

Bulletin

JAN/FEB 2015

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY



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NOMINATIONS**

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**CLIMATE CHANGE
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JAN/FEB 2015

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY

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Cover Photo: L-R: Iowa U.S. Senator Joni Ernst and Kathie Lyman, PCMS, Executive Director in Senator Ernst's office in Washington, DC.

Articles and editorial inquiries should be directed to:

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

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

Kinky Boots

THE NEW MUSICAL BASED ON A TRUE STORY

The Polk County Medical Society physicians and their guests joined colleagues for the play Kinky Boots at Des Moines Performing Arts. All enjoyed a light dinner and socializing before experiencing an exhilarating evening of high-heeled hilarity, song and dance at the Tony Award winning Broadway show.



PCMS staff Nicci Dean having fun with the Kinky Boots logo.



L-R: Dr. Steven Herwig, D.O., wife Karen Herwig, and guests Deidre Fudge and Barbara Royal looking forward to the play.

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The Great Train Wreck of 1877

Philip J. Colletier, M.D.



The summer of 1877 saw record amounts of rainfall in Iowa. In fact, this era was known as the Little Ice Age.

Heavy snowfall was

followed by excessive rain. This led to the flooding of farm fields, with livestock retreating to the safety of higher ground. Rivers and creeks overflowed. Infrastructure of bridges weakened.

Little four mile creek is a typical Iowa creek. Lined by scrub trees and overgrown grass. It runs near the Copper Creek development, south of East University, East of the Fairgrounds. Currently, the Gay Lea Wilson bike trail parallels it. On the evening of August 29, 1877, this would be the site of the worst train accident in central Iowa history, with an unwitting, serendipitous impact on the future of medicine in Des Moines - thus the reason I chose to include the history of this event in this month's Bulletin.

That evening, the Creek, typically 10 feet or so across was a raging torrent, swollen up to fifty feet wide at points. The current was so strong that it undermined the stone footing and arch of a railroad bridge southwest of Altoona, with the stone arches being literally washed away.

The engineer of the Chicago, Rock Island and Pacific Railroad was soon to meet his fate in the driving rain. As the train rounded a curve, at four o'clock in the morning, there was no way that he could see what lay ahead, that only part of the bridge remained standing.

It is said that only the steel rails remained in place. As he moved the throttle forward after passing the curve, the locomotive jumped the stream and landed hard against the opposite western bank of the creek. The tender car, a Barnum and Bailey circus poster car, and the rest of the train were pulled into the flooded creek. Only the sleeper car was saved, as there was no room remaining for it

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in the creek bed. The engine was completely out of sight. Survivors broke out windows and slid down the muddy river bank. People were trapped in the flooded debris.

News of the disaster spread quickly. Several bodies floated downstream, which was over twenty feet deep. In total, twenty people were killed, and 35 injured, including many with severe burns. The engineer was killed instantly. The fireman made a miraculous escape.

The Barnum car was just behind the engine. The following cars obliterated the Barnum car. It contained a cadre of bill posters - men hired to plaster advertisements for the Greatest Show on Earth. The circus was coming to Des Moines in September. Seven of the 13 individuals in the Barnum car perished. The injured were taken to the Cottage Hospital, the first hospital in Des Moines.

Cottage hospital had been founded by Dr. George Hanawalt a year prior. The Hanawalt elementary school is named after this distinguished physician. He was an impressive leader of the medical community, having served as both President of the Polk County Medical Society in 1877 as well as President of the Iowa Medical Society in 1880. At the time of the train wreck, he served as division surgeon for the C., R.I., & P.R.R. Railroad Company. Although Dr. F.E.

English was the first doctor on the scene, Dr. Hanawalt volunteered to aid the victims and as a result is said to have saved many lives.

P.T. Barnum was said to be very grateful for the care and compassion delivered to the surviving employees. He sent a telegram in this regard to the local Des Moines newspaper. In turn, the newspaper encouraged him to deliver a lecture in town which would benefit the Cottage Hospital. He did exactly that, with a lecture on temperance and the consequences of alcohol use.

Although estimates of the amount raised vary, one source reports that over \$12,000 was raised. Other sources question whether the exercise was all performed for publicity, as P.T. Barnum was known to be manipulative, even fraudulent. Indeed, the saying "a sucker is born every minute" has been commonly attributed to him. Nonetheless, this money no doubt helped keep the hospital solvent until Methodist Hospital was built.

