

Bulletin

Editor: ELLEN SAYET, M.D.

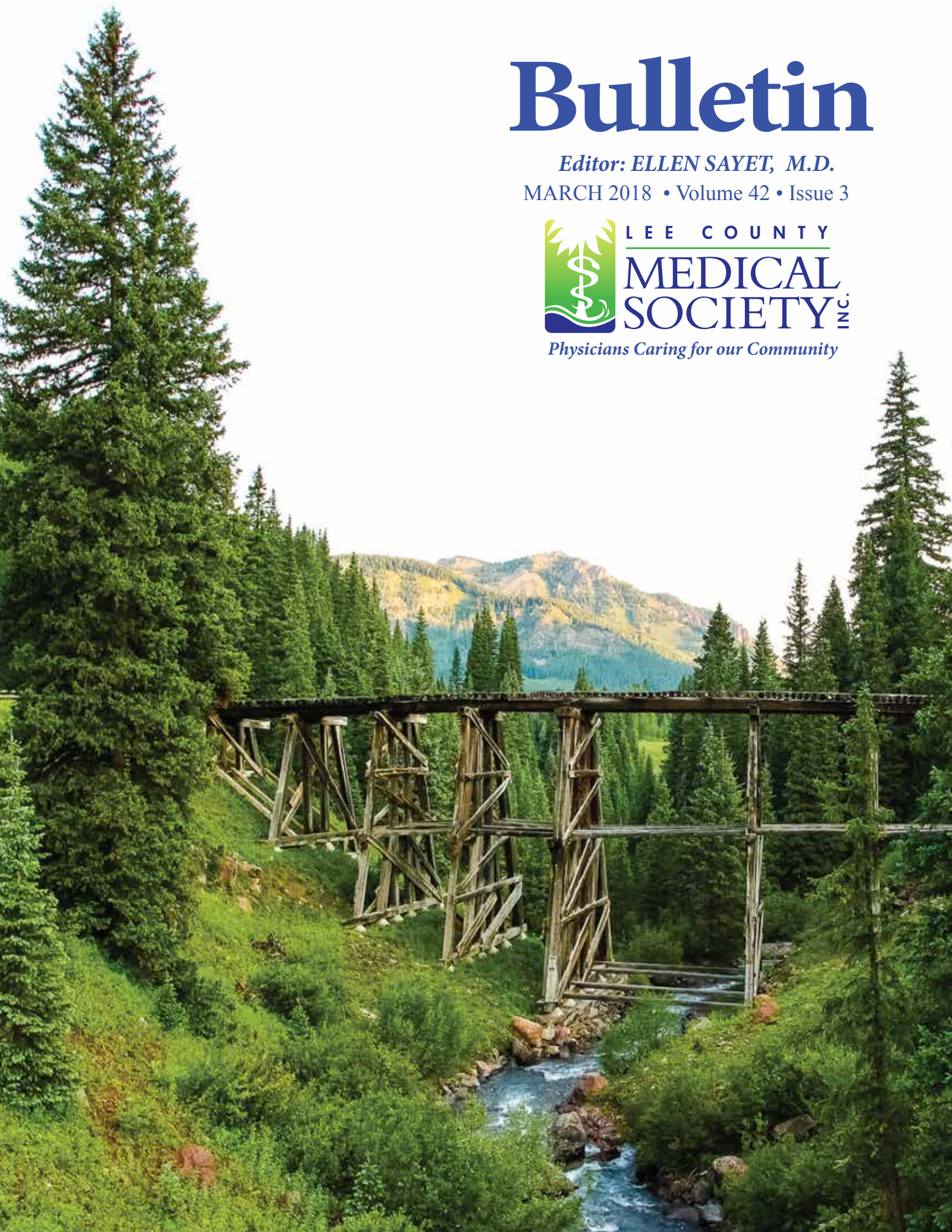
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LEE COUNTY

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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Lee County Medical Society Mission Statement & Disclosure Policy

The purpose of the LCMS is to unite the medical profession of Lee County, FL, into one compact organization; extend medical knowledge and advance medical science; elevate the standards of medical education; strive for the enactment, preservation and endorsement of just medical and public health laws; promote friendly relations among doctors of medicine and guard and foster their legitimate interests; enlighten and alert the public, and merit its respect and confidence.

