



CAP SCAN

A CAPITAL MEDICAL SOCIETY PUBLICATION

JUNE EDITION, VOLUME 2013, NO. 6

Calling All Members:

HAVE YOU THOUGHT ABOUT GIVING A CME PROGRAM?

Each year, the Capital Medical Society Continuing Medical Education (CME) Committee makes it a priority to select high quality CME programs for our members and other healthcare providers. The Committee meets twice a year and carefully plans the upcoming programs – focusing on avoiding duplication (based on programs given in the past three years) and finding topics with broad appeal whenever possible. We carefully review the CME proposals submitted by our members and select a total of five or six each year.

If you have ever thought about giving a talk, please submit your proposal to our CME Committee using the guidelines described below. The CME Committee is focused on highlighting the training and expertise that exists here at home and wants our CMS physicians to give our CME programs. As potential speakers, the CME Committee also looks to our newly arrived

physicians who bring interesting perspectives from their post graduate training.

After each CME program, we give participants an evaluation form to complete, so that we can capture your feedback and use your suggestions to plan future meetings.

WE THANK OUR CME COMMITTEE:


Christienne Sain, M.D., Co-Chair
Garrett Chumney, M.D., Co-Chair,
Jonathan Appelbaum, M.D.
Kenneth Brummel-Smith, M.D.
Rosalie Carlin
Sue Conte
David Dixon, D.O.
Suzanne Harrison, M.D.
Tracey Hellgren, M.D.
Narayanan Krishnamoorthy, M.D.
Winston Ortiz, M.D.
Celeste Paquette, M.D.
Sandeep Rahangdale, M.D.
Lorna Stewart, M.D.

If you have comments or suggestions, please contact Sue Conte at the CMS office (877-9018).

HOW DO I SUBMIT A PROPOSAL TO GIVE A CME PROGRAM?

Submit the following, in writing, to the attention of Rosalie Carlin at the CMS office by August 15th for the spring 2014 CME programs.

1. Topic
2. Course objective(s)
3. Brief outline

You can fax it to 878-0218 or e-mail it to Rosalie Carlin at rcarlin@capmed.org or Sue Conte at sconte@capmed.org. 

“WE VALUE YOUR FEEDBACK!”

Please send us your ideas and suggestions for future meetings. We are always looking for ways to increase attendance, and your feed-



DR. CHRISTIE SAIN
CME COMMITTEE
CO-CHAIR

back and suggestions are a vital part of making that happen. For those of you who haven't

attended a meeting lately, join us at our new location at the Maguire Center at Westminster Oaks. The location has been very well-received so far for its convenient location, excellent acoustics, and good food. We look forward to seeing you at our next CME meeting on 'Atrial Fibrillation' by Dr. Farhat Khairallah on September 17, 2013!"

CAPITAL MEDICAL SOCIETY 2013 MEETINGS CALENDAR

***SEPT. 17, 2013 @ 6 PM**
“ATRIAL FIBRILLATION”
Farhat Khairallah, M.D.
Maguire Center for Lifelong Learning at Westminster Oaks

***OCT. 15, 2013 @ 6 PM**
“PREVENTION OF MEDICAL ERRORS” - 2-Hour Required CME
Jesse Suber, Esq. & Scott Sellinger, M.D.
Maguire Center for Lifelong Learning at Westminster Oaks

***NOV. 19, 2013 @ 6 PM**
“GENETIC SCREENINGS”
Lea Parsley, M.D., FSU College of Medicine
Maguire Center for Lifelong Learning at Westminster Oaks

DEC. 5, 2013 @ 6:30 PM
CMS FOUNDATION
HOLIDAY AUCTION
Location: Florida State University Center Club

*INDICATES IT IS A CMS MEMBERSHIP & CME MEETING



CAPITAL MEDICAL SOCIETY

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ARE YOU INTERESTED IN WRITING AN ARTICLE FOR CAP SCAN?

