

PREScriptions

— BOONE COUNTY MEDICAL SOCIETY —



ON THE INSIDE:

Page 3	March Feature
Page 5	What's Up Doc
Page 10	2018 MUlation
Page 12	Million Heart Conference
Page 15	BHC Stroke Update

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: 3

OFFICERS

President

Frederick Fraunfelder, M.D., M.B.A.

President Elect

Josh Hamann, M.D.

Secretary

Mohammad Agha, M.D.

Treasurer

Alan Hillard, M.D.

Immediate Past President

Raghav Govindarajan, M.D.

Board Members

John Pardalos, M.D., Larry Lampton, M.D., Amy Zguta, M.D.,
Laine Young-Walker, M.D., Quinn Johnson, M.D., Trey James, M.D.,
Lisa Thomas, M.D.

MU AMA-MSS BCMS Liaison

Scott Berndt

MSMA

Joseph Corrado, M.D., President-Elect
Jerry Kennett, M.D., Jerry Murrell, M.D., Past-Presidents
George Hubbell, M.D., Lisa Thomas, M.D., Councilors, Dist. V

AMA Council on Legislation & MSMA Council on Judicial and Ethical Affairs

Jerry Kennett, M.D.

AMA Council on Judicial and Ethical Affairs

David Fleming, M.D.

Prescriptions Editor

Steven Westgate, M.D.

Managing Editor/BCMS Executive Director

Beverly Wilcox

Boone County Medical Society

Box 196, Columbia, MO 65205

(573) 814-1894

bcms@socket.net

www.boonecountymedicalsociety.org



THE MPHP: FIRST RESPONDERS FOR MISSOURI PHYSICIANS

By
Robert Bondurant, R, LCSW,
Executive Director
Missouri Physicians Health Program

Many in the Missouri medical community associate the Missouri Physicians Health Program (MPHP) primarily with alcohol and drug problems. This is no longer a correct perception.

It is true that when the first physicians' health programs were developed in the 1970's, there were two principal concerns:

- Alcohol and drug use and
- Suicide

While some physician health programs may limit their services, the MPHP will attempt to assist Missouri physicians with any problems that could potentially interfere with their ability to practice medicine.

The MPHP will assist all Missouri physicians who request help. In addition to these physicians, we also assist physicians in training, both resident and medical students. If we can assist a physician in training to successfully resolve a problem, that will strengthen their future ability to succeed as a senior physician.

The MPHP is receiving more mental health referrals than previously. It is projected that in the coming years, as baby boomers get older and live longer, all types of dementia will surface. Physicians with dementia experience significant affective and behavioral difficulties that create challenges for their colleagues, staff and patients. Working with these physicians requires us to have compassion and patience as well as access to excellent services that provide neurocognitive evaluations and support. Most of these referred physicians have served their patients well but now

are becoming patients themselves. We welcome these referrals and have access to excellent resources.

In addition to the above, we receive referrals of physicians with mental illness in its various forms, including bipolar and other types of depression. At one time, the regulatory system was not very responsive to a physician with a history of mental health issues. That has changed. We can advocate for physicians who seek proper treatment and medical management. Sometimes our monitoring is mandated, but we will assist the Board of Healing Arts or an employer to give that physician the opportunity they need.

Behavioral issues are another area we address. Since 2000 when The Joint Commission became interested in disruptive behavior, we have had numerous referrals for assistance. While we do not diagnose, or treat, we have excellent sources for multidisciplinary evaluations that provide us with a diagnosis and recommendations for treatment. We are then able to monitor the implementation of that plan.

Sexual boundary violations are always a problem. The intimate relationships between physicians and patients can lead to legal, ethical and personal challenges. Some patients may seek such an opportunity to exert influence over a physician. This may result in the inappropriate prescribing of controlled substances and even blackmail. This is potentially a very dangerous situation for which we have had much experience. A call to the MPHP is a recommended step even through it is embarrassing and stressful.

The MPHP has counseled physicians on a wide array of legal practice and personal problems. We cannot have all the answers but we can be of assistance in helping a physician, medical student or resident find the help they need.

