

# Bulletin

NOV/DEC 2012

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY

A photograph of four men standing on a golf course. From left to right: a man in a black polo shirt and khaki pants; a man in a blue and white striped polo shirt, dark pants, and a green cap; a man in a green and white striped polo shirt and khaki shorts; and a man in a white polo shirt, grey shorts, and a red cap. They are all smiling and standing on a green with some fallen leaves.

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EXPERIENCE**

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TO COMMUNITY**



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# Bulletin

NOV/DEC 2012

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## Inside This Issue

### Feature Articles

Kathie J. Lyman Scholarship Golf Tournament	4
Working with VPN-Rewarding	6
<i>By: Mark Smolik, M.D.</i>	
In Memory - Michael W. Kent, M.D.	11
<i>By: Dennis Porto, M.D.</i>	
Eye-Opening Experience in Gondar	12
<i>By: Donny W. Suh, M.D.</i>	
Giving Back to the Community	14
<i>By: The Physicians at Iowa Digestive Disease Center</i>	
In Memory-Donald J Tesdall, DVM, M.D.	15
<i>By: Stanton L. Danielson, M.D.</i>	
Syphilis is Marking a Comeback in Polk County	22
<i>By: Carlos Alarcon, M.D.</i>	

### Monthly Articles

President's Message	5
Executive Directors Message	7
Doctors in the News	9
November Birthdays	21
December Birthdays	23

Cover Photo: L-R: Joe Keitges, John Ghrist, M.D., Steve Bunge, M.D., & Frederick Nuss, M.D. having fun on the golf course.

*Articles and editorial inquiries should be directed to:*

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# Kathie J. Lyman Scholarship ANNUAL GOLF OUTING



L-R: Kathie J. Lyman, PCMS Executive Director & Dr. John Zittergruen, D.O.,  
PCMS Past President welcoming the golfers.

Thanks to PCMS members and guests for their generous support of the Kathie J. Lyman Scholarship Golf tournament held on October 1st, 2012 at Des Moines Golf and Country Club. Everyone had a great time.

The PCMS Golf tournament proceeds assist in providing financial scholarships annually to a University of Iowa Medical School student and a Des Moines University Osteopathic Medical School student.

*continued with photos on page 8*

# SCHOLARLY ENDEAVOR



**Lynn M. Nelson, M.D.**

Polk County Medical Society's Kathie J. Lyman Scholarship was established approximately 4 years ago in recognition of

Kathie Lyman's 40 years of service to central Iowa physicians and her dedication to medical education. The scholarship committee awards scholarships annually to 2 medical students -1 from the University of Iowa and 1 from Des Moines University. Currently each scholarship is for \$1,000.

The criteria for the scholarship award are based on scholastic achievement and/or financial need. Applicants must submit a current transcript, two letters of recommendation, a one to two page essay stating the applicant's reason for selecting a career in medicine, and why he or she believes they are deserving of the award. The scholarships are awarded at the PCMS annual meeting which is usually held in late January.

The Kathie J. Lyman Scholarship funding currently relies predominantly upon PCMS

member contributions. PCMS has received approximately \$3,000 per year in member contributions. Profits from the 2012 PCMS Golf Outing were designated for the scholarship fund. The goal, however, is for a perpetual scholarship to assure long term funding. The well known recent decrease in charitable donations combined with low interest rates has significantly hampered the growth in most foundations, including that of PCMS. Please consider making a tax deductible contribution to the scholarship fund a 501C3 foundation.

I appreciate the opportunity to serve as PCMS President for the past year. We in medicine are experiencing rapid change, some of which has, and will, challenge our ability to provide appropriate medical care.

I encourage all physicians to take an active role in their local and state medical societies (including determining goals and policies), specialty associations, and in contacting legislators and policy makers to make sure those changes are as positive as possible for our patients.



# WORKING WITH VPN REWARDING



**Mark Smolik, M.D.**

The physicians and staff from Mercy Surgical Affiliates are proud to support the Polk County Medical Societies Volunteer Physician Network

and the work they do for the underserved.

Over the last several years, our team has worked closely with the VPN to evaluate the medical needs of the patients in the program. These patients were either uninsured or unable to afford the medically necessary surgical procedures. By partnering with the VPN, it

allows our physicians to focus on treating the patients without having to get involved in the financial process.

We appreciate the assistance of VPN with the identification of the patients most in need and their coordination to secure additional physicians and facilities to help these patients.

We would encourage other physicians to carefully consider participating in the network and would welcome any questions on what the program has meant to our physicians and staff.