An entry in the Des Moines city ledger, August 1899 notes "The managers of Cottage Hospital decided to close its doors September 1 for want of adequate maintenance fund. The history of the hospital is one of womanly sacrifice covering many weary years. New and better equipped hospitals in the city compelled the trustees to face the alternative; more money or

suspension." Note that the full name was "Cottage Hospital and Training School for Nurses." This was the only hospital in the city for 20 years.

Trains continue to cross the creek at the same location on a new reinforced bridge. The site of the wreck is marked by a plaque and a bench is located there as well. A perfect spot to contemplate and remember the events that change history.

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- Internet Blog gregfallis.com 6/15/2012
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- Wikipedia

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In Memory of **John R. Gambill, M.D.**



John (J.R.) Randolph Gambill, M.D. a long time member of the Polk County Medical Society, passed at the age of 96 on December 16, 2014. Dr. Gambill was born in Harrisonburg, VA, on April 21, 1918. He receives his BA in English at Bridgewater College in 1940, his bachelor's degree in theology from the Southern Baptist Theological Seminary in Louisville, Kentucky, in 1943, his M.D. from the University of Louisville in 1946 and his L.L.B. from Chicago's Blackstone School of Law in 1958.

Dr Gambill was certified by the American Board of Psychiatry, and worked in hospitals and clinics in the New England and Midwest areas. He was superintendent of the Mental Health Institute in Clarinda, Iowa, from 1967 to 1976. He and his first wife, Wilmer, moved to the Des Moines area where he was staff psychiatrist at the VA hospital from 1976 to 1996 when he

retired. He has served as the chief of psychiatry at Broadlawns Medical Center, president of the Iowa Psychiatric Society, and in January 1993 was named a Distinguished Life Fellow of the American Psychiatric Association.

Dr. Gambill was a faithful member of Rotary and attended 5 International Rotary Conventions. He believed in serving the community and volunteered for the VETS clinic and read to the children at the library. He had many hobbies including gardening, golf, line dancing, Bible study, and traveling. An avid learner, he passed on to his children the love of learning and books. He lived his life with humility, honesty, kindness, gentleness, compassion, and integrity. He was a soft spoken, humble, and caring man of great intellect.

2015 Nominations

In accordance with the Bylaws of the Polk County Medical Society, the **Nominating Committee** presents the following slate of officers for 2015:

President - Joel A. From, M.D.

Joel A. From, M.D. specializes in Cardiology at Iowa Heart Center, 411 Laurel St., Suite A 250, Des Moines. He has been a member of PCMS since 1988.

Secretary/Treasurer - Larry Severidt, M.D.

Larry Severidt, M.D. specializes in Family Medicine at Broadlawns Medical Center, 1801 Hickman Rd., Des Moines. He has been a member of PCMS since 2005.

Councilor - Janie Hendricks, D.O.

Janie C. Hendricks, D.O. specializes in Internal Medicine at Penn Avenue Internal Medicine, 1201 Pennsylvania Ave., Des Moines. She has been a PCMS member since 1998.

Councilor – Marty Hove, M.D.

Marty Hove, M.D. specializes in Anesthesiology at Associated Anesthesiologists, 1215 Pleasant St., Suite 400, Des Moines. He has been a PCMS member since 2009.

Councilor - Nancy Kane, M.D.

Nancy Kane, M.D. specializes in Endocrinology at Iowa Diabetes & Endocrinology, 411 Laurel St., Suite 3262, Des Moines. She has been a PCMS member since 1989.

Councilor – Jorge Zapatier, M.D.

Jorge Zapatier, M.D. specializes in Gastroenterology at Mercy Gastroenterology Clinic, 1601 NW 114th St., Suite 342, Clive. He has been a PCMS member since 2013.

Councilor – Douglas Massop, M.D.

Douglas Massop, M.D. specializes in Vascular Surgery at Iowa Clinic Vascular Surgery, 5950 University Ave., Suite 231, West Des Moines. He has been a PCMS member since 1991.

Councilor – Matthew Rauen, M.D.

Matthew Rauen, M.D. specializes in Ophthalmology at Wolfe Eye Clinic, 6200 Westown Parkway, West Des Moines. He has been a PCMS member since 2013.

The Great (Immunization) Debate



By: Noreen O' Shea, D.O.

