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The Vanderburgh County Medical Society is an
Alliance of Physicians dedicated to the promotion
of the Art and Science of medicine, to the continual
Improvement of Community Health, and to the
Advocacy and Protection of the Patient Physician
Relationship. The purpose of this organization shall
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It’s that time of year again

As we enter August, most of the buzz in the office is regarding how fast the summer has gone by and how hard it is to believe that school is starting so soon. For those with children, the date August 8th is the last thing many of them want to hear about, as Evansville schools come back in session. As we finish up summer, many of us have vacations or stay-cations to cram in and last minute shopping to be done before the school year starts. As it is for many surgeons and elective cases for children, for many ENTs this time of year is busy taking tonsil and adenoids out, placing ear tubes, and patching up eardrums before that first-morning bell rings.

All of us can remember that excitement that happened when we walked into that the classroom for the first day of school. Our book bag having been neatly arranged with supplies. Our clothes picked out in advance for that moment of meeting our teacher and our friends and classmates. Each of us had butterflies in our stomach for all the new people we would meet and for different things we would do in the in our new grade and classroom.

As our summer with the VCMS comes to a close, it has been a good one to report. Our annual meeting at the Bauerhaus was well attended. I was impressed to hear from ISMA colleagues as they spoke of how our First District was the gold standard as it was the most attended meeting compared to all the other districts around the state. We have set the bar very high in our region for standing up and being involved from the local, state, and national level. It was great having Lt. Governor Suzanne Crouch visit with us and share what’s happening at the state level and what to look for in the next legislative session.

In July we were able to hold our 2nd annual Just for the Health of It event. I am pleased to report over 500 children, and their families were able to walk through the doors of the Children’s museum and be able to meet physicians and health care providers in an informal, fun environment. There were so many exciting booths and events to keep children entertained and engaged regarding their health while hopefully alleviating any fears for future medical visits. This is something that we look to build upon and make a premier event for our community each summer.

As far as going back to school, the IU School of Medicine will open its 145,000 square foot campus in downtown Evansville. On August 9th, there will be a ribbon cutting and dedication ceremony for the recently named Stone Family Center for Health Sciences. This has been a project many years in the making which will bring growth for downtown economically, but more importantly is an investment in our medical community. It will be home for students for four years in the medical program, and eventual residencies to come, along with 4th-year dental students, the University of Evansville Physician Assistant program and their Physical Therapy program, along with the University of Southern Indiana’s Occupational Therapy program. A number of young and talented future health care providers will walk into that building this month with excitement and butterflies in their stomachs, just like they have had for so many years before.

It’s an exciting time to be here in Evansville!
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Members of the VMA have enjoyed a wonderful summer vacation, but like the past few years, we will begin the upcoming new year in high gear with the first of our two major fundraisers, “Eat. Shop. Laugh.” This year’s show welcomes comedienne, Leanne Morgan, who is sure to be a real crowd-pleaser. Included in the price of a $60 ticket, is a marvelous comedy routine, an evening meal and plenty of boutique shopping! Join us for a night out with friends, family, a spouse or partner. The show is Thursday, September 6th, at the Tropicana Executive Conference Center. Doors will open at 5:00 pm for local vendor shopping and the show will begin close to 7:00 pm. Tickets may be purchased by calling Heidi Lance at 812-202-0813, or online at www.vanderburghmedicalalliance.com/events.

We were extremely happy to help plan and support the Vanderburgh County Medical Society at the second annual “Just For the Health of It” health event, held July 14th at the Children’s Museum of Evansville. The Alliance and other participants and supporters welcomed just over 500 guests during the five-hour interactive health fair. The VMA gave away 16 donated food bags, four donated bicycles and offered a jump rope to each child stopping by the Alliance booth. Children of all ages tried their hand at jump roping with the help of an actual team of talented jumpers. What a wonderful and successful day!

Our membership is open all year to all physicians, physician spouses or their partners. Dues may be paid by visiting the VMA website, vanderburghmedicalalliance.org, or by contacting a VMA member. We are always available for questions via our email - vanderburghmedicalalliance@gmail.com.

See you soon!

Heidi Lance, President 2018-2019
Vanderburgh Medical Alliance
Changes, Announcements, and Parties!

