

Bulletin

SEP/OCT 2012

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY



**HONORING
VPN Volunteers
at Terrace Hill**

**Advocacy in
Washington**

**CDC
Guidelines**



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Medical Society*

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2012
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SEP/OCT 2012

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY

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Cover Photo: Hudson River affected by Hurricane Sandy

Articles and editorial inquiries should be directed to:

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1520 High Street
Des Moines, IA 50309

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

YOUNG PHYSICIANS EVENT



The Young Physicians enjoyed a wonderful summer evening at Fire Creek Grill with their colleagues.
L-R: Susan Suh and Donny Suh, M.D., Andrew Steffensmeier, M.D., and Jenna Steffensmeier,
Teresa La Masters, M.D., and Eric La Masters

The Young Physicians (YP) of Polk County Medical Society met at Fire Creek Grill for a Summer Event on June 29th. The physicians and their guests enjoyed a fun evening socializing with colleagues. Young physicians are those under the age of 45 or in their first 6 to 10 years of practice, and dedicated

to enriching the lives of members both professionally and socially. We encourage you to join.

To get involved and learn about the next YP event please contact Nicci at PCMS 515-288-0172 or email at pcms@pcms.org.

THE CHANGING LANDSCAPE OF PRESCRIBING NARCOTICS



Lynn M. Nelson, M.D.

Prescription drug abuse in the United States is of epidemic proportions. Prescription drug abuse does not discriminate - it affects persons of all social and economic

classes and all ages. National Institutes of Health (NIH) studies demonstrate that 17 of high school seniors have abused amphetamines, and 5 have used OxyContin. Americans consume 71 of the world's oxycodone and 99 of the world's hydrocodone utilization.

Incredible demand for prescription medications for illicit use has produced a lucrative secondary market thus causing many persons to seek drugs to sell for profit. Oxycodone and hydrocodone fetch approximately one dollar per milligram, while hydromorphone commands three to four dollars per milligram.

One of the growing causes of the increased incidence of prescription drug abuse is drug availability. By definition, physicians provide the documentation necessary for patients to obtain these drugs. Some physicians believe they are expected to function as detectives while simply trying to provide their patients appropriate pain control. The recent filing of criminal charges against a pain management physician alarmed many practicing physicians. Some physicians have become far more reluctant to prescribe narcotics.

Most health systems and clinics that manage a large number of pain management patients have developed protocols. At my request, Dr. Larry Severidt detailed the following as Broadlawns' approach to patients who request narcotics for chronic use:

1. Patient completion of a lengthy packet detailing their clinic problem, diagnosis, treatment to date, etcetera, to establish medication needs;
2. Screen for history of narcotics abuse;
3. Screen for depression;
4. Narcotic maintenance patients agree to random urine drug screens;
5. Monthly visits to refill narcotic prescriptions;
6. Narcotics contract assuring that the patient has only one narcotics prescriber and that no early refills, for any reason, will be provided;
7. Regular patient monitoring through the Iowa Prescription Monitoring Program (PMP) database.

The need for physicians to "dot the I's and cross the T's" in documenting management of chronic pain patients has never been more clear.

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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

ADVOCACY IN WASHINGTON

The Polk Medical Society held their Washington, D. C. Fly-In September 18th and 19th when both the Senate and the House were in session. This is a very important year to advocate on behalf of all the doctors and their patients. PCMS Board Members and the Executive Director met personally with each of the

Iowa Congressional Delegation to advocate on how the elections will affect the practice of medicine based on the new health care law, discussed ACO implementation laws and concerns; and to continue to advocate on the need for a permanent SGR fix for doctors prior to January, 2013.



PCMS Board Members and Executive Director advocating with Senator Tom Harkin.

Back Row: Craig Mahoney, M.D., Senator Tom Harkin, Phil Colletier, M.D., and PCMS President Lynn Nelson, M.D. Front Row: Nancy Kane, M.D., Janie Hendricks, D.O., Kathie Lyman, and Steve Eckstat, D.O.



Senator Charles Grassley listening to the doctors concerns on the SGR payments.



Lynn Nelson, M.D., and Craig Mahoney, M.D. discussing the new health care laws and their implications with Representative Leonard Boswell.



