

Bulletin

Editor: John W. Snead, M.D.

December 2018 • Volume 42 • Issue 10



LEE COUNTY
MEDICAL
SOCIETY INC.

Physicians Caring for our Community

Bulletin

13370 Plantation Road, Ste. 1, Fort Myers FL 33912

The Lee County Medical Society Bulletin is published monthly with the June and August editions omitted.

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MANAGING EDITOR

Julie Ramirez, 239 -936-1645

E-Mail: jramirez@lcmsfl.org

BULLETIN STAFF

Valerie Yackulich • Kristine Caprella

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Lee County Medical Society Mission Statement & Disclosure Policy

The mission of Lee County Medical Society is to advocate for physicians and their relationships with patients; promote public health and uphold the professionalism of the practice of medicine.

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• Opioid CME Course	
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Big Island, Hawaii Peter Sidell, M.D.

A visit to the summit to Mauna Kea provided a bucket list experience to see the Milky Way in the high dry atmosphere.



Monday, December 10, Holiday Party

See page eleven for more information

Friday, January 11, 2019 - Cocktail Hour

Ford's Garage - Cape Coral

1719 Cape Coral Pkwy E

Cape Coral, FL 33904

6:00 p.m. - 7:30 p.m.

Monday January 14, 2019 - Opioid CME

Prescribing for Acute Pain

Lexington Country Club

16257 Willowcrest Way,

Fort Myers, FL 33908

6:00 p.m. - 8:00 p.m.

Speaker: Aaron Wohl, M.D.

Friday, January 25, 2019 LCMS 2019

Installation of Officers

Social Time: 6:30 p.m.

7:00 p.m. installation & Dinner

Crowne Plaza

13051 Bell Tower Dr.

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Guest Speaker: FMA President - Corey Howard, M.D.

New Members

ilbert Abou-Lahoud, MD

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**Renee Wong, MD**

Family Medicine Residency
Program at Lee Health
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Tel: 239-343-3831 Fax: 239-343-2392.

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**Retired**

James Penuel, MD



Greetings Judges,

It's that time of year again! The Science Fair will be held just a bit early this year – on Saturday January 19th. FGCU is generously hosting the fair again at the ALICO ARENA on campus.

Please go to our website and sign up for CATEGORY JUDGE as soon as possible. Here is a direct link to the Judge registration page on the website:
<https://science.edisonfairs.org/judge-registration/>

Be sure to sign up for CATEGORY JUDGE! You will receive a confirmatory email from the website after you sign up. Please contact me if you do not receive that email.

There is a lot of good information about the judging process on the website. Please do review this information and contact me if you have any questions at all.

Thanks again for all your help. We couldn't do it without you!

Regards,
Tim Jones
Fort Myers Kiwanis
Science Fair Judge Coordinator
Timothy.jones.esquire@comcast.net
239-940-5903

Phyllis Neef, MD

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**Ivan Samcam, MD**

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Board of Emergency Medicine
Pain Management.



We are requesting that if you have information that you would like to share regarding yourself or your practice, to please e-mail kris@lcmsfl.org. You will be featured in our upcoming Membership Spotlight section.

PRESIDENT'S MESSAGE

By F. Rick Palmon, M.D.

This is my final Presidents message and I can hardly believe the year has passed so quickly. One of my patients told me that life is like a roll of toilet paper. The older you get the faster it spins. Our lives as physicians can be at times rewarding, hectic, frustrating, stressful, and joyful. I love what I do for a living. We can make such an impact on the lives of hundreds and eventually thousands of individuals over our practice lifetimes.

Getting involved in organized medicine has allowed me to defend the right to practice medicine the way I see fit. One size fits all strategies do not work for all patients. We are constantly bombarded by regulations trying to govern how we treat patients. Prior authorizations for chosen medications and step therapy are two examples of Medicare trying to dictate treatment. We do not need beaurocrats interfering with what we know as the best therapy for the patient. Studies show that in most cases, insurance plans eventually approve almost all prior authorization requests. This drives up the cost of healthcare as some practices have to higher a dedicated employee just to handle the volume of prior authorization.