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# American RESILIENCE



**Kathie J. Lyman**

Not many of you know I lived in New Jersey after college for 10 years, and had 2 of my 4 children there. One of my daughters currently lives in West New York, New Jersey right on the Hudson River near Hoboken. She called me, as the storm forced the river over the boardwalk towards her home, to reassure me that the neighbors together sandbagged and boarded up all of the houses, moving their families to safety. Neighborhoods in every city in the storm's path prepared for the hurricane's rage.

On October 29th Hurricane Sandy, with forced winds up to 175 mph from the center of the storm, ravaged over 485 miles of the east coast. Americans watched and listened in shock as the media told of the devastation, and horrific impact as this storm unfolded.

Millions of lives were paralyzed as wind driven rains forced down sea wall barriers causing destruction. 100 people lost their lives. Homes vanished from shore lines, homes damaged beyond repair, and 100 homes burned to the

ground at Breezy Point, Queens. Flood waters forced their way through city streets, and halted the nation's largest transit system. New York City had no subways, trains, planes, bridges, tunnels, taxis, or buses operational. 2.4 million customers in New Jersey, 670,000 in New York City, and nearly 500,000 in Connecticut lost their power. Many still are without power.

No one could have prepared us for the devastation this storm caused. But, what made this natural disaster at all bearable was the resilience of the American people as they helped one another to safety, providing shelter, food, and clothing. Together in all of the affected cities, medical, fire, community, family, friends, and neighbor volunteers, began the process of helping those who suffered unimaginable losses to cleanup, and begin to rebuild their lives, homes and businesses. Iowans were some of the 1st to respond, as did volunteers from around the country, to provide Hurricane Sandy victims with disaster relief.

Like the Statue of Liberty shining in the New York Harbor, American resilience is our constant light that brings us together as a nation, and guides us through the dark of any natural disaster.

*continued with photos on page 11*

*continued from page 4*

## Tournament Winners:

**1st place:** Team #6 - Ryan Bakke, Jason Stecker, Mark Sundet, Don Junge

**2nd place:** Team #8 - Dr. Craig Mahoney, Scott Raridon, Kevin Lowary, Brian Sheriff

**Longest Putt:** Brian Sheriff

**Longest Drive:** Dr. Valerie Kounkel

**Closest to Pin:** Ryan Bakke

**Closest to Pin:** Dr. Valerie Kounkel

**Closest to Pin in 2 shots:** Dr. Donny Suh

**Closest to Pin in 3 shots:** Don Junge

The Polk County Medical society is grateful to our **Premier sponsor, Foster Group** for their leadership helping make the tournament a success.

### ***A special thank you to our golf Sponsors:***

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**Photography Sponsor:** Wells Fargo, Mark Rathbun

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*continued on page 16*





**Congratulations to David Hockmuth, M.D.**, who was in the photo of the Mercy renovated pediatric intensive care unit featured in the **Des Moines Register** November 13, 2012.



**Congratulations to Mark Kellerman, M.D.**, who was featured in the **Des Moines Register** October 31, 2012 for screening patients on prostate cancer. He also stated how a blood screen can tip doctors off to the presence of the disease before it's life-threatening.



**Congratulations to Mark Reece, M.D.**, who was featured on the cover of **Business Record** December 7, 2012 for the two new West Des Moines hospitals meeting usage projections already.



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# In Memory of

## MICHAEL W. KENT, M.D.

By: Dennis Porto, M.D.



Michael W. Kent, M.D., 67 died peacefully on Sunday, January 6, 2013, after a long battle with melanoma. Dr. Kent was a gifted urologist and esteemed member of the Des Moines medical community. Inspirational to those who knew him, he was above all a good man and very devoted husband, father and grandfather.

Born March 27, 1945 in Scottsbluff, NE, Dr. Kent, or Mike as he was known, graduated from Regis University in Denver, Colorado and Northwestern University Medical School in Chicago. He completed his residency training, at University of Iowa Hospitals and Clinics and Baylor College of Medicine in Houston.

Mike spent his life demonstrating the qualities we all value. He was a kind and sweet man whose quick wit and humor combined with his positive outlook touched everyone he met. He worked tirelessly for his patients, friends and family. He enjoyed his running club, the

Iowa Hawkeyes, as well as skiing and hiking at Steamboat Springs. But mostly he loved spending time with his beloved children and grandchildren, his affection for them was undying.

