

Bulletin

NOV/DEC 2018

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY



2019 PCMS Legislative Priorities

Metro Opioid Task Force

Acute Flaccid Myelitis

Update 5-2-1-0

American Red Cross Volunteerism



SAVE THE DATE

YOUR VOICE IS NEEDED!

BE INVOLVED

Please join the legislators of the
88th Iowa General Assembly
for our Annual PCMS

Legislative Breakfast

Sponsored by the

Polk County Medical Society

Wednesday, February 6, 2019

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

Legislative Dining Room

Iowa State Capitol

*PCMS Members, join your colleagues to support
and advocate the 2019 Legislative Priorities.*

(Talking points will be sent to all Members)

Please RSVP at 288-0172; Email: pcms@pcms.org

*Official Publication
of the Polk County
Medical Society*

VOLUME 90 No. 6

Des Moines, Iowa
November/December 2018

2018
EXECUTIVE COUNCIL

OFFICERS

Kaaren Olesen, D.O.
President
Doug Massop, M.D.
President-Elect
Nancy Kane, M.D.
Secretary-Treasurer

COUNCILORS

Michael Agey, D.O.
Philip J. Colletier, M.D.
Janie C. Hendricks, D.O.
Susan Jacobi, M.D.
Douglas Massop, M.D.
Bret Ripley, D.O.
William Wortman, M.D.

PAST PRESIDENT

Matt Rauen, M.D.

EDITORIAL BOARD EDITOR

Philip J. Colletier, M.D.

MANAGING EDITOR

Paula A. Noonan, CEO

Disclaimer: The author's views do not necessarily reflect the official policies of the Polk County Medical Society. Products and services advertised in the Bulletin are neither endorsed nor guaranteed by the Polk County Medical Society.

Bulletin

Nov/Dec 2018
MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY

Inside This Issue

Feature Articles

2019 PCMS Legislative Priorities	4
PCMS Launches Physician Lead Metro Opioid Task Force	6
Physician Focus: Acute Flaccid Myelitis	8
<i>By: Caitlin Pedati, M.D., M.P.H.</i>	
Update 5-2-1-0: Healthy Choices Count.....	11
<i>By: Jennifer Groos, M.D.</i>	
PCMS Foundation Exclusive Movie Premiere Event: The First Patient	14
American Red Cross Volunteer Opportunities	18
<i>By: Steven R. Herwig D.O.</i>	

Monthly Articles

President's Message	5
CEO's Perspective	12
February Birthdays.....	22
March Birthdays.....	23
Docs In the News	25

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: pcms@pcms.org

PCMS Legislative Priorities for 2019

PCMS Supports:

1. **Increase / Maintain Volunteer Physician Network (VPN) funding**
2. **Continued Adult Mental Health Reform, Increased Children Mental Health Reform and Increased Access to Substance Use Disorder Treatment**
 - a. Funding for adult mental health care
 - b. Establishment of the children's mental health care system
 - c. Efforts to streamline the involuntary commitment process
 - d. Reduce Medicaid barriers to care, ensure commercial compliance with federal parity requirements, and support innovative measures to increase the number of Medication Assisted Treatment (MAT) providers in Iowa
 - e. Establish a regulatory framework to spur expansion of school-based telehealth services as a means of increasing children's access to behavioral healthcare and improving pediatric health. This will include ensuring Medicaid coverage for school-based services, formalizing parental consent processes, and ensuring notification of a child's primary care provider when services are rendered
3. **Strengthening Public Health and Expanding Physician Workforce**
 - a. Supporting pediatric obesity initiatives and a wholistic assessment of statewide efforts to combat pediatric obesity
 - b. Ensuring nonprofit blood centers have the resources necessary to complete their mission
 - c. Support continued funding for the Rural Physician Loan Repayment Program, to assist with physician recruitment efforts in rural communities
4. **Continuity of Care legislation:** Assure patients can stay on their medication during their insurance plan year

PCMS will Monitor:

1. Medicaid Managed Care
2. Opioid policy

PCMS will Oppose:

1. Scope of Practice Legislation
 - a. Optometrists will continue to attempt to expand scope of practice into eye surgery
2. Any other attempts to intrude on physicians' scope of practice



REFLECTING ON THE PAST

and Ringing in the New Year

By: Kaaren Olesen, D.O.