Please contact Dr. Charles Moore at cmoore5186@aol.com and Shannon Boyle at sboyle@capmed.org. All articles submitted will be reviewed by your peers prior to publishing.

CAPITAL MEDICAL SOCIETY IS PLEASED TO
WELCOME THE FOLLOWING

NEW MEMBERS:

LISA JOHNSON, M.D.

Place of Birth: Miami, Florida

Medical School: Universidad Tecnológica de Santiago (1997)

Internship/Residency: University of Pittsburgh, McKeesport
Family Medicine Residency

Fellowship: Children's Hospital of Pittsburgh

Specialty: Family Medicine/Adolescent Medicine

Practice: FSU College of Medicine, Assistant Professor,
Department of Family Health

AIDA KOUSHESHIAN, D.O.

Place of Birth: Iran

Medical School: Lake Erie College of Osteopathic Medicine,
Bradenton (2009)

Internship/Residency: St. Vincent's Family Medicine Residency
Program

Specialty: Family Medicine

Practice: Bond Community Health Center
1720 S. Gadsden Street



RAYMOND SHASHATY, M.D.

Place of Birth: Miami, Florida

Medical School: University of Miami (1993)

Internship/Residency: Orlando Regional Medical
Center

Specialty: Internal Medicine

Practice: TMH Internal Medicine Residency Program
1300 Miccosukee Road

CME TOPICS & SPEAKERS FOR THE PAST THREE YEARS

We thank the following physicians who have prepared and presented CME programs for CMS.


2010

- **Medical Family Wellness** – Spouse, Significant Others and Children: Participate in the Reality – Steve Livingston, Ph.D., Mercer University
- **The Medical Marriage** – Linda Miles, Ph.D., Private Practice in Tallahassee
- **Preach, Teach and Real Life: Psychological and Physical Aspects of Physician Wellness** – Eron Manusov, M.D., FSU College of Medicine
- **Mindfulness** – Ed Glauser, M.Ed., Athens Regional Medical Center
- **Financial Wellness for Florida Physicians** – Randal C. Fairbanks, Esq. with Fairbanks & McGillin, P.L. in Jacksonville, Florida. He is affiliated with Physicians Advantage, a company endorsed by the FMA.
- **Emerging Trends in Electronic Medical Records** – Diane Gaddis, CPHIMS, President/CEO, Community Health Centers Alliance, Inc.
- **HIT Summit** – Panel Discussions about Health Information Technology – Tom Harrison, CEO, Tallahassee Primary Care Associates; Garry Spahr, Administrator, Capital Surgical Associates; Bill Dillon, JD, with Messer, Caparello & Self; Zach Finn, Director, Big Bend RHIO; Darinda Nesmith, Digestive Disease Clinic; Dr. Dan Kaelin, Vascular Surgery Associates; and Dr. John MacKay.
- **Vitamin D: Implications including and beyond Osteoporosis** – Terry W. Sheraden, M.D., FACE
- **Hot Topics in Medical Practice Management: What Physicians and Administrators Need to Know** – Cliff Rapp, LHRM
- **Cutaneous Malignancies** – Marc Inglesse, M.D., Okanta Jackson, M.D. and Stephen Richardson, M.D.

2011

- **Just the Facts: Healthcare Changes in 2011** – Zach Finn, Project Director, Big Bend RHIO; Karl Altenburger, M.D., Past FMA President; Madelyn Butler, M.D., FMA President
- **Zoonotics** – Lisa Ann Conti, DVM, MPH, Diplomat ACVPM, CEHP, CPM, Director, Division of Environmental Health, State of Florida Department of Health
- **Asset Protection for Physicians** – Randal C. Fairbanks, Esq., Fairbanks & McGillin, P.L.
- **Chronic Pain Management in the Opioid Dependent Patient** – Joseph Pagano, M.D., Program Director, TMH Chronic Pain Management Clinic
- **Dietary Supplements for Clinical Applications** – Phillip Treadwell, PharmD and Ruth DeBusk, PhD, RD
- **Prevention of Medical Errors** – Scott Sellinger, M.D. and Jesse Suber, Esq., Henry, Buchanan, Hudson, Suber & Carter, P.A.

