



Cap Scan

A PUBLICATION OF THE CAPITAL MEDICAL SOCIETY

Congratulations, Dr. Tracey Hellgren

By Shannon Boyle, CMS Communications and Marketing Coordinator

On June 28, 2012, Dr. Tracey Hellgren was awarded the "Director's Award" by the TMH Family Medicine Residency Program. This award goes to an individual who has given enormous service to sustaining the residency program. Dr. Hellgren is the CMS Immediate Past President.

Below are a few of Dr. Don Zorn's comments:

"Dr. Hellgren has been a long time continuous community preceptor in our Family Medicine Center where she is highly valued for her teaching by our residents. She is a faithful member and leader of TMH's Graduate Medical Education Committee, and has served twice as a member of the Internal Review Subcommittee of that group. As a member of that subcommittee, she twice devoted nearly 20 hours of work helping

us to get ready for our next accreditation site visits. Her contributions helped us to gain accreditation at the highest level.

She is the immediate past president of the Capital Medical Society, and during her tenure there she helped to strengthen the Residency's bonds with that vital organization. She has advocated for us, along with other community physicians, as TMH transitions to a pediatric hospitalist system.

Finally, in numerous one-on-one discussions at the Residency, she has served as a friend, advisor, and confidant to many of us including myself. She has helped me to keep informed of happenings in the real world of medicine, and has given valued views of residency issues from her vantage point. For all these reasons, and for her faithfulness



Dr. Zorn giving Dr. Hellgren her award

through many years, I am pleased to present the 2012 Director's Award to Dr. Tracey Hellgren."

Congratulations, Dr. Hellgren!

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Mark Your Calendars!

August 20, Monday
CMS Meet the Candidates Forum
 6:00 pm
 Goodwood Conference Center

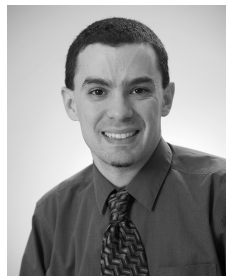
September 18, Tuesday
CMS Membership & CME Meeting
"Alcohol and the Heart"
 Speaker: Bill Dixon, M.D.
 6:00 pm
 Goodwood Conference Center

Three TMH Graduates Remain in the Area

Three graduates from the TMH Family Medicine Residency Program will be practicing in Tallahassee and the surrounding area:

Joshua Dietzer, M.D., will

be practicing emergency medicine with Southland Emergency Services in various outlying

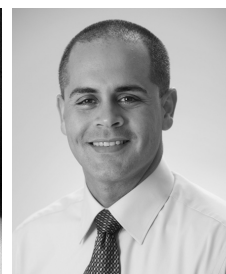


Dr. Joshua Dietzer

rural areas. **William Gonzalez, M.D.**, will be joining the TMH Hospitalist Group. **Amy Gordon Harrison, M.D.**, will be practicing at Patients First – Kerry Forest Parkway location. "This is another fine group of



Dr. Amy Gordon Harrison



Dr. William Gonzalez

graduates. Individually and collectively they have persevered and succeeded, and they leave the residency with our full confidence and best wishes," said Donald Zorn, M.D., Director of the TMH Family Medicine Residency Program. "We are proud of each of them, and will miss them greatly."

Continued on page 6



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*CMS Members, CMS Alliance Members, and Members of
the Leon County Dental Association are cordially invited to
attend the*

Capital Medical Society's

"Meet the Candidates" Forum

August 20, 2012

Monday 6:00 pm – 7:30 pm

Goodwood Museum & Gardens Carriage House

1600 Miccosukee Road

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Meeting Sponsors:

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This event is not a fundraiser.

**It is an opportunity to interact with local candidates. We have
invited all of the candidates who have registered. Candidates
making it through the primary will attend. CMS will keep you
informed of the attendees.**

Please RSVP by August 13th – Call 877-9018 or

email rcarlin@capmed.org

Progress...

By Sue Conte, CMS Executive Director



Sue Conte, CMS
Executive Director

By the time you read this, I will have completed four months as your Executive Director – and what a four months it has been!

