Medical Society met with over 60 lowa Legislators on Wednesday, January 26th at the lowa 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 on our 2011 legislative priorities



L-R: Jennifer Groos, M.D. and Senator Joe Bolkcom



Representative Linda Upmeyer



L-R: PCMS President John H. Zittergruen, D.O. and Senator Wally Horn

Today's Economy Affects Our Health



John Zittergruen, D.O.

New Year, new goals, and hopefully a new plan to improve our economy. I have noticed in my practice that over the past couple years I

have had a significant increase in stress related health issues; depression, anxiety, ulcers, migraines, significant weight gain and/or weight loss, heart attacks, strokes, and increased alcohol and drug use. A recent study found that 40% of the population eats too much and 33% have skipped a meal due to worrying. I personally think the numbers are higher, and why not? Today's families live everyday with the fear of losing their jobs, health care, and homes. Long time employees find themselves laid off, small businesses can't make it, retirees need to go back to work to pay their supplemental insurance costs and prescription drug plans, and college graduates can't find jobs. A recent study said that 65% of college graduates move back in with their parents because of their debt and unemployment.

Also the "sandwich generation" finds themselves pulled in two directions. They are helping their parents and children. On top of that, the cost of food, gasoline, almost everything continues to climb. Even if a family is financially comfortable, it only takes one major medical crisis to deplete their savings. Worrying is our #1 stress.

There is not much we personally can do to fix the economy except to "vote" for representatives that we feel can make a positive change. But we are still left with the health issues these stresses have brought on to our patients. As physicians, we diagnosis and treat the symptoms, but today we need to emphasize prevention. We need to take more time in the examine room to not only ask the right questions, but to listen carefully to the answers. To help our patients deal with the stress issues we need to recommend exercise, meditation, counseling, eating healthier, and suggesting short term goals rather than long term goals. Ironically, the #1 excuse our patients use is, "I don't have time".

We can't solve the economic problems so we need to help our patients deal with stress. They need to find the time to help lower their stress level so their health will not be compromised. After all, worrying is just a waste of time, and they need to live each day to the fullest.



MINDY MYERS PHOTOGRAPHY

Distinctive

FLORAL DESIGN & CREATION

Creative

EVENT DESIGN, PLANNING & COORDINATION

Selective

FINE LINENS & PARTY RENTALS

■ DiVine Flowers by Saley

PARK AVENUE EVENTS STUDIO
5104 PARK AVENUE
DES MOINES, IOWA 50321 Call 515.288.5451
WWW.DIVINEFLOWERSBYSALEY.COM

Natural Disasters



Kathie J. Lyman

On 2/22/11 as we went about our normal lives in Central lowa a destructive 6.3 earthquake struck Christchurch and the surrounding areas in New

Zealand, leaving death, destruction and homelessness. The world watched in horror as rescue workers searched for survivors while families throughout the world waited anxiously for word on their loved ones. One of our family friends was in Christchurch to finish her last semester of law school as part of an exchange program, alone in her room when the earthquake struck. She has graciously agreed to share her experience of living through the disastrous earthquake on page14 of this Bulletin

On 3/11/11 back to our daily routines, we learned the breaking news that a 9.1 earthquake struck the Fukushima region of Japan wrenching the earth, leaving death and destruction behind. No sooner had we absorbed that news when we learned that in the quake's aftermath a horrifying tsunami with a forceful wall of waves from the Pacific's floor, moving at tremendous speed, was unleashing its destruction on Japan's coastal cities sweeping away people, and towns before the world's eyes. Explosions at 3 nuclear plants that supply a 3rd of Japan's power were unstable leaking radiation, causing the government to order citizens within the area

to seal them indoors to avoid exposure. Today Japan is still trying to contain the radiation from the two facilities affected by the tsunami. The healing for the people, and the reconstruction on their lives, cities and homes, will take many years for them to recover from this catastrophe and challenging natural disaster. Pictures from Japans disaster are featured on page 20 in this issue of the Bulletin.



Japan tsunami 68,231 Houses Damaged and 4,648 Houses Destroyed

Practice Opportunities

At ACUTE CARE, INC. (ACI) we offer practice opportunities in more than 70 low-to-moderate volume facilities throughout the midwest. We are committed to providing the best in emergency medicine and offer our providers:

- Flexible Scheduling
- License Reimbursement
- Referral Bonus Incentive
- **Full-time Benefits**
- Sign On Bonus

To Learn More **About Our**

SIGN ON BONUS

Call Us At 800.729.7813

Call today to learn more about how you can earn up to \$3,000 by referring a qualified colleague!

ACUTE CARE

PO Box 4130 | Des Moines, Iowa 50333 | 800.729.7813 | www.acutecare.com

Dermatology Practice for Sale

A Board Certified Dermatologist practice is available in sunny Mississippi. The solo dermatologist is retiring from a wonderful practice. If interested, please contact Louise Hebron at 515-961-3562.



L Broadlawns
Medical Center

Primary Care, Pediatrics, Women's Health, Senior Health, Mental Health, Specialty Clinics and General Surgery.

1801 Hickman Road, Des Moines 515 282 2331

broadlawns.org |

My Other Career,



Wayne Belling, D.O.