All LCMS Board of Governors and Committee meetings minutes are available for all members to review.

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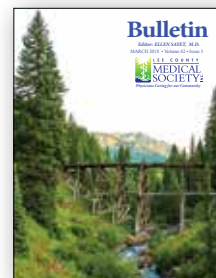
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Inserts: Korunda Pain Management Center
March General Membership Meeting
LCMS Retiree Luncheon
National Medication Management Initiative

COVER PHOTO BY ED GUTTERY, MD

The Ophir Loop was part of the Rio Grand Southern Narrow Gauge RR which opened in 1893 and finally ceased operation in 1952. The RR utilized engines pieced together from automobiles (Pierce Arrows and Buicks), buses and old box cars. There were 7 original engines call "Galoping Geese." 6 remain today, #3 is operational at Knott's Berry Farm in CA. At it's highest point the RR ran by Lizard Head at 10,222ft.

Dr. Guttery got word from a friend in Santa Fe who owns a cabin on Trout Lake theat the Ophir Loop area received 32 inches of snow this past week.



Cover Photo:
Ed Guttery, MD
Ophir Loop, Rio Grande
and Southern Ry, CO

CALENDAR OF EVENTS

rsvp online at www.lcmsfl.org or call 239-936-1645

COCKTAIL HOUR AT WORLD OF BEER MARCH 9, 2018

6 P.M. - 7:30 P.M.

RSVP TO WWW.LCMSFL.ORG

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MARCH 6, 2018 - RETIREE LUNCHEON
11:30 A.M. - 1:00 P.M.

LEE COUNTY MEDICAL SOCIETY OFFICE
13770 PLANTATION ROAD, STE 1
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MARCH 15, 2018 - MEMBERSHIP MEETING

6:30 PM-SOCIAL - 7:00 PM-DINNER

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All RSVP's can be made online at www.lcmsfl.org

WORK-LIFE BALANCE TIPS FOR PHYSICIANS

Physicians Practice, Rena Seltzer, a personal and professional coach in working with physicians.

USE YOUR VACATION TIME WISELY

Take one less vacation day and build in a day for transition and decompression, Jeff Davidson, executive director of The Breathing Space Institute, and a speaker and author on work-life balance issues, recently told *Physicians Practice*. Avoid returning to work on a Monday, as it's already a high-pressure day.

To be continued in each upcoming Bulletins this year.

MEMBERSHIP NEWS

Moved out of Area
George Comas, MD

Resigned
Gautham Mogilishetty, MD

NEW APPLICANTS

Orlando Fernandez, MD – Dr. Fernandez received his medical degree from Instituto Superior de Ciencias Medicas Habana, Havana, Cuba in 1997. He completed an Internal Medicine internship and residency at University of Texas San Antonio, Harlingen, TX from 2007-2010 and an Endocrinology fellowship at University of Texas San Antonio, San Antonio, TX from 2010-2012. His practice, Endocrinology Institute of South FL, is located at 14350 Metropolis Ave., Ste. 2, Fort Myers, FL 33912. Tel: 239-301-0105 Fax: 239-301-0110. Board Certified: Internal Medicine and Endocrinology.