June was a sad month for the VCMS as we said goodbye to our very talented Project Manager, Talya Kosstrin and her husband Lee (Dr. Kosstrin). Talya also served as the Wellness 360 Integrative Health and Wellness Coach and is still seeing clients remotely through our program. Dr. Kosstrin, after completing a successful residency accepted a position in Family Medicine in Altamonte Springs, Florida. Talya and Dr. Kosstrin did so much for the society and will be greatly missed. We wish them well as they settle into warm and sunny Florida!

We are excited to announce that we have hired Kristi Cirignano, as a Certified Functional Health Coach for Wellness 360. Kristi’s bio and article can be seen in the Wellness 360 section of this issue of the Monitor and is available now for appointments! Welcome, Kristi!

As we look to wrap up summer and move into fall, I am eager for a fun event that is just a month away! An Evening Under the Stars will be September 8th this year at Seton Harvest. This evening will be a wonderful evening boasting a farm to table meal, music and some pretty cool announcements regarding Wellness 360. The VCMS is happy to invite the medical community as these announcements will directly relate to all who serve in the medical arena.

You will not want to miss this event as local, respected, and well-known physicians will be sharing life-changing personal testimonies. Seats will be limited, so please plan on purchasing your ticket via our website very soon. Tickets are only $35 this year thanks to our wonderful sponsor Lifetime Financial!

Please save the date for November 29th as this will be our annual Holiday Party to be held at the First Federal Operations Building. See the calendar in the back of this issue for details on time. Invitations will be mailed out in October. For anyone that has not attended this is a fun evening of delectable food, drinks, music, and fellowship! There is no charge for this event. However, we do ask that you RSVP so we can plan for food.

As 2018 will quickly race to an end, please keep the VCMS in your thoughts as we strive to upgrade our services and provide first-rate support for you and the medical community. I encourage you to contact me with ideas or suggestions for activities as well as services to strengthen the VCMS.

Hope to see you all very soon!
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Special thank you to Lifetime Financial for hosting such a wonderful evening. Brent Beaman, jewelry concierge, amazed us with his expertise. Sincere testimonials were shared by Dr. Chris Babcock, and Dr. Roger Shinnerl.

**Congrats to our Winner**

Marty Vibul was the winner of a beautiful ring, courtesy of concierge jeweler, Brent Beaman.
There is nothing so good for the inside of a man as the outside of a horse. John Lubbock, 1894.

I must tell you, the gentle reader, that I write this column in considerable pain. I do not care to specifically describe the location of this pain. Let me say only that I am typing standing up, and that sitting would exacerbate the pain considerably, and that I do not fully accept the veracity of the above quotation, often attributed to Ronald Reagan, and also made famous by Winston Churchill, but originated by neither of them. I should also note that my wife warned me that such a result might transpire from my recent horseback trip into the Wind River Mountains of Wyoming, but I, unwilling to accept the depredations of time, refused to listen.

But to get to the point, as we sat around the campfire, which was a more enjoyable part of the excursion than the riding, and discussed many incredibly important topics, as it usually will, the subject of politics came up. We did not discuss political affiliations, or even ideologies, but politics as a pastime, an interest, a hobby, a business, or even an avocation. The sentiment of most of the members of our small band of adventurers was that politics is an unpleasant, frustrating, polarizing, corrupting activity that they preferred not to engage. I did not disagree, but I did pose a simple question. I asked, “Where shall we go fishing tomorrow?” We had many options. We could walk the short distance to the river in the valley where we were camping. We could take a short ride to better fishing further up the river, or we could take a much longer ride to the High Meadow Lakes, three hours away. And, of course, we could simply stay in camp and rest our weary glutei. Lo and behold, everyone had a different opinion. I personally could not bear the thought of saddling up again after the long ride we had just had. Others stated that, since we had made this trip to fish, we should take whatever ride was necessary to get to the best fishing, and still others liked the idea of a short ride to better, if not the best, fishing. Everyone’s opinion was rational and appropriate.

As the amiable but intense discussion continued, I congratulated my fellow equestrians and devotees of Isaac Walton on their civil and thoughtful practice of politics, and commented further that if it took this much discussion to determine how we few would spend the next day, how much discussion, dealing, and compromise must it take to run a country club, a professional organization, (i.e., the AMA and the ISMA) a city, a state, or a country?