There is a time delay in getting the patient the correct treatment. Organized medicine is lobbying to remove these hindrances to care so support your chosen group whether it is the FMA, AMA, or subspecialty body. These regulations affect not only those in private practice but also those employed physician working for one of the large groups in town. Physicians need to ban together because together we are stronger. It has always frustrated me that other groups support their PAC's better than doctors. We should not be over spent by the trial attorneys. When people complain of government not working, I ask did you vote in the last election. When doctors complain about overregulation, I ask do you support organized medicine and their affiliated PAC's. I have seen first hand how a well funded PAC can help medicine friendly legislatures get elected. I know I sound like a broken record but we can only do so much without ALL physicians support.

I would like to end my message on a positive note. The LCMS is a healthy organization with continued growth in membership, We have 744 members and are aiming for a 5% increase per year. We have established one of the first physician wellness programs in the state. It is funded by our foundation and provides 8 visits per year for each

member. We have two fund-raisers to support the foundation, which were both successful this past year. Next year, the second annual Fun Run will be March 16, 2019 at Lakes Park and the Annual Medical Service Awards and Banquet will be September 20, 2019

at the Hyatt Coconut Point. Please plan on attending and supporting these worthy events. We continue to run the monthly cocktail hours the second Friday of every month at different locations in Lee County. Come on out and enjoy two cocktails, relax and network in a casual setting. The Medical Society will be running another CME to satisfy the new law on opiod prescribing in January and will have quarterly general membership meetings on topics pertinent to your practice. If there are suggested topics you would like to hear please email us and we'll work on making it happen. Finally, we send a strong delegation to the annual FMA meeting in Orlando. This is where individual physicians can make an impact on the practice of medicine.

Finally I would like to thank the staff of the Lee County Medical Society for making my tenure so enjoyable. Much kudos to Julie Ramirez, our Executive Director, Valerie Yackulich, and Kristine Caprella. Last but not least, I need to send a special thanks to my wife, Lilly who had the patience to listen to all of my rambling thoughts and the English skills to proofread my writing and correct all the grammatical errors.



*Organized
medicine is
lobbying to remove
these hindrances to
care so support
your chosen group
whether it is the
FMA, AMA,
or subspecialty
body.*



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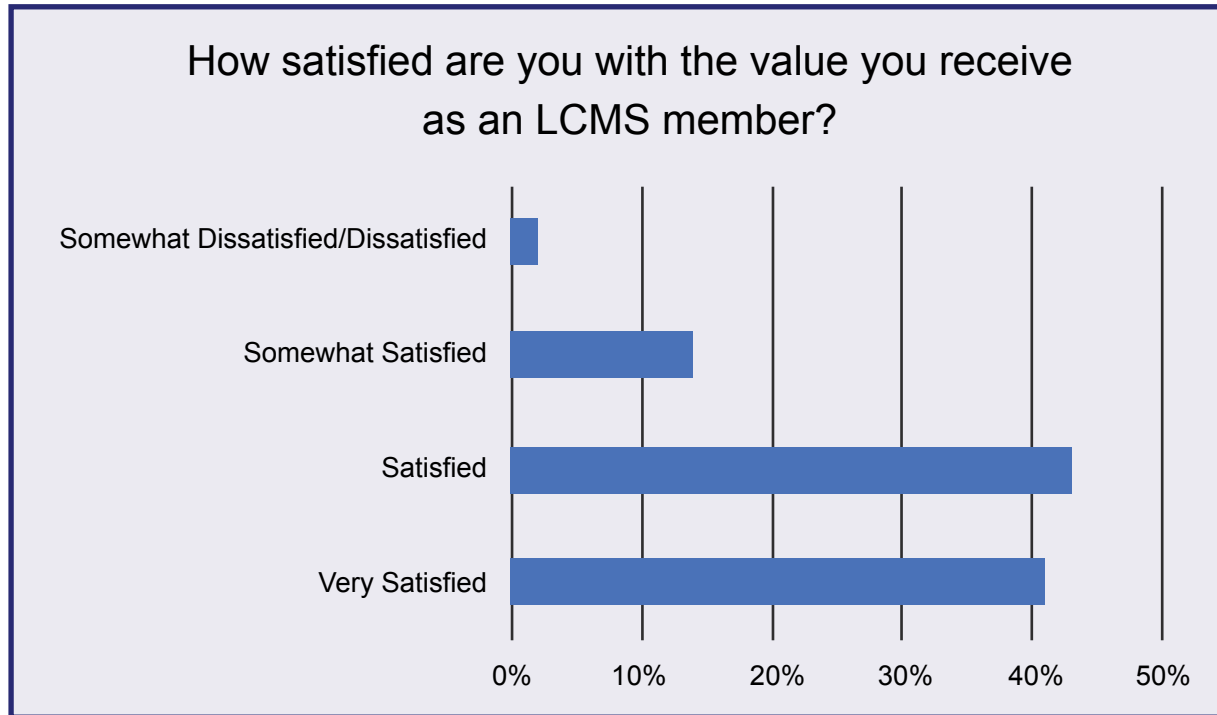
THE RAMIREZ REPORT