In that time we:

- closed out the 2011-12 fiscal year,
- developed and obtained board approval for the 2012-13 budgets for our three corporations, Capital Medical Society, Capital Medical Society Foundation, and Capital Medical Society Services Corporation,
- implemented new personnel policies and began updating job descriptions for all staff

as recommended in our 2012 Employment Law Audit,

- upgraded the CMS e-mail system to allow for HIPAA compliance, remote access, and improved calendar functions,
- split the Access to Care Committee into two working committees reporting to the CMS Foundation Board:

1. The *We Care Network* Advisory Committee (chaired by Dr. Scott Hansen and including community representatives), whose focus is on operational issues for the *We Care* Program, and

2. The Access to Care Committee (chaired by Dr. James Stockwell), whose focus will be broader access to care issues that impact our communities.

- had a hugely successful Doctor/

Daughter banquet attended by 160,

- renewed funding from our local counties, health departments, and United Way for the *We Care Network* Program, and
- attended my very first FMA annual meeting (more on that next month)!

This month, we have arranged a unique opportunity for you to “Meet the Candidates” for local elections. We expect an appearance by Representative Southerland and most of the local candidates running for state, city and county office. You won’t want to miss our very own Karen Wendland who has agreed to lend us her expertise as timekeeper! Mark your calendars, and remember spouses and the dental community are invited to attend -- August 20th, 6 PM, Goodwood.

I look forward to seeing you there!

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Mark Your Calendar For the Fall 2012 Lunch & Learn Seminars

September 12

Patient Portals

Speakers: Panel - Cheryl Green, LPN, Capital Health Plan; Kim Quackenbush, Tallahassee Ear, Nose & Throat; Bill Hambsh, North Florida Women's Care

Sponsor: Technology Services Group – Elizabeth Smith

October 10

Legislative Issues & Laws Affecting the Practice of Medicine

Speaker: Rebecca O'Hara, VP of Governmental Affairs, Florida Medical Association

Sponsor: Rogers, Gunter, Vaughn Insurance, Inc. – Gary Parsons

November 14

Increasing Practice Revenue – it is not just about insurance anymore. Is your practice ready for High Deductible Insurance Plans?

Speaker: Doug Hillis, Transworld Systems

Sponsor: Carr, Riggs & Ingram, CPAs and Advisors – Doug Nordby, CPA

Time: 12 Noon to 1:30 pm (seminars start at 12:30 pm)

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

Cost: \$10 per seminar, per person



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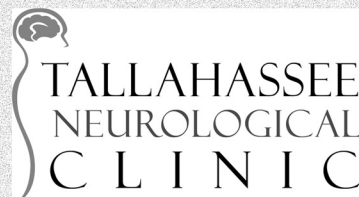
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(l-r) Dr. Matthew Lawson, Dr. Christopher Rumana, Dr. Albert Lee)

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Three TMH Graduates...

Continued from page 1

With this year's graduating class, 319 physicians have graduated from the residency program since 1973 with 192 staying in Florida, including 104 in Tallahassee.

Welcome New Family Medicine Class

The Tallahassee community welcomes the new class of the TMH Family Medicine Residency Program:

William Carlson, M.D.
St. Matthews University School of Medicine

David Castillo, M.D.
Florida State University College of Medicine

Amanda Davis, M.D.
Florida State University College of Medicine

Kliver Forde, M.D.
University of the West Indies
Medical School

Lynn Garner, M.D.
Duke University School of Medicine

Michelle Miller, M.D.
Florida State University College of Medicine

Yvon Petiotte, M.D.
St. Matthews University School of Medicine

Christopher Riccard, M.D.
Ross University School of Medicine

Kari Snyder, M.D.
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Agustin Vilardo, M.D.
Universidad de la República