Hugh Gloster, MD – Dr. Gloster received his medical degree from Medical College of Georgia, Augusta, GA in 1989. He completed an Internal Medicine internship at George Washington University Hospital, Washington, DC from 1989 – 1990. He completed a Dermatology residency at Emory University Hospital, Atlanta, GA from 1990-1993 and a Mohs Micrographic and Dermatologic Surgery fellowship at Mayo Clinic, Rochester, MN from 1993-1994. His practice, Associates in Dermatology, 8381 Riverwalk Park Blvd., Ste 101, Fort Myers, FL 33919 Tel: 239-936-5425 Fax: 239-936-5176 Board Certified: Dermatology

Jorge Valenzuela Oliver, MD – Dr. Valenzuela Oliver received his medical degree from Universidad Autonoma de Santo Domingo in 2004. He completed an Internal Medicine internship and residency at Woodhull Medical and Mental Health Center, Brooklyn, NY from 2010-2013. Dr. Valenzuela Oliver is in practice with Physician's Primary Care of SWFL, 7381 College Pkwy., #110, Fort Myers, FL 33907. Tel: 239-482-1010 Fax: 239-481-1481. Board Certified: Internal Medicine



ASSOCIATE APPLICANTS

James Forensky, MD – Dr. Forensky received his medical degree from New York Medical College, Valhalla, NY in 1985. He completed an Internal Medicine internship at Booth Medical Center, Queens, NY from 1985-1986 and a Anesthesiology residency at Duke University, Durham, NC from 1986-1988. He completed an Obstetrical Anesthesia & Pain Management fellowship at Albany Medical Center, Albany, NY from 1988-1989. Dr. Forensky is in practice with Peace River Anesthesiology Assoc., P.O. Box 510636, Punta Gorda, FL 33951. Tel: 941-625-1951 Fax: 941-625-3675. Board Certified: Anesthesiology.

Donald Garrow, MD – Dr. Garrow received his medical degree from Ross University School of Medicine, New Jersey in 2001. He completed an Internal Medicine internship and residency at UNC Chapel Hill, North Carolina from 2001-2004 and an Internal Medicine fellowship at Medical University of South Carolina, Charleston, SC from 2004-2007. Dr. Garrow is in practice with Innovative Gastroenterology, 6210 Scott Street, Ste. 216, Punta Gorda, FL 33950. Tel: 941-655-8281 Fax: 941-347-8749. Board Certified: Internal Medicine and Gastroenterology.

John Guarino, MD – Dr. Guarino received his medical degree from Georgetown University School of Medicine, Washington, DC in 1990. He completed a General Surgery residency at State University of New York, Buffalo, NY from 1990-1995. Dr. Guarino's practice is located at 4245 Kings Hwy., Unit A, Port Charlotte, FL 33980. Tel: 941-391-5102 Fax: 941-391-6937. Board Certified: General Surgery.

Anthony Pollizzi, MD – Dr. Pollizzi received his medical degree from New York Medical College, Valhalla, NY in 1985. He completed a General Surgery internship at Cornell Medical College, Manhasset, NY from 1985 – 1986 and an Anesthesiology residency at Duke University Medical Center, Durham, NC from 1986 – 1988. He also completed a Cardiac/Thoracic/Vascular Anesthesia fellowship at New York University Medical Center, New York, NY from 1988 -1989. Dr. Pollizzi is in practice with Peace River Anesthesiology Assoc., P.O. Box 510636, Punta Gorda, FL 33951. Tel: 941-625-1951 Fax: 941-625-3675. Board Certified: Anesthesiology.

Jose Augusto Ross, MD – Dr. Ross received his medical degree from Universidade Federal do Parana, Curitiba, Brazil in 1982. He completed a General Surgery internship at Hospital de Clinicas Universidade Federal do Parana, Curitiba, Brazil in 1983. He completed Pathology residencies at The Children's Hospital, Boston, MA from 1984-1985 and Northwestern Memorial Hospital, Chicago, IL from 1985-1988. Dr. Ross is in practice at Bayshore Pathology, 18316 Murdock Circle, Ste. 106, Port Charlotte, FL 33948. Tel: 941-313-9009 Fax: 941-623-9532. Board Certified: Anatomic and Clinical Pathology.