I have given you a broad idea of what we can offer Missouri physicians. You may have a unique issue. There is a simple answer: Call us! **We are your first responders!**

Missouri Physicians Health Program
Office: 1 800 958-7124
Email: info@themphp.org

*Reprinted with permission from MPHP
spring 2017 newsletter*



The MPHP is available to all Missouri physicians and physicians in training, and is designed to facilitate the physician's return to healthy personal and professional functioning through early identification, intervention, and treatment.

Sponsored by the Missouri State Medical Association

Issues We Address

- Substance Abuse
- Mental Health
- Behavioral Health Problems
- Disruptive Behavior
- Stress-Related Problems
- Boundary Violations
- Physical Illness

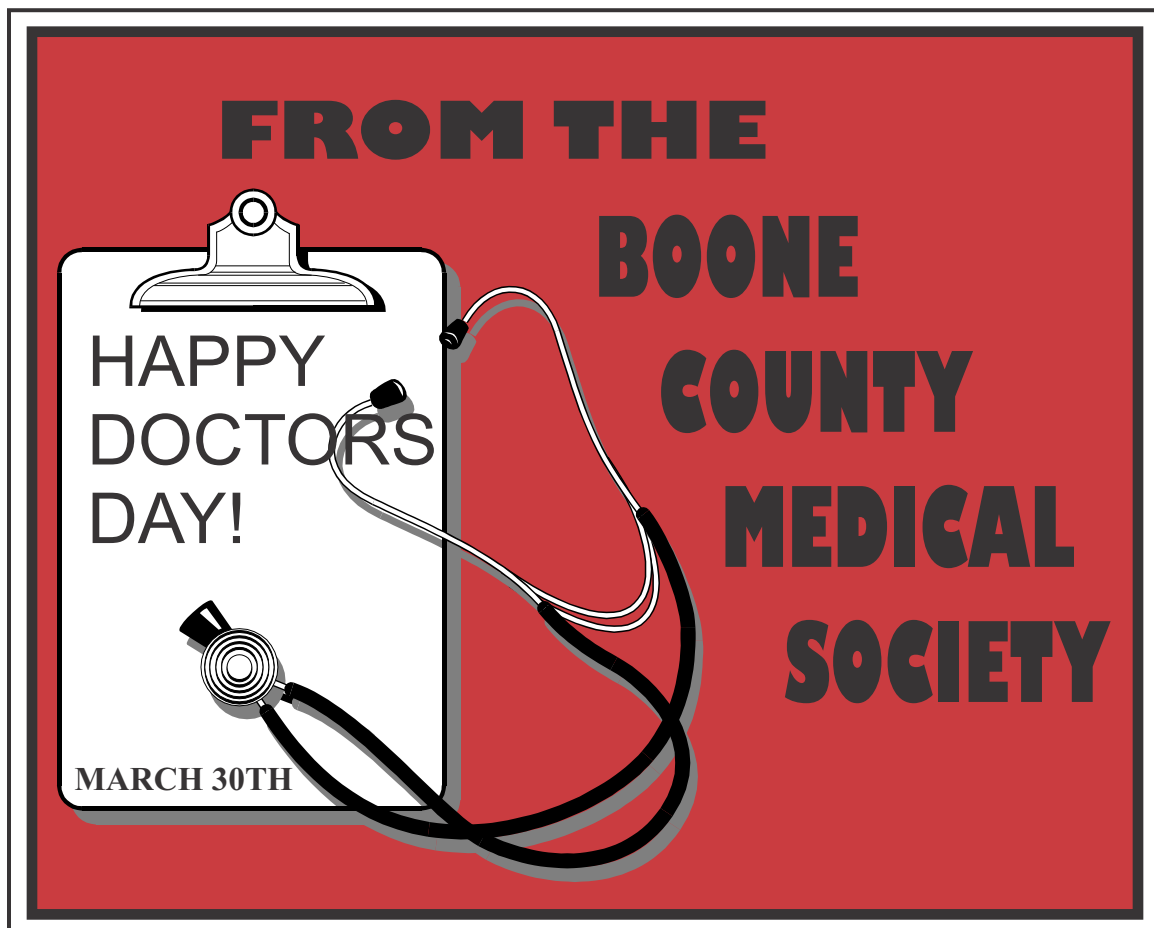
Program Services

- Education
- Consultation
- Intervention
- Referral for Treatment
- Monitoring
- Advocacy



MPHP Hotline available 24 hours a day **800-274-0933** www.themphp.org

BCMS has been a financial contributor to Missouri Physicians Health Program since 2012.