Yes, politics can certainly be unpleasant. It is usually frustrating. It can certainly be polarizing, and sadly, it can be corrupting, but the reality is that it is utterly indispensable in a free society, from the Society of Saddle Sore Fisherman to the society of an entire country. The only way to avoid politics is for one person to make all decisions, and I believe they call that totalitarianism, and we have all seen the results of that. Thank goodness that in Indiana, and all over the country, many of our colleagues, practicing physicians, have been willing to step into the political fray. They deserve our appreciation and support.

And the next time you find yourself saying, “I hate politics and I don’t want to have anything to do with it,” realize that you have no choice unless you want to be a hermit. In that case, The Wind River Mountains might be a pretty good place for you. But come to think of it, it gets mighty cold there in the winter, and they get about sixteen feet of snow. Better to stay where you are and join and support the ISMA, VCMS, and the AMA, and back the political candidates of your choice. They will do the politicking for you.
FIRST DISTRICT/VCMS ANNUAL MEETING

Special thanks to our guest speaker, Lt. Governor Suzanne Crouch

June 21, 2018

Thank you to the Bauerhaus for hosting our 2018 First District/Annual Meeting, along with our wonderful guest speaker, Lt. Governor Suzanne Crouch, and to all who attended
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ACTIVITIES, GIVEAWAYS, & FUN
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River Kitty Cat Cafe
Nourished for Life Wellness Coaching
Stop The Bleed
Oncology Hematology Associates Of Southwest Indiana
Tri-State Orthopaedics & Orthopaedic Urgent Care
The Program

The Wellness 360° program offers physicians a support system that provides whole-person care and helps to mitigate any stage of physician burnout.

Huge stress levels, long working hours, and poor work-life balance are contributors to physician burnout—a phenomenon that has reached epidemic proportions. More severe cases can lead to a blurred sense of purpose and goals and—in extreme cases—may even lead to suicide.

Physicians ignore the symptoms and those that do validate them do not seek assistance—often because they do not feel comfortable to do so. This is detrimental to them, to their families and to their patients. The Wellness 360° program provides a safe, supportive environment where physicians can receive the care they need and deserve.

Every member of the Vanderburgh County Medical Society will receive complimentary counseling services from a Psychologist and Health & Wellness Coach. Members will also have access to a certified physician burnout coach at a discounted rate. All services are 100% confidential tailored to physician’s needs. It is quickly accessible at the convenience of the physician, free, and private with no disclosure of information to others, including insurance companies, or medical licensing boards.

Health Coaching

The Integrative Health & Wellness Coach will work together with the physicians to implement basic, gradual modifications based on the physician’s unique needs towards a sustainable health and wellness transformation. These modifications will improve the physician’s diet and include positive lifestyle changes towards a more fulfilling career, supportive relationships, daily enjoyable exercise, and a nourishing self-practice. The goal is to prevent physician burnout by incorporating realistic, small changes that will lead to life-long healthy habits and improve work-life balance.

What Physicians Will Receive

- Two 60-minute sessions per month for six months
- Flexible session setting in person, on phone, or via face-time
- Email support between sessions

“Testimonial”

“I first noticed the article in the Monitor about the coaching this Fall and was interested, so I contacted Talya, and we got together where she explained the program and answered all my questions. I gave it a try. I was able to identify my goals for the future, which included weight loss, regular exercise routine, and some lifestyle decisions. She arranged a month’s free trial at Tri-State Athletic Club with eight private training sessions. I worked with Robin who does an outstanding job leading you through a series of weight training exercise in 30 minutes with clear explanations of how to get the most benefit. Talya met with me for an hour every two weeks, and we discussed my progress making suggestions and keeping me focused. This was a very beneficial part of the program. I highly recommend giving it a try.”

– A testimonial from a Wellness 360 participant
• Simple, healthy recipes, food samples, and self-care products
• Handouts and articles specific to your needs and goals
• Accountability

Confidential Counseling
The Psychologists will provide confidential counseling services to address the physicians’ specific needs.