2012

- **NCEP IV: What We Expect and How We Will Need to Change** – J. Orson Smith, M.D., TMH Lipid Center
- **Overview of Opiate Dependence & Prescription Drug Abuse** – Daniel P. Logan, M.D., University of Florida College of Medicine, and Jeffrey T. Ferraro, M.D., TMH Outpatient Recovery Center
- **Alcohol and the Heart** – William Dixon, M.D., Tallahassee Cardiology Associates, P.A.
- **The Uses of Botulinum Toxin** – Winston R. Ortiz, M.D., Tallahassee Neurological Clinic
- **Domestic Violence** – Suzanne Harrison, M.D., FSU College of Medicine 

MARK YOUR CALENDARS!

SEPTEMBER 17, 2013 AT 6PM

CMS Membership & CME Meeting

"Atrial Fibrillation"

Farhat Khairallah, M.D.

AT THE

Maguire Center for Lifelong Learning at Westminster Oaks

OCTOBER 15, 2013 AT 6PM

CMS Membership & CME Meeting

"Prevention of Medical Errors" (2-Hour Required CME)

Jesse Suber, Esq. and Scott Sellinger, M.D.

AT THE

Maguire Center for Lifelong Learning at Westminster Oaks



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LUNCH & LEARN: A Service for All CMS Member Offices!

On May 15th, Bill Krizner, local employment law attorney with The Krizner Group, gave an excellent program on "Lawsuits, Audits, & Courtrooms...Oh My! Employment Law 13.0". You can reach Mr. Krizner at (850) 386-3747 or bkrizner@thekriznergroupp.com. The seminar was held at the Capital Health Plan on Governor's Square Blvd – and we thank them for providing this lovely venue.

Aegis Business Technologies sponsored the May 15th Lunch and Learn. Blake Dowling, Chief Business Development Officer, was in attendance as a representative for Aegis. You can reach Mr. Dowling at (850) 422-2661 ext. 114 or dowlingb@aegisbiztech.com. **CMS**



Pictured at the May 15th Lunch & Learn: (L-R) our speaker, Bill Krizner, Esq., Employment Law Attorney with The Krizner Group; our sponsor from Aegis Business Technologies, Blake Dowling; and Doug Nordby, CPA with Carr, Riggs & Ingram, LLC.

MARK YOUR CALENDARS FOR THE FALL LUNCH & LEARN SEMINARS

Note: The Lunch & Learn seminars will take a break during the summer and resume in the Fall.

SEPTEMBER 18

STRESS MANAGEMENT

Speaker: Dr. Linda Miles

Sponsor: TMH Federal Credit Union

OCTOBER 16

TEAM BUILDING, MENTORING, COACHING: SKILLS FOR SUPERVISORS

Speaker: Bert Mitchell, Workforce Plus

Sponsor: PMIS – Julie Shumer

NOVEMBER 20

HIPAA/SECURITY RISK ASSESSMENT CHECKLIST

Speaker: The Center for the Advancement of Health IT

Sponsor: CopyFax – Debra Summers

Time: 12 Noon to 1:30 pm

(Seminars Start at 12:30 pm)

Place: CHP Auditorium, 2nd Floor
1491 Governors Square Boulevard



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CMS APRIL CME

Not Only Was it Educational – It Was Cute!

By Rosalie Carlin, CMS Administrative Assistant

On April 16, 2013, our CMS Membership Meeting included a CME program entitled: Influenza at the human-animal interface, a source of epidemic and pandemic influenza. This CME was presented by Carina Blackmore, MS Vet. Med., PhD, Chief, Bureau of Environmental Public Health Medicine, State Public Health Veterinarian, State Environmental Epidemiologist, Florida Department of Health.

As we did two years ago when we offered a zoonotic medicine topic, we invited the Big Bend Veterinary Medicine Association to join us, AND I asked (aka: badgered, relentlessly emailed, begged) you all to submit to me pictures of you with your furry, fluffy and/or feathered friends.