Recent physician volunteers at the capitol for MSMA Physician of the Day:

Daniel Jackson

George Hubbell, our 5th District MSMA Councilor

Thank you for taking a day away from your clinic to participate in this event.



Jerry Kennett, AMA Council on Legislative Affairs, was a part of the delegation attending the AMA Interim Meeting in Hawaii in November.



Trish Blair (our 2016 Distinguished Physician Recipient) has alerted us that her cancer has returned and she is starting chemo again. She would like our members to add her to their prayers for a swift and complete recovery.

NEW MEMBERS



Jonathan Heidt
University Hospital
Columbia, MO 65212

Emergency Medicine

Rejoining:

Joseph Parks
Family Health Center
1001 W. Worley
Columbia, MO 65203

Psychiatry

Congratulations, thank you for becoming a part of your local organized medicine society. Look forward to seeing you at some of meetings this year. Great way to meet other local member physicians.



Inside Columbia magazine recently had an issue on “the movers, the shakers and the change makers of our city”. You can imagine some of our members were in that COMO 100:

Ted Groshong
Joseph Muscato
Mark Adams
Lenard Politte
Jerry Kennett
Garth Russell
Robert Harris
Karen Edison
Peter Buchert

Congratulations to all of you on receiving not only community wide nominations to this prestigious group but also passing the selection panel's severe critiquing. BCMS is proud to have you as a part of our membership.



Ted Groshong, Senior Associate Dean Emeritus of Alumni Affairs at the MU School of Medicine received a surprise commemoration during the annual Physicians Alumni banquet. He is the recipient of a Ted Groshong, M.D. Alumni Lectureship award from the MU Medical Alumni Organization. President, of the MU Medical Alumni Organization, **George Hubbell** and **Patrice Delafontaine**, Dean, MU School of Medicine, announced this during their annual alumni banquet. This lecture, named for Dr. Groshong, will be presented annually. BCMS congratulations Dr. Groshong on this much deserved award!!



Laine Young-Walker, Associate Dean for Student Programs, earned the Lifetime Achievement Award in Child Psychiatry at the MU International Center for Psychosocial Trauma's awards banquet. Dr. Young-Walker's work and research focuses on early childhood mental health and increasing access to child and adolescent psychiatry.



Patrice Delafontaine, Dean of the MU School of Medicine, received the Humanitarian Award for lifetime work that significantly improves the lives of children, adults and their families who live in unusually difficult circumstances. He was Director at Tulane University Heart and Vascular Institute when Hurricane Katrina hit New Orleans and he coordinated efforts to evaluate patients by helicopter, ensured those in need received medical care, he helped establish outpatient clinics and he played a key role in starting cardiology and nephrology clinics in Algiers, LA.



The Physicians Alumni weekend featured the Milton D. Overholser Lecture presented by David Barbe (AMA President from MO) and scientific program lectures from **Karen Edison** and five others.



Talissa Altes, Chair of MU Department of Radiology received the 2017 fellowship award from the International Society for Magnetic Resonance in Medicine. – this recognition was for her contributions toward improving lung imaging.

SPECIAL THANKS TO THESE MEMBERS

They represented you at the March MSMA Convention

**Mohammad Agha, Wilma Rajcher
Raghav Govindarajan, Alan Hillard
Mila Cunningham, Albert Hsu**

**Ted Groshong – Reference Panel
Lisa Thomas – 5th District Councilor
George Hubbell – 5th District Councilor
Scott Berndt – Mizzou Medical**



BCMS Alliance



MARCH

4/01 Barry Gainor
 4/01 Syed Naqvi
 4/01 Stephen Keithahn
 4/02 Dana Bal
 4/04 Elizabeth Peters
 4/06 Theodore J. Choma
 4/06 Sara Zacharias
 4/06 James A. Roller
 4/07 Lisa Thomas
 4/07 Boyd E. Terry
 4/08 Erik Grossmann
 4/08 Tony Spaedy
 4/09 Dana M. King
 4/14 Nathan Hesemann
 4/15 Ronald Carter
 4/17 Norman S. Litofsky
 4/17 Josh Hamann
 4/18 Howard Houghton
 4/19 Mary Margaret Dick
 4/20 R. Raymond Cunningham
 4/23 Raghav Govindarajan
 4/24 Joseph Parks
 4/24 Lenard L. Politte
 4/26 Lynn Puckett

