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MAR/APR 2015 MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY

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Cover Photo: Sunrise at approximately 645 feet from the summit of Kilimanjaro peak, looking to the east across the top crater taken by Doug Massop, M.D.

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Kathie J. Lyman



Kathie J. Lyman was presented with a gift from PCMS President Joel From, M.D., in recognition of her 25 years serving PCMS as Executive Director. Under her leadership, membership has grown to more than 1,200 members making the PCMS the largest county medical society in Iowa.

Kathie has been instrumental in the creation of several major community initiatives and partnerships including the Volunteer Physician Network. Kathie has served on multiple boards relating to public health and national Medical Society initiatives. She has always worked closely with physicians, community, state, national and congressional leaders advocating for physicians and their patients.

CONGRATULATIONS KATHIE and THANK YOU!

Grassroots Philanthropy

Philip J. Colletier, M.D.



I remember the visit well. It was a Friday afternoon, 6/8/2007. I'm sure Dale Swift and his family remembers the nuances and

details more vividly and poignantly than I could ever do. Dale, a big, healthy gregarious 68 year old, had been diagnosed with adenocarcinoma of the distal esophagus with celiac axis and retroperitoneal adenopathy.

As a radiation oncologist, typically the staging and radiographic evaluation has been completed prior to my initial visit with the patient. However, in this case, I was responsible for discussing the recently completed PET/CT results with the patient, his attentive wife Gretchen, and his devoted daughters. In addition to the locally advanced primary and nodal involvement, there were multiple hepatic metastases present as well. The median survival in this

setting is 5-10 months.

Dale embarked on an aggressive regimen including systemic therapy and radiation. Remarkably, restaging CT/PET 3 months later demonstrated complete resolution of all abnormalities. Dale subsequently did well until the inevitable progression. He subsequently received further chemotherapy, stereotactic radiosurgery, and hepatic radio embolization. He passed away in his home surrounded by countless friends and family on October 10, 2010, 3 years and 4 months after his diagnosis.

Soon thereafter, Dale's family elected to establish a fund in his name to support cancer patients during their journey, and asked that I administer the proceeds. Initially financed through donations in lieu of flowers at his funeral, something magical ensued.

Dale had more friends, business associates, and family than

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PRESIDENT'S MESSAGE

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most people could amass in several lifetimes. As a longtime owner of a Des Moines salvage yard, he became widely loved and respected. Donations continued to be forwarded in his memory for the fund. A hat would be passed around at the auto auctions that he had attended for decades. Loose change from the vehicles that were towed to the salvage yard would be collected and submitted. Money from the pop machine and can recycling became fair game for cancer patients. Schoolchildren made and sold bracelets, donating the proceeds.

Eventually, fundraising events were organized. These would be strategically coordinated during Holiday shopping season - jewelry sales, bake sales, silent auctions. The fund remained solvent and then some.

In the meantime, cancer patients in great need were the beneficiaries of countless gifts and donations. At last count, recipients number close to 500. Patients in need are recognized by any of our many care providers - doctors, nurses, radiation therapists, front desk staff, transporters, navigators, dietitians. Almost all requests are granted. Most commonly, funds are provided for transportation, out of town housing, medication copayments, groceries, celebration dinners etc. Every year during Thanksgiving and Christmas,

families in particular need are identified by staff. Volunteers go shopping, resulting in wonderful gift baskets, and rooms full of toys targeted to the children - a heartwarming experience. I can't adequately describe the number of families that have benefitted from this generosity.

No forms are required of the recipient. All donations are 100% contributed to the patients, there are no administrative fees or supply charges whatsoever. Any overhead expenses are paid for outside of the donated monies.

In the winter of 2013 we devised a crazy scheme to have a fundraising car show at the salvage yard. We met monthly at the salvage yard to coordinate - beer, pizza, joking - surrounded by the menagerie of cats and dogs typically resident in such settings. We started out largely clueless, and somehow pulled it off - on a beautiful Saturday in May 2013 we enjoyed over 70 specialty vehicles, judging was performed and awards distributed. Between t-shirt sales, silent auctions, live auctions, food sales, bounce house tickets, car crushing raffles, and the dunk tank, we raised over \$25,000 - ensuring the viability of the fund for years to come.