AND YOU DID!

These photos were then carefully and lovingly made into a Power Point by our very own Shannon Boyle. The Power Point was displayed at the meeting at the Maguire Center at Westminster (they have a great AV system!) for all of the attendees to see. If you weren't there – well, you missed it. It was adorable!

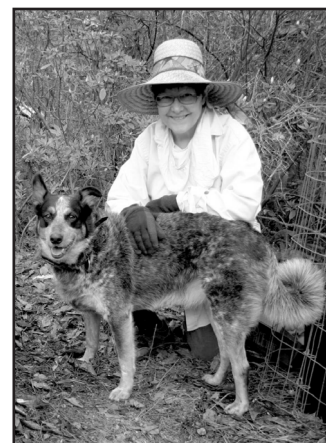
Below and on the following pages are the pictures I received.

Special thanks to Lisa Ann Conti, D.V.M., M.P.H., Deputy Commissioner and Chief Science Officer, Department of Agriculture and Consumer Services, for recruiting Dr. Blackmore to speak at our meeting. Special thanks also goes to Mitch Potter, DVM, President of the Big Bend Veterinary Medical Association, for all his help in spreading the word to the BBVM members.

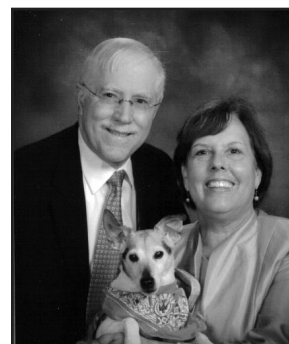
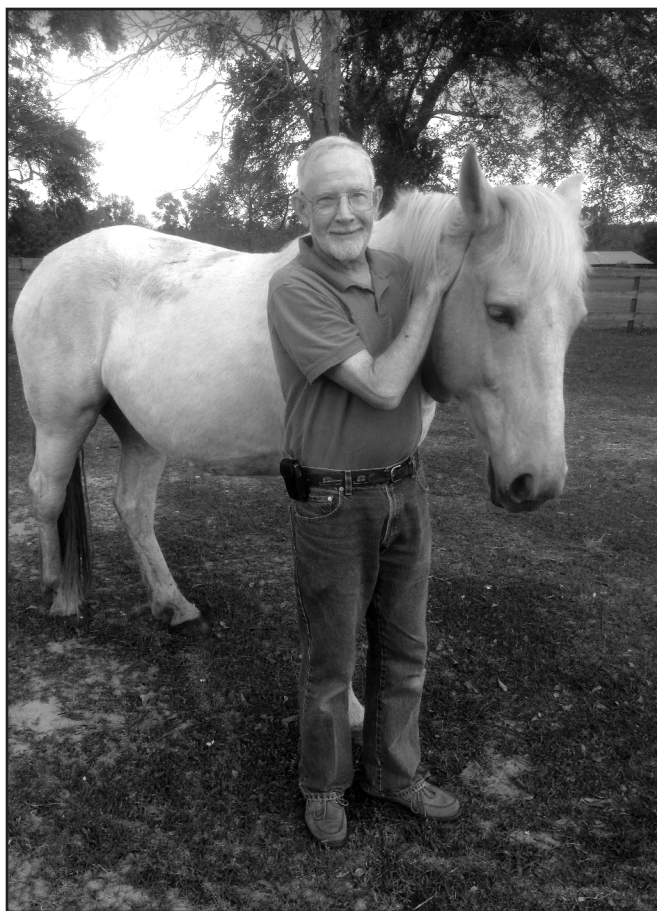
As always, we could not put on our Membership/CME Meetings without the support of our sponsors. Many times if not for our sponsors, we would be forced to meet in the CMS parking lot, serving hotdogs grilled by our own CMS President, Dr. Loeffler. So we owe a great deal of thanks to our sponsors each month. Be sure to always show them your appreciation at our meetings!