Time flies! Here we are at the end of the year and it seems like the school year just started. As I watch my young sons race toward adulthood, it gives me pause to reflect on raising up young men in today's society. They are exposed to so many negative messages from many different sources; it's a challenge to keep things in perspective for them.

Likewise, we are in tumultuous times in healthcare. Our profession is rapidly changing and facing unprecedented challenges as we try to respond to the pressures of healthcare and the evolving climate. It can be difficult to find value and purpose in our daily responsibilities.

As we wrap up 2018, I encourage all of you to take time for yourself between breaks in patient care duties. Let's

take a moment to reflect on why we chose this profession and remember what is important to our personal fulfillment.

I invite each of you to start a gratitude journal with me. Let's write down three things (almost) every day for which we are grateful. Some days it may be hard – my car starts, I had a "no show" that allowed me to catch up on some charting, and my son completed a difficult classwork assignment. It doesn't have to be earth-shattering achievements. It can be simple things that help you go about your day. I also like to ask each of my sons to tell me three positive things about himself; it's important to remember your positive attributes when the world is telling you something different. What three things about you are positive? Write

continued on page 7

PCMS LAUNCHES

Physician Lead Metro Opioid Task Force

The Polk County Medical Society (PCMS) in collaboration with pain and emergency medicine physicians, allied health professionals, pharmacy and representatives from the Governor's office of Drug Control Policy met on November 14, 2018, to launch a physician lead metro task force to address opioid administration in the Emergency Department (ED) setting.

In response to the opioid epidemic, the task force is working to create a multifaceted approach to support health care providers in reducing opioid administration in the ED setting. There will also be a component to provide patients with necessary addiction treatment education, resources, and information.

The Metro Opioid Task Force will create a standardized protocol to be piloted across all metro EDs. It will emphasize prescribing opioid alternatives combined with behavioral therapies to create a holistic approach to patient care.

PCMS will help coordinate the standardization process with physician input from all the Des Moines area hospital EDs. The goal of the Metro Task Force is to reduce overall administration of opioids in the emergency department setting and provide patient education.



continued from page 5

them down in your journal. You can review them later when you need a boost.

In the spirit of this season of giving, I respectfully request the honor of your attendance to our upcoming 2019 fundraiser for medical student scholarships and community health programs provided through the Polk

County Medical Society's Foundation. Please come (and bring friends) to an exclusive movie premiere of *The First Patient* that the Polk County Medical Society (PCMS) and PCMS Foundation are hosting at the Fleur Cinema on Sunday afternoon, January 27th at 1:45pm. Tickets are \$15 and available at the Fleur Cinema or you can purchase in advance at <https://pcms.org/event/moviepremiere/>.

The film's Producer/Director, Chip Duncan, an Iowa native from Shenandoah, is an internationally renowned filmmaker, author, photographer and President of The Duncan Group, Inc., a documentary production company formed in 1984.

Mr. Duncan has filmed in more than forty countries. His documentary television specials

and series have won more than 125 national and international awards. Broadcast networks include PBS, HBO, Discovery, TLC, Showtime, Lifetime and Sundance Channel, among others.

This internationally recognized filmmaker collaborated with Mayo Clinic to produce a film about our first patient. The one we met in Gross Anatomy as a first-year medical student. Come watch with us and remember why we chose this profession! I am quite certain you will be inspired again.

In closing, all of us on the PCMS Executive Council wish you and your families best wishes for the holiday season!

As always, take care of yourself so that you can take care of those that struggle to take care of themselves and do good work!

Best Wishes for the New Year!
— Kaaren



PHYSICIAN FOCUS:

Acute Flaccid Myelitis



By: Caitlin Pedati, M.D., M.P.H.

Acute flaccid myelitis (AFM) is a disease that affects the nervous system, specifically the spinal cord, characterized by rapid onset of weakness in one or more limbs and signs of inflammation. It involves distinct abnormalities of spinal cord gray matter on magnetic resonance imaging (MRI). AFM is a clinical presentation which can result from a variety of causes.

Historically, this was the same clinical presentation that was observed after polio infection, however thanks to the routine use of a great vaccine, none of the current cases have been

associated with polio. In particular, many (although not all) recent cases both in the US and abroad have been associated with enteroviruses (non-polio). However, not all cases have been associated with the same single virus and it is known that other viruses, such as West Nile virus (WNV), have also been associated with AFM in the past.