I would like to sincerely thank the Dale Swift Family and friends of the fund from the

Legislative Update 2015



John Cacciatore PCMS Lobbyist



Lon Anderson PCMS Lobbyist

The Iowa Legislature convened on January 12, 2015. The Republicans control the Iowa House, 57 - 43. The Democrats control the Iowa Senate, 26 - 24. The final deadline for non-spending and non-tax bills to be reviewed and approved by committees occurred on April 3rd. As of this writing, the Legislature is in its 18th week, roughly two weeks past the scheduled adjournment date of May 1st. Due to prolonged budget discussions, the date for adjournment is unclear.

The primary legislative priority for PCMS is funding the Volunteer Physician Network (VPN). The VPN is administered by PCMS and receives state funding to refer patients to specialists who provide free medical care. PCMS secured a funding increase in 2013 in collaboration with the Iowa Safety Net Providers.

In 2015, PCMS is working with the Governor, the Department of Public Health and the Legislature to maintain the funding and sustain the ability to meet the demands and administrative costs of the VPN. The Governor's budget combines all the Safety Net services into one item. PCMS is challenged to distinguish the VPN services and continue to receive state appropriations. PCMS has met with the leading appropriators

PRESIDENT'S MESSAGE

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bottom of my heart. Dale is surely smiling when he recognizes the impact that he has had on those who struggle through the cancer treatment journey. From humble beginnings, they have accomplished so very much. You have my deepest respect and gratitude.

Shameless plug; our next fundraising car show is Saturday, June 6, 2015 at Swift's Trails End Recycling, 1600 NE 44th Avenue, Des Moines. Bring your family - grassroots philanthropy is alive and well at the salvage yard! Email me for further info (PJC111@ aol.com).

I have been told that this is my last Bulletin article as President. It has been a pleasure to serve.

Respectfully,

Philip Colletier, MD

Past President, Polk County Medical Society

Administrator, the Dale Swift Fund

The Polk County Medical Society thanks our 2015 Healthcare Partnership Affiliate



For their ongoing support

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Matthew Rauen, M.D. Wolfe Eye Clinic

Jorge Zapatier, M.D. Mercy Gastroenterology Clinic

DOCTORS IN THE NEWS



Congratulations to Joseph Galles, Jr., M.D., who was featured in the **Des Moines Register** March 1, 2015 on his expertise regarding new devices and techniques for total ankle replacement.



Congratulations to John Kuhnlein, D.O., who has been named President-Elect of Central States Occupational and Environmental Medicine Association, a 7 state component of the American College of Occupational and Environmental Medicine.



Congratulations to Craig Mahoney, M.D., who has been elected to the American Academy of Orthopaedic Surgeons (AAOS) Board of Councilors. The AAOS is the preeminent provider of musculoskeletal education to orthopaedic surgeons and others in the world.



Congratulations to Eric Martin, M.D., who was featured in the **Des Moines Register** April 27, 2015 regarding remote monitoring in health care, in regards to the new 1Comm Medical startup company based in Ankeny, IA which allows professionals to remotely monitor patients' health.







Congratulations to Jason Mohr, D.O., Mark Reece, M.D. and James Swegle, M.D., who were featured in the **Des Moines Register** April 27, 2015 representing The lowa Clinic at the ribbon cutting ceremony for the new Critical Care Unit and Family Waiting Areas at Iowa Methodist Medical Center in Des Moines.

DOCTORS IN THE NEWS



Congratulations to Robin Sassman, M.D., who has been named **President of Central States Occupational and Environmental Medicine Association, a** 7 state component of the American College of Occupational and Environmental Medicine.



Congratulations to J.D. Polk, D.O. and Yogesh Shah, M.D., who were featured in the **Des Moines Register** April 7, 2015. Both physicians participated in a White House conference about climate change. They attended a symposium on how to use federal data to identify and address climate change and health questions and how to teach medical students about the health effects of climate changes.



Congratulations to Yogesh Shah, M.D., who was featured in the **Des Moines Register** April 24, 2015 regarding his perspective on geriatric patient examination and discussions in regards to consensual sex and other intimate matters to set clear guidelines in response to the recent Rayhons sex abuse case.







Congratulations to Daniel Allen, M.D., Nancy Kane, M.D., and Richard Rinehart, M.D. who were featured in the **DSM Magazine** March/April 2015 issue for being selected by their peers as being among the metro area's best practitioners.





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In Memory of

Dennis J. Walter, M.D.