I've had the pleasure of enjoying p h o t o g r a p h y all my life. My father has been a photographer since high school. My earliest contact was

doing photo lab duties for my allowance. In elementary school I took the wet prints to the drying racks after they had gone through the "dip-and-dunk" tanks for color prints or that took exposed paper through all the stages including drying, automatically. What advancement!!

By that time, I was in high school I was taking my own photographs. I did my 1st photography "professionally" for hire during the summers in high school (over 30 years ago now!!). I was the photographer at a week-long summer camp for horse riders. Each week I'd drive out to Guthrie Center's Bar-L Ranch and photograph the 20-30 camp attendees on



out of the rinse tanks for black and whites. Later, I made the black and whites for high school yearbook glossies. As lab equipment advanced and color photography became routine, I printed wedding images and sent them through the "dry-to-dry" processor their horse. On Saturday I'd sell the images to the parents when the kids went home. During the week, I'd process the film, select the best negative, print a package of pictures and get my "sales box" ready for Saturday. It took me

continued on page 16



$T_{rust}^{{\scriptscriptstyle Bankers}}$

Wealth Management Group Private Banking

BankersTrust.com

NOT FDIC-INSURED

No bank guarantee

Your financial future starts here

At Bankers Trust we provide expert, comprehensive financial and investment planning, private banking, retirement plan services to help you reach your financial goals. We are proud to be part of this community.

Call us today so we can be a partner in your journey to financial success.

(515) 245-2939

DOCTORS IN THE NEWS



Congratulations to Robert Hoyt, M.D., who was featured in the **Des Moines Register** Health Section February 9 for performing a new procedure for patients who have atrial fibrillation. Cryoablation is a catheter approach to treatment that freezes tissue in the heart chamber, thus repairing the irregular heartbeat.



Congratulations to Jody Jenner, President and CEO of Broadlawns, who was featured on the cover of and in the Business Record March 4 for the completion of Broadlawns first phase of renovation.



Congratulations to Whitney Molis, M.D., who was featured in the **Des Moines Register** February 27 for her investigation and assistance on food allergy research and learned of a largely unpublicized allergy desensitization program introducing minute doses of the allergy-causing food in a solution over a period of months to assist with treatment of a Mitchellville patient.



Congratulations to Larry Severidt, M.D., who was named lowa Academy of Family Physicians Medical Educator of the Year by providing outstanding quality in family practice education.



Congratulations to Ross Valone, D.O., who was featured in the **Des Moines Register** February 23 for placing his fee for delivering babies on 11-11-11 into an account at a local bank for each child delivered. The child will collect the money after turning 21.

Polk County Medical Society Legislative Report > > January/February 2011



John Cacciatore



Justin Hupfer, J.D.

The 2011 session of the Iowa Legislature convened on January 10, 2011. The makeup of the Legislature is decidedly different from the previous four years. Republicans control the Governor's office with the election of Governor Terry Branstad. The Republican Party controls the House with 60 Republicans and 40 Democrats. The Democrats control the Senate by a razor thin margin of 26 – 24.

The legislative session is scheduled to end by April 29th, the 110th day of the session. Every 10 years, the Legislature goes through a process to redistrict state legislative and Congressional district lines. The process is non-partisan. The complicated and political nature of redistricting could cause the Legislature to stay in session longer or come back for a special session to conclude the redistricting process.

Gov. Branstad introduced his Budget and Program on January 27, 2011. As of January 26th, FY2011 General Fund revenues were 7.2% higher than FY2010 revenues, according to the Legislative Fiscal Agency. Due to the federal government's stimulus efforts, the Governor

and Legislature have to replace approximately \$770 million in one-time revenues.

Of particular interest to the members of the Polk County Medical Society, Gov. Branstad's Medicaid budget proposal fully replaces the temporary federal financial support with state revenues. Medicaid provider reimbursement rates are maintained at current levels.

The Volunteer Health Care Provider Program administered by PCMS has been a resounding success. The VHCPP provided 1748 Specialty Care referrals for lowans in 2010. PCMS is asking for continued and increased funding to meet the growing demand for these services.

PCMS is pursuing legislation to recognize the continuum of care in the Volunteer Health Care Provider Program. SF 131 and HF 203 indemnify hospitals when physicians are providing free care to their patients in hospital facilities. The lowa Medical Society and the lowa Hospital Association are supporting this legislation.

PCMS is supporting the Certificate of Merit

LEGISLATIVE REPORT

legislation – HSB 26 that requires a plaintiff to certify with a medical expert and other information that a malpractice claim against a physician has merit.

There are a number of efforts by non-medical providers to expand their scope of practice into areas of medicine. Particularly noteworthy are the following:

- Legislation allowing an Advanced Registered Nurse Practitioner (ARNP) to sign a death certificate – HSB 25 and SSB 1039. PCMS has joined with other medical provider organizations to oppose this legislation since a diagnosis as to cause and time of death is required.
- An effort by Naturopathic Practitioners to be recognized as licensed by the

- Board of Medicine SSB 1066. Many medical organizations, including PCMS, are opposed to this legislation since the science regarding naturopathic practice has not been determined to be medicine.
- Lay midwives are seeking to have a separate licensing board – SSB 1066. Patient safety is a primary mission of PCMS and the state officially sanctioning a practice that many consider unsafe is a concern. PCMS and other medical provider organizations oppose an effort to license a practice many consider to be unsafe.