There is currently no specific treatment for AFM, but a neurologist may recommend certain interventions on a case-by-case basis. Prevention of acute flaccid myelitis includes many of



FOSTER
GROUP

Should I Worry About Inflation?

BRAD REMPE, CFP®, AIF®, Lead Advisor

When the prices of goods and services increase over time, consumers can buy fewer of them with every dollar they have saved. This erosion of the real purchasing power of wealth is called inflation. Inflation is an important element of investing. In many cases, the reason for saving today is to support future spending. Therefore, keeping pace with inflation is a crucial goal for many investors.

To help understand inflation's impact on purchasing power, consider the following illustration of the effects of inflation over time. In 1916, nine cents would buy a quart of milk. Fifty years later, nine cents would buy only a small glass of milk. And more than 100 years later, nine cents would buy only about seven tablespoons of milk. How can investors potentially prevent this loss of purchasing power from inflation over time?

As the value of a dollar declines over time, investing can help grow wealth and preserve purchasing power. Investors should know that, over the long-haul, stocks historically have outpaced inflation, but there also have been stretches where this has not been the case. For example, during the 17-year period from 1966–1982, the return of the S&P 500 Index was 6.8% before inflation, but after adjusting for inflation, it was 0%. Additionally, if we look at the period from 2000–2009, the so-called “lost decade,” the return of the S&P 500 Index dropped from –0.9% before inflation to –3.4% after inflation.

Despite some periods where stocks have failed to outpace inflation, one dollar invested in the S&P 500 Index in 1926, after accounting for inflation, would have grown to more than \$500 of purchasing power at the end of 2017, and would have significantly outpaced inflation over the long run. However, the story for US Treasury bills (T-bills), is quite different. In many periods, T-bills were unable to keep pace with inflation, and an investor would have experienced an erosion of purchasing power. After adjusting for inflation, one dollar invested in T-bills in 1926 would have grown only to \$1.51 at the end of 2017.

While stocks are more volatile than T-bills, they're also more likely to outpace inflation over long periods. The lesson here is that volatility is not the only type of risk that should concern investors. Ultimately, many investors may need to have some of their portfolio in growth investments that outpace inflation to maintain their standard of living and grow their wealth.

Inflation is an important consideration for many long-term investors. By combining the right mix of growth and risk management assets, investors may be able to blunt the effects of inflation and grow their wealth over time. Remember, however, that inflation is only one consideration among many that investors must contend with when building a portfolio for the future. The right mix of assets for any investor will depend upon that investor's unique goals and needs. At Foster Group we help our clients weigh the impact of inflation and other important considerations when preparing and investing for their future.

SERVING INDIVIDUALS, INSTITUTIONS, AND QUALIFIED PLANS

Contact us today at 1-866-853-1623 or visit fostergrp.com/pcms

PLEASE NOTE LIMITATIONS: Please see Important Advertising Disclosure Information and the limitations of any ranking/recognitions, at www.fostergrp.com/advertising-disclosure/. A copy of our current written disclosure statement as set forth on Part 2A of Form ADV is available at www.adviserinfo.sec.gov.

Continued from page 8

the same techniques to prevent infections from many viral infections including; being up-to-date on all recommended vaccinations, mosquito protection, washing your hands often with soap and water and avoiding close contact with ill people. So far in 2018, there have been 165 confirmed cases of AFM among 36 states in the US; most of the cases have occurred in children. Two cases of AFM have been reported in Iowa in 2018.

Acute flaccid myelitis (AFM) is a reportable disease in Iowa. It is important to report these cases

to public health so that we can continue to collaborate and examine epidemiologic, clinical, and laboratory information in order to better understand how to manage this illness.

Clinicians should call Rob Ramaekers at the Iowa Department of Public Health at (515) 850-8273 or 1-800-362-2736 to report suspect cases.

For more information visit: <https://idph.iowa.gov/CADE/disease-information/AFM> or <https://www.cdc.gov/acute-flaccid-myelitis/index.html>.

WE'VE GOT MORE THAN JUST YOUR BACK.

- Educational Resources that Address Emerging Issues
- On-Site, No-Cost Reviews to Identify High-Risk Areas
- Direct Access to Medical and Legal Experts
- 20+ Years of Communication and Resolution Expertise



A nationally recognized leader in patient safety and risk management, a better option for medical professional liability insurance.