2018 BCMSA Event Calendar

April 2 10:00 am General Meeting
 An Unnecessary Loss to Opioid Addiction by
 Kelly O'Leary at the home of Julia Norregaard,
 3457 Woodrail Terrace, Columbia.

April 4 Ronald McDonald House meal prep

April 21 Couples Social

May 7 10:00 am Installation luncheon at the home
 of Priya Batchu, 2321 Deer Creek Ct., Columbia.

If your spouse would like to know more about
 joining this great group, please contact BCMS and
 we'll get you in touch with the Alliance leaders.



OPENINGS FOR GENERAL MEMBERSHIP TO PARTICIPATE IN TWO BCMS COMMITTEES

Committee on Membership, Membership Services and Recruitment: This Committee shall be responsible for recruiting new members for our Society along with assisting with programs to keep retention of same. Committee meets as needs (will use email more).

- ◆ Chair – Frederick Fraunfelder
- ◆ Mohammad Agha
- ◆ Open

- ◆ Alan Hillard
- ◆ Laine Young-Walker
- ◆ Open

Committee on Advocacy, Public Relations, Public Health and Legislation: This Committee shall be involved in providing input on healthcare related advocacy issues within the City of Columbia, Boone, Howard and Cooper Counties and the State of Missouri. This Committee will collaborate with MSMA where needed and it will be reaching out to BCMS members for their input on various advocacy issues. Committee meets as needed (will use email more).

- ◆ Chair, Larry Lampton
- ◆ Open
- ◆ Open

- ◆ Lisa Thomas
- ◆ Open

Please contact the BCMS office as soon as possible to add your name to these committees. They are for a one year term.

In Memoriam



IRA HUBBELL, JR.

Ira George Hubbell, Jr. passed away at his home in Columbia on January 8, 2018, following a long illness. Dr. Hubbell was a member of Boone County Medical Society for many years.

Dr. Hubbell was born, the only son of his parents, in New Haven Connecticut.

He was a 4th generation physician, playing college football and hockey. He served in WW II as a captain in the Navy and Naval Air Force.

He completed his MD degree in 1963 and his anesthesiology training in 1968. He practiced anesthesiology at both Boone and Regional hospitals here in Columbia remaining on the teaching staff at MU until his retirement.

He measured success on what he could do for others and valued what he could do for the younger generations supporting education and advancement for his alma mater in engineering and medicine, 4-H, Coyote Hill, YouZeum and Shriners.

BCMS extends our condolences to his two surviving sisters and one son, Dr. **George Hubbell** along with other family members.

Memorials may be sent to Coyote Hill, c/o Hubbell Home, Box 1, Harrisburg, MO 65256

Online condolences may be left for the family at www.memorialfuneralhomeandcemetery.com.



ELEANOR SHAHEEN BRADDOCK

Eleanor Shaheen Braddock passed away October 7, 2017, in Columbia, MO. She was a long time member of Boone County Medical Society.

Dr. Shaheen was born in Altoona, PA and graduated from the Pennsylvania State University and the University of Pennsylvania School of Medicine. After completing her internship she trained in Pediatrics at Children's Hospital of Philadelphia before completing a fellowship in Behavioral Pediatrics.

She married LeRoy Braddock in 1954 and he preceded her in death in 1971.

In 1973 she relocated to Columbia where she served as a Professor and Associate Chair of the Dept of Child Health at MU until shortly before her retirement in 1991. In 1976 she obtained a MSPH degree from MU.

Dr. Shaheen was a fervent supporter of resident and medical education and a promoter of child life services at MU. She was one of the first to describe environmental failure to thrive and provided a framework for intervention. She designed programs to identify and prevent child abuse; to allow hospitalized children to continue with their education and led the initiative to support programs in child health such as the Children's Miracle Network.

