

# PRESSCRIPTIONS

— BOONE COUNTY MEDICAL SOCIETY —



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# BOONE COUNTY MEDICAL SOCIETY



*Prescriptions* is published bi-monthly for members of BCMS (physician members in Boone, Cooper and Howard Counties). Deadline for submission of materials is the 15th of each month preceding publication.

## MISSION:

The Boone County Medical Society's mission is to support the physicians of Boone, Howard and Cooper Counties and others across the State of Missouri in their efforts to provide high quality patient-centered care.

## VISION:

The Boone County Medical Society will be an indispensable unifying voice for the physicians in Boone, Howard and Cooper Counties in:

- ⌘ Providing high quality continuing medical education.
- ⌘ Advocating for the physicians and patients of Boone, Howard and Cooper counties as well as others across the State of Missouri and
- ⌘ Providing mentorship for the next generation of physicians through professional development and active participation in organized medicine.

## VALUES:

The Boone County Medical Society will embrace the values of leadership, professionalism, collegiality, advocacy, transparency, inclusiveness and fairness while pursuing its vision and mission.

# PRESCRIPTIONS

VOLUME: 35 ISSUE: 4

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## IS YOUR TEENAGER OR ARE YOU ADDICTED TO YOUR SMARTPHONE?

by  
**Nancy Morton, BS, Editor**  
**Missouri Physicians Health Program**

Recent studies have demonstrated some disturbing consequences of smartphone overuse, particularly among adolescents. A report in *The Economist* indicates that teens are finding it harder to make friends because of their dependence on social media.<sup>1</sup> In the western countries that were studied the proportion of 15-year-olds who say that they make friends easily at school has fallen sharply. Teenagers are becoming much lonelier.

Additionally, smartphone use among teenagers alters the function of that part of the brain that is associated with clinical measures of addiction, depression and anxiety. Hyung Suk Seo, MD, professor of neuroradiology at Korea University in Seoul, South Korea, and his team used magnetic resonance spectroscopy (MRS) to study the impact on the brain in teenagers addicted to their smartphone or internet. MRS is a type of MRI that measures the brain's chemical composition. Researchers used standardized internet and smartphone addiction tests to measure the severity of addiction. Questions focused on the extent to which internet and smartphone use affects daily routines, social life, productivity, sleeping patterns and feelings. Dr. Seo reported that the addicted teenagers had significantly higher scores in depression, anxiety, insomnia severity and impulsivity.<sup>2</sup> “Kids who compulsively used the internet or fiddled with their phones tended to have increased neurotransmitter activity in the anterior cingulate cortex, a region tied to the brain's system of behavior reward, control of inhibition and mood

regulation.”<sup>3</sup> After reviewing the study by South Korean researchers, Dr. Edwin Salsitz, an addiction medicine specialist with Mount Sinai Beth Israel in New York City, said the study “adds some scientific evidence that excessive use of these smartphones is having an impact in the brain which might be similar to other addictive disorders.”<sup>4</sup>

Other studies have measured changes in the brain's dopamine system. Dopamine is a product of our body that is responsible for the experience of pleasure and reward. Much of what we do online releases dopamine into the brain's pleasure centers, which can result in obsessive pleasure seeking behavior. Some people can become obsessed with these pleasure-seeking experiences and engage in compulsive behavior such as a need to keep playing a game, constantly check messaging, or compulsively gamble online. I heard a physician with three sons speak about this recently. He described asking his son to put down his smartphone as being akin to asking a crack addict to put down their pipe.

The compulsion to continually check one's smartphone is driven in some cases by dopamine releases that occur in anticipation of receiving good news. App programmers design programs to create the compulsion to gather thousands of friends on Facebook, thousands of followers on Twitter, etc.<sup>5</sup> An addicted teen will crave more smartphone interactions to achieve the same thrill or “high.”

When compulsive behavior undermines our ability to function normally, then it enters the realm of obsessive-compulsive disorder. This obsession can and does undermine social relationships, family life, and work effectiveness. Smartphone addictions may appear trivial, but a teen addict particularly can suffer serious consequences if not addressed.

In our digital age, it is very difficult to avoid using the internet or a variety of smartphone apps. Most of us require technology to function in our industrialized society. Technology is pervasive. Our jobs, schools, social groups, etc., are all technology based. So, what do the experts recommend to parents who are concerned about their children or even their own preoccupation with devices? Some of the following recommendations may appear to be stringent, but their use would depend on the seriousness of the behavior.