We will keep you updated as the legislators move forward with the bills affecting the practice of medicine.

PCMS 2011 LEGISLATIVE PRIORITIES

Support

- The Volunteer Physician Network (VPN) language is a bill to provide hospital indemnification when VPN specialist treats a patient in their institution (indemnification is already provided in physician offices).
- · Maintain Medicaid provider rates
- Certificate of merit (help ensure malpractice lawsuits aren't frivolous)
- Privacy protection for mental health records in court cases
- · Healthy Kids Act funding
- Improvements to state IT efforts, especially Medicaid system overhaul

Monitor

- · Conscious sedation reimbursement
- Graduated drivers licenses
- Medical marijuana
- Superfund related to tort reform

Oppose

- Efforts to expand scope of practice by non-physicians that threaten patient safety and encroach on a physician's ability to safely treat patients.
- Pharmacists' ability to immunize without physician direction



New Zealand Eastaquake



Centered only 6 Kilometers Below Earth Surface



Evacuees in line to board the RNZAF cargo plane for Wellington



Megan Flatt

As a Des Moines native and a University of Florida law student I was so looking forward to completing my last semester of law school in beautiful New Zealand. However, February 22nd at 12:51pm

everything over me, under me, and around me began shaking violently; the building I was in moved in directions I never knew were possible. 20 very long seconds later it slowed, then stopped, but I was already halfway outside in a nerve-wrecked panic. 24 hours later, I was on a '68 Royal New Zealand Air Force cargo plane called "Hercules," Red Cross registration in hand, and sitting on a seat made of red straps. We were evacuated to Wellington, a small city on the North Island of New Zealand, a place that certainly was not on my travel itinerary.

The devastating 6.3 earthquake that terrorized Christchurch and surrounding areas will forever stand as one of the scariest experiences of my life, yet I consider myself more fortunate than so many others. The magnitude of the Christchurch earthquake may not seem all that great, especially on the Richter Scale that just read 9.1 in Japan. However, as more information emerges it becomes evident that the massive devastation suffered by the Christchurch residents was greater than many first understood. The earthquake claimed the lives of over 180 people, and the number

FEATURE ARTICLE

escalates as search teams continue to sort through the rubble. Nearly a month later, aftershocks are still an almost daily occurrence. Roads are littered with incredible cracks and huge rifts, and are completely impassible in many parts of the city. Christchurch's iconic cathedral was ravaged, the Hotel Grand Chancellor stands at a threatening angle awaiting imminent demolition, multiple cars have been flattened by fallen storefronts, and home after home has been reduced to brick piles.

The catastrophic nature of the damage has an interesting explanation. Apparently, the earthquake caused a trampoline-like effect in the layers of the earth. The layers bounced apart, then came crashing back together, like when you jump against the bounce on a trampoline and stop abruptly. That, paired with the fact that the earthquake centered only 6 kilometers below the earth's surface, made for about the perfect storm, causing the type of damage seen across this poor city.

As for the city itself, so many buildings in the central business district (the "CBD") are now red stickered. Red means no entry, no recovery, demolition, and watch out for falling rubble. Yellow stickers claim many more building; yellow means no entry for now, hopeful recovery, but watch out for the building next door falling in on this one. Few buildings in the CBD are green-stickered. And even those business owners celebrating their green sticker are likely afflicted by their building being in the "Red Zone," and are out of luck (i.e., revenue) for months. Some business owners are being granted a 30-minute allowance to enter with a security team and engineer so they may retrieve essential documents or items. Employees who left their family photos, personal belongings, and familiar workstations have not yet been granted the same luxury. Many will never return to their old office, some by choice and some by compulsion. For my roommates and I, our building will not be accessible for many months, if ever, as it dons a yellow sticker in the heart of the Red Zone, the most devastated and dangerous area of the CBD, and is surrounded by fallen

and falling neighboring structures. The much more concerning aspect of such news is that our apartment building overlooked the vibrant Sol Square, the Christchurch 20-something's lifeblood, home to a variety of unique and lively bars and restaurants. According to the local newspaper, Sol Square is unlikely to be back in business for 6 to 8 months.

Aside from the physical wreckage, the emotional toll on the residents here is massive. In a place where, according to the locals, there is only 2 degrees of separation between everyone, it's hard to find someone who hasn't known or is related to someone who has been drastically, or even fatally, affected. Children, spouses, parents, siblings and friends lost. And of course, some of those lost were the foreign exchange students caught in the CTV Building. Foreign



Photo depicting commonly seen damage to buildings and cars thoughout the city

continued on page 21

continued from page 9



about 20 hours a week and I made more than my classmates did working full time flipping burgers in fast food jobs. I always enjoyed the sales, marketing and business side of photography.

The summer after I graduated from high school; I photographed a wedding for the 1st time. I was paid in crumpled one dollar bills and the bride and groom were already separated by the time the pictures were ready. The couple's order was \$27 and the total "haul" for the wedding was like \$50!! By the 3rd wedding I made over \$1000 and was off and running!!