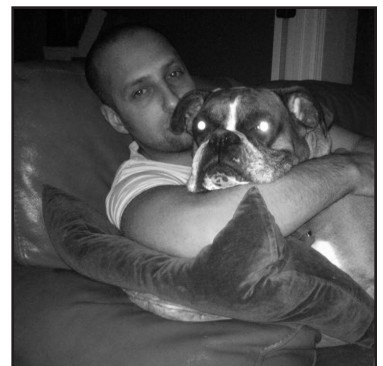
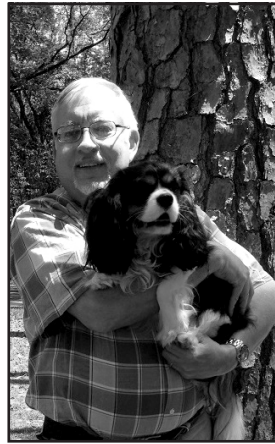
Our April sponsors were: MAG Mutual, represented by David Gullett; Medical Dictate, represented by Tony Scalese; TMH Federal Credit Union, represented by Tim Cook; Tallahassee State Bank, represented by Ben Graybar and Greg Nichols; and of course, Westminster Oaks.

Enjoy the photos! **CMS**



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MEMBERS WITH THEIR FOUR-LEGGED FRIENDS



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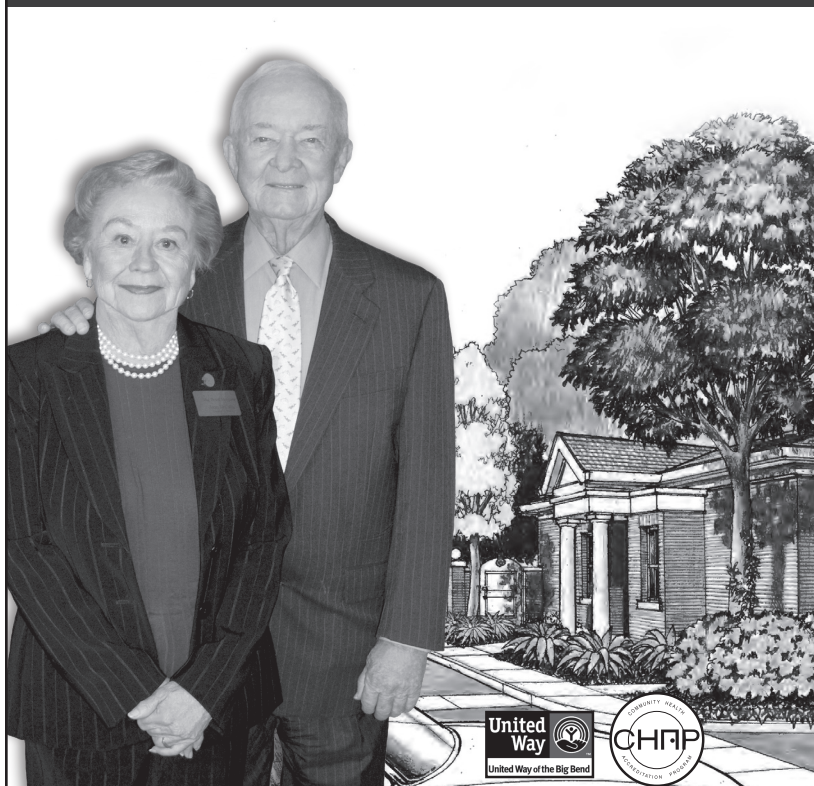
CMS Alliance Board

INSTALLATION

On April 24, 2013, the CMS Alliance held a brunch at Dr. Linda Miles' home for the Installation of the 2013-2014 Board of Directors.

