

Bulletin

SEP/OCT 2014

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY

**IOWA'S
GAME CHANGERS**

**Adult
Immunization**

**ADVOCACY IN
WASHINGTON**

**4TH ANNUAL
PCMS/KATHIE J. LYMAN
GOLF TOURNAMENT**

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Medical Society*

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September/October 2014

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Bulletin

SEP/OCT 2014

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY

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Cover Photo: The 2014 PCMS Kathie J. Lyman Scholarship car barn reception at Dennis Albaugh's Talons of Tuscany.

Articles and editorial inquiries should be directed to:

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

Kathie J. Lyman Scholarship

4th Annual Golf Tournament

108 PCMS members, guests, and sponsors enjoyed a beautiful day at the 4th Annual Kathie J. Lyman Scholarship Golf tournament. The tournament was held on September 18th at Dennis Albaugh's exclusive golf course Talons of Tuscany. Everyone had a great time.

The PCMS Golf tournament proceeds provide financial scholarships annually to medical

students from the Des Moines University, University of Iowa and Global Medical Service trips for students.

The awards reception, silent auction and touring of the famous car barn were fun. A delightful evening for the golfers and reception guests made the perfect ending of a great golf fundraiser.



Kathie J. Lyman opens the 4th annual golf tournament in her honor to raise funds for Iowa student's medical education and global medical service trips.

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Doctor as Patient



Philip J. Colletier, M.D.

Full disclosure time; I had my first episode of passing a kidney stone early one morning last year. Memorable experience. It

started while I was shaving. I drove myself to the ER at 5 a.m., but after a couple of hours climbing up the wall I was good to go, even went to work and took my wife out to dinner that night.

Last week, not so lucky. I drove to the ER sweating and squirming. After a few hours I was improved, and encouraged them to release me to home a bit too soon, and relentlessly bounced back 2 a.m. the next morning. This was a keeper. I've heard the adage "more painful than childbirth" since medical school. In fact, when one Googles "kidney stones" and "childbirth pain" you get 121,000 hits. I can't speak meaningfully to the issue of childbirth, but I can tell you that having stone will get your full attention.

It is very instructive to be a patient, even when the episode is relatively short-lived. One is reminded of the struggles that

our patients face daily. As a radiation oncologist, I have been managing patients with pain, nausea and vomiting for two decades. Although I felt I was competent at addressing these complex and challenging issues, I can guarantee you that I will forever be better.

The purpose of this discourse was not necessarily to reveal that my experience has been dramatic or transformative - this theme is a bit cliché, and I have read many such accounts that are more meaningful than my trivial episode. What I really learned from this was the power of nursing.

As I looked back on the 5-6 nurses that participated in my care, from the ER to the inpatient setting, to the cystoscopy suite and postoperative recovery, I am struck by how intuitive they were. The nurses actually routinely anticipated my needs. What a gift and an art, a skill which can't be taught. While we physicians can be proud of our technical prowess and knowledge base, we can't provide the optimal patient experience without the support of an experienced, selfless, professional nurse.

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In the last several years, I have had the pleasure of integrating nurse navigators as well as palliative care nurses into our specialty. If you are in a practice that is able to take advantage of these resources, I would strongly encourage you to assess whether you can incorporate these professionals into your clinic. If you or your staff would like to learn more on the latest developments, Mercy will be offering a conference "Advancements in Pain Management and Palliative Care" on 10/31/2014 at the Downtown campus East Tower Auditorium.

In summary, although it is not even nurse's week (May 6-12, 2015) I would like to encourage you to thank your nursing staff for their skill, compassion and empathy. You might even buy lunch. We can learn much from our colleagues with whom we work side by side to ensure that the quality of patient care remains unparalleled. Who knows, you may personally benefit when it comes your time to be the patient.

NOMINATIONS FOR 2015 OFFICERS

The Polk County Medical Society is seeking nominations from members interested in serving as a 2015 officer. PCMS Board Members determine the direction of the Society on advocacy issues, and to promote the medical profession.

Interested members please contact the PCMS at pcms@pcms.org or call 288-0172 to be put on the ballot.