Philip Colletier, M.D., Listens to Representative Tom Latham talking about accountable care organizations.



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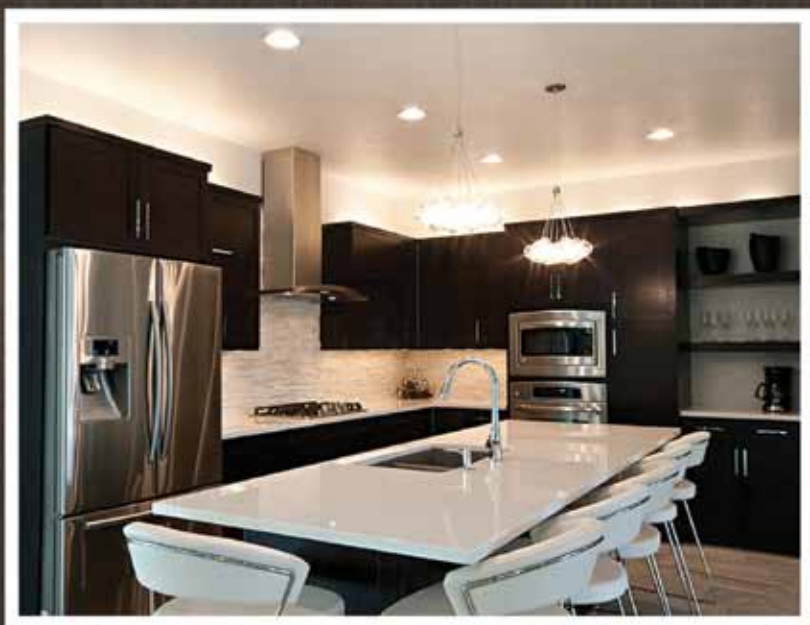




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Congratulations to Richard Schuster, D.O., who was featured in the **Fall 2012 DMU Magazine** for being appointed interim chair of family medicine.



Congratulations to Yogesh Shah, M.D., who was featured in the **Fall 2012 DMU Magazine** for the Fulbright Specialists project. Dr. Shah will work with Kigali Health Institute to establish a center of excellence in palliative care training in Rwanda and neighboring African countries.



Congratulations to Mark Purtle, M.D., who was featured in the **Business Record** September 14, 2012 about Medicare's pay-for-performance initiative.

ADVOCACY WITH GOVERNOR ON MEDICAID

Dr. Lynn Nelson, PCMS Chair, participated in a meeting with physicians representing many other physician organizations and specialties with Gov. Branstad and his staff on September 27th. The topic of discussion was Medicaid. The physicians expressed their concern to the Governor that Medicaid reimbursement rates are not keeping up with actual costs of care and that recent reductions in reimbursement were making it more

difficult for physicians to provide care to Medicaid patients. The Governor expressed his sensitivity to the concerns presented by the physicians. The Governor said he was interested in a dialogue with physicians about how to address the growing costs of Medicaid. Meetings have been scheduled in October and November with staff to discuss ideas to reform Medicaid spending.

VOLUNTEER PHYSICIAN NETWORK RECEPTION AT TERRACE HILL

The Polk County Medical Society doctors attended the Volunteer Physician Network (VPN) Reception held at Terrace Hill on September 14th. The reception was held in appreciation for the physicians who volunteer free specialty care to uninsured and underinsured Iowans.

Governor Terry Branstad and First Lady Chris Branstad welcomed over 100 doc-

tors and their guests to Terrace Hill. The Governor thanked the doctors for their dedication and support of the VPN program by volunteering their time to care for Iowans in need.

In the past 3 years, the Polk County Medical Society doctors have provided over \$7 million in free specialty care through the VPN program.



First Lady Chris and Governor Terry Branstad visit with friends Dr. Timothy and Lisa Abrahamson



Governor Terry Branstad welcomes Dr. Kevin and Ruthie Moore to Terrace Hill



Dr. Luis and Marcela Beltran-Garcia enjoy the Terrace Hill Gardens with Doctors Doug and Kate Massop



Dr. Larry Severidt, Broadlawns Family Residency Director; and Linda Severidt enjoying the lovely evening at Terrace Hill with Governor and Mrs. Branstad

continued on page 16

continued from page 15



Governor Terry Branstad welcomes the doctors and their guests to Terrace Hill



Everyone enjoyed listening to Jason Kessler, M.D. playing the Terrace Hill Piano



Kran son of Dr. Anadeep Kumar enjoyed meeting all of the doctors as he aspires to follow in his dad's footsteps as a doctor someday.