I photographed mainly weddings throughout undergraduate college. My poses and

techniques advanced and I began to see my skills develop but, \$50k+ in debt and half way through medical school is no place to waver on career choices!!

I continued to advance in wedding photography to the point where I had the highest scoring Wedding Album in the State. In 1990 I received my 1st "Merit" in professional competition. Annually the professional photographers of each state enter their best 4 images and are judged. on competition (usually regional or national level) gets you one merit. By 1994, I'd gotten enough merits to get my Master's Degree from the Professional Photographers of America. At the same awards ceremony my father received his Master's Degree. My mother had received



FEATURE ARTICLE



hers earlier and my younger brother would receive his later, making our family the most decorated photography family in the country. We each received our Craftsman Degree as well for lecturing to the profession. My father, brother and I are Certified Professional Photographers as well after passing a board exam. 1994 was a full year for me medically as I finished my Family Practice Residency that year too.

I moved into more family and children portraiture as well as landscape photography. With capabilities of digital photography we can adjust things in infinitely many ways and innumerable layers. I had to learn the digital photography world.

In 1994 I was awarded the lowa "Photographer of the Year". I had to compete against the Master's. I had a 2nd and 3rd place year and

in 2006, I had the second highest cumulative score EVER in the state of lowa and was named lowa's "Master Photographer of the Year". An Imaging Excellence award is given as a lifetime achievement award to photographers and I was the 3rd photographer in lowa to be so honored.

I hope you enjoy my photos in this **Bulletin**. I will have a future article on tips you can use on a practical basis to improve your photography.

Please check out our website at www.BGalleria.com and "like" us on Facebook at B Galleria or Wayne Belling.

PCMS LEGISLATIVE BREAKFAST

continued from page 4



L-R: State Representative John Wittneben, Senator Steve Sodders and Robert Shires, M.D.



L-R: PCMS president John H. Zittergruen, D.O., and Representative Bruce Hunter



L-R: Phillip Colletier, M.D. and Representative Dwayne Alons



L-R: Robert Lee, M.D advocating with Senator Jack Hatch



L-R: PCMS president John H. Zittergruen, D.O., and Senator Brad Zaun

PCMS Advocates in Washington



L-R: Robert Lee, M.D. talking with Representative Tom Latham

Senator Charles Grassley listening to PCMS advocacy issues

Polk County Medical Society member, Robert Lee, M.D., who is also President-Elect of the lowa Medical Society, and Kathie Lyman, Executive Director attended the AMA National Advocacy Conference, in Washington, D.C. in February. We met with the lowa Congressional Delegation to advocate on behalf of doctors and their patients on necessary legislation to fix Medicare payments along with other key issues.

Our lowa Congressmen do support physicians and their patients and understand the need for a permanent Medicare fix for physicians. However, we were told that not much would happen in Washington until the Budget was finalized. The PCMS will continue to advocate on behalf of our members and their patients and keep you informed on health related bills and issues.

Senator Harkin Supports Volunteer Free Clinics



Pictured (left to right): Dr. Kendall Reed, Des Moines Unviersity; Dr. Steve Eckstat, FCI Board President and Medical Director, Nathan Palmolea, Senator Tom Harkin, Jeff Dumermuth,

Mara Marie Groom, Steve Dengle, FCI Board Treasurer, Wendy Gray, Executive Director FIC, and Dr. Larry Severidt

Senator Tom Harkin met with Free Clinics of lowa representatives and discussed the plight of the uninsured. Senator Harkin is a great supporter of providing access to underserved lowans through the Free Clinics of Iowa and the Polk County Medical Society Volunteer Physician Network (VPN) program that provides specialist to patients in need.

DISASTER AND DEVASTATION IN JAPAN

continued from page 7

The horror and devastation of the loss of lives and the destruction of towns can never truly be depicted in these few photographs of the natural disaster that struck the island of Japan on 3/11/11.



The Japan Earthquake and Tsunami has caused \$309 billion in Damages



10,000 Casualties and over 13,000 Confirmed Missing

FEATURE ARTICLE

continued from page 15

exchange students just like myself. Easily the clearest mark of my luck and blessings has come through the realization that for our group of American law students to switch buildings with the Japanese media students would be to switch fates, to switch life for death, and for our families, thanksgiving for grief. My classmates and I are truly so lucky.

Roughly 70,000 people have fled Christchurch. Some will choose not to return, some have no home to return to, and some are with friends and family in a place where the ground still earns its trust. Thousands of students have also been forced to leave, but fortunately other New Zealand universities have opened their doors and classrooms so school can continue. The University of Canterbury campus, where I was on the day of the quake, is now reopened, but the facilities are quite limited.