IOWA'S GAME CHANGERS JOHN AND MARY PAPAJOHN



John & Mary Pappajohn Bio Medical Discovery Building - University of Iowa

Iowa has long been known for its premier status in agriculture, insurance and financial services. Today, Iowa is fast becoming recognized for its cutting edge medical research, education and state of the art health care at the University of Iowa Health Care. John and Mary Pappajohn's generous financial support and advocacy have been an important impetus for the medical innovation that is occurring at the University of Iowa Health Care. Their most recent contribution to improving health care worldwide is the new John and Mary Pappajohn Biomedical Discovery Institute which will deliver medical solutions that will change how medicine prevents, diagnoses

and cares for millions of patients around the world. October 15th is the Institute's formal dedication; a date that will mark a new era of collaborative research between physicians, clinical scientists and basic scientists at the Institute.

"We are inspired by the Institute's collaborative, interdisciplinary, entrepreneurial and university-wide dimensions. Those who stand to gain the most from this world-class research enterprise will be generations of patients nationwide and around the world," said John Pappajohn. The Pappajohn's gifted

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\$26.4 million in 2009 to make this world-class facility a reality. They have also funded other medical facilities at the University including the Pappajohn Pavilion at the University of Iowa Hospitals and Clinics and the John and Mary Pappajohn Clinical Cancer Center.

The John and Mary Pappajohn Biomedical Discovery Institute will help physicians and scientists to understand the fundamentals of biology and disease and to utilize the discoveries in real life applications that create new treatments, preventions and diagnostics. "Important to the research and discovery will be the Institute's ability to reduce barriers between scientific and technological specialties thereby enabling its scientists and physicians to work across disciplines. It will foster an environment of creativity that nurtures innovation and will accelerate research and discovery," said Pappajohn. Pappajohn envisions untold opportunities being created by the work emanating from the Institute. "The Institute is designed to hasten the delivery to market of its cures and discoveries through facilitation of securing patents and launching new biotech companies. The Institute is attracting the world's best and brightest to tackle the most challenging aspects of disease and medicine. We will all benefit from the solutions being born from this unique Institute and proud Iowa is home to one of the premier medical teaching and research universities in the world," Pappajohn said.

"Some of the issues being tackled at Institute include the Lung Biology Center, the Fraternal Order of The Eagles Diabetes Research Center, the Iowa Institute for Biomedical Imaging and

others. The 256,000 square-foot, six story building is the most expensive building project ever completed at the University of Iowa and will be home to 500 scientists, physicians and employees dedicated to achieving medical miracles," Pappajohn concluded. Governor Branstad has lauded the public and private partnership between the Pappajohns and the University that enabled the \$126 million facility to become a reality.

The Institute was the last building designed by renowned architect Charles Gwathmey (Gwathmey Siegel and Associates Architects LLC). It includes a unique 6,440 square-foot rooftop garden of colorful and hardy greenery which provides a sustainable strategy for mitigating rainfall runoff, filtering water, saving energy costs on heating and cooling, and prolonging the life cycle of the roof materials. The Pappajohns have been a force for philanthropy and education donating more than \$100 million to fund their advancement including the John Pappajohn Business Building (University of Iowa Business School) and the five John Pappajohn Entrepreneurial Centers at the University of Iowa and four other Iowa colleges and universities.

John is a member of the University of Iowa Foundation Board Of Directors. He and Mary also are members of the university's President Club, and have served on numerous UI and UI Foundation volunteer and campaign committees. The Pappajohns have provided significant philanthropic support for several other UI areas, including Hawkeye athletics, Hancher Auditorium, the Pomerantz Career

Center, UI Museum of Art and UI Libraries. The Pappajohns are also one of America's premier art collectors and most generous benefactors. Their donation of 28 works to the Des Moines Art Center for use in the John and Mary Pappajohn Sculpture Park transformed

DC, and the Whitney Museum in New York. Pappajohn is also Vice Chairman of the Hirshhorn Museum in Washington DC.

John Pappajohn immigrated to Iowa from Greece as an infant with his family. He learned



John & Mary Pappajohn Bio Medical Discovery Building - University of Iowa

the gateway to downtown Des Moines and spurred the use and love of public art for generations to come. Since 2009, the John and Mary Pappajohn Sculpture Park has become one of the most visited sites in Des Moines; attracting thousands daily – rain or shine. The Pappajohns collect art because they like it and for the joy it has always given them. They not only love to discover an artist and their work, but in turn being able to share the art with the public. Pappajohn has served on numerous boards for the arts including the Des Moines Art Center, John F. Kennedy Center for Performing Arts, National Gallery of Art in Washington

the value of hard work and the importance of education from his family. Tragedy struck with the death of John's father when John was 16, but it didn't make his life tragic. It taught him discipline and made him who he is today. John and his two brothers helped his mother, Maria; manage the family grocery store, Evia, in Mason City. With his mothers constant encouragement the Pappajohn brothers successfully worked their way through college by alternating the years they attended. John earned his bachelor's degree in commerce from the UI in 1952 and has become one of Iowa's

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ADULT IMMUNIZATIONS



By: Carlos Alarcon, M.D.
Medical Director, Polk County Health Department

As health care providers, we are often working to prevent some type of illness or health condition with our

patients. We may be providing the flu vaccine to a patient to prevent influenza or creating an exercise and healthy diet plan to work toward preventing diabetes with a patient. Yet, one of the biggest prevention tools we often overlook is our adult immunizations. How often do we stop to review our adult patient's records to make sure they are fully immunized?

