

# Bulletin

JULY/SEPT 2023

MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY



**Federal Advocacy in Washington, D.C.**

**In Memorandum: Rizwan Zafar Shah, M.D.**

**PCMS Physicians Day at the Iowa State Fair**

**Future of Biomarkers for Alzheimer's/Dementia**

**Burning Brightly Instead of Burning Out Part 3**

**PCMS/Foster Group Happy Social Hour Event**

**Docs and Dogs Event**



## KICK OFF YOUR HOLIDAYS WITH THE TEDDY BEAR HOLIDAY TEA Charity Event

The *Teddy Bear Tea Holiday Charity Event* is a community event. All proceeds/donations support: Toys for children, children/family charities, and the Volunteer Physician Network; providing access to free specialty healthcare for Iowans at risk and in need.

Included with PCMS Member free entry or Public Ticket Purchase: Adult bar and Children beverages, food, desserts, Cookie and Christmas ornament decorating stations, photo booth fun, live music, **FREE PICTURES** and visit with Santa Claus!

### WHEN:

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2nd, 2023  
11am -2pm**

### Where:

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**FREE for PCMS MEMBERS AND  
IMMEDIATE FAMILY**

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The Polk County  
Medical Society



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**2023**

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JULY/SEPT 2023  
**Bulletin**  
MEMBER MAGAZINE FOR THE POLK COUNTY MEDICAL SOCIETY

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# LIVE *Intentionally*

**By: Jason Kruse, D.O.**

Dear PCMS Membership,

I hope this letter finds you busy and well. My household is full of kids racing through another raucous school year and my workplace is full of residents and students blooming to independence in front of my very eyes.

The team at Polk County Medical Society is gearing up for another season of events. We've recently had a social hour at Big Grove Brewery and a family friendly morning out at Howell's pumpkin patch. Keep an eye out for invitations to upcoming events.

Of course, it wouldn't be fall without a return of legislative priorities. Members of the board participated

in the DC Fly In this September and we had the opportunity to meet with Iowa's delegation including Sen. Chuck Grassley, Sen. Joni Ernst, and Rep. Zach Nunn. We appreciate their ongoing support of the medical community.

On the national stage several legislative efforts are underway that are critical to Iowans.

- We are facing a deadline to maintain Medicare payments to rural states (GPCI). Cuts could prove catastrophic as margins in our industry continue to narrow.
- We are in support of Gold Carding legislation to reduce delays in

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care and administrative burden from the Prior Authorization processes.

- We are in support of increased medical residency funding and adjustments to the CONRAD 30 program to help Iowa attract and retain more physicians.

In state we anticipate another busy legislative session for 2024:

- We are continuing to monitor and engage regarding proposed changes to the structure of regulatory boards including the Board of Medicine.
- We are monitoring the rollout of expanded Physician Assistance privileges in Iowa.

- We welcome additional scrutiny of Pharmacy Benefit Managers and reduction of insurance red tape.

While we recognize there is not a consensus amongst our membership on some of the most significant medical-legal issues of the day, PCMS continues to support your Right of Conscience and your Voice. I encourage all of you to reach out to your legislators and to Polk County Medical Society about your concerns and legislative priorities. I look forward to hearing from you,

— Jason Kruse, D.O.



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# The Saga OF MEDICINE IN PROGRESS

**By: Paula A. Noonan, C.E.O.**

As we begin our fourth and final quarter of the year 2023, there have been many changes in the medical environment, both here in Central Iowa and nationally. At home, Iowa realized the historic passing of Tort Reform protection legislation into law! This legislation will not only protect physicians in malpractice litigious limits but also offers incentive for recruitment and retention of physicians, a focus in health care workforce shortages for Iowans. Iowa is now positioned to attract more physicians to work in our state.

In 2023, we saw our major health systems in Iowa merge and transition, a catalyst of change for all both patients and Physicians alike. Medical drugs and treatments are being launched at unprecedented speeds and personalized

medicine advances help ensure patient outcomes continue to improve with biomarker testing and continued implementation and development of artificial intelligence (AI).