Gordon Wang, MD – Dr. Wang received his medical degree at University of London St. George's Medical School, London, UK in 1988. He completed a Family Medicine internship at University of London, London, UK from 1988-1992. He completed a Family Medicine residency at University of Buffalo, Niagara Falls, NY from 1993-1994. He is in practice at Burnt Store Family Medicine, 100 Madrid Blvd., #513, Punta Gorda, FL 33950. Tel: 941-505-8544 Fax: 941-637-9000. Board Certified: Family Medicine.

PRESIDENT'S MESSAGE

BY F. RICK PALMON, M.D.

As I write this President's message the Florida legislature is in session in Tallahassee. We must remain vigilant to prevent encroachment on the practice of medicine by allied health professionals. Rest assured that the FMA is advocating for YOU. We have a strong lobbying arm and have been successful in electing candidates to the legislature with over 94% of FMA endorsed candidates winning during the last election cycle. This battle continues in 2018 and it is important that we support candidates who appreciate both the demands and the expertise of physicians in the delivery of high quality patient care. Please donate to the FMA PAC. Your \$250 will make a difference. Together we are stronger. Stand up for your right to practice medicine as you see fit whether in private practice, hospital based employed, or within an academic institution. The Lee County Medical Society will provide updates regarding any legislation that requires your attention either to support favorable bills or to oppose those detrimental to the medical profession. We will contact our legislators on your behalf and you can help by emailing them on any of these important issues. I know full well that we are constantly bombarded with emails and notifications, but please watch out for any of these important legislative alerts. If you have a particular issue with regards to reimbursement or the practice of medicine feel free to discuss it with any of the board members. We send a strong delegation to the annual FMA meeting in August and can help craft resolutions for the House of delegates regarding your particular issue. I have seen first-hand how effective these resolutions can be. Organized medicine needs your support.

The opioid crisis that has captured the attention of the state and the nation. We were fortunate to have FMA president, John Katopodis, MD speak on this important topic at the AMSA a few weeks ago. He provided sobering statistics, according to the CDC, from 2000 to 2015 more than 500,000 people died from drug overdoses, and since 1999 the number of overdose deaths involving opioids (including prescription opioids and heroin) quadrupled. Ninety-one Americans die every day from an opioid overdose. Unfortunately, some of this crisis is due to pharmaceutical companies aggressive marketing and reassuring that there was low risk of addiction with newer formulation leading to over prescribing. Anecdotal reports point to sports injuries and wisdom tooth removal as prevalent points of entry for opioid addiction. Governor Rick Scott has announced a three-pronged plan to combat this crisis. It includes placing a restriction on the number of days for which prescriptions can be written, requiring providers who prescribe opioids to check the PDMP, and additional CME requirements. In addition, the Governor has called for an additional \$50 million in funding for substance abuse treatment, mental health services, and law enforcement efforts.

Our own Senator Lizbeth Benacquisto and Representative Jim Boyd filed bills in their respective chambers reflecting the

Governor's recommendations. The FMA staff has been actively engaged with the Governor, Senator Benacquisto, and Representative Boyd on this important issue. The FMA has created an Opioid resource center on their website for more information regarding this initiative.

Finally, the Winter Olympics have started in South Korea. I am constantly amazed at the athletic prowess of these outstanding individuals. The up close and personal stories highlight the dedication and training necessary to be successful at this level. I want to thank the Lee County physicians who take care of our local athletes participating in high school sports. From physical exams to being on the side lines, your dedication is greatly appreciated. We are fortunate to have Dr. Andrew Wong coming to speak to us this May. He helped craft the concussion protocol that was enacted for

the state. This should be a very informative talk and one you don't want to miss.



The Lee County Medical Society will provide updates regarding any legislation that requires your attention either to support favorable bills or to oppose those detrimental to the medical profession.