According to the National Foundation for Infectious Diseases, approximately 50,000 adults in the United States die from vaccine-preventable diseases each year. As health care providers, we know how important getting vaccinated is, yet so many adults are under immunized. The 2012 National Health Interview Survey indicated that only 14% of adults 19

years or older received the Tdap (tetanus, diphtheria, pertussis) vaccine, only 20% of adults 19 to 64 years of age at high risk received the pneumococcal vaccine and 20% of adults 60 years and older received their shingles vaccine. As our patients age, their vaccine protection against childhood diseases like pertussis weakens making it possible to become more vulnerable to acquiring the disease or illness. Even healthy adults can become seriously ill and pass illness on to others. Immunizations are especially important for adults 60 years of age and older and those who have chronic health conditions such as chronic obstructive pulmonary disease, diabetes and heart disease.

Immunization is also important because it not only protects the patient receiving the vaccine, but also helps prevent the spread of certain diseases, especially to those who are most vulnerable to serious complications, such as infants and young children, elderly, and those with chronic health conditions and

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John & Mary Pappajohn Bio Medical Discovery Building - University of Iowa

most accomplished alumni. John is a 1995 recipient of the Horatio Alger Award and was awarded an honorary doctoral degree from UI in 2010.

After successfully founding and growing Guardsman Life Insurance he chose to pursue a career that would provide greater variety and more exciting opportunities. He founded Pappajohn Capital Resources, a venture capital fund, and Equity Dynamics Inc. in Des Moines in 1969. Pappajohn has been highly recognized and revered as an early pioneer in venture capital field. Journalists have followed his career because of his acumen and keen insight which have been consistently right. Pappajohn is recognized as one of the nation's preeminent business leaders; launching more than 100

startups, taking more than fifty companies public and serving on the board of directors of more than 40 publicly traded corporations. John dreams big and he has made others' dreams a reality. Pappajohn has created companies that have delivered medical technologies and bioscience that have changed the world. His love of solutions has resulted in innovative products and services for genetics, cancer, physician resources, diagnostics, healthcare management and numerous other endeavors. Pappajohn continues to look for opportunities that will innovate and deliver value for consumers and shareholders.

We can all be thankful for the generosity and genius of the Pappajohns!

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Vanguard Advisor Alpha

by Ross Polking, CFP®, AIF®, MBA®

Vanguard's research group recently published a study quantifying the potential value advisors can add to clients' investment portfolios. The report identifies seven areas where advisors can enhance investment outcomes. Their conclusion: advisors can potentially add "about 3%" to net client returns. When Vanguard, the province of the do-it-yourself investor, acknowledged the value advisors can bring to investors, it was big news.

The magnitude of their findings is also noteworthy. A 3% potential return improvement over the long-term can increase a client's wealth by hundreds of thousands of dollars. These potential enhancements are reported as annualized rates of return, but results can be very "lumpy," with some years presenting few, if any, opportunities to capture improvement while others offer tremendous prospects.

Vanguard analyzed cost-effective implementation by quantifying average costs across the entire mutual fund universe. They determined a shift to low-cost funds would potentially save 0.45% per year. Disciplined rebalancing could potentially add 0.35% to return, with the additional benefit of effectively managing risk.

Analyzing three other areas, all centered around determining an appropriate investment mix, then maintaining that mix even during difficult markets, Vanguard's research quantifies the potential value-add as more than 1.50% per year.

Two remaining areas studied involve the tax impact of asset location and spending strategy (i.e., withdrawal order among taxable and tax-sheltered accounts during retirement). Vanguard estimates good guidance here can enhance wealth up to 1.40%.

Vanguard's research examined seven specific areas, all of which are part of our investment management practice, but did not cover other practices like tax loss harvesting, funding charitable gifts with appreciated shares, and structuring portfolios along certain dimensions of risk to enhance returns. Vanguard's "3% conclusion" challenges us to redouble our efforts to add value for our clients by capturing various opportunities occurring in the day-to-day details of managing wealth.