By: Larry Severidt, M.D.



One of the unexpected pleasures of working at Broadlawns Medical Center was the opportunity to work with Dennis Walter M.D. I first meet Dennis in 1981 at my first lowa Medical Society meeting. Dr. Walter was active in the organization and gave an entertaining and insightful speech to the House of Delegates.

Dr. Walter graduated from high school in South Dakota in 1945 and immediately enlisted in the Army. He served in the Army's 11th Airborne Division and was stationed in Japan. He was discharged in 1948. After his service Denny attended the University of South Dakota and then completed medical school at the University of Iowa graduating in 1954. This was followed by a rotating internship at Mercy Medical Center in Des Moines and he then began solo practice of Family Medicine in the Highland Park area of Des Moines. He moved his practice to Broadlawns Medical Center in 1978 where he became part of the Family Medicine Residency faculty. He had multiple roles at Broadlawns including, Director of the Residency program and Chief Medical Officer. Many of the current long time faculty at Broadlawns were hired by Dr. Walter.

Dr. Walter devoted a great deal of time to community and medical organizations. He was Chief of Staff at Mercy Medical Center in 1968. He was active in the Polk County Medical Society, he served as the president of the lowa Medical Society in 1987, he was the delegate to the AMA from lowa for a number of years, and he was President of the lowa Academy of Family Physicians in 1972.

Dr. Walter "officially retired" in 1999, but remained active with part time work at Broadlawns and Primary Health Clinics until shortly before his death. Dr. Walter is survived by his wife of 62 years Dorothy and 5 sons and their families.

He served as a mentor for many, including myself. Denny was an excellent physician who had a common sense approach to medicine and maintained close relationships with many patients for over fifty years.

A Trip of A Lifetime

By: Doug Massop, M.D.

Iowa Clinic Cardiovascular Services



L-R: Doctors Kate and Doug Massop and Charlie Wittmack resting on a rock point on one of their treks.

Kate and I left on February 14th via flights from Des Moines to Minneapolis to Amsterdam to Moshi for approximately 32 hours of travel. We spent two weeks with the first week climbing Mount Kilimanjaro and then the next week on Safari seeing literally millions of animals on migration in the Serengeti. We also went to Tarangire National Park and Ngorongoro Crater

for beautiful sites and animals. We saw just about any animal that you could name.

We both feel this was a trip of a lifetime and would recommend it to anyone with interest to do so. It definitely exceeded all of our expectations.

FEATURE ARTICLE



Doctors Doug and Kate Massop and friends at 19,341 feet at sunrise on Kilimanjaro.



Entire group on the Massop's expedition team including 9 climbers and 37 support staff (guides, porters, cooks).



Group of 9 climber friends at approx 14,500 feet



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Healing in the Dominican

By: Michaela Simmons OMS-I; Marshall Sheide, OMS-I; and Yogesh Shah, M.D.



"My heart is on fire!" exclaimed the patient before me. It was the first time that I'd heard these words during our Des Moines University (DMU) medical service trip to the Dominican Republic, and it immediately got my own heart pounding! I prepared myself to start screaming for a gurney and a defibrillator. Drawing from my extremely limited medical knowledge gleaned over the previous months of essentially living in a library staring at text books, I was convinced that my new patient was suffering from some sort of impending heart injury. Calmly, the clinician next to me began to ask basic questions while assessing the patient's demeanor. After a few minutes, the patient

was diagnosed with simple heartburn and given antacids, along with education on how to avoid the uncomfortable symptoms in the future. Needless to say, I felt rather humiliated by my extreme lack of insight. Then something amazing happened: rather than laugh at me, the clinician sat down and explained his process of analysis. He described the type of questions to ask and reviewed essential physical evaluation skills needed in order to determine if there was a more serious issue. We practiced. My confidence grew and the next time I saw a patient who's "heart was on fire", I knew exactly what to do.

PCMS ANNUAL MEETING 2015 Officers Elected



Joel From, M.D. thanks guest speaker Suku Radia for addressing the members and guests at this year's meeting and presents him with a gift from the PCMS members as Past President Janie Hendricks, D.O. is looking on at him receiving his thank you.

The Polk County Medical Society Annual Meeting was held on Thursday, April 23rd at the Wakonda Club. The 2015 PCMS officers were elected and installed.