Mike is survived by his wife of 43 years, Cecelia; children, Michael (Eve) Kent of Des Moines and Suzanne (Mike) Parkin of Phoenix, AZ; grandchildren, Andrew, Aaron, Calvin, and Abigail Kent, Jackson, Emma, and Connor Parkin. He is also survived by his siblings, Dr. Jack (Virginia) Kent of Baton Rouge, LA, Doug (Louise) Kent of Scottsbluff, NE, and Jody (George) Briner of Grand Junction, CO. He was preceded in death by his parents, Norm and Helen Kent.

# EYE-OPENING

## Experience in Gondar

Donny W. Suh, M.D.



Mom and Son post operation

In October of 2012, I had an opportunity to travel to Gondar, Ethiopia, with a medical organization called ORBIS International. Since its establishment in 1982, ORBIS has served more than 90 countries by educating and supporting local eye care institutions, training staff, and introducing new ophthalmic

technology. I have been working with ORBIS for the past 12 years and this was my most recent trip.

Gondar is an old city which once served as the capital of Ethiopia in the 1600's. It has a population of approximately 400,000, but the



### Training Local Physicians

medical community serves about 5 million people in the surrounding areas. The city has only four ophthalmologists, with limited resources.

During this program, my main goals were to teach the local ophthalmologists the latest surgical techniques and to introduce them to various surgical equipment which were donated.

However, we were faced with many obstacles, including a non-working surgical equipment sterilizer and an unreliable power source for the OR. The OR was exposed to the outside elements; flying insects and the lack

of temperature control were some of the challenges. During surgical cases, the electricity would periodically go out, leaving the OR with no lighting and no backup generator. In one of these cases, we had to use the illumination from a smartphone to complete the surgery. Even in this environment, the local staff only showed joyful smiles and contagious enthusiasm.

Most parents had to travel by foot for miles to receive care for their children. We cared for one patient who was a teenage boy who had been blind most of his life and unable to attend school due to congenital cataracts. We could easily appreciate the expressionless and

*continued on page 25*



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# In Memory of

## Brig. Gen. (Retired)

### Donald J. Tesdall, DVM, MD



Donald Tesdall, better known as "DJ" was born October 21, 1938, in Des Moines, Iowa and passed away at his home October 2, 2012. He was raised on a farm near Huxley, Iowa.

DJ attended Iowa State University and graduated with a degree in Veterinary Medicine in 1962. Following his graduation he enrolled in Medical School at the University of Iowa and graduated in 1966. DJ did his internship at Iowa Lutheran Hospital from 1966-1967. He then went into General Practice with Drs Burgeson, Redfield, and Schlaser. In 1974 he was a founder of the Iowa Lutheran Family Practice Residency Program where he continued to practice family medicine and teach until his retirement in November 2005.

DJ joined the Iowa Army National Guard in January of 1967, beginning his military career with the 168th INF. He served in the 204th, 34th

and 296th units. He became State Surgeon in November of 1989 and was promoted to Brigadier General upon his retirement in October of 1998.

Dr. Tesdall was a wonderful teacher and practitioner of Family Medicine. He was a positive influence on the hundreds of Family Physicians and medical students he trained, always treating everyone with respect. His patients loved him. All who knew him found his scope of medical knowledge to be unparalleled. He was always jovial and ready with an amusing anecdote. He truly enjoyed life and the practice of medicine. He will be missed-he was one of the "Good Ones".

Stanton L. Danielson, M.D.

*continued from page 8*



Foursome L-R: Joseph Hwang, M.D., Todd Carlson, Dan Staub, & John Martens, M.D. ready to tee off



Committed to raising funds for medical education L-R: Dale Steinmetz, Donny Suh, M.D., Kevin Ward



L-R: Thaddeus Franklin, Valerie Kounkel, D.O., Angie Hopkins, & Amy Johnson ready to golf.



Young Physician Members L-R: Andrew Steffensmeier, M.D., Theresa La Masters, M.D. enjoying golf with Wellmark representatives L-R: Luke Speltz, & Nat Kongtahworn

*continued on page 18*



*continued from page 17*



Thanks to the ladies team L-R: Susan Gainer, Susan Suh, Rhonda Ward, & Joanie Steinmetz for supporting the scholarship golf outing.



Foursome L-R: Kevin Lowary, Craig Mahoney, M.D., Brian Sheriff, & Scott Raridon accepting the golf challenge from their colleagues



Shot Gun Start at the Kathie J. Lyman Scholarship Golf Tournament



Couples L-R: Brad Lair, M.D., Tammy Lair, Julie Klise, & Kurt Klise, M.D. enjoying golf event.

# GIVING BACK

## To The Community

**By: The Physicians at Iowa Digestive Disease Center**

Iowa Digestive Disease Center is a 9 physician and 3 nurse practitioner group that have been serving the Des Moines area patients for over 25 years. During this period we have always felt privileged to be able to provide the state of the art gastroenterology and hepatology care to our patients. We have consistently made an effort to care for our patients without any financial motivations. Towards this effort we have never excluded any insurance from our practice.