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The information and material provided in this article is for informational purposes and is intended to be educational in nature. We recommend that individuals consult with a professional advisor familiar with their particular situation for advice concerning specific investment, accounting, tax, and legal matters before taking any action.



DOCTORS IN THE NEWS



Congratulations to Joyce Vista-Wayne, M.D., who was featured in an article in the September 12th issue of the **Business Record**. Dr. Vista shared statistical data and current challenges of the shrinking supply of psychiatrists in Iowa.



Congratulations to Ananddeep Kumar, M.D., who participated in the American Association of Neuromuscular and Electrodiagnostic Medicine (AANEM) delegation meeting with congressmen in Washington, D.C.

NEW MEMBERS



Donels, Eric , D.O.

Education: Kirksville College of Medicine

Residency: Iowa Methodist Medical Center, Des Moines, IA

Specialty: Internal Medicine

Dr. Donels currently practices at the Iowa Clinic, P.C., 5950 University Avenue, Suite 231, West Des Moines, Iowa 50266

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A black and white advertisement for Des Moines Landscapes L.C. featuring a background image of a dense, leafy shrub. The company name is prominently displayed in a stylized font, with a small tree icon integrated into the letter 'S' of 'LANDSCAPES'. Below the name, the phone number, website, and services offered are listed.

Government Relations Committee Meeting is scheduled for December 4th

The Government Relations Committee will meet on December 4th at 5:30 pm at the PCMS office, 1520 High Street.

Medicine today faces challenges and regulatory changes as new health care laws are made. We need YOUR input on critical issues as we ADVOCATE on your behalf in Washington and Iowa.

Please plan to join PCMS in developing your 2015 Legislative Agenda. RSVP to pcms@pcms.org, or call 288-0172.



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GOLF OUTING

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L-R: John Lozier, M.D. and Adam Secory, D.O. catching up and having fun.



L-R: John Zittergruen, D.O. and Matt Hermann, M.D. enjoy lunch at the beautiful Talons of Tuscany clubhouse.



Putters concentrate on style and form while practicing before the tournament.



L-R: Angie Hopkins, Amy Payne Johnson Valerie Kounkel, D.O. prepare for the shot gun start.



L-R: Jay Johnson, D.O., Jason Stecker, D.O., Don Junge, D.O. and Ryan Bakke, M.D. say a final hello before dashing for their carts.

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Jon Ward, PGA Golf Pro instructs all of the golf teams on the games and rules for the tournament.



L-R: Craig Mahoney, M.D., Scott Raridon, Kevin Lowary and Dwayne Pineda assess the situation on the green.



L-R: Dustin Wiemer, Lynn Owen, D.O., David Lind, M.D. and Jeff Merryman, M.D. enjoy the great golf weather.



Dave Saggau, M.D. prepares for the long drive.



Dale Steinmetz, M.D. looks the ultimate golf professional on the course.



L-R: Anthony Stark, D.O., Benjamin Beecher, M.D. and Joshua Kimelman, D.O. sizing up the right putter for the shot.

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**A Special Thank You to the
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A hearty congratulations is extended to this year's **FIRST PLACE prize winners - Ryan Bakke, M.D., Jason Stecker, D.O., Don Junge, D.O. and Mark Sundet, D.O.** took the honor this year!

**A Special Thank You to the
2014 Kathie J. Lyman Scholarship
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Advocacy in Washington D.C.

The Polk County Medical Society held their annual Washington, D.C. Fly-In September 9th and 10th. Both the Senate and the House were in session. On your behalf PCMS Board Members and the Executive Director met personally with the Iowa Congressional Delegation.



Senator Grassley reinforced that Congress would not pass a permanent repeal of the SGR until they find over \$130 billion needed to repeal this law.

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NEW RESIDENT MEMBERS BROADLAWNS MEDICAL CENTER

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The Volunteer Physician Network (VPN) continues to provide specialty care for the uninsured, underinsured and working poor below the 200% federal poverty guideline in our community. We would like to thank the VPN physician volunteers, hospitals, specialty clinics and surgery centers for their dedication and support in making this program a success.

Please consider VOLUNTEERING and becoming **a part of this essential charitable community program**. Please visit www.volunteerphysicians.org or contact Nicci Dean, VPN Administrator at 515-288-6346 or vpn2@pcms.org to learn how to get started!