Over 100 PCMS members, hospital administrators and guests were present to hear Suku Radia, President and CEO of Bankers Trust share his background on how he got to Des Moines and his leadership involvement that has benefited so many community and national organizations.



Wael Haidar, M.D. relaxes and enjoys the program and socializing at the PCMS Annual Meeting.

ANNUAL MEETING



L-R: Guest Kurt Wendl, KJL Scholarship recipient Elizabeth Gerdis and her proud parents Tim Gerdis, M.D. and Denise Gerdis prepare to receive the scholarship award.



L-R: Tom Benzoni, D.O. and Noreen O'Shea, D.O. enjoy seeing colleagues to catch up and also speak with Des Moines University student award recipients.

L-R: Kelly Reed, D.O. and Bruce Reese are ready for the festivities.

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L-R: Reed Rinderknecht, Ed Brown, guest speaker Suku Radia and Kathie Lyman enjoy a moment before the program begins.



L-R Alan Koslow, M.D. and Jorge Zapatier, M.D. looking forward to an engaging evening at the 2015 PCMS Annual Meeting.



Broadlawns CEO Jody Jenner is welcomed to the 2015 PCMS Annual Meeting.

ANNUAL MEETING



Liberato Iannone, M.D., Kathy Goetz and David Gordon, M.D. catch up during the dinner.



L-R John Zittergruen, D.O. and Bonnie Zittergruen are delighted to see colleagues, friends and enjoy the night.

L-R: Sue Huppert and Mayor Frank Cownie share a laugh and smiles before the opening Welcome for members.

KATHIE J. LYMAN SCHOLARSHIP

The 2015 Kathie J. Lyman Scholarship received such outstanding applications this year that 2 medical students from each medical school were awarded \$1000 scholarships, to further their medical education.



L-R: PCMS President Joel From, M.D., Des Moines University (DMU) KJL Scholarship recipients Alex Davis, Cassandra Drew and Kathie Lyman, PCMS Executive Director.



L-R: PCMS President Joel From, M.D., University of Iowa (U of I) KJL Scholarship recipient Elizabeth Gerdis, Kathie Lyman, and Stephen Slade (U of I recipient).

KATHIE J. LYMAN SCHOLARSHIP



L-R: Des Moines University Global Medical Mission Services student Marshall Sheide, PCMS President Joel From, M.D., Michaela Louise Simmons (DMU student), Kathie Lyman.

Global Medical Mission scholarships were also awarded to recipients who received \$500 to assist them in participating in global medical missions.



R-L: Larry Severidt, M.D. from Broadlawns presented John Pymm, D.O. a Global Medical Service Trip Award.

Michaela Louise Simmons and Marshall Sheide, accepted the Global Medical Mission award on behalf of DMU Global Health Student Club.

Thanks to all of the doctors who contributed to the Kathie J. Lyman Scholarship Fund in 2014. 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: Polk County Medical Society - Kathie J. Lyman Scholarship Fund 501 (c)(3), 1520 High Street, Des Moines, IA 50309. continued from page 7

in the House and Senate to secure an appropriation to provide these necessary specialty care referrals for patients. The House and Senate have approved funding to PCMS for their VPN services.

A number of bills of interest to PCMS members have been discussed this session by the Legislature. Summaries of bills of particular interest are below:

- Candor legislation (SF426) protects
 certain confidential physician
 communication with their patients. The
 bill passed both chambers and has been
 signed into law by the Governor. PCMS
 supports this legislation.
- services (HF 600) provides similar payment for telemedicine service as an onsite visit. The bill originally applied to all third party payers. During deliberations through the committee process, the bill has been amended to basically apply to Medicaid. This legislation cleared two House committees but is stalled on the House floor, as of this writing. The legislation is included in the negotiations on the Health and Human Services

Appropriations bill. *PCMS supports this legislation*.

- Legislation was introduced this session to license durable medical equipment providers (SF 372). Every year PCMS is on the lookout for legislation that expands activities that could encroach on a physician's scope of practice and threaten patient safety. This legislation PCMS worked had such potential. with other physician organizations and other health care providers to amend the legislation and ensure it doesn't interfere with a physician's practice of medicine. The bill as amended cleared a Senate committee but stalled on the Senate floor and was sent back to Committee for consideration next session. **PCMS originally opposed this** legislation but following the adoption of the amendment is now monitoring the bill.
- Legislation effecting commercial tanning (SF 232/HF 420) prohibits a tanning facility from allowing a person less than 18 years of age to use a tanning device. This bill passed the lowa Senate on a 26 – 23 vote and is on file in the

lowa House. It is unlikely to come up in the House this session and will be eligible next session. **PCMS supports** this legislation.