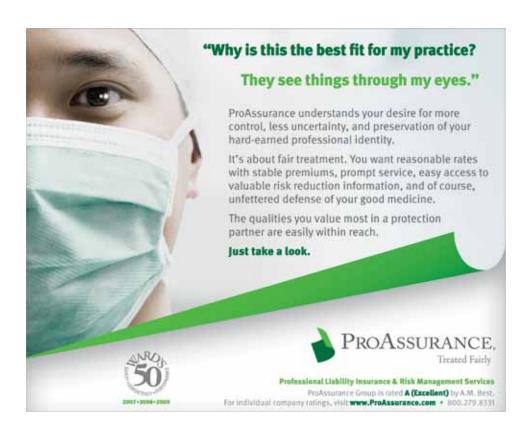
For me, graduation from UF Law will now come in August instead of May, my belongings will

remain in an apartment in which I spent too little time, and my original group of peers will be much missed as they slowly take off for home and other adventures. It's hard to complain when I'm still with great company, accommodated by Kiwis of the most generous and kind variety, and am able to continue to explore this fantastically gorgeous country. As for the Christchurch residents, they will continue to be shaken by aftershocks, but their resolve surely won't falter. Volunteer efforts by the Canterbury Student Army, the Farmy Army, and of course, the Red Cross, will continue to help clean up liquefaction and even less pleasant accumulations around the city, and the demo teams will be working around the clock. And soon, these people, who have the most incredible strength and courage, will rebuild their city, homes, and spirit.

PS. A 5.1M, 5 kilometer deep, aftershock occurred as I was typing this piece, just another evening in Christchurch.



A church under reconstruction after the September earthquake is again destroyed.





FEATURING: One and two bedroom apartments, Memory Care, Respite

Rent includes: 3 restaurant style meals, housekeeping, laundry and 24/7 awake staff (Other services available: medication management, bathing, dressing and mobility assistance.)

Located at 608 S. 15th Street, Indianola, Iowa Call now for more information: 515-961-8900

Polk County Medical Society Volunteer Physician Network receives



PARTY DATE OF THE CHARGE SECTION DESCRIPTION DESCRIPTI

Prairie Meadows Board Members present Grant check to Polk County Medical Society Staff for VPN interpretive services. L-R: Andrea McGuire M.D., John Smith, Dr. Mary Chapman, Taylor Sheehey, Juliet Bascom, Nicci Dean, Kathie Lyman, and Linda Grandquist

The Polk County Medical Society Volunteer Physician Network received a \$10,000 grant from Prairie Meadows Racetrack and Casino Board Members through the 2010 Community Betterment Grant Program. Grant funds will allow the VPN to continue providing interpretive services for patients referred to the VPN specialty care program by

the free clinics. "We are extremely pleased to have received funding from Prairie Meadows for this much needed service," said Kathie J. Lyman, Executive Director. "These funds will help ensure that the PCMS specialist giving the free care will be able to communicate effectively with the patient.

Self Management, for Chronic Conditions



Carlos Alarcon, M.D.

lowa's aging population will increase exponentially as baby boomers reach retirement age over the next several

years. As individuals live longer, developing a chronic condition are more of a certainty than a hypothetical. More than ever, a focus on bridging the relationship gap between patients and their physicians is crucial in maximizing quality of life. Patients will rely more on their physicians to better self-manage their conditions; physicians, therefore, will be relying more on their time to provide tools and resources for patient self-management.

Physicians are afforded little time with their patients, especially when volume is high. It is vital for providers to be educated on the resources and tools to enable patients to actively self-manage their health.

The Chronic Care Model is one tool that enables physicans to lead practices and care teams to become more responsible for patient outcomes, while also making patients more responsible for their own health. The Chronic Care Model includes six essential elements of a health care system that when integrated encourage high-quality chronic disease care:

- Community resources
- Health system
- Self-management support
- Delivery system design
- Decision support
- Clinical information systems

Self-management is a trend that is increasing in both in demand and popularity. Patient self-management is one must-pass element for recognition of the Physician Practice Connections Patient-Centered Medical Home (a health care setting that facilitates partnerships between individual patients, and their personal physicians) by the National Commission on Quality Assurance. Physicians and key clinical staff are leading medical teams to coordinate care for optimal patient outcomes. Adults have traditionally relied solely on their physician for health care and education. Self-management is transforming this antiquated concept. Nonphysicians, such as clinical health coaches, help carry this burden, while also putting more emphasis on patient accountability.

FEATURE ARTICLE

The health care reform law under the Affordable Care Act has generated several programs based on promising models for improving care for people with chronic conditions, and include the following: The Medicare Community-Based Care Transitions Program, incentives to reduce, Medicare hospital readmissions, the Medicare Independence at Home demonstration, Patient-Centered Medical Home models in Medicare and Medicaid, and Community Health Teams to support Medical Homes, regardless of payor.

Pilot models of the Patient-Centered Medical Home are being demonstrated at private clinics, public hospitals, federally qualified health centers, locally and across the country. When successful, patient outcomes are favorable and cost savings are optimal.

For information on the Chronic Care Model and its impact on health care, see the following links:

- http://www.improvingchroniccare.org/files/ CCM_Toolkit_508.pdf
- http://www.ahrq.gov/populations/ businessstrategies/busstrat6.htm
- http://mercyclinicsdesmoines.org/Quality/ GPJ_149756_EP.PDF

The Iowa Healthy Links - Better Choices, Better Health Program is an evidence-based program designed to enable adults with chronic health conditions learn how to deal with difficult emotions and become an active self-manager. The six-week program covers goal setting, nutrition, exercising, managing medications, and managing chronic pain.

The Iowa *Healthy* Links - Better Choices, Better Health Program is modeled after Stanford University's Chronic Disease Self-Management Program (CDSMP). CDSMP was designed to be implemented from state to local levels. Implemented in 47 states and 25 countries, this evidence-based program has been proven effective at baseline, six month, and one year evaluations.