Following her retirement as a physician she pursued further training and became certified by

the National Association of Catholic Chaplains. She worked in hospital ministry for the Diocese of Jefferson City serving Columbia's three hospitals. She remained actively involved in this role until her passing.

She received various high honors within her church including the Pilgrim Shell and an Apostolic Blessing.

Dr. Shaheen enjoyed traveling, reading and loved to dance. She could discuss baseball history or Mizzou sports with anyone. She enjoyed meeting new friends and loved to spend time with her children and grandchildren.

She is survived by her four children – Thomas Braddock and Joseph Braddock of Columbia, Dr Mary Braddock of Woodbury, MN, Dr. Stephen Braddock of St. Louis and their families.

BCMS offers our condolences the Braddock family.

Memorials in her honor can be made in Columbia to the St Thomas More Newman Center or the Dept of Child Health at MU.

Condolences may be left online for the family at www.parkermillard.com.



DIANE T. BRUKARDT

Diane T. Brukardt passed away on February 17, 2018 at Boone Hospital Center in Columbia.

Dr. Brukardt was born in Dearborn, MI. She graduated from Hickman High School, the University of Missouri and Harvard Medical

School. Her internship and residency were done at the University of Kansas and she did a fellowship in pulmonary medicine at MU. In 1959 she accepted a position at MU's Student Health Services, in 1978 became their acting Director and in 1980 was named Director of Student Health Services. A position she held until she retired in 1990. During this time she helped develop more than 16 different types of health programs for MU students.

She was also an Associate Professor of Medicine and preceptor teaching medical students and advising college students who had an interest in the medical field. She was the faculty advisor for Mortar Board and LSV Women's Honor Societies at MU.

She was a member and officer of many organizations including AMA, MSMA and BCMS. In BCMS she served many times as a MSMA delegate and worked her way up through the board to become President in 1991. In 1994 she was named BCMS Doctor of the Year. She was the first woman to achieve this honor.

Dr. Brukardt was on several Missouri Legislative Committees including one under Governor Bond to review nursing home legislation, Missouri State Committee on the Status of Women and was Chair of Health Legislation for Missouri Division of the American College of Women.

Dr. Brukardt was co-founder of the Visiting Nurses of Mid Missouri and helped establish the Women and Children's Shelter in Columbia.

She received the Distinguished Alumni Award from the College of Arts and Science at MU and was the recipient of the Woman of Distinction Award by the American Association of University Women, Missouri Chapter.

BCMS extends our condolences to her surviving four nephews and two nieces.

Memorial contributions may be made to the Food Bank of Central and Northeast Missouri, c/o Memorial funeral Home, 1217 Business Loop 70 W., Columbia, MO 65203.

Online condolences may be made at www.memorialfuneralhomeandcemetery.com.



2018 MULation

Breaking records happened this year at the annual MULation event on January 17, 2018 held at Peachtree.

In 2017 MULation broke records by having over 100 medical students and 50 physicians attend this student-physician mentoring event.

Now 2018 has set a new standard – over 250 medical students attended and over 50 physicians mentored. Huge thanks go to Megan Lee and John Rockett, MULation Chairs. They did a lot of revamping of the program beginning with the new logo.

Dr. **Ted Groshong** opened the evening for guests and ended by letting these med students know how organized medicine, beginning with Mizzou

Medical Society, Boone County Medical Society, their local representation; Missouri Medicine and the American Medical Association impact their life and practice. He encouraged everyone to start early in their careers with these organizations. He introduced Beverly Wilcox (BCMS) and Haley Wansing (MSMA) and shared that BCMS was a financial sponsor of the event.

