

Bulletin

MAR/APR 2014

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY



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*Official Publication
of the Polk County
Medical Society*

VOLUME 86 No. 2

Des Moines, Iowa
March/April 2014

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Bulletin

MAR/APR 2014

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY

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Cover Photo: PCMS President elect, Donny Suh, M.D., John Pappajohn and PCMS President, Philip Colletier, M.D.

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Polk County Medical Society

Kathie J. Lyman Scholarship

Golf Invitational
for Iowa Medical
Students



4th ANNUAL
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**SAVE
THE DATE**



September 18, 2014

The Serendipity of Physician Engagement



Philip J. Colletier, M.D.

I have been remarkably fortunate during my 16 years practicing in Des Moines to have been inspired by many individuals who have selflessly devoted their time and leadership skills to various philanthropic and social endeavors. For example, my senior partner, Dr. Richard Deming MD, is well known for his selfless commitment to many causes. His signature activity, Above and Beyond Cancer, is an organization dedicated to improving the lives of both cancer survivors as well as caregivers. His trips to Nepal, Mount Kilimanjaro, and Everest base camp were awesome. If you ever have the opportunity to learn about these journeys, you too will be struck by their beauty in many ways. The upcoming adventure to Machu Picchu is sure to be incredible.

In another case of serendipity, in my early years here, I was befriended by another remarkable physician. Although I suspect that she would not want to be personally

called out, her initials are Carole Frier DO. Carole was the individual responsible for my becoming involved in the Medical Library Club. This was a wonderful group of physicians who met regularly to listen to topics presented by Iowa's preeminent physicians. Alas, the club exists no longer. Nonetheless, the physicians I met in those gatherings at the Wakonda club have become good friends and colleagues. I miss those classic old-school networking opportunities; medicine was more innocent back then.

Eventually, Carole also suggested that I become involved with the Polk County Medical Society. I have been honored to hold a variety of offices through the years. I must admit that I have benefitted more from my involvement in the PCMS than I have contributed in return. Through the PCMS, and by virtue of my participation in the PCMS initiatives, I have been able to become a part of the legislative process on both a state and national level. This has been very enlightening to me. In the process of

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meeting our state and US legislators, I have been impressed with their candor, passion, and patriotism. It has literally restored my faith in the system, in a bipartisan fashion!

In summary, my point is this, I would like to encourage the membership to consider two things. First, please be a mentor to your younger colleagues and direct them to the established organizations so that they can become involved at a fundamental level. Second, I would submit that you too can benefit in many ways, as I have, from personal commitment. Accordingly, consider becoming an active participant in leadership, legislation, mentoring, and your county medical society.

For my part, I am accepting more medical students for shadowing opportunities in our department. I miss teaching, and I'm confident it will be rewarding. Lastly, thanks to those of you who have lead by example ... you have influenced many around you.

**Best Regards,
Phil**



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Congratulations to David Drake, D.O., who was featured in the **Des Moines Register** March 22, 2014 for reflecting on the new season and how it reminds us that nothing lasts forever.



Congratulations to Ian Lin, M.D., who was featured in **Iowa Living Magazine**, Health Section April 2014 for explaining how ACL tears affect the female athlete.



Congratulations to Bob Ritz, President of Mercy Medical Center who was featured in the **Business Record** March 21, 2014 for how Mercy Medical Center is faring under new rules tying patient satisfaction scores to what medicare pays them.



Congratulations to Tiffany Torstenson, D.O., who was featured in the **Des Moines Register**, Tuesday, April 22, 2014 for her dog Lucy who was chosen as the 2014 drake relays mascot.



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Humanitarian Mission

Philippines Typhoon Yolanda

By: Alan Koslow, M.D.



Tacloban City, Philippines Disaster

It is Tuesday morning 7:45 and as I am getting ready for work my cell phone rings. I was somewhat expecting the call. 5 days earlier, the worst typhoon in recorded history hit Tacloban City, Philippines. Can I be ready to leave Des Moines in 36 hours for the Philippines for a disaster relief mission with Team Rubicon? Having patients scheduled, over the next two weeks, for both the office and procedures, I needed to instantly make a decision, and the only decision that I could make was, of course, I would go. I quickly called my office

and asked them to reschedule my office and any procedure appointments for the next two weeks. I needed to get together last minute supplies to complement my ready bag that I always keep packed to respond to these calls.