Physicians are encouraged to refer patients who would be appropriate for this program by contacting the Polk County Health Department, where the program is housed. Although the Polk County Health Department provides many primary and preventive health services, such as immunizations, physicals, and sexual health screenings, the organization recognizes that support programs can ameliorate chronic conditions that require education and support, rather than exclusive medical intervention. Referring patients to the Better Choices, Better Health Program will empower patients to live a healthier life. For more information on the Better Choices, Better Health Program, visit www. iowahealthylinks.org

Physicians can now provide support beyond the exam room. Models like the Patient-Centered Medical Home, encouragement of patient self-management of conditions, physician leadership of medical teams, and the Affordable Care Act shaping new programs that support several promising models for management of chronic conditions allow for care beyond the physician visit. These are anticipated to demonstrate positive patient outcomes and decrease healthcare costs.

corporate décor+more





As a design build interior design firm, Corporate Decor + More has all the experience, skills, subcontractors, and passion to complete your home or office project.

Call us today to set up your design consultation!

west glen towncenter
5545 mills civic parkway #100
west des moines, ia 50266
[t] 515.223.5800

cd+m



Ang, Leybie, M.D.

Education: University of Calgary, Calgary, Alberta, Canada Residency: Baystate Children's Hospital – Pediatrics, Springfield, MA

Specialty: Pediatric Emergency Medicine

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



Bacon, Elizabeth A., D.O.

Education: Des Moines University COM, Des Moines, IA

Residency: Blank Children's Hospital – Pediatrics, Des Moines, IA

Specialty: Pediatrics

Dr. Bacon currently practices at Blank Childrens Pulmonology Clinic, 1212 Pleasant Street, Suite 204, Des Moines, IA.



Butera, Frank, D.O.

Education: University of New England, Biddeford, ME Residency: UMDNJ School of Med.-Orthopaedic Surgery, Stratford, NJ

Specialty: Orthopaedic Surgery

Dr. Butera currently practices at Broadlawns Medical Center, 1801 Hickman Road, Des Moines, IA.



Castagnini, Luis A., M.D.

Education: Universidad Peruana Cayetano, Heredia, Lima, Peru Residency: Miami Children's Hospital-Pediatrics, Miami, FL

Specialty: Pediatrics

Dr. Castagnini currently practices at Blank Children's Infectious Diseases Clinic, 1212 Pleasant Street, Suite 300, Des Moines, IA.



Dhadphale, Ketan, M.D.

Specialty: Psychiatry

Dr. Dhadphale currently practices at Broadlawns Medical Center, 1801 Hickman Road, Des Moines, IA.



Edu, Ganiu, M.D.

Education: University of Illinois, Chicago, IL

Residency: Medical College of WI- Anesthesiology, Milwaukee, WI

Specialty: Anesthesiology

Dr. Edu currently practices at Medical Center Anesthesiologists, 411

Laurel St. Ste. 3170, Des Moines, IA



Evans, Margaret A., D.O.

Education: Des Moines University - University of Osteopathic Medicine & Health Sciences, Des Moines, IA Specialty: Family Medicine

Dr. Evans currently practices at Mercy Clinics Long Term Care Services,



Feltz, Stephen M., M.D.

Education: University of Iowa College of Medicine

95 University Avenue, Suite 8, Des Moines, IA.

Specialty: Obstetrics & Gynecology

Dr. Feltz currently practices at Ob/Gyn Associates, P.C., 330 Laurel Street, Suite 1100, Des Moines, IA.



Figueroa, Jose, D.O.

Education: Des Moines University - University of Osteopathic Medicine &

Health Sciences, Des Moines, IA

Specialty: Physical Medicine & Rehabilitation

Dr. Figueroa currently practices at Des Moines University, 3200 Grand Avenue, Des Moines, IA.



Holland, Sarah, D.O.

Education: Des Moines University, Des Moines, IA

Residency: Blank Children's Hospital – Pediatrics, Des Moines, IA

Specialty: Pediatrics

Dr. Holland currently practices at Blank Childrens Hospital, 1200 Pleasant Street, Des Moines, IA.



Jasper, Jill M., M.D.

Education: University of Iowa Carver College of Medicine, Iowa City, IA Residency: Texas Children's Hospital/Baylor COM – Pediatrics, Houston, TX Specialty: Pediatric Emergency Medicine

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



Karas, Chris, M.D.

Education: The Ohio State University COM, Columbus, OH Residency: The Ohio State-Neurological Surgery, Columbus, OH

Specialty: Neurological Surgery

Dr. Karas currently practices at Mercy Brain & Spine Center, 1111 6th Ave STE. B1, Des Moines, IA.



Matson, Christopher, D.O.

Education: Des Moines University, Des Moines, IA

Residency: Mercy Family Medicine - Family Medicine, Des Moines, IA

Specialty: Family Medicine

Dr. Matson currently practices at Broadlawns Medical Center, 1801 Hickman Road, Des Moines, IA.



Paczkowsi, Karen, M.D.