There is a lot of press about the value of immunizations, as we are in the midst of a measles outbreak as I write this. One

of the concerns has been with the minority of parents who refused to immunize their children. I believe what we as physicians and proponents of public health must remember is that these parents are extremely concerned with the long-term health of their children. While their concerns about particular vaccines maybe misplaced, we must honor the fact that they want what is best for their children.

These parents are also fearful of diseases with long-term implications, such as autism. In their lives, they can see the daily effects and challenges of autism, but have never seen the ravages of many of the vaccine preventable diseases.

As with many situations, there are groups that prey upon these fears and magnify them for their own profit. Even the broadcast media stirs the pot, so as to attract more Viewers. We need to be both the voice of reason and of compassion, and enter our exam rooms open to discussion of parental fears. It is only after that compassionate listening to parental fears, that we will be heard.

In response to their stories, we can share our own sense of helplessness when faced with caring for children who have acquired vaccine preventable diseases through no fault of their own. At the same time, we must remember that we need to be as authoritative with our belief in the value of immunizations in eradication of disease, as are the charlatans that prey on parental anxieties.

I would like to suggest that we explore the literature of the last 200 years to find examples of children and adults who have

been permanently affected by the diseases we rarely see in the US today. One doesn't have to search long to remember President Franklin Delano Roosevelt and the devastating aftermath of polio. We can also look to our own practices for compelling stories. I myself have cared for adults with permanent lung damage from pertussis and counseled couples who are unable to conceive due to male sterility from mumps-related orchitis.

Let's return to civility and to open and frank discussions with parents about the long-

term health of their children. We need to explore barriers to full immunization in a non-judgmental fashion. We may need to be open to shared decision making and creative in our response to parental concerns. At the same time we need to be confident in the over 200 year history of immunizations that have (almost) eradicated the diseases which killed or maimed children not so very long ago.

Noreen O'Shea is President-elect, Iowa Academy of Family Physicians



Together a healthy community.

Climate Chage and Health

my obiligation as a healthcare provider



By: Kelsey Finn DO-17, Des Moines University

According to the United States Environmental Protection Agency, the average temperature of Earth

has increased by 1.4°F over the past 10 years with a projected rise of up to 11.5°F in the next 100 . This seemingly small change in Earth's average temperature translates to large shifts in climate and weather, which can potentially be dangerous. In the past few years, people have focused on the changing weather patterns and the resultant melting of ice caps and rising sea levels. However, we have overlooked the effect climate change has on our health.

Climate change affects health through environmental and social elements. It decreases the access to clean air, safe drinking

water, sufficient nutrition, and stable shelter across the globe. The extreme elevated air temperatures can directly affect cardiovascular and respiratory diseases. The heightened temperature raises the levels of ozone and other pollutants in the air, which aggravate such diseases. The changing weather patterns can cause flooding in areas not accustomed to such disasters. These floods can increase the transmission of waterborne diseases and provide the necessary environment for mosquitoes, yet another vector for diseases. The variable rainfall can also affect food production, especially in combination with the rising temperatures. Staple food production is predicted to decrease up to 50% in some African countries – escalating the number of those suffering from malnutrition.

The social determinants of health are indirectly

affected by natural disasters. Climate change is predicted to increase the intensity of natural disasters. The escalation of storms will result in more devastating effects – destroyed homes, increased incidence of disease, and rise in expenses – all of which are damaging to an individual's mental health. When you add the stress caused by the environmental changes described in the previous paragraph, other issues such as violence and destroyed familial patterns can emerge, further deteriorating mental health status.

There is no denying the fact that our health is greatly impacted by climate change. As a future health care provider, it is my obligation to advocate for the well-being of my patients. Therefore, I must engage in the fight against climate change and adequately prepare myself and my patients for the transformation we are facing in health. First off, I can play an active role in the climate debate. By bringing health into focus in the realm of climate change, perhaps policy makers' motivation to implement solutions will increase.