By JULIE RAMIREZ, EXECUTIVE DIRECTOR

Thank you to the 90 members who participated in our recent Membership Survey. Dr. Stephen Zellner was our winner of the \$100 Gift Card prize. I would like to share with you the results of the survey.



Here are our results from question #1:



A 84% high satisfaction rate is quite good. But in my child's report card standings, that's only a "B", so we will strive to do better for 2019 by using the comments and recommendations in the survey.

Results for question #2 -- How valuable are the following LCMS benefits to you?

You ranked the following benefits in this order:

- #1 - Events
- #2 - Physician Wellness Program
- #3 - Publications
- #4 - Fundraisers
- #5 - Physician Referrals
- #6 - McCourt Scholarship
- #7 - Practice Information
- #8 - Discounted Vendor Services

As an interesting note, Practice Information and Physician Referrals were the least known benefits that LCMS offers. In light of this information, in the next few editions of the

Bulletin, we will be showcasing these benefits and how they can actually benefit YOU as our member.

Since Events rank as the most valuable benefit to you, which one of those events was the most important? The answers varied depending on our members personalities and stage of life. The most valuable event we hosted this year was the Opioid CME. (We will be hosting another one on January 14, 2019!) The 2nd and 3rd most valued events are the Holiday Party and Cocktail hours. The most unknown event that we host is the annual administrator's luncheon. This year it will be on December 5th at Mimi's.

How do you value the following LCMS communications /publications? Based on the survey, the #1 valued publication that the Society produces, is our annual pictorial directory. This printed version is still cost effective and has become an annual resource for our physician members, their staff and the general public. The Lee County Library System has a copy on file at their branches. The Greater Fort Myers Chamber of Commerce disperses these to their clients as well.

And as far as communication from the Society to its members – what is your top choice?

82% of members said e-mail for communication for their first choice and a virtual 3 way tie for second place between snail mail, the Bulletin and text messages.

As I wrap up the survey results, the statistics are always a great tool in shaping how our next year looks like, but the most important and fascinating part of the survey are the comments. Here are a few and let me know if you agree with them. I can be reached at jramirez@lcmsfl.org

"Combined events with Collier County"

"Very collegial and great networking opportunities"

"Continue having events allowing for networking"

"Continue having family events since the Alliance is gone"

"Keep it informal"

"Have Young Physician events"

"Would be nice to have the dates of events 2-3 months before the event for scheduling purposes"

"Have meetings that include the required CME's"

"Maybe not have the Holiday Party on a Monday?"