This is the 4th time I responded to an emergency situation where I literally had to leave within hours to get there to give aid. The 1st was in 2002 to El Salvador for the earthquake that killed 28,000 people with Dr. Steve Gleason. The 2nd was to Haiti 5 days after the earthquake

to help the Israeli medical team. They were the first to arrive in Haiti to give aid. 18 months ago, I found myself in South Sudan in a humanitarian crisis of 150,000 refugees. This was created literally over the course of 2 weeks and people were dying of both poor medical care and malnutrition. Then this call from Team Rubicon, a group started during the Haiti earthquake response by a group of retired Special Forces medics. They told me they had desperate need for surgeons as I was the 2nd surgeon to join them. The other one coincidentally was also from Iowa, Dr. Kyle Versteeg plastic surgeon from Fort Dodge.

The Typhoon called Haiyan or in the Philippines Yolanda, was the strongest storm recorded that made landfall, and unofficially the strongest typhoon ever recorded in terms of wind speed. At least 6,200 people were killed in the Philippines with over 11 inches of rainfall in less than 12 hours. In Tacloban, where we went, a storm surge completely washed the coast and essentially totally destroyed the city with a 15 to 19-foot wave equivalent to a tidal wave. Damages to agriculture and to infrastructure totaled almost a billion dollars.

Team Rubicon was the first organization, governmental, private or NGO to arrive in Tacloban after the typhoon hit, with people on the ground within 36 hours. The group was well prepared and consisted of search, rescue, logistics, and construction teams. They quickly assessed the situation and notified the headquarters of Team Rubicon of the needs. The 2nd team of additional search and rescue, logistics and construction people arrived 2 days later. My group was scheduled to arrive 5 days after the first team arrived. A medical team consisting of over 30 people including

internists, 2 OB/GYN, 2 surgeons (both from Iowa, Dr. Kyle Versteeg and myself), and paramedics left the Los Angeles airport that Saturday night after staging and organizing equipment in Los Angeles all day Saturday.

Upon arriving in Tacloban on Tuesday, we were brought to our forward staging area where the initial teams had set up a camp. This was in the parking lot of a warehouse that was donated for



Tacloban City, Philippines Disaster

our use. The advanced team with the logistics people had established that there were 2 needs that we could fill; 1 was establishing a clinic in the portion of Tacloban City, which did not have any medical care several miles from the medical facility at the airport. The 2nd was to provide medical care at Carigara District Hospital approximately 30 miles northeast of Tacloban City. Carigara had been hit extremely hard by the typhoon and the hospital was almost totally destroyed. Our building people were there almost immediately to assist with

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Tacloban City, Philippines Disaster



Alan Koslow, M.D. volunteered with Team Rubicon to provide emergency medical relief after Typhoon Yolanda in the Philippines.

construction of the hospital, so that they could begin to see patients.

Our 1st impression upon arriving at Tacloban City airport was the enormous devastation. The airport was essentially destroyed and in driving from the airport to the warehouse parking lot where we were staying, the amount of devastation was breathtaking. The infrastructure destruction in Tacloban City was uniform and complete having been hit with a 16 to 20 foot surge wave that swept everything in front of it, destroying everything. Tacloban City did not have a single structure that was not either totally destroyed or significantly damaged to the point where it

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Tacloban City, Philippines Disaster

was uninhabitable. The lines at the airport included tens of thousands of people who were attempting to get on to Mercy Flights out of Tacloban City. After the supply planes were unloaded, they were loading as many people as they could onto the supply transports, which had no seats, and flying them back to Manila.

The first 3 days in Tacloban, I and 12 people established an Urgent Care Clinic in a local community. I stayed to work in this clinic and was basically assigned to treat all of the patients who had any type of wounds. Dr. Versteeg went up to Carigara District Hospital.

There were 2 times that our search and rescue

people came and took me to the home of someone who was unable to travel who had severe injuries. In one of the situations I needed to do amputation of the distal half of the fifth finger and debride an infected large wound in the patient's foot. I literally did this sitting on the curbside with the patient's hand and then foot on my lap doing the surgery. Fortunately, we had some local anesthetics so that I was able to numb up the area prior to doing this. On each of the 3 days I was at this local clinic, I treated approximately 25 patients with wounds ranging from severely infected gangrenous to wounds with foreign bodies embedded in them. This was done with minimal supplies and equipment as our surgical supplies had not

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ANNUAL MEETING

2014 Officers Elected



Donny Suh, M.D., 2014 President thanks Past President Phil Colletier, M.D. for his leadership and dedication to the Polk County Medical Society.

The Polk County Medical Society Annual Meeting was held on Thursday, April 24th at Wakonda Club. The 2014 PCMS officers were elected and installed.