Wearables are becoming everyday consumer products improving health monitoring with integration with our mobile devices and apps and telehealth has expanded our reach deep into communities both urban and rural.

So much is happening, change is never-ending. This is a good thing, but also daunting. The pandemic has changed both our personal lives, the way we do business and how we deliver healthcare. Legislation is churning to keep up with these changes and challenges. The practice and scope of medicine you provide to patients is evolving, changing

*continued from page 6*

and needs gatekeepers, nay, watchdogs to ensure that the professionally educated physician has their finger on the pulse of these changes to guide our lawmakers. There are still many issues we struggle to change, such as the Medicare payment disparity for Iowa physicians.

Your local medical society, the Polk County Medical Society (PCMS), is your physician colleague lead organization which keeps their stethoscopes primed on scope and practice legislation at the state and federal level. We focus on urban physicians and urban medicine. After all this is where you live, work and play. Our members are the guardians' protecting patients and colleagues in how these changes are shaped, formed and implemented. PCMS is YOUR VOICE OF MEDICINE for Central Iowa.

As we begin this final phase of this year – it took a village, your village of colleagues at PCMS to get TORT Reform across the finish line and change history in our state. We can only support you and your profession, practice, and patients when you support us. When you receive your renewal notice for PCMS dues or if you are not a current member, please renew to ensure the continued vigilance and work on your behalf and the behalf of physicians in Central Iowa.

Encourage your colleagues, if they are not current members, to join. You can

use your CME funds to pay your dues and be reimbursed. After all, it costs less than a dollar a day – less than the price of a coffee – to keep vigilance through your local medical society of issues affecting your labor of love, your passion of medicine and helping those who cannot help themselves. Your hospital, clinics and groups focus on larger entity issues in medicine, not the issues at the heart of physicians.

As a physician, your commitment is to your patients, but in our rapidly changing health care environment, it is challenging to provide high quality care AND stay abreast of legislation, regulation, data, technology, and other issues which impact you and your practice.

From safeguarding Iowa's stable medical liability environment to leading efforts to protect the physician-patient relationship, PCMS advocates every day with focus on IOWA PHYSICIAN LEAD ISSUES. You may not want to be the one to go to the Capitol, or serve on the Board, but your membership is a catalyst in driving legislation of scope/practice protections for you and your patients.

**PARTICIPATE AND ENGAGE THROUGH MEMBERSHIP of PCMS!**

**That is YOUR CONTRIBUTION to the CAUSE!**



# SAVE THE DATE TO PARTICIPATE

**YOUR VOICE IS NEEDED!**

**BE INVOLVED**

Please join the legislators of the  
90<sup>th</sup> Iowa General Assembly  
for our Annual PCMS

**LEGISLATIVE COFFEE**

Sponsored by the

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**Thursday, January 18th, 2024**

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 2024 Legislative Priorities.  
(Talking points will be sent to all Members)*



# THE FUTURE OF BIOMARKERS *for* Alzheimer's Disease and Other Dementias



By: Yogesh Shah, M.D., M.P.H., F.A.A.F.M.

Alzheimer's disease (AD) is a complex, heterogeneous, progressive disease and is the most common type of neurodegenerative dementia. The prevalence of AD is expected to increase as the population ages, placing an additional burden on healthcare systems.

Before the early 2000s, the only sure way to know whether a person had Alzheimer's disease, or any other form of dementia, was through brain pathology. But due to advances in research, tests are now available to help us see biomarkers associated with dementia in living people.

Biomarkers are measurable indicators of what is happening in the body. These can be found in blood, other body fluids, organs, and tissues. AD is first evident with the appearance of Amyloid beta ( $A\beta$ ) plaques and Tau (T) tangles while people are asymptomatic.

Following are the types of biomarkers and tests available for AD and other dementias.