Dr. David and Brenda Robbins enjoy conversation with Dr. Ting Supaswud-Franks, and Dale Franks, M.D. on a tour of Terrace Hill



Dr. Robert and Eleanor Zeff catching up with Dr. Steve Eckstat



Dr. Tom Becker and medical school classmate Dr. Paul Baumert sharing fun times with Executive Director, Kathie J. Lyman



Doctors and their guests enjoying dinner and dessert.



Connie and Dr. Jon VanRoekel visiting with Praveen and Dr. Shakuntala Advani in the Terrace Hill parlor

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CDC Changes Guidelines for Blood Lead Levels



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

The Centers for Disease Control and Prevention (CDC) has recently updated its recommendations on children's

lead levels. Until recently, children were identified as having a blood lead level of concern if the test result (from a venous draw) is 10 or more micrograms per deciliter of lead in blood. Experts now use a new level based on the U.S. population of children ages 1-5 years who are in the top 2.5% of children when tested for lead in their blood (when compared to children who are exposed to more lead than most children). Since there is no safe lead level primary prevention is the key to eliminating this problem. The most common source of lead poisoning in our community remains lead based paint.

The new reference level, as recommended by the CDC and based on the new criteria is 5 micrograms per deciliter or higher. This new lower value means that more children will likely be identified as having

been exposed to environmental lead and allow for earlier intervention by healthcare providers and public health officials.

What the new guidelines did not change is the recommendation for when to use medical treatment with these children. It does not change the recommendation that chelation therapy be considered when a child is found with a test result of greater than or equal to 45 micrograms per deciliter of lead in blood.

In response to these new guidelines the Polk County Health Department will now be following up with families where a child has a lead level of 5 micrograms per deciliter or higher with a recommendation to have a repeat lead level drawn in 3 months as well as sending educational information about lead. Children with higher lead levels will be followed up by the Polk County Health Department Nurse Case Manager as before. For questions or more information please contact Carolyn Schaefer at the Polk County Health Department: 515-286-3798.

In Memory of

Chester Woodburn, Jr. M.D.



Chester Charles Woodburn, JR. was born September 26, 1921. He received his Doctor of Medicine Degree in 1946 from The University of Iowa when he was also commissioned a Lieutenant in the United States Navy. His internship was with the US Naval Hospital at Charleston, S.C. from 1946 to 1947. Charles received his certification as a Member of The American Academy of Otolaryngology in 1952 and began his practice in Des Moines.

In 1953, he took a post-graduate course in plastic surgery at Manhattan General Hospital in New York as well as additional training for treatment

of complex facial bone fractures. He performed the first stapedectomy in Des Moines which restored hearing in patients suffering from certain types of hearing loss.

Chester was very active in the community. He had been a deacon at his church, a long-time Rotary Club member, a former President of The Wakonda Club and an avid Iowa Hawkeye fan. He enjoyed traveling with family and friends and was an avid golfer, gardener and talented artist, truly a renaissance man.



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to discuss the future healthcare of Iowans and the 2013
PCMS legislative priorities with our Iowa Delegation.*



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David G. Stilley M.D.

5

Stephanie Cox-Stitt M.D.
Jon C. Gehrke M.D.

6

John C. Even, Iii M.D.
Nuha Shash-Barazanji M.D.

7

Andrea J. Silvers M.D.
Jean B. Spencer M.D.

8

Dennis M. Fry M.D.

9

B.P. Makkapti M.D.
Chinedu C. Nwosa M.D.
Matthew Spitzenberger D.O.

10

Brian L. Gallager M.D.

11

Robert Nelson Smith D.O.
Douglas M. Timboe M.D.

12

Loran F Parker M.D.
Mark A. Barnhill D.O.
Jim P. Duong M.D.

13

Mark D. Woiwood M.D.