Over 150 PCMS members, hospital administrators and guests were present to hear John Pappajohn, entrepreneur, innovator, world class leader, and visionary address the doctors. Mr. Pappajohn who has through his incredible

generosity helped to deliver advancements in medicine, education, business, and the arts in Iowa, and throughout the world.

The 4th recipients of the Kathie J. Lyman Scholarships were presented with their awards. This year the PCMS added a grant for the Kathie J. Lyman Scholarship fund for medical students to receive \$500 annually for Global Medical Service Trips.



Des Moines Mayor Frank Cownie and Guest Speaker John Pappajohn enjoying the evening.



L-R: Jody Jenner, Broadlawns CEO & President, Vincent Mandracchia, DPM, and Governor Terry Branstad



L-R: Joel From, M.D. with Governor Terry Branstad



L-R: Mariann Clark, Douglas Massop, M.D., Kathleen Massop, M.D.



L-R: Jacqueline Stoken, D.O. and Craig Shadur, M.D.



L-R: Governor Terry Branstad, Marty Crowder, and Jaine Hendricks, D.O.

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L-R: Julia Goodin, M.D., Iowa State Medical Examiner; Gregory Schmunk, M.D. Polk County Medical Examiner; Sherif El-Mahdy, M.D., Amira Khater, and Holley Bermel, D.O. enjoying dinner together.



L-R: John Bardole, M.D. and Joshua Kimelman, D.O.



L-R: Cynthia Juhler, D.O., John Pappajohn, and Jeff Haren.



L-R: Kaaren Olesen, D.O. with Shayla From.



L-R: Larry Baker, D.O. and Bonnie Zittergruen visiting during cocktail hour.

ANNUAL MEETING



L-R: Connie Colletier and Susan Suh



L-R: John Pappajohn is welcomed by Larry Severidt, M.D., PCMS Secretary/Treasurer, Angela Franklin, Ph.D., Des Moines University President, and Donny Suh, M.D., PCMS President



L-R: James Kimball, M.D., and Reed Rinderknecht.



L-R: M. Claire Cumbie-Drake, and David Drake, D.O. enjoying dinner.



PCMS members, and guests, enjoying dinner.

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Kathie J. Lyman 2014 Scholarship Recipients



*L-R: DMU Scholarship Recipient Lucas Mihalovich receives scholarship from Kathie J. Lyman
PCMS Executive Director*

The Kathie J. Lyman scholarship was created to provide support to medical students' annually from Des Moines University and the University of Iowa Medical School to recognize both scholarly achievements and financial needs.

Lucas Mihalovich, Des Moines University medical student was the recipient of the Kathie J. Lyman \$1,000 Scholarship Award.



Kathie J. Lyman presenting Scholarship to University of Iowa medical student Thomas Clark.

Thomas Clark, University of Iowa medical student was the recipient of the Kathie J. Lyman \$1,000 Scholarship Award.

This year the Global Medical Service Trip was created to help fund medical students on global medical service trips. A \$500 grant for a Global Medical Trip will be awarded annually to DMU and Broadlawns medical students.



1st Year DMU medical student recipients, Kelsey Finn, and Matt Mueller with Yogesh Shah, M.D., Associate Dean of Global Health.

The 2014 Kathie J. Lyman Global Medical Service Trip recipients were presented their scholarship awards at the Polk County Medical Society Annual Meeting.

Des Moines University medical students, Kelsey Finn, and Matt Mueller accepted on behalf of DMU Global Health Student Club.

Christa McEnerney, D.O. was the Broadlawns recipient for the Global Medical Service Trip.

Thanks to all of the doctors who contributed to the Kathie J. Lyman Scholarship Fund in 2013. Your support sends a clear message that PCMS doctors are grateful to the young professionals who chose medicine for a career. Your support of future medical students is important.

If you have not yet contributed, you still can by sending your check to:

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Larry Severidt presenting Broadlawns recipient Christa McEnerney, D.O. the Global Medical Service Trip Award



John Pappajohn

The Opportunity Kid

John Pappajohn, one of America's preeminent business and philanthropic leaders, gave the key note address to more than 150 physicians and guests at Polk County Medical Society's 163rd annual meeting. His remarks focused on creating and acting upon opportunities in life and business. At 85 years young, his love of the 'deal' and desire to create opportunities for entrepreneurs, students and philanthropic organizations drives his vigorous schedule that finds him at work by 6:30 am daily. Pappajohn's enthusiasm is contagious. Truly, he is one of Iowa's most valued treasures.