Special thanks go to our member physicians that participated:

Raghav Govindarajan (BCMS 2017 President), **Robert Frazier**, **Laine Young Walker** (BCMS Bd), **Barb Gruner**, **Jonathan Dyer**, **Susan Zurowski**, **Greg Renner**, **Geetha Davis**, **David Fleming**, **Stephen Keithahn**, **Ted Groshong**, **Michael Brown**, **John Pardalos** (BCMS Bd), **Tanaka Tomoko** and **Greg Worsowicz** (Please let the society know if you participated and are not listed)





John Pardalos



Stephen Keithahn



Ted Groshong



Raghav Govindarajan



Robert Frazier



Laine Young Walker

MILLION HEARTS MISSOURI CONFERENCE

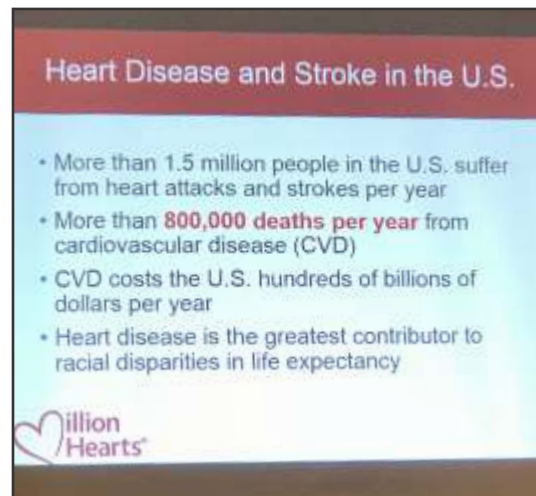
February 2, 2018

Hampton Inn, Columbia, MO

The second annual Million Hearts Missouri Conference was held here in Columbia, MO on February 2, 2018. Approximately 115 physicians, nurses, pharmacists, public health officials, health educators, community health workers and community organizations attended. This CME conference had a team of planners from all around the state (including BCMS). Sponsors were the American Heart Association, Missouri Heart Center, Primaris and BCMS. Besides the key note speakers there were multiple breakout sessions throughout the afternoon along with exhibitors/poster sessions. A ton of thanks to **Jerry Kennett** for being the MC for the day and for his assistance in getting Dr. Wright to be the keynote speaker. *This conference was presented by Missouri Million Hearts Partners, Center for Continuing Medical Education & Physician Lifelong Learning, MU Sinclair School of Nursing and MU Extension.* **Mark your calendar now for the third annual Million Hearts Missouri conference “Go Red Day” on February 1, 2019.**



Jerry Kennett, MC





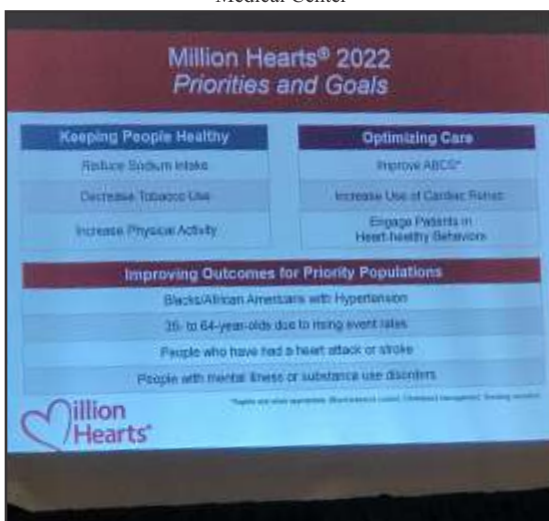
Dr. Janet Wright, Executive Director National Million Hearts, Centers for Disease Control and Prevention and Centers for Medicare and Medicaid Services



Dr. David Barbe, AMA President



Dr. Willie Lawrence, Chief of Cardiology at Research Medical Center



2017 Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults

BP Classification (JNC 7 and ACC/AHA Guidelines)

SBP	DBP	JNC 7	2017 ACC/AHA
<120	and <80	Normal BP	Normal BP
120-129	and <80	Prehypertension	Elevated BP
130-139	or 80-89	Prehypertension	Stage 1 Hypertension
140-159	or 90-99	Stage 1 Hypertension	Stage 2 Hypertension
≥160	or ≥100	Stage 2 Hypertension	Stage 3 Hypertension

* Blood Pressure should be based on an average of 2 or 3 readings on 2 or 3 occasions.
* Adults being treated with antihypertensive medication should aim for having hypertension.