Cortney Whittington, M.D.
Florida State University College of Medicine

T. Austin Zorn, M.D.
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How to Buy Dr. Williams' *More Simpler Times*

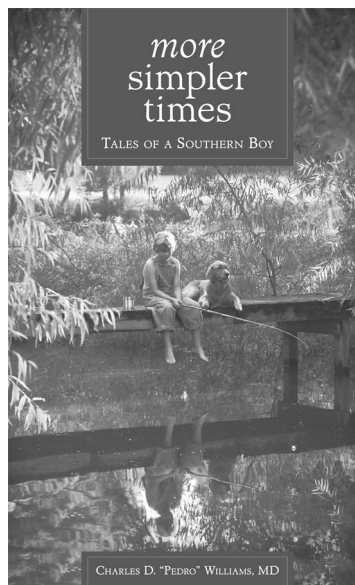
By Shannon Boyle

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.

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Donate to the CMS Foundation

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.



Your Community Health Care Network

System Statistics

System Metric	Value
Connected Offices and Facilities	77
Data Feeds*	15
Physician Portal Users	884
Patient Portal Users	156
Total Patients in RHIN (approximate)	550,000

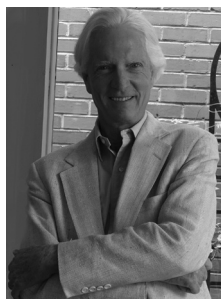
Monthly Usage Metrics

Monthly Usage Metric	Dec 11	Jan 12	Feb 12	Mar 12	Apr 12	May 12	Jun 12
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Messages Processed (Data feed volume)	704,431	678,358	588,123	799,758	717,774	812,762	732,983
User Access (Count of auditable user access and data queries)	38,719	38,578	37,061	37,156	31,750	41,756	40,487
Electronic Referrals (Sent via RHIN)	1,157	1,265	1,339	1,191	1,122	1,253	1,408
Secure Messages (Sent via RHIN)	187	119	287	252	151	146	258
Documents Published (Uploaded/printed to the RHIN)	2,508	2,171	2,330	2,154	1,919	2,322	2,600



* bbrbio (practices without interface that manually add patients), tmb & tmb-CCD, seuc, lcems-CCD, tpca & tpca-CCD, crmc, ddc, nfmc, nfwc, kwb, ra, toc, vsa



Human Popsicle

By Dr. Charles Moore

I like to believe I have been fortunate in never having required a chiropractic

adjustment. I have to admit, also, my gratitude for never needing the advice and service of a neurosurgeon. Lacking a uterus, I doubt that I will ever have dealings, other than lightly social at the Christmas auction, with a gynecologist. I suppose I could, someday, catch a plague, but so far I have not excited the interest of anything resembling an epidemiologist.

On the other hand, as is so glibly said, “never say never.” And so, even if it was not an “adjustment” per se, a few days ago I found myself in the office of Ron Whitfield, D.C. Ron is a very nice fellow, married to a fascinating lady born and bred to wealth in Singapore, educated in Switzerland, on Muammar Gaddafi’s “hit list” of people he wanted murdered...and for years a lovely friend of my wife’s. As well, though no one need remember, Dr. Whitfield’s office was right next to mine for lo! unto thirty years. We shared the same “yard man,” Bobby Hardwick, whose philosophic musings and dreadlocks we both much admired. My little kitchen, where my miniscule staff and I would of an occasional noon sup our thin soup, looked out directly onto the goings and comings of Dr. Whitfield’s patients. They would enter his premises leaning on a variety of sticks, and come bounding out like Julie Andrews when she burst into song and dance on that Swiss mountain top. I sometimes wondered what magic might have transpired, but being a young and busy surgeon put bewilderment necessarily aside, and quickly enough supped my soup and was off.

Time, of course, goes by, and in due

course I discovered some token bit of leisure. Thus it came about, last week that I found myself between whiles and with a spare luncheon hour to hand. I had learned from my wife that she was lunching with Esther Whitfield at some highly touted Indian establishment, which I more or less happened to be driving near. It crossed my mind to drop in on their table, at least to pick up the tab, and perhaps myself have a dash of curry and some panjandrum. I turned into the parking area accordingly, parked, gave myself a quick coif, glanced at the decency of my finger nails, and marched in. They had clearly been talking about whatever is happening in the world, and so did me the pleasure of greeting me warmly, clearly anything being better than “what is happening in the world.” They begged me to get a plate of my own panjandrum, which I did, grateful as always for any excuse to eat, aside from the delight of being seen in the company of two beautiful ladies.