What Physicians Will Receive:
• Complimentary counseling in a private, comfortable, serene, setting that is 100% confidential
• 6-8 sessions offered per year
• Appointment confirmation within 24 hours; including after office hours
• Security that no insurance is billed, no electronic records are created, and no information is disclosed to others without physician’s written consent

Physician Burnout Coaching
The physician burnout coach is both a physician (not local) and an experienced executive coach. The coach will be your success partner who keeps you focused on your vision, support you, and create a plan of action together with you to reduce burnout. This service will be provided to VCMS members at a discount.

What Physicians Will Receive
• 1-hour calls with the Physician Burnout Coach via phone or skype
• A step-by-step action plan to lower your stress and create a more balanced life
• Detailed information on physician burnout including the causes, effects, pathophysiology, and consequences
• Support to achieve your goals and improve your personal and professional development
• 24-hour emergency phone line

For more information please visit: https://www.thehappymd.com/physician-burnout-coach-team

Benefits of Wellness 360°
• Improved overall health
• Stress reduction and life balance
• Improved relationships professionally and personally
• Improved patient satisfaction
• Motivation to be well
• Physicians will be equipped to deal with the pitfalls of their profession
• Gained support system

Schedule Your Appointment
To schedule an appointment, please call our Private Wellness 360° Line at (812) 475-9001.

The VCMS Wellness 360° program will not turn any physicians away. If you are a non-member seeking help, there is a fee schedule. Please contact the private Wellness 360° phone line for more information.

For more information please visit: http://vcmsdocs.org/wellness-360-2/
New Wellness 360 Program

PRN: PHYSICIAN RENEWAL NETWORK
A support group for physicians

We have all heard the term “burnout” for doctors. Most studies suggest 50% or more of physicians are “distressed physicians.” This appears to be true whether you are at the beginning or end of your career, male or female. Are you frequently angry and frustrated because the system in which we work seems adversarial? Are you tired of spending your evenings catching up on EMR duties instead of spending time with your family? Have you forgotten why you chose this noble profession, especially when it seems that each patient you see is delaying the end of your workday? Are you depressed? If you think you are burned out or are concerned you may be headed that way; there is help available.

The VCMS is starting a support group for doctors who are previously, currently, and potentially burned out. This support group can be used “as needed” – PRN: Physician Recovery Network. This will be a physician-led informal, judgment-free, confidential gathering for anyone who has questions about burnout, those who are looking for support, information, resources, or those who may just want to come to complain and commiserate. All are welcome. We will meet on the first Wednesday of every month at the VCMS office (3116 E Morgan Ave # F) from 6 pm to 7 pm. Our first meeting will be on September 5th. Please join us.
Kristi Cirignano is an attorney turned Functional Health & Wellness Coach with over 12 years of research, education, and experience helping people to change their health through the power of whole foods and a holistic lifestyle.

Kristi’s wake up call came when she went through some personal health problems and then her young son was diagnosed with IBS and failure to thrive. She was able to resolve all of these issues through a lot of research, food and lifestyle changes. When one of her dearest friends – a young mom of two beautiful girls – was diagnosed with cancer and passed away, Kristi became even more convinced that we must take control of our own health. And that we can dramatically change our health now and reduce our risk of disease in the future with the choices we make every single day. She obtained her health coaching certifications through the Dr. Sears Wellness Institute and the Institute for Functional Health Coaching and started Nourished for Life Wellness Coaching to share her passion and empower others to change their own and their family’s health and future.

Kristi takes a whole person, mind-body-spirit approach to wellness. In her coaching programs and workshops, she focuses on seven fundamentals of good health: whole food, quality sleep, stress perception, safe movement, fun, faith/spirituality and addressing any unresolved trauma. She believes all of these are important to achieving optimal health and works with clients on making sustainable changes in ways that feel comfortable and low stress for them. She provides all of the education, resources, and support you need to take control of your own health and achieve your health and wellness goals.

Kristi is a wife and mom to 4 amazing kids – 10-year-old triplets and a three-year-old – and she also loves good food, fresh air, yoga and inspiring healthy living. You can learn more about Kristi and Nourished for Life Wellness Coaching at www.nourished-for-life.com.
Today I want to ask you to flip everything you believe about stress on its head and consider whether stress can actually be good for you. You may be wondering—how on earth can I even ask this? We’re bombarded with messages from all sides about how terrible stress is for our health and how important it is to reduce the stress in our lives. And this is true, to some extent.