Our physicians have been physician leaders for the community, participating in various committees and holding various leadership positions at various local hospitals. Dr. Bernard Leman and Dr. Archana Verma from our group were integral in starting The Inflammatory Bowel disease Center which is an invaluable tool for our patients with Inflammatory Bowel Disease. This entity organizes an annual education seminar for the patients which is open to all and is at no cost to the patients. We also have a physician liaison at the Inflammatory Bowel Disease Center who helps facilitate any medical tests the patients need, any referral they need while giving them moral support. Our group also started the Hepatitis

support group for patients with infectious hepatitis and patients with advanced liver diseases such as cirrhosis.

We have been an integral part of a group that started free colonoscopy initiative. Every March, which is the colon cancer awareness month, we provide free colonoscopies to people that do not have medical insurance. We open up Iowa Endoscopy Center to these patients for the day and not only do our doctors provide free care, our nurses also volunteer their time and the patients are able to receive lifesaving colon cancer screening at zero cost. We have been able to keep this initiative going on for over 5 years now and have all intentions of continuing it in the foreseeable future.

When Polk County Medical Society approached us to see if we wanted to volunteer our time as gastroenterologists to care for indigent patients through the Volunteer Physician Network, we instantly agreed to this and have seen several patients that were referred to us by them. We went on to provide free translational services to these patients when needed and if

*continued on page 20*

*continued from page 19*

one of these patients needed an endoscopic procedure it has now become our practice to provide the needed endoscopy services for free also.

In addition to what we do at Iowa Digestive Disease Center, two of our physicians Dr. Michael O'Brien and Dr. Ravi Vemulapalli have been volunteering for Free Clinics of Iowa at Mae Davis Clinic for over 10 years. They work at this clinic once a month. Dr. Nagendra Myneni one of our other physicians has also started volunteering at the Mae Davis Clinic this year.

Our physicians and providers take the Hippocratic Oath very seriously and have made a concerted effort to care for every patient without any financial bias and as a result we have numerous occasions when we see patients without insurance and sometimes do not bill insurance by choice if the patients are experiencing financial hardship.

As a group we feel blessed to be in this profession and to be as successful as we have been and are always eager and willing to give back to the wonderful Central Iowa community.

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1	13	22
David M. Agey M.D.	Marnie M. Loftus D.O.	Ahmad Y. Al-Shash M.D.
Thomas M. Brown, Jr. M.D.		
Mark A. Burdt D.O.	14	24
	Chad T. Carlson M.D.	John Carstensen M.D.
3	Jeffrey D. De Francisco M.D.	Christopher M. Johnson D.O.
Wendi L. Harris M.D.	Michael S. Irish M.D.	
	Kyle E. Rogers M.D.	25
4	Jane A. Schrader M.D.	William J. Burke M.D.
Ken L. Cheyne M.D.	Melissa Young-Szalay M.D.	Neelima R. Chennupati M.D.
Wook J. Kim M.D.	Daniel M. Waller M.D.	Jeffrey M. Farber M.D.
Michael P. Mohan M.D.		Marc A. Molis M.D.
Lynn D. Owen D.O.	15	Stephanie D. Wadle-Wignall M.D.
	Deanna B. Boesen M.D.	
5	Bradley J. Riley M.D.	26
Geoffrey Miller M.D.		Prachi Singh M.D.
	16	
6	Barbara A. Bellaire M.D.	27
Vincent L. Angeloni M.D.	Tim Noonan M.D.	William Eischen D.O.
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		John S. Lozier M.D.
7	18	
Joyce L. Christy M.D.	Matthew M. Otis D.O.	29
James D. Kimball M.D.	Andrew Steffensmeier M.D.	Mhd Louai Manini M.D.
8	19	30
Merle Diment M.D.	Robert J. Callahan M.D.	James J. Bergman M.D.
Todd W. Heilskov M.D.	Jeffrey M. Maire D.O.	Kristi L. Blomberg M.D.
Timothy G. Kenney M.D.		Stacey L. George M.D.
David K. Lemon M.D.	20	
Neil T. Mandsager M.D.	Donald Junge D.O.	31
Tyler M. Schwiesow M.D.		Abbie D. Ruisch D.O.
	21	
11	Michael J. Finan M.D.	
David M. Craven M.D.	Robert A. Lee M.D.	
Jerusa Kamala M.D.		