Pictured (L-R): Kelly Hutchinson, President; Alison Murrah, President-Elect; Hien Guyer, Vice President of Membership; Amy Pagano, Treasurer; and Sarah Ho, Secretary. (Not pictured: Melissa Inglese, Treasurer-Elect)

Big Bend Hospice Names Family House In Honor Of Jean McCully



Big Bend Hospice is proud to name The Jean McCully Family House in honor of Jean McCully for her central role in establishing Big Bend Hospice, and invaluable support of our mission for over 30 years.

The construction of The Jean McCully Family House will provide much needed space for families and friends of patients to rest and celebrate life with their loved ones in a family like environment. The Jean McCully Family House will also create access to counseling rooms and meeting spaces for grief and loss services for both friends and families of Big Bend Hospice patients.

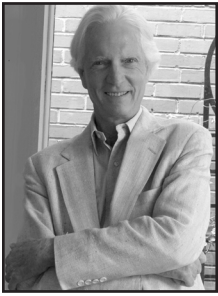
Gifts honoring Jean McCully, which will go in support of The Jean McCully Family House, can be made to Big Bend Hospice; 1723 Mahan Center Boulevard Tallahassee Florida 32308; or made directly online at www.bigbendhospice.org and click on the Jean McCully Family House link.

For more information regarding The Jean McCully Family House, including available naming opportunities, please call Michael Eurich at 850.878.5310 x141, or send an email to michael@bigbendhospice.org.



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CATS AND DOGS

By Charles Moore, M.D.

I have no idea why there are cat's and dog's people, and even less of what proportion the population at large might be of one or the other. We need, of course, a survey and a Congressional study, but the economic constraints of the times appear to deny that possibility. Therefore, you are left with little more than my own surmise, which means that nothing beyond this point should ever be used as evidence. That is that if ever you find yourself debating dogs and cats in some bar room with the volatile, inebriated owner of a pair of pit bulls you are not to say to him that you are certain the cat is the more popular and the better species just because you read it here.

As a matter of fact, I am not sure the cat is. Dogs and their people are far more loquacious than cats and theirs. Like the cat itself, cat-people are more subtle, more quietly insinuating, more inclined to a cup of tea than a beer. In other words, there are a lot of them out there, sometimes described as "little old ladies," a silent majority devoted to their cats. Adding it all up, and factoring in the usual coefficients of error, it appears to me that 43% of our population are cat-persons, 39% dog, and 28% indecisively mixed.

Well might you ask, why does anyone care? What is the necessity for such knowledge when, for example, Kim Jong Un, overcome by yet another need to show-off, decides to press his red button directed at South Korea and Japan. The luxury of debate and diplomacy is out the window. Let us hope that, on the point of such an action the Supreme Un's cat (for I fear he is a cat-person) will jump in his lap and in the nick of time deviate his determination away from bellicosity to beatitude. There is no telling how many tyrants pets have by such means persuaded their masters to a gentler, kinder action. Hitler, for example, was bad enough, but how much worse

might he have been had he not been a dog lover. Or Stalin his big Bolshevik cat, whose name I cannot recall.

In any case, let it be allowed that our dogs and cats grant us pleasures, and even have lessons to teach us, which are improving to ourselves as a species. I can think of the dogs and cats that have traversed my own bit of life and agreeably discover the legacy of each, for which I can thank them sincerely. When I was about five, there was "Billy," a mid-sized mongrel who let me pretend he was more or less something of a horse. As I think of it, I have to admire his gentle tolerance. Alas, "Billy" was fond of visiting a bar down the street from the apartment where we lived in St. Louis, and got blown up by a bomb some Mafioso threw into the front door because the owner was behind in his "protection" payment. This was, after all, St. Louis in the 1930s, and from that experience I learned not to hang out very much in bars. Then there was "Prince," a lovely cocker spaniel, who committed suicide by throwing himself out the window (no air-conditioning then) of our automobile, which has led me never to do the same thing. During my adolescent years there was "Acey," who raced up and down the steps for joy whenever I came home; he taught me how to express happiness, so that even now, when my wife comes home and I race up and down the stairs, she knows the truth of how glad I am to see her.