But we know that some stress can be beneficial. For example, stress can give you more focus, energy, and motivation; increase productivity; increase oxygen to your brain (from rapid breathing); increase physical strength; ease pain and even improve your memory.

In the short term, stress also increases activity in immune cells that boost the body’s defenses and regulates blood pressure during a sudden crisis—physical or emotional.

Stress can even create courage, like when you have to give a speech to a room full of people.

According to health psychologist Kelly McGonigal, the harmful effects of stress on health are not inevitable—how you think, and act can transform your experience of stress. Kelly McGonigal, Ph.D., *The Upside of Stress* (Random House 2015).

In her TED Talk *How to Make Stress Your Friend* and in her book *The Upside of Stress*, Dr. McGonigal talks about a research study that changed how she thought about stress. Researchers tracked 30,000 participants in the United States over eight years. Participants who experienced high stress had a 43% higher risk of dying. But—this was true only for the people who viewed stress as harmful. Those who had the highest amounts of stress AND viewed the stress as NOT harmful had the lowest risk of dying of anyone in the study, including those who felt they had little stress!

Even positive, happy events or circumstance can be stressful, like planning a wedding or welcoming a new baby. Our body doesn’t always know the difference between positive and negative stress, but the mind does. If we change how we perceive and think about the stress in our lives, we can literally change how our body responds to it.

Let’s unpack this just a bit. If our stress response was limited to “fight or flight” the mantra that “stress is killing us” might be true. Certainly living in a continual state of fight or flight is NOT positive for our health. But fortunately, research is now showing that our stress response is much more complex. According to Dr. McGonigal, “differences in your physical stress response can create very different psychological and social responses.” Our stress response “can activate multiple biological systems, each supporting a different coping mechanism. Your stress response won’t just help you jump out of a burning building; it will also help you engage with challenges, connect with social support, and learn from experience.”

McGonigal explains that in addition to the familiar “fight or flight” stress response, we also have a “challenge” stress response and a “tend and befriend” stress response:

- **Fight or Flight Response** – Your sympathetic nervous systems kick in to shut down non-essential functions like digestion and reproduction and directs your whole body to mobilize energy and focus attention on survival. Your breathing deepens, your heart rate speeds up, and stress hormones like cortisol and adrenaline give you strength to fight or flee whatever threat faces you.

- **Challenge Response** – Similar to a fight or flight response, a challenge-response still gives you energy, increases confidence and helps you to perform under pressure. But your body releases a different ratio of stress hormones including higher levels of DHEA, which helps you to recover and learn from the stressful situation. You feel focused, but not fearful. Think of the “flow” state of an accomplished public speaker, artist, surgeon or athlete engaged in their craft. They may appear calm, but they
actually have a strong challenge-response—a stress response that “gives them access to their mental and physical resources and increases confidence, concentration, and performance.”

• **Tend and Befriend Response** – Stress also causes us to release more oxytocin, a neuro-hormone that creates a craving for social contact. This motivates us to seek out support in times of stress and to care for and protect the people we love. Oxytocin lessens fear and makes us brave. It also protects our physical heart—actually repairing cardiovascular damage & reducing the risk of a stress heart attack triggered by a massive adrenaline surge.

**Bottom line:** More important even than reducing and relieving stress, we need to change how we perceive the stress in our lives. We need to learn to look at our stress response as helpful rather than harmful, and as a sign that we can trust ourselves to handle whatever challenges life brings!

When you feel your stress rising, try one or more of these simple steps to stop your stress response in its tracks or to change it into a more healthful challenge response:

1) **Get present.** It’s harder to experience stress when you’re in the moment. The next time you’re running late, in a car wreck, getting ready for an important presentation or feeling stressed about your to-do list or a looming deadline—notice what’s going on in your body. Notice if your heart is racing, if you feel sweaty if your chest is getting tight or your stomach is knotting up. Then tell yourself your body is having a natural response to a thought you’ve had but you are not in danger and everything is fine. Remind yourself your amazing body is giving you exactly what you need to rise to the challenge!

2) **Seek out support.** Call a friend, meet a colleague for lunch or coffee, reach out and connect with the people around you, ask for a hug. These social connections increase oxytocin in the brain and reduce the harmful effects of stress.