COPIC[®]

Better Medicine • Better Lives

callcopic.com | 800.421.1834

COPIC is proud to be endorsed by:

Colorado Hospital Association • Colorado Medical Society •
Iowa Medical Society • Nebraska Medical Association



By: Jennifer Groos, M.D.

Children are our future and 5-2-1-0 Healthy Choices Count! is keeping our future healthy! Iowa's rate of childhood obesity ranks 10th highest in the nation. Obesity is now the most common chronic disease of childhood, affecting 12.7 million children nationally.

5-2-1-0 is an evidence-based multi-setting approach to childhood obesity prevention. The campaign educates children and families on the importance of healthy habits

and supports environmental and policy changes to make the healthiest choice, the easiest choice. 5-2-1-0 provides tools to parents, schools, before and after school programs, child care providers, and health care providers. To learn more, go to www.5210dsm.org or www.iowahealthieststate.com/5210.

5-2-1-0 Health Care is a free program to provide tools to healthcare providers and their clinic staff to help their patients develop healthy

continued on page 24



Finding the True Meaning . . .

By Paula A. Noonan, CEO

Christmas, Hanukkah, Kwanzaa, Festivus . . . whatever your holiday celebration with family. The smell of all the holiday goodies, foods and feasts. Caroling, sleigh rides, the lighting of the candles . . . traditions! We have so many things to look forward to during the holiday season.

We are also reminded of good will towards man, service to others, and choosing kindness. This comes second nature to most in the health professions, but sometimes we get lost in our day to day activities and forget to focus on ourselves, our families and those close to us. Life can make those precious and important aspects of our life secondary, when we get caught up in the stress, hustle and bustle of everyday life.

As I reflect on this past year, it occurs to me how things can be taken for granted, until something, some event massively

alters or impacts our lives as we know it or someone close to us. It is in those moments we are reminded how precious and short time can be. How fleetingly the years change, children grow and our today becomes tomorrow. It has slipped away unbeknownst to us.

So, while you are out there shopping for the ultimate holiday gift, stop and take a breath. Enjoy the gift that is in front of you here and now. Enjoy the true gift of the present. Love those that you can. Share life, laughter and treasure the moments.

Simple conversations, really listening to someone, to let them know they are loved, they are valued. Remind them to remember they are special to you and you are truly present to share in that moment with them. After all the true gift comes from within, not from the mall.



Happy
HOLIDAYS

Thank you for your PCMS Membership
and commitment to the health of all
Iowans – With our heartfelt gratitude,
Your Polk County Medical Society Staff:
Paula, Juliet, Stephanie and Kathie

THE FIRST PATIENT

DEATH. DISSECTION. DISCOVERY.

Four year medical students explore what it means to be a doctor... and what it means to be human.



ADMIT ONE

★ JOIN US FOR A MOVIE **Premiere Event** ★

THE FIRST PATIENT

SHOWDATE
JANUARY 27TH



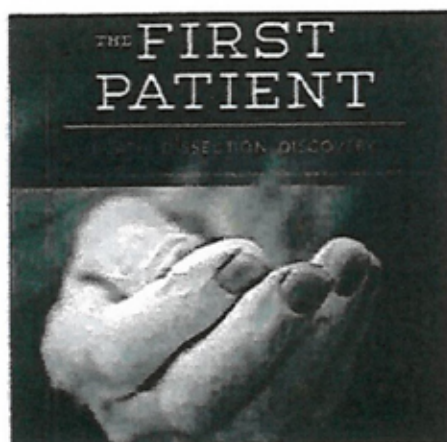
SHOWTIME
1:45 pm

LOCATION

HOSTED BY THE POLK MEDICAL SOCIETY
FLEUR CINEMA, 4313 FLEUR DRIVE
RSVP TO POLK COUNTY MEDICAL SOCIETY
515.288.0172

**2019 PCMS FOUNDATION FUNDRAISER supporting
MEDICAL STUDENT SCHOLARSHIPS and
COMMUNITY HEALTH PROGRAMS**

**Special Q & A post film viewing with Film Creator,
Producer and physicians/students featured in film**



**Polk County Medical Society
INVITES YOU TO AN
EXCLUSIVE MOVIE PREMIERE
THE FIRST PATIENT
a film by Chip Duncan**

Tickets \$15 ea/available at Fleur Cinema

**Proceeds benefit PCMS Foundation for community
health programs, Volunteer Physician Network and the
KJ Lyman Scholarship Fund awarding financial scholarships to
medical students in Iowa.**

Advanced Ticket purchase available at www.pcms.org/events/moviepremiere

**The First Patient provides dynamic insights into medical science,
teamwork, death, and spirituality as students discover what it
means to be a doctor ...and what it means to be a human being.
View the trailer@ www.TheFirstPatient.com**



More specialists. More solutions.
MORE EXPERTS NEAR YOU.