### **Brain imaging**

Several types of brain scans can help with dementia diagnoses and staging. CT Scan, MRI Amyloid PET scans, Tau PET scans and FDG (Fluorodeoxyglucose) PET Scans.

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Medicare covers FDG PET scans to differentiate between frontotemporal dementia (FTD) and Alzheimer’s disease (AD).

**Cerebrospinal Fluid Biomarkers (CSF)**

The most widely used CSF biomarkers for Alzheimer’s disease measure amyloid beta (Aβ), tau, and phospho-tau. Decreased Aβ42 or Aβ 42/40 ratio is a positive biomarker for Alzheimer’s pathogenesis. Abnormal Aβ42 becomes detectable in CSF approximately 20 years before the onset of AD.

**Blood Based Biomarkers (BBBM)**

Blood biomarkers similar to CSF biomarkers are currently available through select companies like C2N Diagnostics, Quest Diagnostics, and LabCorp. Medicare and other health insurance plans may cover only certain types of biomarkers at this time.

**Limitations of Biomarkers:**

1. Biomarkers are less sensitive than neuropathology for detection of mild/early pathology.
2. Validated biomarkers are not available for all relevant neuropathologies

therefore it cannot be known with certainty in vivo what neuropathologies in addition to AD are present in any individual, or what the proportional neuropathologic burden is among various pathologies.

The National Institute on Aging and the Alzheimer’s Association (NIA-AA) recommend protections against misdiagnosis:

1. Only stringently validated biomarkers (fluid or PET) should be used for clinical diagnostic purposes.
2. Conservative interpretation of values near cut points. This includes employing a determinant zone around any biomarker cut point.
3. Biomarkers should not be used in isolation but should always be interpreted in a clinical context.

**Sources:**

- [How Biomarkers Help Diagnose Dementia | National Institute on Aging \(nih.gov\)](https://www.nia.nih.gov/health/how-biomarkers-help-diagnose-dementia)
- [NIA-AA Revised Clinical Criteria - AAIC 2023 DRAFT \(alz.org\)](https://www.alz.org/nia/nia-aa-revised-clinical-criteria-2023-draft)

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# HIKING THROUGH THE FINANCIAL WILDERNESS



WALT MOZDZER, CFP®, CAP®, CEPA®, Senior Lead Advisor

Since 2019, my wife and I have been exploring the hiking trails in Glacier National Park in Montana, and Grand Tetons National Park in Wyoming, among others. Each year, we have upped the ante by taking on increasingly longer and more difficult treks. We've walked up the sides of mountains and alongside glacial lakes, all while dodging bears, moose and bison.

This fall, we have assembled our most adventurous list of hikes yet. We plan to cover between 75 and 100 miles of trails, and even some destinations that are not part of an official national park trail. I used to laugh at the TV commercial years ago that stated, "Most people spend more time planning their vacation than their retirement." I thought to myself, "Well, that's a group of people I'll never be a part of." I'm not laughing any more.

The planning that goes into our trips is long and intense. It starts with heavy competition for a couple of nights in a lodge or a cabin in or near the national park. When the reservation window opens 13 months in advance, vacancies dwindle rapidly. If we miss out, our only recourse is to wait until a few months before our departure date and keep checking the official websites for cancellations on the dates we need.

Then there's the relatively recent phenomenon of acquiring a timed-entry pass for Glacier, which allows you to drive through the park. Those go on sale months before your visit dates on Recreation.gov and are essential for an enjoyable visit. They sell out within a few minutes. It's a stress-inducing exercise I'd love to skip.

Let's not forget about the physical challenge of hiking on rocky, high-altitude trails. Preparation in Iowa for mountain

trails is not easy. Twice a week, we wake up at 4:15 a.m., head out to a local county park, and walk up and down a single steep hill for about 60 minutes, trying to get in shape for what's to come.

Finally, for hiking trips in September, the parks we visit are close to their Winter "shut down" dates, which means it can be a challenge to find places to eat. Given the parks' difficulties in maintaining transient restaurant staff, we must carry sufficient snacks and almost always have a Plan B. Case in point: One morning we strolled up to a food service location inside a park for breakfast, and they were closed because the chef didn't show up that morning.