3) **Reframe.** Turn the situation around to view it in a positive light. Here are just a few ideas of different ways to do this:

   • Stop and ask yourself, “What can I be thankful for in this situation?” Gratitude is the antidote to almost every negative emotion including stress, worry, anxiety and fear and promotes calm and joy rather than stress.

   • Consider whether you would really want to eliminate this stressor from your life. Often our biggest stressors (family, work, relationships) are also our biggest sources of joy and fulfillment! Imagine what your life would be like without the stressor and focus on your gratitude for it.

   • Consider your stressor in a larger context. In the grand scheme of everything going on in your life, or in the world, is this really that big of a deal?

   • Consider how you might learn and grow from the stressful situation. Dr. McGonigal writes: “viewing a stressful situation as an opportunity to improve your skills, knowledge or strengths makes it more likely that you will have a challenge-response instead of a fight-or-flight response,” increasing DHEA production and improving the chances you will learn from the experience.

   • Reframe being “nervous” about a big presentation, speech, test or difficult situation as “excitement” about the challenge. When we are nervous our brain senses danger and releases stress hormones. But research has shown reframing that feeling of nerves as “excitement” about the opportunity (actually saying to yourself over and over, “I’m so excited! I’m so excited!”) helps people perform better in speeches, presentations, and sporting events and even helped kids perform better on math tests.

Changing our thoughts can literally change how our body responds to stress—turning it from something harmful to something beneficial that helps us perform better, learn and grow, and even improve our health and happiness!
As a physician, you spend the majority of your professional career taking care of people in need, physically and mentally. You deal with sickness on all levels from a child with a cold to an adult in their last days. Add to that the bureaucratic pressures and loss of autonomy, it’s no wonder that studies show that Physician Burnout is on the rise. Burnout leads to stress, which leads to sickness. After a full day of work, you come home to a family that needs your attention too. When do you take time for YOU? If we don’t take care of our own needs, then how are we to be of any use to anyone else?

When did you last have someone take care of you? When is the last time you got a massage? Maybe you think massage is just foo-foo. Maybe you wonder, when do I have time to do that?

Dedicating an hour to your own well-being could be the best investment you could ever make to your medical practice and your life. Massage can be your one hour of it being all about YOU. One hour to switch it all off and leave it to your therapist to bring the Zen back into your life. An hour of inner reflection while your body is receiving the much-needed relief it so craves. Receiving massage on a regular basis can improve your life dramatically. Just looking at your calendar and seeing you have an upcoming massage can brighten your day.

Maybe you’ve heard of how the Cleveland Clinic in Ohio is trying to combat physician burnout with a program they call ‘Code Lavender.’ The Code Lavender program, which has been in place since 2008, aims to support nurses and physicians during emotionally troubling or exhausting times, often after experiencing the death of one or several patients. Within 30 minutes of a call, the Clinic’s team of holistic nurses arrives at the unit to provide Reiki and massage, healthy snacks and water, and lavender arm bands to remind the nurse or physician to take it easy for the rest of the day. How amazing is that?

At Zen, we’d like to offer you this retreat outside of your place of work. After an introductory, complimentary 30-minute massage, we’d like to encourage you to get on a regular schedule by offering you services at a discounted rate with a promise to yourself that you will return at least once a month.

Give it a try and see the difference it makes in your life. We believe you will see improvements in your mental and physical health. Regular massage improves emotional well-being by making the person feel nurtured. This lowers stress levels and feelings of anxiety. Massage improves quality of sleep and improves concentration. What’s not to like about that?

Give yourself the gift of massage. Your body, your family, your co-workers, and your patients will thank you. I look forward to seeing you at Zen.
Tri-State Medical Alliance members continue to “Reach Out” to our community by addressing goals of improving health, engaging volunteer opportunities, as well as endowing grant monies to organizations who share the spirit of promoting quality healthcare. More than thirty organizations have been recipients of the genuine and heartfelt efforts of our membership. The medical family has been blessed with the opportunity to create lasting friendships for members and improve wellness.

Tri-State Medical Alliance members are repeatedly recognized for leadership in wellness projects for their volunteerism! In April, TSMA listened and endowed $25,000.00+ at the Community Outreach luncheon. Members serve multiple organizations generously & honorably.