Discover what it means to LIVEUP.

Why do we do it? Why do we offer more clinics with more services and more specialists than anywhere else in central Iowa? Why do we provide easy access to leading heart, brain, cancer and back pain experts right in your neighborhood?

We do it because it's part of our history and our belief in serving patients beyond the call of duty. And we do it because it's part of our philosophy called LiveUp, where service and clinical excellence drive all we do.

Expert care for every need. Discover what Mercy can do for you.

**FIND A PHYSICIAN WITH CENTRAL IOWA'S LARGEST
MULTI-SPECIALTY CLINIC SYSTEM.**

MERCYDESMOINES.ORG



RENEW Your Membership or JOIN



Don't Navigate the Road Alone Membership with PCMS offers:

- ✓ Referral Resource
- ✓ Free CME to Members
- ✓ Local State and Federal Advocacy
- ✓ Social Networking and Events
- ✓ Practice Guidance for CME and Urban
Issues impacting the practice of
medicine
- ✓ Exclusive Member discounts on
travel & Entertainment
- ✓ Your dues help to support
programs thru PCMS foundation
for community health programs
The Volunteer Physician Network
(which provides
the only access in the state to
FREE specialty
Healthcare for Iowans at risk)
AND scholarship for
Iowa medical students

FIND OUT WHAT
YOU ARE MISSING
JOIN US

www.pcms.org/membership

AMERICAN RED CROSS

Volunteer Opportunities



By: Steven R. Herwig DO, MBA

When I retired, I knew I would have some additional time on my hands with the conclusion of my clinical practices — that's when the American Red Cross took a more prominent role in my life.

I once visited the Clara Barton historic site in Washington, D.C. and read her biography so I was familiar with the role the organization played during times of need.

When I heard the Red Cross served the Iowa State Fair by staffing the First Aid Station on the fairgrounds, I thought it was a good opportunity to participate by volunteering. Staying certified in First Aid, CPR and AED is important because in most cases, it's unpredictable when someone needs emergency assistance.

On multiple occasions while traveling by air, the services of a physician were necessary for "care in the air."

Growing up in a small town, both my father and brother served with the local volunteer

fire department, so I was further intrigued in participating with the fire safety and smoke alarm installation program with the Red Cross called "Sound the Alarm." Odgen, Huxley, Ft. Dodge and Des Moines are sites where I have volunteered and worked with local fire departments to educate citizens about fire safety in residential homes.

It's a program that has proven to be life-saving as earlier this year a smoke alarm that was installed by the Red Cross in Dubuque woke up a sleeping family of seven when a fire ripped through their home. They were able to escape, unharmed but the outcome could have been much different.

The mission of the Red Cross speaks to my values and I am proud to be a volunteer. Retirement offers an opportunity for one to continue serving our fellow citizens. Volunteer activities are a means of retiring "to something" to provide enrichment and purpose.

Continued from page 12

I want to take this opportunity to acknowledge and thank the Polk County Medical Society (PCMS) Executive Council members who help shape the core values and drive the mission of our organization.

I would also like to thank all of you, our PCMS members, who have stepped forward this year and lent their voice to the protection of their patients and the practice of medicine. Your membership is important, as you not only help formulate health policy, but your membership supports community health programs provided through the Polk County Medical Society Foundation, such as the Volunteer Physician Network, providing the ONLY ACCESS IN THE STATE OF IOWA to free specialty care.

You have contributed your service and time, selflessly, to this program helping lowans at risk. Your membership has supported future physicians, through financial scholarship awards provided to medical students in Iowa. Through your PCMS membership, you have built relationships with your colleagues across the healthcare spectrum in the metro, creating a stronger, informed medical community through participating in our social events and FREE CME courses for members. Through your PCMS membership, you have contributed to the welfare of lowans through your participation on committees and projects

addressing public health issues, like the physician lead Metro Opioid Task Force.