Education: Medical College of Pennsylvania, Philadelphia, PA Residency: Geisinger Medical Center-Internal Medicine, Danville, PA

Specialty: Internal Medicine

Dr. Paczkowski currently practices at Iowa Clinic, 1810 SW White Birchcircle, Ste. 111, Ankeny, IA



Paszek, John, M.D.

Education: University of Iowa Carver College of Medicine, Iowa City, IA Residency: Nat'l Capital Consortium- Anesthesiology, Bethesda, MD

Specialty: Anesthesiology

Dr. Paszek currently practices at Medical Center Anesthesiologists, 411 Laurel St. Ste. 3170, Des Moines, IA



Pille, Marianka O., M.D.

Education: Baylor College of Medicine, Houston, TX

Residency: Baylor College of Medicine – Pediatrics, Houston, TX

Specialty: Pediatrics

Dr. Pille currently practices at Blank Childrens Hospital, 1212 Pleasant Street, Suite 300, Des Moines, IA.



Ramsey, Justin, M.D.

Education: University of Kansas School of Medicine, Kansas City, MO Residency: Kansas University – Physical Medicine/Rehabilitation,

Wyandotte, KS

Specialty: Physical Medicine & Rehab

Dr. Ramsey currently practices at Blank Children's Physical Medicine & Rehabilitation Clinic, 1212 Pleasant Street, Suite 300, Des Moines, IA.



Shriver, Amy, M.D.

Education: University of Iowa Carver College of Medicine, Iowa City, IA

Residency: University of Colorado – Pediatrics, Aurora, CO

Specialty: Pediatrics

Dr. Shriver currently practices at Blank Children's Hospital, 1212 Pleasant Street, Suite 300, Des Moines, IA.



Sohn, Steven, M.D.

Education: University of Iowa College of Medicine

Specialty: Family Practice

Dr. Sohn currently practices at Mercy Family Care-Perry, 616 10th Street,

Perry, IA.



Sullivan, Daniel J, D.O.

Education: University of Osteopathic Medicine and Health Sciences

Specialty: Internal Medicine

Dr. Sullivan currently practices at Methodist Plaza Internal Medicine, 1221 Pleasant Street STE. 200, Des Moines, IA.



Svensson, Charles H, M.D.

Education: University of South Alabama, Mobile, AL

Residency: East Caroline Univ SOM- OB/GYN, Greenville, NC

Specialty: Obstetrics & Gynecology

Dr. Svensson currently practices at Penn Avenue OB/GYN, 1301 Pennsylvania Ave., Des Moines, IA.



Tripathy, Asit K., M.D.

Education: Sriram Chandra Bhanj Medical College, Cuttack, India Residency: Brookdale University – Pediatrics, Brooklyn, NY

Specialty: Pediatrics

Dr. Tripathy currently practices at Blank Children's Hospital, 1212 Pleasant Street, Suite 300, Des Moines, IA.



Voynov, George H., M.D.

Education: Univ of Connecticut School of Medicine, Farmington, CT

Residency: UPMCMEP-Radiation Oncology, Pittsburgh, PA

Specialty: Radiation Oncology

Dr. Voynov currently practices at Mercy Cancer Center Radiation Oncology, 411 Laurel St., Ste. C-100, Des Moines, IA



Wiemers, Dustin, M.D.

Education: University of Kansas SOM, Kansas City, KA

Residency: University of Kansas- Anesthesiology, Kansas City, KS

Specialty: Anesthesiology

Dr. Wiemers currently practices at Medical Center Anesthesiologists, 411 Laurel St. Ste. 3170, Des Moines, IA



MAY BIRTHDAYS

1 Bridget L. Buck M.D. Douglas S. Parks M.D.

Matthew R. Brown M.D. Magdi G. H. Ghali M.D. Ross J. Valone D.O.

3 Paul V. Babikian M.D. Mark D. Mc Gaughey M.D. Carl A. Meyer M.D.

Whitney E. Molis M.D. Richard E. Preston M.D.

5 Nathan E. Boonstra M.D. Ronald D. Eckoff M.D.

6 Gerald G. Baker M.D. Catherine M. Rook-Roth D.O.

7 Stephen R. Eckstat D.O. Erin Netteland-Sandvig D.O. Sameer A. Yaseen M.D.

o Dennis C. Zachary M.D.

Paul A. Conte M.D.

10 Daniel J. Barth D.O. Theodore Lockard M.D. Robert H. Major M.D.

Ricardo E. Bendezu M.D. Susan M. Harrell M.D. Raymond Owens M.D. 12 Atul K. Chawla M.D. John E. Skoumal M.D.

13 Pierre Theuma M.D. Bernard D. Mouw M.D.

14 James H. Bartlett M.D. Kyle S. Galles M.D.

David T. Sidney M.D. John M. Pargulski D.O.

16 Monica C. Hanson M.D. Malea Jensen D.O. Pamela L Sufka-Boyd D.O.

17 Kimberly D. Stoll M.D.

18
Roger I. Ceilley M.D.
William C. Koenig M.D.
Tracey A. Kopperud D.O.
David E. Lind M.D.
John A. May M.D.

19
Daniel Brink M.D.
Leona N. Holcomb M.D.
Deanna L. Questad M.D.
Christopher Ronkar M.D.
Dennis J. Walter M.D.

20 Kyla Carney D.O. Debra A. Welker M.D. David M. Williams M.D.

21 David S. Dwyer M.D. Rhonda J. Enserro M.D. Bernard Feldman D.O. 23 David L. Friedgood D.O. Katherine S. Hauser M.D. Grant D. Kruse M.D. Kelly Seiler M.D.