John was taught the value of hard work by his father George who immigrated to America from Greece. He arrived at Ellis Island not knowing a word of English but knowing the value of the opportunities America presented. Mason City, Iowa became home to the Pappajohn family and the first Pappajohn entrepreneurial endeavor; a family grocery store which was launched with savings George earned from working long hours at the brick tile plant. John worked alongside his two brothers

before and after school at the family store. John was 16 when his father tragically died. John and his brothers became responsible for running the store, supporting the family and saving for college. And, the brothers were successful in juggling school and work. Not believing in debt, John attended the University of Iowa paying for his studies by continuing to work part-time jobs. His focus and philosophy found John well prepared to face the future after graduation with no debt and \$2,000 in savings.

It is clear from Pappajohn's tremendous success that he possesses a keen intelligence and unwavering focus that enables him to master any undertaking. His unique ability to identify opportunities and create solutions has resulted in hundreds of successful business enterprises. His first success story came from serving as the Founder and President of Guardsman Life Investors from 1962-1969. Never content, John aligned his love of creating new opportunities and businesses by becoming one of the first venture capital firms in the U.S. in 1969. Pappajohn Capital Resources was launched

with \$100,000 of John's savings and has become one of the nation's most respected venture capital firms.

Businesses aren't the only beneficiary of John's golden touch. Students at Iowa's five universities and colleges have benefited from the more than \$100 million John and Mary Pappajohn have donated to higher education. Their generosity created the John and Mary Pappajohn Entrepreneurial Centers at five Iowa universities and colleges, the John and Mary Pappajohn Biomedical Institute Building at the University of Iowa, the University of Iowa Hospitals John and Mary Pappajohn Clinical Cancer Center, John Pappajohn Medical Pavilion and the John Pappajohn Business Administration building at the University of Iowa.

John's big dreams have resulted in many success stories coming true for individuals around the world. Through his support and guidance of education and business he has created medical technologies and solutions that have changed the world. Firms which he has funded and served as Director and Chairman include organizations engaged in genetics, cancer, physician resources, diagnostics, healthcare management and numerous other medical innovations.

In addition to his love of family and business, John and his wife Mary have been generous benefactors of the arts. The Pappajohns

donated 28 works to the Des Moines Art Center for use John and Mary Pappajohn Sculpture Park which is located on 4.4 acres on the western entrance to downtown Des Moines. Since 2009 many thousands of visitors have enjoyed the world renowned art which has defined the renaissance of Des Moines. Pappajohn has served on numerous boards for the arts; the Des Moines Art Center, John F. Kennedy Center for Performing Arts, National Gallery of Art in Washington DC, Whitney Museum in New York and is Vice Chairman of the Hirshorn Museum in Washington DC.

Don't expect John to slow down anytime in the near future. His zest for life and overwhelming desire to create opportunities in business, education and the arts keeps him working 24/7. Polk County Medical Society was fortunate to have a leader of John's stature and integrity to discuss his philosophy. It was a pleasure to come into the presence of an individual who has truly made a difference. Thank you, John Pappajohn.

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Folkers, Bryan, D.O.

Education: University of Osteopathic Medicine and Health Sciences
Specialty: Plastic and Reconstructive Surgery, Surgery of the Hand

Dr. Folkers currently practices at Bergman Cosmetic Surgery, 2000 Grand Avenue,
Des Moines, IA



Hughes, Amy, D.O.

Education: University of Osteopathic Medicine and Health Sciences
Specialty: Internal Medicine

Dr. Hughes currently practices at Medical Oncology & Hematology Associates, 1221 Pleasant St., Ste 100, Des Moines, IA



Love, Charles, M.D.

Education: University of Iowa College of Medicine
Specialty: Dermatology

Dr. Love currently practices at Iowa Dermatology Clinic, 6000 University Avenue, Suite 350, West Des Moines, IA



Mulhausen, Paul, M.D.

Education: University of Minnesota Medical School-Minneapolis, MN
Specialty: Geriatric Medicine/Internal Medicine

Dr. Mulhausen currently practices at Telligen, 1776 Westlakes Parkway,
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yet reached us. I had a total of 6 instruments to do all the procedures that I had to do. We soaked the instruments in Dakin's solution and then washed them off with alcohol between each use.