- Commercialization of the sale of fireworks in Iowa (SF 226/HF 614) has been approved by committees in the House and the Senate. As of this writing, the Senate bill is awaiting action on the Senate floor and the House bill is awaiting debate on the House floor. PCMS opposes this legislation.
- The Board of Medicine introduced legislation enabling lowa to join an *Interstate Medical Licensure Compact* (SF 273). This legislation streamlines the process for physician licensure in states within the compact. The bill passed the Senate 42 7 and is in the House Human Resources Committee. This legislation is unlikely to come up the remainder of this session and will be eligible next session. *PCMS is monitoring this legislation*.
- The authorization of medical marijuana
 (SF 484) for specific debilitating
 conditions has been passed by the

Senate on a 26 – 19 vote. The legislation has been referred to the House Public Safety Committee and is unlikely to be taken up by the House this session. The bill will be eligible next session. *PCMS is monitoring this legislation*.

At the outset of the 2015 session, Gov. Branstad announced his plan to transform Medicaid from a predominantly fee for service program run by the state to a managed care program run by private managed care organizations. The Governor's budget projects savings of \$51 million in FY16 and FY17 when the state transitions to this new model. The House budget also assumes \$51 million in savings and the Senate budget projects \$108 million in savings. The Department of Human Services (DHS) issued an RFP in February and bids were initially due on May 8th, however that date is being revised to later in May. DHS plans to award the bid by the end of July to as few as two and as many as four private managed care organizations to run the state's Medicaid program. The expectation is the managed care model will be operational by January 1, 2016.

The timeline to transition Medicaid to

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managed care is very aggressive. As a result, legislators, health care providers and patient advocate organizations are paying close attention to the process. Legislation has been introduced to create legislative oversight and stakeholder input for the transition to Medicaid managed care (SF 452).

The bill was approved by the Senate on a 50 – 0 vote. The legislation has not been taken up by the House and is part of the negotiations as part of the Health and Human Services Appropriations bill, as of this writing. PCMS is monitoring this legislation.

While the Legislature was scheduled to adjourn around May 1st, disagreement over funding for elementary and high school education has slowed down progress on developing the overall state budget. The state budget must be approved by the Legislature before the state crosses over into the next fiscal year on July 1, 2015.

We will continue to keep the PCMS Board and members apprised of activities during the remainder of the 2015 legislative session.



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VECTORS 2

2015 PCMS Edition

당 VIEWPOINTS

VECTOR: SMALL CHANGES MAKE A BIG DIFFERENCE



Scott Snyder CFP®, CFA, CIMA, JD Lead Advisor

Today's question:

"With the recent changes in tax laws, do I still have to worry about estate planning?"

Congress gave taxpayers a great benefit by raising estate tax exemption amounts. Today individuals can transfer up to \$5.43 million without tax. Married couples can give \$10.86 million. Portability makes it even easier for couples, although some pitfalls remain.

Working on your estate planning is still important. Wealthy families need to consider various tax minimization strategies. Families with mid-sized estates can likely avoid tax, but the new law has actually complicated some aspects of planning. And remember, estate planning involves more than just taxes. Many people have questions about avoiding probate. The lowa legislature just passed a new power of attorney statute. And even the best-built estate plan needs ongoing review.

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The Polk County Medical Society

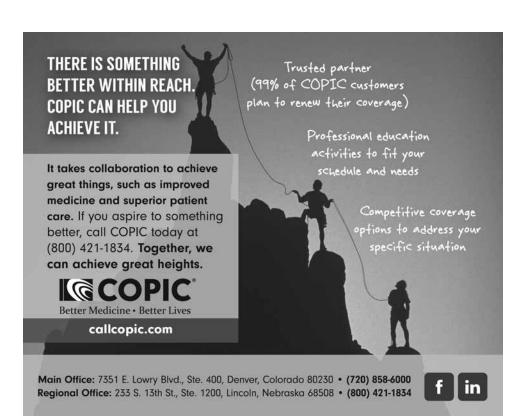
5th Annual Kathie J. Lyman Charity Golf Tournament