Now let's circle back to that commercial. It's funny how your perspective can change with time. Now, I gladly note all details of a personal trip, perhaps as a parallel of my work. Many people don't want to spend the mental energy required to meticulously plan out their cash flows, retirement security, tax reduction moves, and estate plan considerations. Those are some reasons that the financial and investment planning industry exists. Fortunately, Foster Group already has a team of experienced professionals able and willing to serve you during your own "trek" through life. If you've been thinking about identifying a new advisory team to help you, we invite you in for an introductory conversation.



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# WASHINGTON, D.C. *Fly-In*

The Polk County Medical Society (PCMS) held their annual Washington, D.C. Fly-In September 11-12, while both the Senate and House were in session.

PCMS board members, CEO and staff advocated personally with your Iowa Congressional Delegation on behalf of PCMS members. Four key issues were discussed in depth:

1. Medicare's Geographic Payment Disparity
2. Fixing Prior Authorization/Gold Carding
3. Health Care Workforce Expansion
4. Telehealth Extension/Expansion

PCMS continued to advocate aggressively for the accuracy of the geographic adjustment factors under Medicare for Iowa physician payments. PCMS also discussed great concern for the sunset of the SRG Floor in

December of this year and advocated for an extension for 1-3 years and a permanent fix. Advancement was laid as Senator Grassley and Senator Ernst's offices are coordinating meetings with key CMS leadership to discuss this and other issues that impact healthcare in our State.

PCMS physicians also discussed medical manufacturing/supply/distribution and pricing effecting practices and the costs of medicine, creating unforeseen consequences to patients, physicians, and access to health care services. Immigration legislation still delays the Conrad 30 Expansion and Extension, and movement is being made to further secure Telehealth extension and expansion in our post Covid environment. All in all, the outcomes of this visit were successful in keeping the ball moving forward and possibly implementing better strategic alliances with CMS in future days through collaborative talks in the near future.



L-R: Clint Rozycki, M.D., Tom Klein, D.O., Paula Noonan, Senator Charles Grassley, Jason Kruse, D.O. and Kristina Kruse share personal stories and a great dinner in Washington D.C. to celebrate Senator Charles Grassley's 90th birthday.

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L-R: Kristina Kruse, Jason Kruse, D.O., Senator Joni Ernst, Tom Klein, D.O. and Clint Rozycki, M.D. discuss the continued shortages in the Health Care Workforce and lifting the cap on Medicare GME funding to alleviate the doctor shortage.



L-R: Kristina Kruse, Jason Kruse, D.O., Congressman Zach Nunn, Paula Noonan, Tom Klein, D.O. and Clint Rozycki, M.D., discuss the Gold Card Act including the Pharmacy Benefit Manager Reform Act of 2023.



L-R: Jason Kruse, D.O., Tom Klein, D.O., Clint Rozycki, M.D., Nicholas Pottebaum, and Senator Charles Grassley continue discussion on advocacy for GPCI and SRG extension before sunset in December of 2023.

# In Memory of



## Rizwan Zafar Shah, M.D.

By: Ken Cheyne, M.D.

Dr. Rizwan Shah, world renowned pediatrician in the evaluation and treatment of child abuse and neglect, passed away peacefully on October 1, 2023. Dr. Shah was a pioneer in the evaluation and treatment of drug-affected children.

Dr. Shah was born in Rawalpindi, Pakistan. She graduated from Fatima Jinnah Medical College in Lahore, Pakistan. In January 1968, she married Zafar Ali Shah, M.D. and immigrated to the United States. After giving birth to her three children, she resumed her medical career, completing her residency in pediatrics in 1976 at Iowa Methodist Medical Center. In 1979, she was appointed Director of Pediatrics at Broadlawns Hospital. Later she became a member of the Blank Children's Hospital teaching faculty and a Clinical Associate Professor of Pediatrics at the University of Iowa Carver College of Medicine where she trained countless medical students and residents. Dr. Shah was a trailblazer supporting the role of women in medicine, leading by example that women could excel in their medical career and care for their family.