# Syphilis is Making a Comeback

## in Polk County



**Carlos Alarcon, MD,**  
**Medical Director, Polk County Health Department**

The number of syphilis cases in Polk County for 2012 has increased 420% since a year earlier. These cases occurred mostly among white (67%)

and African American (10%) males between the ages of 20 and 55. The majority of cases occurred in males over 30 years of age.

Syphilis is known as the “great imitator” as symptoms often mimic other illnesses. Symptoms include enlarged lymph glands, headaches, skin rashes, fever, sore throat, and swelling in joints, making it easily confused with other illnesses. The majority of patients diagnosed with syphilis deny any lesions or rash consistent with primary or secondary syphilis. Many patients do not notice the signs and symptoms of syphilis because painless chancres can be hidden in the vagina, rectum, or mouth. Patients are also often reluctant to share their sexual history especially men having sex with men. Because syphilis symptoms and risks are difficult to pinpoint, regular serologic screening for syphilis is a necessity for early detection and treatment.

Any visit to a health care setting is an opportunity to diagnose and treat syphilis and other STDs. Syphilis screening should be part of routine medical care every year for sexually active patients. The Centers for Disease Control and Prevention (CDC) recommends that homosexual and bisexual men be tested for syphilis and other STDs at least once a year. Men having sex with men should be tested more often regardless of symptoms as the presence of syphilis correlates with higher incidence of HIV and other STDs.

Treatment for primary, secondary or early latent (less than one year) syphilis is benzathine penicillin G, 2.4 million units IM in a single dose. Treatment for latent (more than one year) syphilis or syphilis of unknown duration is benzathine penicillin G, 2.4 million units IM in three doses at one week intervals. Please reference the CDC website ([cdc.gov](http://cdc.gov)) for alternative treatments and treatment in pregnancy, neurosyphilis, congenital syphilis and syphilis in children.

For more information, please contact the Polk County Health Department at (515) 286-3897.

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2	13	22
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3	14	23
Tiffany Ketcham D.O.	David R. Fisher D.O.	Leyla A. Best-Bandenay M.D. Terri L. Plundo D.O.
4	15	24
James L. Blessman M.D. Matthew J. Carfrae M.D.	Nathan C. Mc Kellar D.O. Mark E. Thoman M.D.	Erik Bedia M.D. Thomas C. Evans M.D. W. Ben Johnson M.D. Erin Lehman M.D.
5	16	25
Stephen A. Ash M.D. Melita Schuster D.O. Saima Z. Shahid M.D.	Mary A. Radia D.O. Erik Swenson M.D.	Ruby C. Cureg M.D. Stephen Nowak D.O. Robert F. Schneider M.D.
6	17	26
Rhonda L. Dodge M.D. Parveen Kaur M.D.	Ricardo R. Flores M.D. Eric D. Haugen M.D. Alan Koslow M.D. Ron J. Pick D.O.	Angela S. Collins M.D. Paul Grossmann M.D.
9	18	27
Kathleen R. Gannon D.O. Dana L. Simon M.D. Lynn R. Smits M.D. Amy Lee Wallin M.D. James A. Wille M.D.	Craig Boyd Clark D.O. Marvin M. Hurd M.D.	Daniel P. Allen M.D. David P. Wadle D.O.
10	19	
Holley A. Bzdega M.D. Kevin S. Smith M.D.	Heike I. Schmolck M.D. Carlos Alarcon Schroder M.D.	
11	20	
Katie Burns D.O. Sarah Garner M.D. Phillip A. Linquist D.O. Rizwan Z. Shah M.D.	Bradley D. Hammer M.D. Daniel R. Kollmorgen M.D. Jose' A. Olivencia M.D. Stephen Stefani M.D. Mark A. Tannenbaum M.D. Wendy A. Waldman M.D.	
12	21	
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*continued from page 13*



Explaining Treatment with family

hopelessness on his face as he leaned against a wall for support. He could only walk slowly as he felt his way against the wall with his hands.

Following the surgery, this boy was not able to contain his joy and smiles. His father, who had once lost all hope for his son, came to life with great appreciation. The patient promised me that he would become the Prime Minister of Ethiopia and would help others who are in similar situations. Something told me that he just may accomplish his goal. It was a great feeling of satisfaction that could only be accomplished with teamwork.

Ethiopia is a culture full of color, tradition, music and dance. With many adversities they face daily, they somehow manage to overcome their difficulties and help each other.

This experience has made me truly appreciate all that I have. We have so many reasons to be grateful for life and the ability to help others in a small way.

This trip has brought me priceless joy, wonderful memories of our patients, and friendships to treasure.



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