## SMARTPHONE ADDICTION: HELPFUL TIPS

- 1 Model limited use of smartphones. Teens are largely affected by their peers and their habits, but as parents we can provide examples of limited use. During specified times such as meal times or family times, store phones away where they can't be seen or heard. Make time for real conversations.
- 2 Ban phones while driving or walking. We have all seen people on their phones walking near traffic seemingly oblivious to the dangers that exist.
- 3 You may wish to consider creating "no phone" zones in the house, such as private areas like bedrooms and bathrooms.
- 4 Designate certain times of the day to access social media or texts. Establish a house rule that allows access during specified times only. Require that smartphones be off an hour before bed to avoid sleep issues.
- 5 You may also consider monitoring a teen's cell phone activity. Let the teenager know that you will be monitoring his/her usage and holding them accountable.
- 6 Establish rewards for limited use, perhaps earning a privilege that they would enjoy.
- 7 Turn off notifications
- 8 Uninstall unnecessary apps
- 9 Use airplane mode to avoid incoming messages and calls
- 10 Hide your phone. At work, put your personal cell phone where you can't access it, and decide to check it only 2-3 times per day.
- 11 Use a quitting tool app

### Cited

1. The [Economist.com/blogs](http://Economist.com/blogs) 2. Radiological Society of North America, "Smartphone addiction created imbalance in brain, study suggests," Science Daily, November 30, 2017 3. Dennis Thomson, "Does smartphone addiction show up in teens' brains?" Healthday, 12/4/17. 4. Ibid. 5. Bill Davidow, "Exploiting the Neuroscience of Internet Addiction," [www.theatlantic.com/health/archive/2012/07](http://www.theatlantic.com/health/archive/2012/07).

Reprint permission from *The Physician Lifeline: Preserving Physicians' Lives* March 2018 Edition

## CALL FOR THREE VOLUNTEERS FOR 2019 NOMINATING COMMITTEE

Since 1902 physicians in the Boone, Cooper and Howard Counties have benefitted from having a local organization representing the medical profession. BCMS asks that you step forward to influence the future direction of our society and make it more effective.

## NOMINATING COMMITTEE

The Nominating Committee will begin their work after the June 5 General Membership Dinner Meeting, primarily by emails. The Nominating Committee is comprised of the BCMS President (Chair) and officers plus three general members from our membership. Shortly after June 5 we will be able to see what positions and offices are available and need filled so that a slate can be presented for voting on at our September 4 General Membership Dinner Meeting.

## CALL FOR MEMBERS - LEADERSHIP QUESTIONNAIRE

Realizing that an organization is only as good as its leadership and realizing that we need a strong, vibrant medical society, I am willing to do my part as indicated by my responses below.

- ☐ I am willing to serve on the 2019 Nominating Committee
- ☐ I am willing to serve as an elected board member for 2019
- ☐ I am willing to serve on a BCMS Committee

Let the Society office know prior to June 5 if you are interested in helping us move forward for 2019 at [bcms@socket.net](mailto:bcms@socket.net)

## NEW MEMBER TO BCMS



**Kara Braudis**  
1020 Hitt Street  
Columbia, MO 65212

Dermatology

Dr. Braudis thanks for joining BCMS and we hope you will be able to join us at a general membership soon to meet some of our other members.

## GETTING TO KNOW OUR MEMBERS

### *Who is this member?*

Before his medical career he was a DJ on the radio with a show called Don Green With the Recording Machine.

### *Who is this member?*

He practiced ER Medicine in the Australian outback serving the Aborigine people.

Answers will be revealed at the June 5 General Membership Dinner – presentation on Autism. Don't forget to RSVP



## A Little Bit of World Series Prognostication

**Michael Perry** was not only a long time member of BCMS but also our President in 1997 and Doctor of the Year in 2000 before he passed away in 2012.

*The Fayette Advertiser* has announced that it will continue to sponsor the Dr. Mike Perry Award. Dr. Perry was a leading Columbia oncologist and huge baseball fan even teaching baseball history in the Honors College at MU. He owned an impressive collection of baseball memorabilia. In 2009 columnist Bill Clark started a column in the *Columbia Daily Tribune* with a small group of diehard baseball fans publicizing them as the “best of the best” in picking the upcoming World Series winners. The column became known as the Dr. Mike Perry Award for Baseball Prognostication. Dr. Perry came in 2<sup>nd</sup> the first year and was the winner in 2010 and 2011, passing away before the series in 2012.

If you are interested in participating in this World Series Prognostication event - there are rules- but unfortunately you're out for this year as signup deadline was April 1. Look to the *Fayette Advertiser* around mid March next year to garner all the rules and regulations. And Have Some Fun!



## APRIL

4/01	Matthew Smith	4/02	Mark P. Bryer
4/05	Todd M. Oliver	4/05	Jason Rodier
4/08	David M. Klachko	4/10	David James
4/14	Kimberly Cayce	4/15	Elizabeth Wilson
4/16	Pardeep Sahota	4/19	George Nichols
4/21	Leo R. Landhuis	4/23	Karen Edison
4/23	Elizabeth Heimburger	4/29	Brian D. Kleiber



## ALLIANCE VOTES TO DISSOLVE



At the April 2 BCMSA general membership meeting, after a majority vote, formalized plans for the dissolution of the Alliance were concluded.

What led to this plan: Due to a steady decline in membership, no interest in stepping into leadership positions and low attendance at meetings.