In addition to nationwide legal issues, I can address climate change on a smaller scale by

positively supporting a healthier environment in relation to my future practice. Hospitals and other health centers are very energy-consuming entities. I will support the reduction of medical centers' environmental impact by advocating for the decrease of toxic waste and the use of eco-friendly products. Perhaps the institution could invest in alternative energy sources, such as solar power. Not only do hospitals need to reduce their climate footprints, but they also need to undergo structural change – physically and educationally. The health sector must work towards improving buildings so they can withstand natural disasters and be adequately equipped to handle influxes of patients, floods, lack of clean water, loss of power, etc. Health workers must also be adequately trained in disaster relief and certain disease protocols. With the changing temperatures, rainfall patterns, and weather, new diseases previously not seen in certain areas may appear. Physicians, nurses, and other hospital staff must be prepared to handle and treat new diseases. On a more personal level, I must inform, educate, and empower my patients so they are sufficiently able to cope with climate change's effect on health. I will encourage my patients to walk or cycle to work, school,

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Legislative Breakfast at the Capitol

The Polk County Medical Society (PCMS) Board, members and staff met with Iowa Legislators on Tuesday, February 10th at the Iowa State Capitol. On behalf of physicians and their patients, PCMS members advocated on the PCMS 2015 legislative priorities.



L-R: Craig Mahoney, M.D. and Senator Amanda Ragan discuss DME and future funding for charitable specialty care within the VPN .



L-R Philip Colletier, M.D. and Representative Dave Heaton, a ranking member of Health and Human Services Appropriations Subcommittee, discuss further the importance of future funding and the continued necessity of the VPN for specialty care.

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Congratulations to Daniel Gervich, M.D., who was featured on **WHOTV 13** on January 10th and in **The Des Moines Register** January 27, 2015 for his expertise in infectious disease in regards to the influenza epidemic in Des Moines and Iowa.



Congratulations to Nate Noble, M.D., who was featured in the **Des Moines Register** December 27th, 2014 as one of the "15 People to Watch in 2015" and for his work with children and the families of children with disorders.



Congratulations to Gregory Schmunk, M.D., who was featured in **The Des Moines Register** January 27, 2015 for his report of the toll influenza has taken on Des Moines residents this flu season.



Congratulations to Deborah Turner, M.D., who was featured in **The Business Record** January 28, 2015 where it was announced that Dr. Turner has accepted the Vice President of International Programs position with Outreach, Inc. Dr. Turner has been involved with the nonprofit and with work in Tanzania as a volunteer for several years.



Congratulations to Dennis Zachary, M.D., who was featured on January 18th and 19th in **The Des Moines Register** and on **WHOTV 13** for his medical expertise in saving the life of a young wrestler who collapsed during the recent Iowa State High School Wrestling Tournament in Des Moines.

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L-R: Darren Frerichs, D.O., John Sweetman, M.D. and Representative Linda Miller discuss the issues on the anesthesiologist assistant licensure.



L-R Representative Mike Sexton and PCMS President-Elect Joel From, M.D. enjoy coffee and conversation at the 2015 PCMS Legislative Breakfast.



L-R Senator Robert Hogg and Jennifer Groos, M.D. discuss PCMS legislative priorities, pediatric and specialty care programs within the VPN.



L-R: Senator Robert Dvorsky and PCMS Government Relations Committee Chair Craig Mahoney, M.D. discuss the legislative issues around the need for VPN funding for 2015/16 & 2016/17.



L-R: J.D. Polk, D.O. and Representative Tedd Gassman discuss gaps that still exist with the affordable care act, that the VPN services, and the payment parity for telemedicine services and other issues.



L-R: Yogesh Shah, M.D. and Representative Linda Upmeyer, the Iowa House Majority Leader meet to discuss PCMS 2015 legislative priorities and the Volunteer Physician Network (VPN).

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Polk County Medical Society

ADVOCATES IN WASHINGTON, DC



US Senator Joni Ernst

Senator Joni Ernst was elected the first U.S. military woman in the U.S. Senate, and first woman Senator from Iowa. Kathie Lyman, PCMS Executive Director had the distinct privilege of meeting with the Senator for the first time in her office. The Senator and Kathie talked about the history of the Polk County Medical Society. She also shared the advocacy efforts of the doctors in Central Iowa to encourage support of a permanent fix to the Medicare SGR formula, and the other issues surrounding the practice of medicine for doctors and their patients. Senator Ernst was very interested to learn about the volunteer work of the PCMS members providing free

specialty care to Iowans in need through the Volunteer Physicians Network. She praised the efforts of the doctors and hospitals volunteering specialty care to Iowans in need.



Representative David Young and PCMS Executive Director, Kathie Lyman.