On my 4th day in Tacloban City, I transported an hour-and-a-half to Carigara District Hospital, and took over for Dr. Versteeg there. A portion of the hospital was totally destroyed and the construction people from Team Rubicon had rebuilt the emergency room, which we were using for our operating room. They were also in the process of building a new operating room area with 4 operating rooms. I treated an additional 30 patients with severe wounds for the 2 days that I was at Carigara District Hospital. The most serious of these were degloving wounds of either the hand or foot. Fortunately, very few patients had limb loss situations. Since we had nothing but local anesthesia, any patients with severe wounds that needed major surgery were transported to the airport and then Medevac'd back to Manila on the next C130 or C140 transport plane. Both the United States Air Force and the Philippine Air Force were flying C130 or C140s, almost on the hour. In the 5 days that we were on the ground, our entire medical team treated over 1,500 patients. We then handed off both the community clinic that we set up in Tacloban City and the hospital in Carigara, to Relief International, the medical relief unit of Kaiser Permanente.

We traveled back to Manila for 1 day to decompress and then we were back in the States 11 days after we left. I never appreciated a shower as much as I did that first shower that

I took when we got back to Manila. For the entire time that we were in Tacloban City and Carigara, our meals consisted of military MREs (meals ready to eat). They are definitely not gourmet meals!

It has to be remembered that when you go on a mission like this, you are not just providing the medical care to the patients. You are doing 2 really important things; 1, you are giving hope to the relatives who are here in the United States, and 2, more importantly you are giving hope to the people of the field, that they are not being forgotten by the rest of the world.

It is amazing the thankfulness and the appreciation that just radiates off of the people that are being helped. Even the non injured thank you from the bottom of their hearts for the help you are giving.

I have planned another mission to a region in Guatemala in March which has 25,000 people, and do not have a single medical personnel there. I am going to be setting up a group of 25 university-trained unemployed teachers to be health professionals. They will learn how to do a health sanitation and nutrition survey and each of them will have 1000 people under their care. After 3 months we will take the data, analyze it, and decide what is the best training, medical program, and equipment that we need to give these 25 lay medical people, to improve the health and well-being of people in this district. We will be going back there with a much larger force in late summer or early fall. If you are interested in getting involved with this project, please do not hesitate to contact me.

**Polk County Medical Society
Young Physician's
and Doctor's Young at Heart Event**

Des Moines Zoo Brew

Wednesday, June 25th, 2014

LIONS AND TIGERS AND BEERS, OH MY!



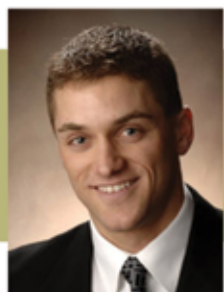
Please join the PCMS Physicians who want to have fun and are young at heart for a brew at the zoo. Wednesday, June 25th, 2014, 5:30PM-8:30PM at the Blank Park Zoo, with music, food, brews, and of course, the exotic animals of the Zoo! Strut your stripes featuring entertainment by Loose Neutral. Must be 21 to enter. No Children allowed.

RSVP By June 18th

288-0172 or email pcms@pcms.org

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When *was* the time? March 9, 2009, when the Dow Jones Industrial Average hit the "great recession" bottom of 6,547. But many investors had by then totally thrown in the towel and felt like the last place they could trust their money was in the stock market. Since then, we've seen an historical run-up in markets that has now put us back near the previous highs and, perhaps, erased those memories and lessons we might have learned. Markets have a funny way of playing with our emotions. Human beings are not rational, especially when investing in the stock market. Best to check your feelings at the market's doorstep to avoid bad decisions. The time to invest in equities is **always**, so long as your circumstances allow.

Investors liquidated \$289 billion from traditional open-end equity mutual funds

from March 2009 through December 2012, according to data from the Investment Company Institute. Yet over that span the S&P 500 returned more than 130%. Talk about running the wrong way.

The right time to change course or allocation is generally when one's life circumstances have changed: goals, retirement timeline, obligations, career, etc. Changing in response to, or anticipation of, news is playing the market and gambling with precious resources. Remember, the greatest risk and detriment to successful investing is not necessarily avoiding the downturns but sitting on the sidelines during the upturns. Stay diversified.

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for
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7:30 p.m.
Des Moines
Performing Arts

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seats with PCMS
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The Phantom of the Opera, will return to Des Moines as part of a brand new US National Tour. Hailed as "stunning, intense and spectacular" by the Sunday Express, this production features a brilliant new design by Paul Brown, costumes by the much missed Maria Björnson, a new staging by Laurence Connor – director of the recent acclaimed 25th anniversary celebration at the Royal Albert Hall – and new choreography by Scott Ambler.

PCMS Will have a light dinner before the show



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Official Publication of the
Polk County Medical Society
1520 High Street
Des Moines, IA 50309

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