That is why membership in PCMS is so vital and import to our metro medical community. Just by being a member, you have contributed to all these importance services, programs and quality of health, through your membership dollars at work.

If you have colleagues who aren't members or ask why you are, or do not understand the importance of organized medicine AT THE LOCAL LEVEL, I have just provided you the answer to share with them. Without you, the PCMS Members, the medical community in the metro and in Central Iowa, would not have the voice nor the impact that we do – collectively as a group – which has quantified into one of the best rated states in the USA for quality of healthcare. Together we are strong. United as YOUR LOCAL MEDICAL SOCIETY, we are stronger. Please encourage your colleagues who practice here and live here in Central Iowa to be a member of their local medical organization – PCMS!

We would like to share our warmest expression of a happy holiday wish for each and everyone of you and your families. If you are staying home this season, stay warm. If you are traveling, stay safe! And to all of you a wish for a very happy and healthy new year!



THE IOWA
CLINIC®

dedicating our lives to taking care of yours



iowaclinic.com



515.875.9000

Primary Care Services

- // Family Medicine
- // Internal Medicine
- // Pediatrics
- // Urgent Care

Specialty Care Services

- // Allergy & Immunology
- // Audiology/
Hearing Technology
- // Cardiology
- // Cardiothoracic Surgery
- // Clinical Research
- // Colorectal Surgery
- // Dermatology
- // Ear, Nose & Throat
- // Endoscopy Center

- // Foot & Ankle
Surgery/Podiatry
- // Gastroenterology
- // General Surgery
- // Gynecologic Oncology
- // Hand Surgery
- // Mammography
- // Medical Imaging
- // Men's Center
- // Neurological &
Spinal Surgery
- // Nuclear Medicine
- // Obstetrics & Gynecology
- // Orthopaedics
- // Pain Management
- // Pathology
- // Physical Medicine
& Rehabilitation

- // Physical Therapy
- // Plastic Surgery
- // Pulmonary, Critical Care
& Sleep Medicine
- // Spine Center
- // Surgical Breast Clinic
- // Surgical Oncology
- // Transplant Surgery
- // Trauma Surgery &
Surgical Critical Care
- // Urology
- // Urogynecology/Gynecology
- // Vascular Access Center
- // Vascular Surgery
- // Vein Therapy Center
- // West Lakes
Medical Equipment
- // West Lakes Sleep Center
- // Women's Center



Surrounding you with care.

It's your health. So it should be all about you.

That's why at UnityPoint Health – Des Moines, we put you in the center of everything we do. We work as a team, your team, providing coordinated care between your doctor's office, your hospital and in your home. We surround you with care because we want to get you healthy faster. And help you stay that way.

The point of unity is you.

unitypoint.org



UnityPoint Health
Des Moines

2	16
Ralph R. Pray, M.D.	Mary A. Radia, D.O.
David Chew, M.D.	Erik Swenson, M.D.
4	17
Matthew J. Carfrae, M.D.	Eric D. Haugen, M.D.
5	18
Donald J. Hillebrand, M.D.	Marvin M. Hurd, M.D.
Stephen A. Ash, M.D.	19
	Carlos Alarcon, M.D., M.P.H.
6	20
Kathleen R. Gannon, D.O.	Bradley D. Hammer, M.D.
Dana L. Simon, M.D.	Daniel R. Kollmorgen, M.D.
7	Jose' A. Olivencia, M.D.
James A. Wille, M.D.	Stephen Stefani, M.D.
	Mark A. Tannenbaum, M.D.
10	Wendy A. Waldman-Zadeh, M.D.
Holley A. Bzdega, M.D.	21
	Randy N. Maigaard, M.D.
11	22
Sarah Garner, M.D.	Teri S. Formanek, M.D.
Phillip A. Linquist, D.O.	
Rizwan Z. Shah, M.D.	24
	Ben Johnson, M.D.
12	25
Steven G. Berry, M.D.	Stephen Nowak, M.D.
	Robert F. Schneider, M.D.
13	26
Barbara E. Evans, M.D.	Angela S. Collins, M.D.
Jason Kessler, M.D.	
15	
Mark E. Thoman, M.D.	