Iowa's newest U.S. Representative David Young met with Kathie Lyman at the U.S. Capitol. On behalf of the Polk County Medical Society she asked Representative Young who understands the concerns Iowa doctors have on the flawed Medicare Sustainable Growth Rate formula to please support a permanent fix. She also asked for his leadership to continue the work with U.S. Representatives on a permanent 1.0 (GPCI) Work Geographic Practice Cost Index floor.



Senator Charles Grassley (Center) met with the PCMS and IMS representatives L-R: Jeff Maire, DO, IMS President & PCMS member; Kathie Lyman, PCMS Executive Director; Senator Charles Grassley, Claire Kelly, IMS Executive Vice President; Marta Van Beek, M.D., and Joyce Vista-Wayne, MD., IMS Secretary/Treasurer & PCMS member.

The AMA 2015 National Advocacy Conference was held in Washington, D.C. PCMS members and Kathie Lyman, Executive Director attended the meetings and heard from Sylvia Mathews Burwell, Secretary, US Department of Health and Human Services, as well as other political strategists.

“Willie” Geist who co-hosts MSNBC’s Morning Joe, and co-anchors the third hour of the Today show was the Masters of Ceremonies for the AMA Nathan Davis Awards dinner.



Willie Geist announcing the winners of the AMA Nathan Davis Awards

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L-R Representative Kevin Koester, John Sweetman, M.D. and Rob Shontz, M.D. enjoy meeting and discussing issues surrounding Telemedicine, Tort Reform – Candor.



L-R House Majority Leader Representative Mark Smith, Tom Benzoni, D.O. and Mark Menadue, D.O. take a look at the 2015 legislative priorities to discuss the PCMS position.



L-R Senator Tom Courtney and Larry Severidt, M.D. having a conversation on the top PCMS legislative issues.



L-R: Tom Benzoni, D.O., Representative Art Staed, Yogesh Shah, M.D. and Mark Menadue, M.D. meet on PCMS priorities.



L-R: Senator Kevin Kinney, PCMS President Philip Colletier, M.D. and Nancy Kane, M.D. discuss the importance in supporting continued funding for the PCMS Volunteer Physician Network.



L-R: Joel From, M.D. and Representative Sally Stutsman engage on PCMS legislative priorities.

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"Kinky Boots" continued from page 4



L-R: Lois Huddleston, with daughter Dr. Janie Hendricks, enjoys family time together at Kinky Boots.



L-R: M. Claire Cumbie-Drake, and Dr. David Drake, selecting dinner before the play.



L-R: Eryn and Dr. Tom Wernimont, enjoy the light dinner, looking forward to the Tony winning play Kinky Boots.



L-R: Dr. Bernard Feldman, Linda and Dr. Gary Bremen enjoying company and conversation before the show.

VECTORS & VIEWPOINTS

VECTOR: SMALL CHANGES MAKE A BIG DIFFERENCE

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In Memory of Merle M. Diment, M.D.



Merle M. Diment, M.D., 82, passed on Monday, February 2, 2015. He was born at home in Danbury, Iowa, January 8, 1933, the youngest of 10. He began school in a 1 room rural school house, but graduated in 1951 from East High School in Sioux City. He attended the University of Iowa on an academic scholarship and graduated a member of Phi Eta Sigma and Phi Beta Kappa. In 1955 he received his MD from U of I College of Medicine, and married his high school sweetheart, Betty Lou Thomas.

Dr. Diment interned at the U of I in Anesthesiology then began practice with Associated Anesthesiologists in Des Moines in 1962. He practiced for 30 years until he retired in 1993. Dr. Diment was an Emeritus member of the Polk County Medical Society, Iowa Medical Society, American Medical Association, American Society of Anesthesiologists, Iowa Society of Anesthesiologists, and the

International Anesthesia Research Society. He was board certified by the American Board of Anesthesiology.

Dr. Diment was a person of compassion, humor, and ingenuity. He had a habit of rescuing injured animals and nurtured a menagerie of critters throughout his life. Feeding animals and gardening was special for him. He enjoyed family vacations and photography and above all instilled in his children a love of nature and the outdoors. He was an accomplished runner who competed from age 35 in all distances between 100 yards and 26 miles. He won the masters division ½ mile at the Drake Relays in 1976. To support distance running in Iowa he hosted the annual Turkey Trot and Firecracker Five road race. Dr. Diment lent his generous support and encouragement to many students and runners in AAU, Hawkeye Striders, and Hoover High School.

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Arason, Einar, D.O.