During the height of the crack-cocaine epidemic, Dr. Shah founded the Family Ecology Center offering care and support for drug-affected children and their parents

struggling with addiction. She was at the forefront of educating the healthcare community to understand the link between parental substance use and child abuse. She traveled nationally and internationally to speak on the subject. The Family Ecology Center later evolved into the Regional Child Protection Center, and now is known as the Blank Children's Hospital STAR Center located in West Des Moines. Dr. Shah served as the Medical Director until her retirement in 2012.

During her career, Dr. Shah engaged in advocacy for children at the state and national level. She was the past president of the Iowa Chapter of the American Academy of Pediatrics (AAP) and a past member of the National AAP Section on Child Abuse, the committee who wrote the book on the evaluation and treatment of child abuse. She received countless awards of distinction over her career including the Award of Merit from the Iowa Medical Society, the Congressional Leadership Award for her work in child welfare reform, and as a Local Legend by the American Medical Women's Association.

Dr. Shah was an amazing physician, leader and friend. Her legacy will live on forever in our community.

# PCMS PHYSICIAN DAY

## at the Iowa State Fair

Polk County Medical Society (PCMS) held the second annual Physician's Day at the Iowa State Fair on Saturday, August 12, 2023. Physician's Day at the Iowa State Fair was created by PCMS to celebrate all of our physician members who give so much every day to our communities.

All Des Moines and surrounding area physicians, extended family and friends were invited to attend with PCMS members and

enjoy not only free entrance to the fair, but a great perch on top of Jalapeno Pete's just outside the Midway on the Main concourse where views were spectacular and the air just a bit cooler. It was a beautiful day and a success with the doctors and their families! Members who could not make the planned day were able to use their tickets on other days of the fair, so that they could enjoy fun memory building with their families and friends.



L-R: Chad Evers, Linda Upmeyer, Cooper Upmeyer-Evers, Sara Upmeyer, D.O., and Claire Upmeyer-Evers enjoy PCMS Physician's Day at the fair as a family, trying delicious food.

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L-R: Robert Shontz, M.D. and Tara Shontz take a rest and catch up with colleagues.



L-R: Hannah McCoy, Kathy McCoy, Tim McCoy, D.O. and Gabby McCoy enjoy collegiality with colleagues.



L-R: Brian Bowshier, M.D., Daniel Bowshier and Laura Bowshier, M.D. get ready for an adventure at the Iowa State Fair.



L-R: Katelyn Nikkel, David Nikkel, Monica Nikkel, Colton Nikkel, Alivia Nikkel and Mason Nikkel set off to try many foods on a stick and rides in the midway.



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L-R: David Fitzsimmons, Alexa Fitzsimmons and Denni Fitzsimmons, D.O. spin off to the Ferris Wheel after a short rest at PCMS host Jalapeno Pete's.



Polk County Medical Society members and colleagues relax with their families at Jalapeno Pete's for lunch.



L-R: Gregory Schmunk, M.D., Paula Noonan, and Stephanie McGaffin discuss the many attractions at the Iowa State Fair.



Polk County Medical Society members and their families enjoy the breeze and the view as they take a break to enjoy collegiality amongst each other.

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L-R: Sam Sixta, Jim Sixta, and Deb Sixta, M.D. enjoy the sights while spending time together.



L-R: William Perrin, Amy Huynh, Michael Perrin, Grayson Huynh, George Perrin, Mason Huynh, Madison Huynh, and James Perrin enjoy a fun and jam-packed family day.



L-R: Stanton Danielson, M.D. and Deborah Danielson cool down and catch up with colleagues and their families.



L-R: Chrissy King, Janie Hendricks, D.O. and Martin Crowder can't decide what's next, the butter cow or the cattle barn.