Timothy G. Abrahamson M.D. Eden H. B. Murad D.O.

25 Debra J. Bixler D.O. Gertrude S. Doughten D.O. Nathan Josephson M.D. lan Lin M.D.

26 Maher E. Saegh M.D. Martin B. Mortens D.O.

27 Barron R. Bremner D.O. Julius S. Conner M.D. Thomas Wernimont M.D.

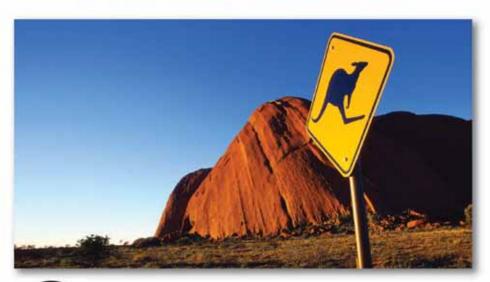
28 Maxwell S. Cosmic M.D. Jenna K. Kemp M.D. Prasad Palakurthy M.D. Angelia R. Whetro D.O.

29 Jon E. Quinn M.D.

30 James F. Patten M.D. Priscilla L. Ruhe M.D. Neil N. Silbermann M.D.

31 David R. Hockmuth M.D. Michael D. O'Brien M.D.

OF A LIFETIME





POLK COUNTY MEDICAL SOCIETY presents...

Double

Australia and New Zealand \$5

\$5999*

with optional 2-Night Fiji Post Tour Extension



October 6 - 25, 2011

20 Days • 25 Meals

Highlights: Melbourne • Alice Springs Ayers Rock • Cairns • Great Barrier Reef Sydney • Christchurch • Queenstown Franz Josef Glacier Region • Milford Sound Mt. Cook National Park • Dine with a New Zealand Family



SPACE IS LIMITED.

For more information call Collette Vacations at 800.770.6740.

JUNE BIRTHDAYS

13 26 Julia Asner-Johnson D.O. Edward J. Hertko M.D. Rebecca D. Shaw M.D. Mark Puricelli D.O. Kevin C. Massick M.D. 14 Robert T. Brown M.D. 27 Dana Shaffer D.O. Basaviah Chandramouli M.D. Steven Harlan M.D. Andrea White M.D. William R. Hornaday, Jr. M.D. Robert W. Anderson M.D. Leenu Mishra M.D. 3 Patricia Overton-Keary M.D. 28 Kayleen Hornbrook D.O. Stacey K. Neu M.D. Joseph Mc Gargill M.D. 15 Stephen R. Stephenson M.D. Matthew C. Brown M.D. 29 Timothy A. Gerdis D.O. Julie Anderson-Suddarth M.D. Jose' V.G. Angel M.D. 4 Mark A. Preston M.D. 18 Shannon Hood D.O. James A. Coggi M.D. Nancy J. Kane M.D. 5 Nabil N. Faltas M.D. James W. Hepplewhite M.D. Paul From M.D. Maria L. Mitchell M.D. Paul Karaziia M.D. 30 Michael Park M.D. Richard B. Gloor M.D. 19 Roger T. Liu M.D. Barbara L. Hodne D.O. Craig R. Mahoney M.D. Amr S. Kamhawy M.D. Cheri N. Folden M.D. Jerold V. Lemar D.O. Matthew L. Hill D.O. 20 David Herbst D.O. Beverly Belsheim M.D. Kent S. Ouinn M.D. 21 Gregory L. Smith M.D. Sara Upmeyer D.O. 9 22 Geethalakshmi Mani M.D. Gary T. Hemann D.O. Ziad Ismael M.D. Sally J. Studer D.O. Elizabeth N. Mc Curdy D.O. 10 Mark A. Reece M.D. 23 Roy Hart D.O. 11 Scott Barron M.D. 24 Steven A. Keller M.D. 12 L.W. "Lorn" Matthews Iii D.O. Richard W. Evans D.O.

Randall R. Hanson M.D.

John H. Matsuura M.D. Louis E. Schneider D.O.

Michael K. Johnson D.O. Bradley S. Lair M.D.

Robert R. Shreck M.D.

Better Healthcare for a Better Community



Iowa Health – Des Moines is committed to making healthcare better for us all. As a family of hospitals and clinics, we're proud to serve our patients and their families. And with each day, will do all that we can to improve the well-being of our community. iowahealth.org



Methodist • Lutheran • Blank

the better choice.

MEDICAL OFFICE SPACE

Great Location - Lighted Parking





- 3,000 SQ FT
- Flex/Medical/Office space
- Excellent building signage
- Ample lighted free parking
- Adjacent to MTA routes

3311 SW 9TH





PRESORTED
STANDARD
U.S. POSTAGE
PAID
DES MOINES, IOWA
PERMIT NO 852

Bulletin Official Publication of the Polk County Medical Society

1520 High Street Des Moines, IA 50309