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RAMIREZ REPORT

BY JULIE RAMIREZ, LCMS EXECUTIVE DIRECTOR



As you can see from the next few pages of pictures, we had some terrific events at the end of January! On January 26, we held our 8th Annual Medical Service & We Care Awards Program at the Coconut Point Hyatt Regency Hotel. We had about 250 guests in attendance and raised about \$15,000 for the Salvation Army's We Care Program and the LCMS Foundation supporting the Physician Wellness Program. The Society gave away the following awards:

Lifetime Achievement Award

John Ritrosky, Jr. MD

Leadership & Professionalism Award

Charles Drivenko, MD

Scientific Achievement Award

Constantine Mantz, MD

Rising Physician Award

Jeffrey Neale

Distinguished Lay Person

Mr. Jim Nathan

Health Education Award

Valerie Dyke, MD

Citizenship & Community Service Award

Francis Howington, MD

Non-Physician Appreciation Award

Ms. Kathy Loving

We Care Award

Anthony Anfuso, MD



Herade Grimaldi is the winner for the two airline tickets to anywhere in the continental USA. Tickets were donated by 21 Century Oncology.

Distinguished Lay Person

Mr. Jim Nathan

Non-Physician Appreciation Award

Ms. Kathy Loving

Wellness Program with this event.

On February 3, we hosted our first ever 5K to raise money exclusively for the Foundation. We had 50 timed runners and about 20 walkers. Not bad for the race being delayed due to Hurricane Irma! We raised about \$7,000 for the Physician



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

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Ms. Kathy Loving, Ms. Ann Wilke
Non-Physician Appreciation Award



Drs. Shari Skinner, Jeffrey Neale
Non-Physician Appreciation Award



Drs. Judith Hartner, Valerie Dyke
Health Education Award



Drs. Mary Kay Peterson, Francis Howington
Citizenship & community Service Award



Drs. Charles Krivenko, Stephen Hannan
Leadership & Professionalism Award



Ms. Elaine Hawkins, Mr. Jim Nathan
Distinguished Lay-Person Award



Drs. Constantine Mantz, Michael Katin



Dr. Anthony Anfuso, Mr. Cliff Smith,
Daisy Ellis and Bob Poff, Salvation Army



Dr. Jon Burdzy, John Ritrosky, Jr.



LCMS Past-Presidents (left to right)

Stephen Zellner, MD, 1981
Francis Howington, MD, 1976
Peggy Mouracade, MD, 2014
Craig Sweet, MD, 2010
Shari Skinner, MD, 2016
Kim L. Spear, MD 1990
Peter Sidell, MD, 1982
Julio Rodriguez, MD, 2006
James Rubenstein, MD, 1999
Jon Burdzy, DO, 2017



& LCMS 2018 INSTALLATION OF OFFICERS



LCMS 2018 Officers (left to right)

E. Trevor Elmquist, DO; Jon Burdzy, DO, Past-President; F. Rick Palmon, MD, President; Daniel de la Torre, MD, President-Elect, Imtiaz Almed, MD, Member-at-Large; Elizabeth Cosmai, MD, Treasurer; Ellen de Grandis, MD, Member-at-Large; Cherrie Morris, MD, Member-at-Large; Stuart Bobman, MD, Legislative Chair

Not present for picture

Annette St. Pierre MacKoul, MD, Member-at-Large; Scott Caesar, MD, Member-at-Large; Joanna Carioba, MD, Member-at-Large, Arie Dosoretz, MD, Member-at-Large; Ryan Lundquist, MD, Member-at-Large; Tracy Vo, DO, Member-at-Large; Darius Biskup, MD, EJ Affairs Chair; Rich Macchiaroli, MD, Delegate Chair and Jaime Hall, MD, FSU Family Residency Program

LCMS 2018 FIRST ANNUAL FUN RUN 5K



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BUILDING WELLNESS TO COMBAT BURNOUT

By JENNIFER FRANK, MD, FAAPF

One of the biggest challenges with being burned out is that you can lack the self-awareness of how you are feeling and how what you are feeling influences your behavior. At our organization, we try to focus on reducing physician burnout, as do many organizations. Nevertheless, physician and caregiver burnout continue to permeate the medical professions. Why is this?