On behalf of myself and my staff, Valerie, and Kris, we appreciate you all as our members, and we look forward to a fabulous 2019.



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From left: Nina Burt, O.D.; Sarah Eccles-Brown, M.D.;
E. Trevor Elmquist, D.O.; Kate Wagner, O.D.

Holly

It's Christmas time and in need of a fitting story, I have chosen to tell you about Holly. Holly (an animal not a plant) appeared on Christmas Eve, about 1974 or 1975, at our house on Shaddelee Drive. You want to take a guess as to what species she was? Don't know? Well hang on for Holly's story.

My next to youngest daughter (Lara) was about three and quite precocious. She was fascinated by merry-go-rounds and other rides beginning (in utero) at Disneyworld's inaugural and many subsequent visits. A small carnival of 5 or 6 little kiddie rides came to town in November and setup on US 41 about where Carrabbas is now. We took Lara almost every night to ride all the rides. She would repeatedly ride the miniature cars & trucks merry-go-round, but one night she apparently developed "desert hypnosis". (It has been proven that many people driving for long distances on a straight road in the desert will become hypnotized and in a trance drive off the road.) Lara, with eyes wide open, simply fell out of her car onto the platform, and the heavy "bus" following her car ran over her leg before I could pull her off the platform. There was much contusion & swelling, but emergency x-rays revealed the bones intact. We returned to the carnival within a few days.

The Shetland ponies going round and round was another favorite so we signed up for a drawing for a pony to be given away at Christmas. A couple of days before Christmas a phone call advised that Lara had won the pony. How could this be? It had to be a "rigged" (crooked) drawing for I had entered ever so many contests over the years but never won even a booby prize and here we have won an unwanted worn-out pony! I said "no", but the wife and daughter said "YES" and that was that. Fortunately, we had a large yard with about a half-acre area fenced so the pony was delivered late Christmas Eve.

Much joy was seen in the eyes of the child on Christmas morning. Mother and daughter named this pony "Holly" and appointed guess who to be the groom (not as in marriage but as in caretaker). In those days (& still so) I operated at 7:30 most mornings so now this meant getting up 20 or 30 minutes earlier to feed and water Holly.

I'm not sure how long we had Holly, but it was way too long! My routine was to get dressed for work (when I

was a physician instead of a health-care provider I usually wore a suit) and then take food and water through the gate to Holly's feeding trough. One morning after a rough "on-call" night, I was filling the trough & turned around to see Holly standing outside the fence smiling at me. I was so tired, I had left the gate ajar, and out she went. As I gently approached her, she began to walk away and she wouldn't be coaxed, so I reached for her, and the man vs. pony race was on! Her legs weren't as long as mine but she certainly had the speed. Susie, my oldest daughter, while on her way to high school, decided to join me in the chase. Holly ran to the riverside of the house and then Southwest on the seawall with me in my white suit in the fog in hot pursuit! It must have been a quarter or half mile that we chased that animal along the seawall, through yards, back across Shaddelee, and through several more yards. We gave up the chase because I had a full day's work ahead of me and the OR was waiting.



Defeated and exhausted, I made it back to the house (before cell phones) and phoned the sheriff to advise him of the situation. Holly was headed towards McGregor Boulevard at a busy time of day and the fog was heavy. My fear was not only for Holly's life but also possibly the life of some human (yes, we cared about people before there were personal injury attorneys on TV).

I finished my surgeries safely that day but Holly remained on my mind. About noon the sheriff's office called advising that Holly had been captured uninjured somewhere between McGregor and Cleveland. Holly was returned to her pen and shortly thereafter sent to a nice farm. Lara didn't seem to miss her, and I certainly didn't miss being a groom!

Thus, the legend of the man in the white suit in the fog chasing the white pony down the seawall & through the yards in the mist was born.

Happy "Holly"-days and very best wishes for all of you in the coming year.





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