Our annual style show “Put Some Bling On It ~ ROYALLY!” promises a majestic experience for all who attend. Regal festivities will be held at the Evansville Country Club on September 27, 2018. Doors open at 10:00 am for silent auction followed by lunch & pageantry for all ROYALS! Please join us!
Every now and then, I wonder about the diseases that ravaged the world years ago. Immunizations, medications, and environmental controls have allowed us to live without fear of these diseases and the massive impact they have on the rest of the world. That is no longer the case, and we can no longer turn a blind eye. Infectious diseases we thought would have been eradicated years ago are now reemerging with a vengeance. A Health Officer’s worst nightmare is an outbreak within their county, and this reality seems to be getting closer and closer to home every day. Let’s just hope it can hold off until after I retire...

Mycobacterium Tuberculosis (TB) is one of the oldest diseases known to man, dating back to the Egyptian mummies. TB plagued Europe during the 19th century, killing an estimated one-quarter of the adult populace. This ancient disease infects 1/3 of the world’s population and is now the leading infectious disease killer. How is it that a disease older than time, with our advances in medicine and diagnostics, continues to thrive and build resistance to treatment? So far this year, the Health Department has managed treatment for 12 patients with either active TB disease or a Latent Tuberculosis Infection.

The Spanish Flu or the Flu of 1918, no matter what you call it, is widely known as one of the most deadly outbreaks in history. Though it only survived a year, this strain of virus is responsible for the deaths of 50 to 100 million people. It was able to quickly spread from country to country as troops and soldiers returned home from WWI. Symptoms were common to those seen in today’s influenza virus. However, complications from an excessive fluid buildup in the lungs is what ultimately caused the death of millions. Even with the annual Flu vaccine, we, unfortunately, continue to have Flu outbreaks that threaten our young and elderly every year. The CDC estimates greater than 600,000 deaths happen worldwide related to the Flu.

The Black Death (Bubonic Plague) is considered to be the first true pandemic on earth; it cut populations in half throughout parts of the world such as Asia and Europe in the 14th century. Symptoms of Black Death include swollen lymph glands, fever, cough, bloody sputum and difficulty breathing. The underlying cause, epidemic strain, and exact mode of transmission of outbreaks between the 14th and 19th centuries are still being debated today. However, thanks to developments in medicine, any resurfacing cases can be easily treated in the early stages, so the immense loss in population seen six centuries ago is unlikely today.

Nonetheless, Ebola created quite a worldwide stir in March 2014. According to The World Health Organization (WHO), there were 28,652 recorded cases by October 2015, almost all in Sierra Leone, Liberia, and Guinea. The death toll was estimated at 11,325, although many cases went unrecorded and the true figure is thought to be two to three times higher. The Ebola outbreak was a global wake-up call regarding the ongoing threat from emerging infectious diseases. During this time, Hospitals and Health Departments in the United States diligently started working together on emergency response and preparedness to an Ebola threat. Thankfully, an Ebola
vaccine is being trialed and has shown to be quite effective.

Currently, ten states are experiencing a Hepatitis A outbreak, with 2 of these states on Indiana’s border. Many counties along these borders within Indiana are experiencing outbreaks due to the contagious nature of the disease. The Health Department along with the Indiana State Department of Health (ISDH) is working to prevent a Hepatitis A outbreak within our county. We have partnered with ECHO Health Clinic to provide individuals at high risk for exposure to Hepatitis A the opportunity to be vaccinated. The Health Department is uniting with community partners to provide education on Hepatitis A and to make high-risk groups aware of their need to be vaccinated.

We continue to see an upsurge in sexually transmitted diseases. The leap in cases in just one year is truly eye-opening. Between 2015 and 2016, the rate of:

- Gonorrhea increased by 18.5 percent to 468,514 cases
- Syphilis increased by 17.6 percent to 27,814 cases
- Congenital (spread from mother to infant) syphilis increased by 27.6 percent to 628 cases
- Chlamydia increased by 4.7 percent, to 1.59 million cases

Although, at the Health Department we make STD testing/screening, timely treatment, and investigation part of our standard practice, at times it feels as if we are just spinning our wheels and going nowhere. Just ten years ago, STD rates were at their lowest, and now we see the highest rates yet.