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L-R: Sam Sixta and Jim Sixta cool off after a morning of fun.



L-R: Baylee King and Mike King enjoy stopping at Jalapeno Pete's as they tackle a day at the fair.



L-R: Michael Perrin and John Huynh enjoy catching up with each other and the other families that have gathered for the day.



L-R: Ariane Jackson and Michael Jackson, M.D. escape the heat and crowds with PCMS at the fair.

# Burning Brightly, Instead of Burning Out

## *Part 3: Helping at the Organization Level*



**By: Jason Kessler, M.D., F.A.A.P.**

Organizations have recognized the crisis of physician burnout. Many have addressed it. Too often, this takes the form of resilience training rather than addressing the things that cause burnout.

The leading physician-reported contributor to burnout in Medscape's 2021 report "Death by 1000 Cuts" was too many bureaucratic tasks. Many such tasks do not require a physician. For an organization, they are not efficient use of an expensive resource. Many could be completed by less-costly personnel. Keeping people working at the top of their license is the most efficient. Workflows should be designed

so physicians perform only tasks requiring a physician. For example, could FMLA or other paperwork be completed by an MA and edited or proofread by a physician, who then signs the document? Freeing up physicians for revenue-generating patient care generally more than makes up for the expense of additional personnel.

This is the theory behind hiring scribes. The efficiency of scribes can be highly variable in practice. Newer AI technologies may be even more economical. Which brings us to the EMR, that juggernaut of stress and too many clicks. Customizations for team-based documentation,

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improved short-cuts, and templates exist at the individual, enterprise, and system levels. Optimizing them is a challenge worth the effort.

The AMA’s StepsForward toolkit for Getting Rid of Stupid Stuff (GROSS) discusses a culture of examining workflows and identifying stupid stuff to eliminate. The quality improvement science of Lean calls this “Muda,” a Japanese term for waste. There are 7 kinds of waste: Waiting, Overproduction, Rework, Motion, Processing, and Transportation (some would add human potential). The 5S approach of Sort, Set in order, Shine, Standardize, and Sustain is a formal way to do this. Often applied to workspaces, it can also be applied to processes.

Many physicians are quick to look at scheduling, although few truly know how to improve it. In reality, there is not as much role as you might think for fine-tuning scheduling to reduce workload and burnout.

Improvement requires organizational support from the highest levels. Start by working with one ally who can support efforts in these areas. From there, a work group including physicians, and anyone involved, can be formed.

In the last article in this series on physician burnout, we’ll go Back to the Future and put the JOY back in the practice of medicine.

NEWS • NEWS • NEWS • NEWS!

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

# PCMS/Foster Group Social Happy Hour *at* Big Grove Brewery

The Polk County Medical Society (PCMS) hosted the annual PCMS Social Happy Hour event co-sponsored by longtime supporters and partners, Foster Group. PCMS members and guests enjoyed sports games, food and drinks of unique brews.

The event at the Big Grove Brewery on September 26th, 2023, joined

physicians, family and friends together to socialize in a fun open environment while enjoying our extended summer weather with firepits and outdoor fun zones. The evening was celebrated with almost 100 PCMS members and guests. A great time was had by all. If you were unable to attend this annual social event, we are looking to gather again in 2024. Keep an eye out!



L-R: Craig Mahoney, M.D., Michelle Mahoney, Jason Kruse, D.O., Kate Massop, M.D. and Doug Massop, M.D. enjoy the indoor/outdoor atmosphere to relax and take in the evening.

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L-R: Steve Eckstat, D.O., Sarah Eckstat, Mary Ellen Kimball and James Kimball, M.D. reminisce.



L-R: Alex Battani, Premnath Chinnaiyan, M.D. and Jyothi Prabha, M.D. enjoy the fun atmosphere while talking with everyone.



L-R: Shelly Metts, Kathy McCoy, Tim McCoy, D.O. and Michael Metts, D.O. share many laughs.



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L-R: Michael Jackson, M.D., Ariane Jackson, and Reed Rinderknecht enjoy trying the assortment of the brewery offering and amenities.