for Iowa Medical Students

When: Monday, September 28th

Where: Wakonda Club







JUNE BIRTHDAYS

1 12 23 Mark Puricelli, D.O. Richard Evans, D.O. Roy Hart, D.O. Michael Johnson, D.O. 2 Robert Shreck, M.D. 24 John Amspaugh, M.D. Steven Keller, M.D. 13 L.W. "Lorn" Matthews III, D.O. 3 Rebecca Shaw, M.D. Kayleen Hornbrook, D.O. 25 14 Joseph Mc Gargill, M.D. Louis Schneider, D.O. Sara Shunkwiler, M.D. Robert Brown, M.D. Stephen Stephenson, M.D. Steven Harlan, M.D. 26 Julie Vogel, D.O. William Hornaday, Jr., M.D. Yulia Johnson, D.O. Leenu Mishra, M.D. Kevin Massick, M.D. 4 Patricia Overton-Keary, M.D. Mark Preston, M.D. 27 15 Robert Anderson, M.D. 6 Matthew Brown, M.D. Basaviah Chandramouli, M.D. Jennifer Gerrietts, D.O. Timothy Gerdis, D.O. 28 7 18 Stacey Neu, M.D. Cheri Folden, M.D. James Coggi, M.D. Matthew Hill, D.O. Nabil Faltas, M.D. 29 Brian Waggoner, M.D. Julie Anderson-Suddarth, M.D. 8 Jose Angel, M.D. Beverly Belsheim, M.D. 19 Shannon Hood, D.O. Kent Quinn, M.D. Roger Liu, M.D. Nancy Kane, M.D. Gregory Smith, M.D. Craig Mahoney, M.D. 30 9 20 Richard Gloor, M.D. Geethalakshmi Mani, M.D. David Herbst, D.O. Barbara Hodne, D.O. Sally Studer, D.O. Amr Kamhawy, M.D. 21 10 Sara Upmeyer, D.O. Mark Reece, M.D. 22 Gary Hemann, D.O.

Ziad Ismael, M.D.

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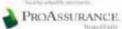
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AND PCMS 2015 Healthcare Partnership Affiliate:



While this story may not seem life changing, it illustrates an example of one of hundreds of unique experiences that my colleagues and I shared that ultimately contributed to making this trip one of the most remarkable medical experiences of our lives. On March 15th, 2015, twenty-four students from Des Moines University and Drake Pharmacy, along with seven medical providers made the journey down to Monte Cristi, Dominican Republic.



From a statistical standpoint, the trip was remarkable! We treated 607 patients, visited 5 different communities, and distributed basic hygiene products and information to a populace that drastically needed them. Teaming up with Timmy

Global Health, a global health non-profit organization founded in sustainable medical care provided us with an efficient infrastructure in which we could treat patients for acute pathologies while also creating the capacity to refer and treat more severe or chronic disorders. From a public health standpoint we learned of the

necessity of an available system that can record the details of the patient's history while providing opportunities for followup and treatment continuity. An example of this need was evident in a four year old who had an overgrown lingual frenulum that prohibited him from being able to speak normally. He was embarrassed by it and had decided that it was easier not to speak at all. While this wasn't a life threatening issue, the wise physician recognized that it was certainly a life altering condition and referred the child to a local surgeon. The appointment was scheduled and follow up treatments with future service groups were arranged. The system had not failed the child.

After a long week of fulfilling experiences and healing opportunities, the general consensus among the students was that we wished that we could do more. While we knew that we had made a difference, all of us felt the helplessness of knowing that we still had to leave the people that we'd come to love without a constant medical presence. We concluded that we will have to be proactive in the future and promote global health. Another valuable lesson that we learned was that the vast majority of the diseases that we saw could have been prevented if only the people had been educated. Therefore, we learned that our first and most effective intervention should always be to teach our continued from page 33

patients and communities preventative and healthy behaviors. We are so grateful for the chance to have this essential experience of participating in the health and well-being of our fellow man in a culture and community different than our own. As medical students, too much of our humanity is put on hold as we try to learn about diseases in the small confined rooms of the library or study hall.

It is only when we are confronted with the wonderful people who are suffering from difficult circumstances that we can develop the empathy and drive that are essential for a developing physician.



SAVE THE DATE!

Join PCMS Young Physicians & Physicians Young at Heart

July 22nd

s ick Back and Relax at the pcms 200 Brew 2015





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