BOONE HOSPITAL CENTER 2018 STROKE REVIEW & UPDATE FEBRUARY 17, 2018

Boone Hospital Center held their 2018 Stroke Review & Update on February 17. BCMS was a financial contributor so that all of our members could receive an invitation to attend. (Snowy/icy weather was predicted)

Topics and speakers were:

- Does Patent Foramen Ovale Closure Reduce the Risk of Recurrent Stroke? By **Trun Tran**
- Urgent Specialized Care for TIAs and Minor Stroke by **Allyn Sher**
- Carotid Atherosclerotic Disease in the Elderly: Surgical and Medical Management by John Adams
- Current and Emerging Interventional Procedures for Stroke by Akash Kansagra.



Does Patent Foramen Ovale Closure Reduce the Risk of Recurrent Stroke? By **Trun Tran**



Trun Tran

TAKE HOME POINTS

- PFO is a common finding in asymptomatic patients – most do not require treatment
- Every patient should have comprehensive assessment by a neurologist and cardiologist to confirm the diagnosis of a stroke and excluded other possible causes
- Closure should be considered in young patients (less than 60 yrs old) with cryptogenic emboli
- Closure should include anti-platelet therapy

BOONE HOSPITAL CENTER 2018 STROKE REVIEW & UPDATE FEBRUARY 17, 2018

Urgent Specialized Care for TIAs and Minor Stroke by **Allyn Sher**



Allyn Sher



Carotid Atherosclerotic Disease in the Elderly: Surgical and Medical Management by John Adams



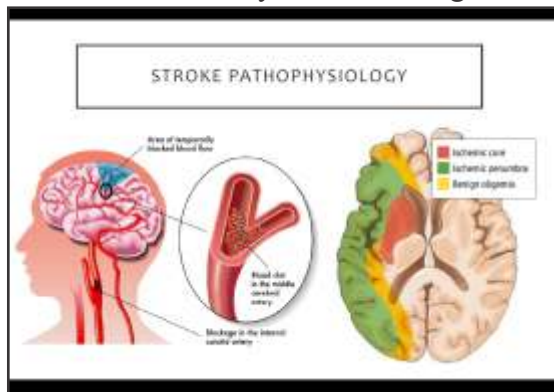
John Adams



Current and Emerging Interventional Procedures for Stroke by Akash Kansagra.



Akash Kansagra



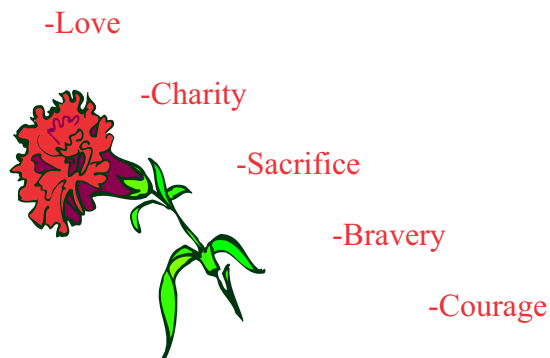
Powerpoint reprint permission courtesy of Boone Hospital Center.

DOCTORS' DAY

March 30, 2018

THE RED CARNATION SYMBOL OF DOCTORS' DAY

Red denotes:



The analogy of the carnation is closely woven in medical science, so it is only fitting that this flower, so tailored by nature with its spicy scent, was chosen as the symbol of Doctors' Day.

The flower -- its meaning: Divine -- Rejoicing being said to have appeared on earth for the first time when Christ was born.

Crown coronation denotes honorary distinction.

Its spicy fragrance was used in seasoning dishes "to preserve the body of men, both in mind and spirit."

From the juice of its petals, a wine was made "that did comfort the heart of man."

The first Doctors Day observance was March 30, 1933. Eudora Brown Almond, wife of Dr. Charles Almond, wanted to honor the date that their famous Georgian, Dr. Crawford Long, used ether anesthesia (3/30/1842) to remove a tumor from his patient's neck and also to show respect and appreciation of the noble achievements of this profession.

This first Doctors Day was only celebrated in the Barrow County Georgia Medical Society by the Alliance through mailing cards to physicians and their wives and by placing flowers on the graves of deceased doctors, including Dr. Long's.

The US House of Representatives adopted a resolution commemorating Doctors Day on March 30, 1958. In 1990 Congress overwhelmingly approved legislation establishing a National Doctors' Day and then President George H. W. Bush signed the resolution. The first National Doctors Day was celebrated on March 30, 1991.