MARCH BIRTHDAYS

1 Robert Casper, M.D. Denise Mandi, D.P.M. Kirk Peterson, M.D.	17 David Saggau, M.D.
2 Jonathan Fudge, M.D.	18 George Clavenna, D.O. Jo Ellen Heims, D.O. Amy Shriver, M.D.
4 Susan Kennedy, D.O. Grant Paulsen, M.D.	19 Kristin Harts, M.D.
5 Michael Page, M.D. Norman Rinderknecht, M.D.	22 John Kuhnlein, D.O.
6 Philip Bear, D.O.	24 Katrina Guest, M.D.
8 Alan Heberer, D.O. Steven Herwig, D.O.	25 Lynn Struck, M.D.
9 Karen Drake, M.D.	27 Kathleen Massop, M.D.
10 Melissa Ehm Pote, D.O. Marshall Greiman, M.D. Cory Pittman, M.D.	28 Shakuntala Advani, M.D.
13 Alan Braun, M.D. Liberato Iannone, M.D. Scott Meyer, M.D.	29 Jenna Ridlen, D.O. James Swegle, M.D. Marnix Verhofste, M.D.
15 Robert Conner, Jr., D.O. Mark Kellerman, M.D. Jason Walker, M.D. John Zittergruen, D.O.	30 Thomas Klein, M.D. Lisa Klock, D.O. Lazaro Rabang, M.D.

continued from page 11

habits. In the last 18 months, the program has grown from 4 registered sites in the metro to over 50 registered clinics statewide.

5-2-1-0 Health Care Registered Sites commit to working toward three goals:

- 1) connecting with the community by displaying 5-2-1-0 posters in waiting and exam rooms
- 2) accurately weighing, measuring, and recording BMIs on pediatric patients
- 3) having respectful conversations about health behaviors at annual pediatric physicals utilizing the Healthy Habits questionnaire

Registered clinics commit to working toward at least one of these goals. If successful in accomplishing all three goals, the clinics are recognized as a 5-2-1-0 Health Care Sites of Distinction.

Posters and toolkits with patient education materials are provided. A variety of archived webinars are available online, providing free CME and CEU opportunities.

If you would like more information about how you can be a part of 5-2-1-0 efforts or would like other resources to support care for pediatric patients with obesity, please contact Dr. Jennifer Groos at Jennifer.groos@unitypoint.org.



BMW of Des Moines
bmwdesmoines.com | T (515) 989-5681



Mercedes-Benz
 of Des Moines

9993 Hickman Road | Des Moines, IA 50322
 T [866] 942-6417 | [shop: mercedesbenzdesmoines.com](http://shop:mercedesbenzdesmoines.com)



broadlawns MEDICAL PLAZA

Family Health Center
Geriatric and Memory Center
Outpatient Mental Health Clinic
Dental Clinic
Pain Management Center

1801 Hickman Road | Des Moines
282-2200 | www.broadlawns.org   

All forms of insurance accepted.

Polk County Medical Society wants to know what's new! Have you been appointed to a board, received an award, volunteered for a medical mission? Email us at pcms@pcms.org.

Name: _____

What's new: _____

Or mail this form to: Editor, Polk County Medical Society, 1520 High St., Des Moines, IA 50309



One Call Does It All!
515-512-4840



***Polk County's
Medical Staffing Experts!***

As the Preferred Vendor of Staffing and Placement Services for the Polk County Medical Society, Favorite Healthcare Staffing provides a comprehensive range of staffing services at preferred pricing to PCMS members.

Favorite has set the standard for quality, service, & integrity in medical staffing since 1981. Call today and let us show you why we are *The Favorite Choice* of Physician Practices and Healthcare Professionals across the US!

***Quality Staffing,
Exceptional Results!***



Phone: 515-512-4840

Email: MedicalStaffing@FavoriteStaffing.com

Joint Commission Health Care
Staffing Services Certification



AA / EOE / M / F / V / D

As we reflect on a very
busy 2018, we look back
in gratitude to the
many successes Polk
County Medical Society
Doctors have provided
to almost 4000 Iowans
in need through the
*Volunteer Physician
Network Program.*

*To Our PCMS
Volunteer Physicians
YOU are
the Essence of
the
SPIRIT OF GIVING
Thank you*



Bulletin

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

PRESORTED
STANDARD
U.S. POSTAGE
PAID
DES MOINES, IOWA
PERMIT NO 852