Education: Des Moines University

Residency: Iowa Lutheran Hospital – Family Medicine

Specialty: Family Medicine

Dr. Arason currently practices at UnityPoint Clinic – Family Medicine – Ingersoll, 2103 Ingersoll Avenue, Des Moines.



Atzen, Angie, D.O.

Education: Des Moines University

Residency: Broadlawns Medical Center

Specialty: Family Medicine

Dr. Atzen currently practices at The Iowa Clinic - Altoona, 160 Adventureland Dr. NW, Suite C, Altoona.



Benzoni, Thomas, D.O.

Education: Des Moines University (COMS)

Residency: Creighton University Affiliate, Family Medicine POH
Medicine Center – Msucom, Transitional Year

Specialty: Emergency Medicine, Family Medicine

Dr. Benzoni currently practices at UnityPoint, 1200 Pleasant Street, Des Moines.



Green, Thomas, D.O.

Education: Nova Southeastern University COM

Specialty: Emergency Medicines

Dr. Green currently practices as Associate Dean of COM Clinical Affairs, Des Moines University, 3200 Grand Avenue, Des Moines.



Ibrahim, Tommy, M.D.

Education: St. Christopher's College of Medicine, Cambridge, England,
Master's Degree in Health Administration, Seton Hall University,
South Orange, NJ

Dr. Ibrahim currently practices as Chief Physician Officer (CPO), Mercy
Medical Center-Des Moines, 1111 6th Avenue, Des Moines.



Otrók, Tamas, M.D.

Education: Semmelweis Medical School, Budapest, Hungary
Residency: New York Medical College – Metropolitan Hospital Center,
New York
Specialty: Internal Medicine, Gastroenterology

Dr. Otrók currently practices at The Iowa Clinic West Des Moines
Campus, 5950 University, Suite 221, West Des Moines.



Poudyal, Shardul, M.D.

Education: Armed Forces Medical College
Residency: Mercy Catholic Medical Center, affiliate of Drexel University
in PA
Specialty: Internal Medicine

Dr. Poudyal currently practices at The Iowa Clinic - Methodist Medical
Center – Plaza II, 1215 Pleasant Street, Suite 206, Des Moines.



Reyes III, Ramon, M.D.

Education: University of Santo Tomas, Manila, Philippines
Residency: Beth Israel Medical Center, New York
Specialty: Internal Medicine, Gastroenterology

Dr. Reyes III currently practices at The Iowa Clinic West Des Moines
Campus, 5950 University Avenue, Suite 221, West Des Moines.



Rundall, Brian, D.O.

Education: Lake Erie College of Osteopathic Medicine

Residency: Western Reserve Care System, Banner Good Samaritan

Surgical Residency

Specialty: Cardiothoracic Surgery

Dr. Rundall currently practices at The Iowa Clinic - Methodist Medical Center- Plaza II, 1215 Pleasant Street, Suite 618, Des Moines.



Trump, Matthew, D.O.

Education: Des Moines University

Residency: Des Moines Internal Medicine Residency

Specialty: Pulmonary Medicine, Critical Care Medicine

Dr. Trump currently practices at The Iowa Clinic West Des Moines Campus, 5950 University Avenue, Suite 131, West Des Moines.



Yanish, Gregory, M.D.

Education: St. George's University School of Medicine

Residency: St. Joseph's Mercy Oakland Medical Center, Pontiac, MI,

Fletcher Allen Health Care-General Surgery, University of Massachusetts ME, Hand Surgery

Specialty: Orthopaedics, Hand Surgery

Dr. Anish currently practices at Capital Orthopaedics & Sports Medicine, 12499 University Avenue, Suite 210, Clive.

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and other obligations. This would improve their cardiovascular health, while also reducing carbon emissions from automotive transportation. I will also educate my patients on the importance of necessary precautions to take during extreme weather conditions, such as staying hydrated during a heat wave. I can also discuss the proper preparations and protocols during natural disasters with them. Lastly, by being aware of the toll climate change can have on mental health, I can be adequately prepared to recognize and treat patients experiencing such troubles.

As a physician, I recognize that many aspects of daily living affect health, many of which are

being threatened by climate change. Therefore, as a physician, I must advocate for the health of my patients. To effectively fulfill this obligation and duty, I must stand up for policy change to support a cleaner environment, prepare myself and coworkers for natural disasters, and counsel my patients on ways to cope and ready themselves for the environmental changes we are facing.

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