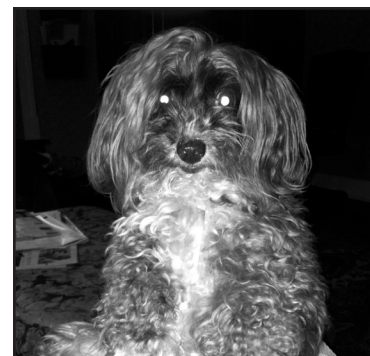
Throughout medical school and residencies I had cats, because they tolerate so much better the long days and nights when you are away. All cats teach us self-sufficiency. And patience, too. When I packed my old Porsche 911, no AC, to drive from Hanover, N.H. to Gainesville, Florida to take up my plastic surgery residency there was just barely room for me and "Foot-Foot" to squeeze in. "Foot-Foot" found a crevice into which he settled, and except for the occasional plain-

tive caterwaul survived; yes, cats teach us a lot about simple “survival,” witness more recently the one found buried alive under the wreckage of a house for a week, and those who fly the Atlantic now and again, cropping up tucked away in the retractable wheel compartment of a 707.

In the seventies there was “Vagabond,” a fierce alley cat who took up with us, totally unapproachable until we got him neutered, and who then became a wonderful friend. At night, when I would have to traipse into the E.R. he would go out with me, and invariably when I came home he would be sitting on a low wall, his long coat ruffling in the breeze, the moon shining down through the black branches of the live oaks.

He was elegant, and proved the point that the world might be a better place if all males were neutered, except for the fact that there would be no more of us.

Then so recently there was “Dewey,” all the more elegant, with whom I occasionally drank champagne and ate oysters, his and my photo having for a month amused drivers on Magnolia with our billboard image. Not to forget “Maggie Mae,” our adopted greyhound, another animal of the most gentle elegance, and yet capable of being hopelessly silly as she would lie on her back with all four legs straight up and her tongue hanging out. She taught me how you can be very good at what you do (in her case running very fast) without



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- Medical School education from the University of Texas Health Science Center at San Antonio
- Recipient of the Department of Surgery Student Merit Award from the University of Texas Health Science Center at San Antonio

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immodesty. Oh, and now “Tia the Terror,” a terrier rescue-mix, with whom I have long conversations as she sits up on her haunches in my lap; she has taught me the gentle art of conversation, the give and take of life. Last, but not least, there is Toby, another rescue adoption, who appears to have a dog’s version of Down’s syndrome: we adore him, and have learned from him how you don’t necessarily need all your chromosomes to be lovable.

Yes, there were others, too, but I have bored you sufficiently. Suffice it merely that this is but a tender reminiscence of pets past, and not all of them at that. I have been stimulated, of course, by our Capital Medical Society’s undersecretary of state, Rosalie Carlin. As you doubtless know, she has advertised that we send in pictures of our pets that they may be placed in this newsletter. You may ask, “what have a bunch of dogs and cats to do with ‘promoting the practice of medicine for the ultimate benefit of the patient?’”

You will have to answer that question for yourself, but I would editorialize the hope that it not be simply dismissed. My own thought on it is that the love, care, and attention we devote to our pets, and which they in turn reciprocate, is not such a bad example of how we should relate to our patients. It comes down to the art of sharing life, an art which no technology, no Google, no statistic can grant or even describe. But we, as physicians, with our dogs, our cats, and our patients, practice it every day. It is our saving grace. **CMS**



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We thank the following people who made a donation to the CMS Foundation last month:

IN MEMORY

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In memory of Dr. Adrian Roberts' father,
Courtland Lee Roberts, Jr.

CHARLES WILLIAMS, M.D.

In memory of Gary Trikardos, D.M.D.



FOR THE WE CARE NETWORK

CHARLES WILLIAMS, M.D.

Donation to More Simpler Times

The mission of the Capital Medical Society Foundation is to support the charitable efforts of physicians and others, increase access to healthcare, promote education and serve the community's health needs through innovative projects that are exemplary, affordable and dignified.