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weakened immune systems. It is recommended that women should get the Tdap vaccine each time they are pregnant because babies do not receive the DTaP (diphtheria, tetanus and pertussis) vaccine until they are two months of age.

As our patients come in for their flu vaccine, annual check-up or other appointments, make sure to review their immunization records. Adults need the following immunizations based on their age, lifestyle, high-risk conditions and vaccine history:

Immunizations that are recommended annually include:

- Influenza

Immunizations that are age sensitive include:

- Tetanus, diphtheria, pertussis (Tdap): adults should receive a tetanus and diphtheria (td) vaccine booster every 10 years. A (Tdap) is recommended to protect adults and those around them against whooping cough.
- Shingles: individuals 50 years and older.
- Pneumococcal: individuals 65 years and older should receive the vaccine. Individuals younger than 65 years of age with certain health conditions may also need to be vaccinated.

- Human Papillomavirus (HPV): for girls/women between the ages of 9-26 and for boys/men between the ages of 11-21.

Additional immunizations recommended for adults include:

- Hepatitis A
- Hepatitis B

Adults who didn't have these viruses as a child or didn't get vaccinated may need:

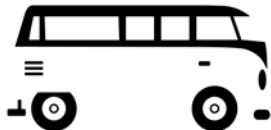
- Measles, Mumps, Rubella (MMR)
- Chickenpox (varicella)

Patients see their health care provider as the voice of reason for their preventable health needs. If their provider does not address adult immunizations, patients think it's not something they need or need to worry about. They won't act on anyone else's recommendations if their provider has not broached the topic. As health care providers, this is our opportunity to review our patient's immunization records and have those meaningful conversations encouraging adult immunizations.

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WANTED

Authors to Write Original Articles

Would you like to write an original article to have published it in the PCMS bi-monthly Bulletin? Topics for articles should be related to the medical field or about one of our members. Please submit articles to the Polk County Medical Society by email at pcms@pcms.org. Listed below are the requirements for publication:

1. Submit original article typed on one side, single-spaced. Length of article preferred one to two pages 8 1/2 x 11" paper or 350 words.
2. Articles should have titles not to exceed five words and may be reconstituted at the discretion of the editor.
3. A recent photo of author and subject is desirable.
4. Byline information should include the highest degree or title, office or pertinent affiliation.
5. Articles may be edited to conform to publication style.
6. All articles written become the permanent property of Polk County Medical Society and may not be published elsewhere without permission from PCMS.
7. Articles not received by issue deadline may be published in further issues. Issue deadlines for submitting articles are the first day of the month prior to the issue you wish the article to be in. PCMS should receive articles by: October 1st for November/December issue, December 1st for January/February issue, February 1st for March/April issue, April 1st for May/June issue, June 1st for July/August issue, August 1st for September/October issue.
8. Articles are received with the explicit understanding that they are not simultaneously under consideration by another publication.

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30
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10 Jason B. Wittmer, M.D.		
11 Aneesa Afroze, M.D. Yogesh Shah, M.D.		

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L-R: Chris Nelson, M.D., Jason Sullivan, M.D. and Devon Goetz, M.D. assessing the green.



L-R: Eric Donels, D.O., Jeff DeFransico, M.D., Kyle Rogers, M.D. and Joe Hawk, M.D. contending for best shot on the green.



Rob Lee, M.D. and Fred Nuss, M.D. getting ready to tee off.



Susan Gainer, Rhonda Ward, Joanie Steinmetz and Susan Suh hide from a long drive...FOUR!!



L-R: Kathie Lyman presented prizes and Katie Suckow receives one for the longest drive.



Car barn reception captures the fascination of PCMS members.

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PCMS Delegation presented Representative Tom Latham with a letter of thanks and appreciation for his years of outstanding service to Iowa doctors and their patients.



Joel From, M.D. President elect presented Senator Tom Harkin with a letter of thanks and appreciation for his years of outstanding service to Iowa doctors and Americans especially with his ADA law.



PCMS Members
please join
the legislators of the

86th Iowa General Assembly

Legislative Breakfast

Sponsored by the
Polk County Medical Society

Tuesday, February 10th, 2015

7:30 a.m. to 9:00 a.m.

Legislative Dining Room

Iowa State Capitol

*ALL Polk County Medical Society members are encouraged
to discuss the future healthcare of Iowans and the 2015
PCMS legislative priorities with our Iowa Delegation.*



Please RSVP at 288-0172;
pcms@pcms.org;
or fax 288-0173

Bulletin

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