L-R: Bonnie Zittergruen and John Zittergruen, D.O. share a memorable moment with each other.



PCMS Members gather and enjoy an evening of fun and collegiality at Big Grove Brewery for the 2023 PCMS Social Happy Hour Sponsored and Hosted by Foster Group.

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L-R: Larry Beaty, M.D. and Kathy Beaty taste the food as they gather with colleagues.



L-R: April Battani, Alex Battani, Reed Rinderknecht, and Anthony Lyman discuss the benefits of gathering physicians and their families for a social hour.



L-R: Tom Benzoni, D.O. and Ashley Houser start the evening off at Big Grove Brewery after checking in for the PCMS Social Happy Hour Sponsored and Hosted by Foster Group.



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# VIPs at Sea

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Event Registration of \$695 for Physicians and \$200 for Guests

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Itinerary:

Day 1 - Depart from Cape Canaveral, Florida

Day 2 - Perfect Day Cococay, Bahamas

Day 3 - At Sea

Day 4 - Charlotte Amalie, St. Thomas

Day 5 - Philipsburg, St. Maarten

Day 6 - At Sea

Day 7 - At Sea

Day 8 - Arrive back in Cape Canaveral, Florida

**Presented By:**



# VIPs *at* Sea



David Geier, MD

In his inspiring keynote speech and webinars, Dr. Geier explains why burnout is so detrimental to physicians and healthcare providers. While sharing changes that must be made at an institutional and national level to curb the burnout problem, he shares key steps every individual can take to overcome burnout, reconnect with why they work in healthcare, and be at their best for their patients.



Mukta Panda, MD.

Tennessee's own, award-winning physician speaker. Dr. Panda serves as the Assistant Dean for Well-Being and Medical Student Education, as well as, a Professor of Medicine at The University of Tennessee College of Medicine in Chattanooga. In addition to authoring "Resilient Threads", Dr. Panda is a nationally recognized speaker helping physicians navigate and optimizing work/life balance.

**Featuring some of today's most prominent speakers on physician well-being!**

DARINKA  
MILEUSNIC-POLCHAN, MD



As the Chief Medical Examiner for Knox and many of the surrounding counties, Dr. Mileusnic-Polchan has taken an active role in prescribing practices, as well as, been an active member of the Knox County Drug Task Force. She will be presenting a 2-hour prescribing practices course which meets the BME licensure maintenance criteria.

GREG PHELPS, MD



Achieving work-life balance entails managing both professional and personal stressors such as aging parents, losing a patient or just aging gracefully. Dr. Greg Phelps, who specializes in palliative and end-of-life care, will address how to manage these life stressors while maintaining balance with your career.

EDWARD CAPPARELLI, MD



TMA President for 2022-2023, Dr. Edward Capparelli has brought physician well-being and the ramifications of burnout to the forefront in Tennessee. His efforts to reduce physician burnout continues to support physicians and help strengthen the medical profession.

**The CME session schedule will allow for ample leisure time and will not conflict with ports of call. Join your colleagues from around the state for a fun-filled week in the Caribbean, building and strengthening relationships.**

Covenant Health is accredited by the Medical Association of Georgia to provide continuing medical education for physicians. Covenant Health designates this live activity for a maximum of 28 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Docs And Dogs At Paws & Pints

On July 13<sup>th</sup>, Polk County Medical Society (PCMS) partnered with Paws & Pints to bring canines and people together in a social environment. PCMS reached beyond the family and friends' engagement with physicians to include a fun filled event with the family dog!

Not only are animals a great support and unconditional love for us, but they also create a humorous outlet for stress and bring smiles to our faces. The weather was great, the food and live music delighted all, and the dogs had a wonderful time too.