We talked a bit about Esther’s narrow escape from Libya some twenty years ago; after her Libyan husband of the time, high in the Libyan government had been accused of a clandestine plot to overthrow Gaddafi. Lighter matters superseded; and in due course Esther told me that her husband had just purchased a machine that is (naturally) highly touted in Europe and Asia where various consequential people find it of enormous benefit in improving health, relieving stress, quelling inflammation, energizing the immune system, and enlivening the blood. My wife, who knows stuff, had heard of it because the current 007, Daniel Craig, is a devotee. Was there an implication that if, following a treatment in this device, 007 could drive an Aston-Martin (or whatever 007 is now driving) at 120

mph along the Grande Corniche, while struggling with the villain and passionately embracing the gorgeous heroine, clothed only in a skin-tight wet suit sans the mask? Maybe it was something I should accordingly also consider?

Some caution was, even so, in order. “Well, I don’t know,” I said, munching away on my side order of Dum-dum, “what is this treatment?”

“Oh,” cried Esther, “it is sort of like the Swedes do, when they go into a sauna and then plunge themselves into a snow bank.”

“And then what?” I somewhat warily replied.

“Then all their skin capillaries constrict, and all your blood goes to your vital organs, which get all aroused.”

She might not have put it quite so explicitly; but I did wonder a little bit, for how could I not at my age, about my poor vital organs. “You mean like the brain and liver and so forth?” I asked.

“Yes, everything.”

I confess to finding myself momentarily reflective. Did I really want all that to happen to my vital organs, which on the whole I have left pretty much to themselves, except for perhaps a little Androgel now and then. “So what is this, more specifically?” I asked.

Well, “this” proves to be Whole Body Cryotherapy, originally described in 1978 by Dr. Yamaguchi, of pretty obviously Japan, who began treating his arthritic patients by freezing them for a short period. The results in relieving soreness and pain were sufficient so that the technique spread quickly to Europe and everywhere

Continued on page 10

Human Popsicle...

Continued from page 9

else, except here. All you have to do is get into a chamber, your head and hands sticking out, into which is then discharged liquid nitrogen. Immediately, you are surrounded by a gas with a temperature of minus 170 degrees centigrade (-274F). In this you are immersed for the thoughtfully circumscribed time of exactly two and a half minutes, during which period your skin temperature is taken down to a few shades away from freezing.

Everyone was excited. Esther was ever so gracious in extending me the pro bono invitation, and I knew that Ron would be equally so because he has now been trained by Esther for years on end. "You will love it," said Esther. "You will feel so good afterwards."

I thought for no more than the full moment it took to recall that freezing day when I went ice skating on a river, and fell through, managing to

clamber out in the freezing wind, and so said, "but of course. Delighted. How kind."

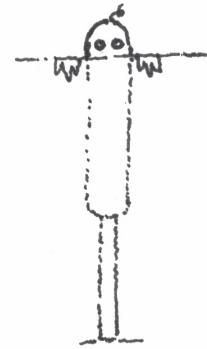
And so, not to be left behind by Europe and Asia, and naturally born with a hearty hope of looking bad, brave, and bold in the company of beautiful women, I underwent my cryotherapeutic ...some call it cryosauna...experience. As I stood there in the chamber, my head sticking out and my hands supported by its rim, rather like "Kilroy Was Here," I



thought how interesting it was to be turned into a human popsicle. If only they could add flavors, but no, all you get is plain old ordinary everyday nitrogen gas.

And how am I now? How has it been with my energy levels and various vital organs? Let me tell you, they are pretty HOT. I got home and mowed the lawn, threw the cats in the air, walked the dogs, danced with my wife in the kitchen, had a dish of vodka, ate a frugal dinner, watched a so-so movie, turned down the sheets, brushed my teeth, not forgetting to floss with extra vigor, and slept like a top.