14

Thomas E. Murphy M.D.
Edward A. Steinmann D.O.
David M. Gabel M.D.

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Mark K. Zlab M.D.
Larry Severidt M.D.
Hijinio Carreon D.O.

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Kevin J. Koch M.D.

17

Mark R. Collison M.D.
Bart P. Jenson M.D.

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Robert Jerstad D.O.
Bruce L. Hughes M.D.
Michael A. Disbro M.D.
Bret Mcfarlin D.O.

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Gregory J. Recker D.O.

20

David Robbins M.D.

21

Thomas R. Buroker D.O.

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Roy Molina M.D.

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Tyler L. Casey M.D.

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Stephen J. Mooradian M.D.
Rodrigo Azuero M.D.
Jeffrey Merryman M.D.
Jason Gucfa M.D.

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James S. Roloff M.D.
Willie Mc Clai ren M.D.

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Patrick M. Sullivan M.D.
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Eric Meek M.D.
Albert J. Mintzer M.D.
Leatrice A. Olson D.O.

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Myles K. Kawamura D.O.

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Jennifer S. Cook M.D.
Larry K. Lindell M.D.

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Sudeep K. Gupta D.O.

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John Bardole M.D.
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Debra A. Sixta M.D.

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Jason B. Wittmer M.D.

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Aneesa Afroze M.D.
Yogesh Shah M.D.

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Fredric E. Sager D.O.

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Devon D. Goetz M.D.
Michael R. K. Jacoby M.D.
Kathie Lyman
Timothy J. Vermillion D.O.

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Martin Vanzee D.O.

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Mostafa Hammoudi M.D.

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Karen J. Gerdes M.D.
Pitayadet Jumrussirikul M.D.

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Jay A. Johnson D.O.

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Carey Wimer D.O.

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Jeanne M. Giddings D.O.
John F. Nettrour M.D.

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Kaaren Olesen D.O.
Joel D. Stenzel M.D.
John Tribble M.D.
Sara L. Uthe M.D.

31

Robert K. Paul M.D.
Daniel J. Schroeder M.D.

34

Kent C. Thieman M.D.

NEW MEMBERS



Aerts, Johan , D.O.

Education: Des Moines University

Residency: Genesys Regional Med Ctr - General Surgery, Grand Blanc, MI

Specialty: Surgery

Dr. Aerts currently practices at Mercy Transplant Center, 1111 6th Avenue, Suite 500, Des Moines, IA

New Residents

Mercy Family Medicine Residency

Abels DO, Laura
Bratulich MD, Keith
Dunker DO, Devi
Malik MD, Shoaib
Muralidhara MD, Samuktha

Sharif MD, Tabassum
Wilson DO, Bradley
Wilson DO, Nicole
Raval DO, Ojash
Peterson MD, William

Broadlawns Residency

Andelin DO, Gary
Berg DO, Joseph
Furness DO, Kevin
Huynh MD, Kristy
Kenyon MD, Nathan
Lebster MD, Elizabeth
Long DO, Cassidy
Norris DO, Sara

Quam DO, Carly
Quam DO, Shaun
Sessions DO, Chase
Traxinger DO, Megan
Cummings DO, Clinton
Garrett DO, Trisha
Klombs-McClung DO, Megan
Mathes DO, Ashley

Ori-Honeycutt DO, Elaina
Sanner DO, Lindsey
Vidal DO, Logan
Williams DO, Matthew
Hill DO, David
Curry DO, Ashley

Government Relations Committee

MEETING NOVEMBER 26th

The Government Relations Committee will meet on November 26th at 5:30 pm at the PCMS office, 1520 High Street, Des Moines, IA 50309.

Medicine today faces daunting challenges and regulatory changes as we face new health care laws. We need input from YOU on critical issues as we ADVOCATE on your behalf in Washington and Iowa.

We welcome you to help PCMS plan their 2013 Legislative Agenda. Please RSVP to pcms@pcms.org, or call 288-0172.

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Nominations for 2013 Officers

The Polk County Medical Society is seeking nominations from members interested in serving as a 2013 officer. PCMS Board Members determine the direction of the Society on advocacy issues, and promote the medical profession.

If interested please contact the PCMS at pcms@pcms.org or call 288-0172.



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