## NOVEMBER BIRTHDAYS

1  
Robert Behrens, M.D.

4  
David Stilley, M.D.

8  
Dennis Fry, M.D.

9  
Rao Makkapati, M.D.  
Chinedu Nwosa, M.D.  
Matthew Spitzenberger, D.O.

10  
Brian Gallager, M.D.

11  
Douglas Timboe, M.D.

12  
Jim Duong, M.D.

13  
Mark Woiwood, M.D.

14  
Edward Steinmann, D.O.

15  
Larry Severidt, M.D.

17  
Bart Jenson, M.D.

18  
Michael Disbro, M.D.  
Robert Jerstad, D.O.

19  
Gregory Recker, D.O.

21  
Thomas Buroker, D.O.  
Louis Fingerman, M.D.

24  
Jeffrey Merryman, M.D.  
Stephen Mooradian, M.D.  
Louis Rodgers, M.D.

26  
Kurt Smith, D.O.

27  
Mark Menadue, D.O.

28  
Dennis Whitmer, D.O.

29  
Jan Franko, M.D.



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## DECEMBER BIRTHDAYS

2

Darin Frerichs, D.O.  
Eric Meek, M.D.  
Leatrice Olson, D.O.

5

Larry Lindell, M.D.

6

Sudeep Gupta, D.O.

9

Debra Sixta, M.D.

10

Jason Wittmer, M.D.

11

Aneesa Afroze, M.D.  
Yogesh Shah, M.D.

12

Kenneth Andersen, M.D.

13

Lawrence Rettenmaier, M.D.

14

Laurence Baker, D.O.

15

Holly Healey, D.O.  
Lynn Lindaman, M.D.

16

Martin VanZee, D.O.

17

Meredith Crenshaw, M.D.

18

Bradley Hiatt, D.O.

19

Alan Hilgerson, D.O.  
Kim Leddin, D.O.

20

Pitayadet Jumrussirikul, M.D.

21

Brian Bowshier, M.D.

23

Joseph Gilg, M.D.

24

Joshua Rehmann, D.O.

25

Carole Frier, D.O.

28

Richard Deming, M.D.

29

Kaaren Olesen, D.O.

31

Kent Thieman, M.D.

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Is your birthday missing? Let us know!



**JANUARY BIRTHDAYS**

- |  |   |
|--|---|
| 1<br>Thomas Brown, M.D.<br>Mark Burdt, D.O.                            | 18<br>Andrew Steffensmeier, M.D.  |
| 4<br>Lynn Owen, D.O.   | 19<br>Robert Callahan, M.D.   |
| 5<br>Jennifer Olson, D.O.  | 22<br>Ahmad Al-Shash, M.D.  |
| 6<br>Vincent Angeloni, M.D.  | 24<br>Abigail Allard, M.D.<br>Benhamin Beecher, M.D.                              |
| 7<br>James Kimball, M.D.   | 25<br>Jeffrey Farber, M.D.<br>David Stubbs, M.D.<br>Stephanie Wadle-Wignall, M.D. |
| 8<br>Todd Heilskov, M.D.<br>David Lemon, M.D.<br>Tyler Schwiesow, M.D. | 28<br>Joseph Galles Jr., M.D.   |
| 13<br>Jessica Lorenz, M.D.   | 30<br>Stacey Milani, M.D.   |
| 14<br>Chad Carlson, M.D.   | 31<br>Abbie Ruisch, D.O.  |

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2  
David Chew, M.D.  
Ralph Pray, M.D.

3  
Tiffany Ketcham, D.O.

4  
James Blessman, M.D.  
Matthew Carfrae, M.D.

5  
Stephen Ash, M.D.

13  
Jason Kessler, M.D.  
Kelsey Millonig, D.P.M.

16  
Erik Swenson, M.D.

18  
Marvin Hurd, M.D.

19  
Carlos Alarcon Schroder, M.D.

20  
Bradley Hammer, M.D.  
Mark Tannenbaum, M.D.  
Wendy Zadeh, M.D.

21  
Randy Maigaard, M.D.

25  
Robert Schneider, M.D.

26  
Angela Collins, M.D.



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## Renew Your Dues

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# Bulletin

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