### The Plan:

- Dissolution will be effective June 30, 2018.
- Remaining funds will be distributed 50/50 to two of their sponsored charities.
- Current members will continue to share information via a distribution email list about activities, events, etc. Members had a choice whether they wanted to remain on this list or taken off.
- Anyone interested in maintaining a MSMAA membership is eligible to do so.
- Their historical records will be given to BCMS to store.

The group will remain strictly an informal social support group with no dues, officers, bylaws or other formal structure.

If you have a spouse that would be interested in this type of a social support group, please let BCMS know.

BCMS was saddened to lose this arm of our Society but in agreement with their decisions.

BCMS would like to thank all of the BCMSA members who have worked so very hard throughout many years keeping such interesting fun events for their members as well as doing great community philanthropy projects. True lifelong friendships have formed from their commitment to the Alliance and will continue. We certainly will miss working with them as a team.

### This year's officers have been

President ..... Leslie Meyer  
 Co-Presidents..... Vicki Brocksmith &  
    Kathy Welsh  
 Treasurer ..... Soo Koon Lee

### Great Gardening and a Great Cause



Present this flyer when you make a purchase at Strawberry Hill Farms during the entire months of April and May, and **10%** of your sale will go directly to the Boone Hospital Foundation. Great garden and bedding plants for you while helping others at the same time!



Please be sure to bring this coupon with you.  
 Thank you for supporting the Boone Hospital Foundation!!

Name: ..... Amount: .....

Located at: 3770 E. Hwy 163, Columbia, MO 65201

[www.strawberryhillfarms.net](http://www.strawberryhillfarms.net)

[www.boone.org/foundation](http://www.boone.org/foundation)

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# BCMS CALENDAR

## BOONE COUNTY MEDICAL SOCIETY 2018 MEETING DATES

Updated 4/16/18

- May 1**      **Board Meeting ONLY** 5:30 social/dinner    DRowe's, 1005 Club Village Columbia  
**NO MAY DIG MEETING**
- June 5**      **Board Meeting** 5:30 at Boone Hospital Center Conf Rm 1C  
**General Membership Dinner Meeting** 6:00 wine/beer social 6:15 dinner and  
presentation by Dr. Garima Singh on Autism    **NOTE NEW TIMES**
- July 10**      **Board Meeting** 5:30 Boone Hospital Center    Conf Rm 1C  
**DIG** (Doctor Interest Group Meeting) 6:00 wine/beer social  
6:15 dinner and presentation by speaker pending\_\_\_\_  
(Guest night for BCMS Resident members and Mizzou Medical)
- August 7**      **Board Meeting** 5:30 Meeting, Columbia Orthopaedic Group Conference Rm,  
One South Keene, Columbia
- September 4**      **Board Meeting** at 5:30 at Boone Hospital Center Conf Rm 1C  
**General Membership Dinner Meeting** (and election of 2019 officers) 6:00 wine/beer  
cash social 6:15 dinner and presentation by speaker pending\_\_\_\_  
(Guest night for Mizzou Medical)
- October 2**      **Board Meeting** 5:30 Meeting, Columbia Orthopaedic Group Conference Rm,  
One South Keene, Columbia
- November 6**      **Board Meeting** 5:30 Meeting, Columbia Orthopaedic Group Conference Rm,  
One South Keene, Columbia
- December 4**      **Board Meeting** 5:30 Meeting, Columbia Orthopaedic Group Conference Rm,  
One South Keene, Columbia

## RETIRED PHYSICIAN LUNCHEON SCHEDULE FOR 2018

All luncheons begin at noon on the 3<sup>rd</sup> Wednesday of each month at Arris Pizza, 1020 E. Green Meadows, Columbia (by Kohl's). You do not have to RSVP – there is usually no agenda – just lunching (Dutch treat) together with old and new friends.

May 16	Sept 19
June 20	October 17
July 18	November 21
August 15	December 19

BOONE COUNTY MEDICAL SOCIETY  
GENERAL MEMBERSHIP MEETING

**AUTISM SPECTRUM DISORDER AND  
COMMON PSYCHIATRIC  
COMORBIDITIES**

**BY**

**GARIMA SINGH, M.D.**

Medical Director Thompson Center for  
Autism and Neurodevelopmental Disorders

Join Dr. Singh for the following learning objectives:

1. Overviews of ASD: Types, causes, diagnosis and treatment
2. Common psychiatric disorders with ASD
3. Role of early diagnosis and intervention

**Tuesday, June 5, 2018**

Social (6:00-6:15) Dinner, Business Meeting and Presentation (6:15-7:30)  
(NOTE NEW TIMES)

**BOONE HOSPITAL CENTER, CONFERENCE  
ROOM C, 1600 E. BROADWAY, COLUMBIA**

**RSVP Required by June 1, 2018**

To Boone County Medical Society

573.814.1894

website: [www.boonecountymedicalsociety.org](http://www.boonecountymedicalsociety.org) email: [bcms@socket.net](mailto:bcms@socket.net)