Physicians have an abnormal "set point" for their own wellness.

Burnout is challenging to address. In my experience, burned-out physicians often do not recognize that they are burned out. They may blame their feelings of frustration, their short temper, or their mistakes on external factors – the electronic health record (EHR), patients who are late, colleagues who "dump" patients, or patients themselves who are "too" sick. Instead of recognizing their own intellectual and emotional exhaustion as symptoms of burnout, they attribute these symptoms to other etiologies. In so doing, they focus on the wrong things in an attempt to alleviate their symptoms.

In reality, documentation has always been a burden, patients have always been and will always be late on

occasion, colleagues can be inconsiderate, and patients are sick. In order to manage the many challenges of a medical profession, resiliency – that ability to bounce back or be flexible in the face of these situations – is necessary and must be both cultivated and nurtured.

I believe that one way to build resiliency is to do those basic self-care practices that everyone agrees are both important and difficult to reliably perform – exercise and sleep, nutrition and stress reduction.

Trying to build resiliency while experiencing burnout is like washing your hands to prevent the cold you already have. Resiliency is further developed by those things that bring us joy – that can be the joy we experience in taking care of our patients (after all, we chose this profession for a reason) or the profound happiness we experience when spending time with those that we love. If you are not burned out, this is the perfect time to develop resiliency. If you are burned out, this is also the perfect time to develop resiliency.

Physicians have an abnormal "set point" for their own wellness. Having spent years learning how to sublimate their emotional response to human suffering leads

to stoic physicians who may have a difficult time connecting with their own emotions. Additionally, physicians have learned to survive and even thrive in hostile conditions – no sleep, limited food, limited time with family and friends, and a lack of balance. Physicians must relearn what "normal" is.

They must reclaim what their bodies, minds, and souls both crave and need.

There are many burnout surveys out there – the Mini Z or the Maslach Burnout Inventory, among others. I'd challenge you to take one and accept what the results show you.

If you are burned out or nearing it, do something to change your situation. Take your own best advice – what you would tell a friend or colleague – sleep, exercise, get downtime, take a vacation, build resiliency. If you are not burned out, then celebrate and go do something to further support your emotional well being.

Article: www.Physicianpractice.com



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BROADEN STUDENT KNOWLEDGE BY MENTORING & OFFERING INTERNSHIPS BY KATHERINE KNOCHE, OASIS HIGH SCHOOL INTERSHIP TEACHER

Oasis High School is a charter school in Cape Coral that offers its senior students the opportunity to participate in a year-long Internship Program where students get real world experiences in the career fields in which they hope to pursue after graduation. Our internship program started three years ago, and since then students have had the opportunity to intern with community partners such as Lee Health, Lee County Sheriff's Department, the Florida Everblades, Waterman Broadcasting's NBC-2, Gulf Coast Humane Society, and a variety of other local businesses.

One student who is currently interning with Dr. Robert Pollack summed up his experience so far by saying,

"My internship at Dr. Pollack's office has truly been a wonderful experience. I have learned so much in the few short weeks already and the learning will not stop anytime soon! This has been an eye-opening experience and will definitely help me later in life."

Another student who has worked with Kathy Fairfax at the Outpatient Center at the Sanctuary and at Dr. Craig Sweet's office says, "This has been the most rewarding experience of my high school career, given the opportunity to learn more about what I may be doing in the near future as I am aspiring to become a doctor. This is an experience I will never forget and will utilize the information I've learned to better myself in my future endeavors."

We have a large demand for mentors and business partners in the medical field. Currently, we have students eager to gain internship experiences in the fields of pediatrics, midwifery, physical therapy, sports medicine, and pathology. If you, or someone you know, is interested in helping our students broaden their knowledge, experience, and real world acclimate, please call Katherine Knoche at (941)302-3300 or email her at katherineknoche1@gmail.com.



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