There is no time to wonder about the diseases that ravaged the world years ago because they are present and spreading. Infectious diseases impact the world, our nation, our state, and our county. Being aware of their ability to kill millions of people should be at the forefront of our minds. Emerging infectious diseases and drug resistance are ever present and make our battle even more difficult. Now I wonder, are we on the cusp of yet another pandemic? Maybe I should have retired last week…
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Dr. Heather Schroeder vacationing in June with their children and their Yay God Christian Travel Ministry Group

Dr. Marshall Howell vacationing with his family in Denali National Park, Alaska

Dr. Phil Kline and his son Peter at Uhuru Peak Mt. Kilimanjaro

Dr. Michael Drake vacationing in the Ozarks with grandsons Otto and Oscar
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The Happy MD workshop, President’s Celebration are new for the 169th Annual ISMA Convention

The 2018 ISMA convention, Sept, 29-30, will once again be at the Sheraton Indianapolis Hotel at Keystone Crossing.

This year, the weekend features two new events. A physician wellness workshop by Dike Drummond, MD, of TheHappyMD.com on Friday, Sept. 28, will share practical tools for rediscovering the joy of practicing medicine. And, Saturday night, the President’s Celebration will let members and their special guests mingle while enjoying hearty hors d’oeuvres and listening to live music.

Resolutions to be published soon: Submission of ISMA resolutions for publication before the 2018 annual convention is now closed.

Any background information on submitted resolutions must be emailed to ISMA Government Relations Coordinator Rhonda Bennett, at rbennett@ismanet.org, no later than Monday, Aug. 27.

The full text of resolutions to be considered by the 2018 House of Delegates will be published online soon, as well as in the 2018 House of Delegates Handbook. Please watch upcoming issues of ISMA Reports and e-Reports for updates.

To see complete convention details, instructions and other important information, visit the convention page. Click here for the updated schedule of events.

To see a list of ISMA members serving on reference committees for convention, click here.
## Calendar of Events

### Save The Dates

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
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| SEPTEMBER | September 5<sup>th</sup> | PRN (Physical Renewal Network)  
VCMS Offices • 6:00 - 7:00 pm |
| SEPTEMBER | September 8<sup>th</sup> | Lifetime Financial Presents “An Evening Under the Stars”  
Seton Harvest Farm • 9400 New Harmony Rd.  
6:30 - 9:30 pm |
| SEPTEMBER | September 11<sup>th</sup> | VCMS Executive Board Meeting  
VCMS Offices • 6:00 pm |
| SEPTEMBER | September 29<sup>th</sup> - 30<sup>th</sup> | ISMA Annual Convention  
Sheraton Indianapolis • Keystone Crossing |
| NOVEMBER | November 29<sup>th</sup> | Holiday Party  
First Federal Operations Center • 6:30 - 9:30 pm |

More exciting events to come!

Stay updated on future events and visit the VCMS website at [http://vcmsdocs.org/events/](http://vcmsdocs.org/events/)

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Vanderburgh County Medical Society

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<tr>
<th>July Birthdays</th>
<th>August Birthdays</th>
<th>September Birthdays</th>
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<tr>
<td>Harold E. Smith, MD 7/01</td>
<td>Natalie Matics, MD 8/01</td>
<td>Erik B. Throop, MD 9/01</td>
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<td>John P. Morgan, MD 7/02</td>
<td>Dwight A. Silvera, MD 8/01</td>
<td>Tony A. Findley, MD 9/03</td>
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<td>James E. Gamble, MD 7/03</td>
<td>Mary E. Tisserand, MD 8/01</td>
<td>Terry W. Talley, MD 9/04</td>
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<td>Lawrence C. Klinski, Jr., MD, Pharm.D 7/04</td>
<td>Edward P. Daetwyler, MD 8/03</td>
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<td>Aaron J. Pugh, DO 8/05</td>
<td>Michael J. Malchioni, MD 9/10</td>
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<td>Young S. Lim, MD 8/08</td>
<td>Brett T. Weinzapfelf, MD, PhD 9/11</td>
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<td>Constantine G. Scordalakes, MD 7/18</td>
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Tuesday, October 16, 2018
Public Lecture at Noon
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