And oh, by the way, if you see an Aston-Martin driving around town at 120 mph, and a gent steering with one hand while fighting off some psychopath who wants to rule the world, and with his other arm clutching at an Ursula Andress look-alike, just know it's me: 007, with every vital organ toned and tuned, aroused and "shaken, not (merely) stirred."



"Human Popsicle"

Editor/Chairman's Note: After long and arduous negotiations, but at no cost to the Medical Society, Cap Scan is delighted to announce that Ms. Karen Wendland, of recently living memory, has graciously consented to accept a position as Cap Scan's "Emeritus Guest Columnist at Large." Gone, but not forgotten, we will look forward to whatever she writes accordingly, certain that the topics will be vital, and, probably, also topical.

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To our CMS members and *We Care* partners
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Aaron Appiah, M.D.
Robert Atwater, M.D.
Ricardo Ayala, M.D.
Marie Becker, M.D.
Patrice Bidwell, M.D.
Robert Brumberg,
D.O.
Viet Bui, M.D.
David Burday, M.D.
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Amulya Konda, M.D.
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Mary Swain, M.D.
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M.D.
Larry Taylor, M.D.
James Totten, M.D.
Jean Paul Tran, M.D.
William Yaakob, M.D.
Daniel Yang, M.D.
Jessica Yoon, M.D.
Richard Zorn, M.D.

Dentists

Eric Amundson,
D.D.S.
Marcos Barrera, D.D.S.
Steven Bryan, D.M.D.
M. Darrh Bryant,
D.M.D.
Susan Byrne, D.M.D.
Walter Colón, D.M.D.
Susanne Lumppp,
D.M.D.
William McFatter,
D.D.S.

E. Lynn McLarty, D.D.S.
Jim McSoley, D.M.D.
Lawrence Pijut, D.M.D.
Frank Swerdzewski,
D.D.S.
James Sykes, D.M.D.
Jay Walton, D.D.S.
Lawrence Weaver, D.D.S.
Ed Zapert, D.M.D.

Facilities

Affordable Dentures
Anesthesiology
Associates
Beachton Denture Clinic
Capital Regional Medical
Center
Leon County Dental
Clinic

During the month of June the
We Care Network

- ◆ Received 78 referrals for new patients
- ◆ Scheduled 173 appointments with volunteer physicians and dentists
- ◆ \$205,535 in donated care has been reported by *We Care* volunteers

Pathology Associates
Radiology Associates
Seven Hills Surgery Center
Southeastern Surgery Center
Tallahassee Diagnostic Imaging
Tallahassee Endoscopy Center
Tallahassee Health Imaging
Tallahassee Memorial HealthCare
Tallahassee Orthopedic and Sports
Physical Therapy
Tallahassee Outpatient Surgery
Center
TMH Family Medicine Residency
Program
Women's Imaging Center

Southern Medical Group, P.A. Welcomes Gadi A. Silberman, M.D. For the Practice of Cardiac Electrophysiology

Dr. Silberman joins SMG following completion of Cardiac Electrophysiology and Cardiology fellowships at Emory University School of Medicine, Atlanta, Georgia. He completed his Internal Medicine residency and served as Chief Resident/Clinical Instructor in Medicine at Temple University Hospital, Philadelphia, PA. Dr. Silberman received his Doctor of Medicine from Tel Aviv University, Ramat Aviv, Israel.



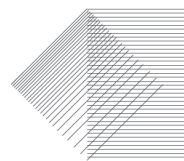
Gadi A. Silberman, M.D.

Dr. Silberman is board certified in Internal Medicine and Cardiovascular Disease.

Multi-lingual, Dr. Silberman speaks English, Spanish and Hebrew.

We look forward to Dr. Silberman and his wife, Jeannine, becoming part of the Tallahassee community.

Dr. Silberman will be available to serve the Cardiac Electrophysiology needs of your patients **beginning on August 13, 2012**. Appointments are being scheduled now by calling 850-216-0100.



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GROUP, P.A.**

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