REASONS TO DONATE

You can make a donation to the CMS Foundation in memory of someone who has passed away or you can make a donation in honor of someone, such as a fellow physician you hold in high esteem or has taken care of you or your family. CMS will send a letter to those you honor.

ENDOWMENT FUNDS

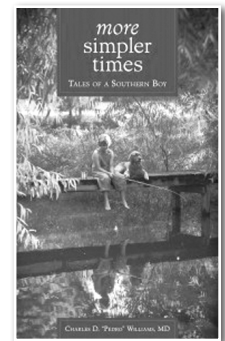
CMS Foundation has created three endowment funds in order to establish long-term financial stability to meet our mission. You can donate at any time to one of the CMS Foundation's Endowment Funds. 1) The General Endowment Fund 2) The We Care Network Endowment Fund 3) The Scholarship Endowment Fund

Checks should be made out to the CMS Foundation and indicate on the "For line" which Fund you are donating to. Bring your check to the CMS Office or mail it: Capital Medical Society ~ 1204 Miccosukee Road ~ Tallahassee, FL 32308.

How to Buy Dr. Williams' More Simpler Times

By Shannon Boyle

We are very grateful to Dr. Charles Williams that he has decided to donate to the We Care Network, proceeds from the sales of his new book and sequel, More Simpler Times.



The cost is \$20 per book.

You can buy copies of the book at:

- The CMS office - 1204 Miccosukee Road
- The Gift Shop at Capital Regional Medical Center
- The Gift Shop at Tallahassee Memorial Hospital
- Tallahassee Nurseries - 2911 Thomasville Road
- My Favorite Things - 1410 Market Street, B2
- Feathered Pony Boutique - 2522 Capital Circle NE, #3

CHECKS SHOULD BE MADE OUT TO: CMS FOUNDATION. THIS MEANS YOU ARE MAKING A TAX-DEDUCTIBLE DONATION TO YOUR CMS FOUNDATION.

MELISSA VELARDE & SARAH WEAVER WIN CMS Foundation's 2013 Access to Care Award

Dr. Curtis Stine presented the award at the FSU College of Medicine's Award Ceremony on May 17, 2013 and below is his comments.

This award is for the student who has committed him/herself to improving access to health care for underserved populations, and is sponsored by the Capital Medical Society Foundation.

And as you've heard, we have two students receiving this award today. As I describe the students, I'll provide you with a series of clues...see if you can identify who we are describing...

This year's recipients worked together during the first two years as active members, then officers of FSUCares. During their third and

fourth years—despite being at different campuses—both these young women (Clue #1) structured their educational programs so that they could work with underserved patients, but also—for the first time—expanded the service work of FSUCares on two of our regional campuses.

Both students established large community health fairs as outreach to the rural

underserved communities surrounding the regional campuses in Daytona and Orlando (Clue #2). Each applied for and received AMA grants to establish and fund these events. Each engaged other students and faculty from Daytona and Orlando to participate, and brought students from the main campus to work in these health fairs.

**“ BOTH HAVE
DEMONSTRATED
— AND WILL
CONTINUE TO
DEMONSTRATE
— PASSION AND
COMMITMENT
TO SERVE THE
UNDERSERVED. ”**

ragua for international service activities (Clue #3), and the other took her Community Medicine and an elective in Women's Health with the agricultural workers in Immokalee (Clue #4).

I'm proud to announce that the winners of this year's Access to Care Award—in honor of Robin McDougall are: Melissa Velarde and Sarah Weaver. **CMS**



MELISSA
VELARDE



SARAH
WEAVER

Both have demonstrated—and will continue to demonstrate—passion and commitment to serve the underserved. One has been to Panama and twice to Nica-

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Please contact Rose Marie Worley at rworley@capmed.org or 201-0130 if you are a We Care volunteer and you provided volunteer specialty care in the month of April 2013 and your name is omitted.

DURING THE MONTH OF APRIL, THE WE CARE NETWORK:

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Scheduled 142 appointments
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