VANDERBURGH COUNTY MEDICAL SOCIETY

ANNUAL GOLF SCRAMBLE

Supporting Indiana University medical student scholarships - Evansville as well as VCMS Programs

Monday, May 6, 2019
Victoria National Golf Club
Congratulations to our new managers!
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Karen Schu
Stacey Fisher
Michele Merriman

To request a quote, contact:
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bwallace@hscpa.com

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mgraham.hscpa.com
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*Advertising or publishment in the VCMS Monitor does not imply approval or endorsement by the Vanderburgh County Medical Society.

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INTRODUCING THE FIRST-EVER LEXUS UX

A NEW FRONTIER CALLS

Our quests no longer lead to undiscovered lands. Today, a new frontier has risen. It calls for a new form of exploration. A vehicle that considers corners as much as curves. Traffic as much as the open road. And is engineered with technology that seamlessly connects to the world around it. That’s why the first-ever Lexus UX was crafted with a 17.1-ft best-in-class turning radius; class-leading estimated 33 MPG\(^1\)\(^2\) and the latest technology, like Amazon Alexa\(^3\) compatibility and LSS+ 2.0\(^4\); our most advanced safety system ever, included standard. This is the new frontier. And the Lexus UX and UX Hybrid, both available as F SPORT models, are the crossovers crafted to conquer it. Starting at $32,000\(^5\).

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How are you?
Fine, thanks. How are you?

It just seems to roll off the tongue, doesn’t it? Those two phrases may just be ingrained in us to go together. We pass each other in the halls or even talk to a complete stranger in a store and greet each other with those words. And then our response is almost like a reflex, a knee-jerk reaction... “I’m fine. How are you?”

Most of us look to be respectful and follow social norms in exchanging these pleasantries. I admit that I often will say this phrase without thinking about it. I am also embarrassed to say that sometimes I will ask the question without even stopping to hear the answer. Perhaps the reason I/we do this is that we don’t have extra time to listen to the response, or maybe, to be honest, we don’t really want to know the answer.

I would argue that it is essential for us to take a few moments and really ask the question of ourselves and of those around us. And then to listen and seek out the answer. How are you? How are we? Unfortunately, our schedules are jam-packed enough, but I believe that taking a few moments, to be honest about how we’re doing is a necessary part of our daily experience. We need to reflect on and recognize what’s going on in our day, in our life.

Unfortunately, we don’t do a good job of listening or even being honest with each other. Even in our medical community, some colleagues are hurting. Physicians are no different than the general population- we lose loved ones; we move from place to place; we go through a divorce, take on different jobs, we have financial struggles. We are asked to do more with less time, money, personal well-being; you name it. I would say for most, if not all of us; we don’t want to accept anything less than perfection. As physicians, we are good at hiding things that may be going on. Indeed, patients come to see us who are ill, but sometimes it is us the provider, who needs to take inventory of our health. All too often we don’t practice what we preach. These are all factors that lead us to burnout and emotional exhaustion. I’m deeply reminded about how important this is as we recently lost one of our physicians to suicide. There are friends, coworkers, or partners who are struggling, and desperate to open up and have someone to share a burden, to walk beside them. We have to do a better job. One physician suicide is one too many. We talk about never events in the hospital, and I would argue that losing a physician in this way should also be a never event.

Our medical society wants to bridge that gap. If you or any of your colleagues are hurting, please reach out to us, to our board of directors, our Director, Chris Patterson or me. Through the VCMS Wellness 360 program, we have a confidential, support group of our peers called PRN: Physician Renewal Network. These are your colleagues who have been through the valley, who have been burned out or are facing it. You are not alone. We need to look after each other and share in our struggles as well our successes. As physicians this is part of our duty. We cannot afford not to take the time and be honest with each other on issues and how it may be impacting us. So I’d like to pose the question again, how are you, my friend?
We’ve been told a time or two that our commercial bankers provide remarkable service and that working with German American Bank feels like a business partnership; not a transaction. Our clients appreciate our commitment to local decision making, our ability to serve most any size of medical practice, and our priority to understand your goals before we start discussing financial solutions.

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Our 32nd Annual Style Show is in the books. Big Hair...Who Cares? was a smashing success! Chairperson, Nancy Drake, her committee, and the models were extremely happy with the event. We cannot thank Deaconess and The Women’s Hospital enough for sponsoring this fabulous event. Our clothes, Dillard’s, Schon Boutique, Wildflower Boutique and Victoria’s made everyone look great. Hair and make-up were provided by Shannon Aleksandr’s Salon and JD Opel. Many thanks to Tropicana Evansville for their support. These pictures are provided by Cori North.

We’d also like to thank St. Vincent Hospital for Women & Children, Apollo Medical Group, LLC, D Patrick, Hand Center of Evansville, Nicholson, McNamara, Smith & Associates, Havi & Neil Toffkin, Digestive Care Center, Evansville Surgical Associates, HSC Medical Billing and Consulting, LLC, Lewis Bakeries, Medical Billing Consultants, Old National Bank, Era First Advantage – Julie Bosma, German American Bank, Hilliard Lyons, Indiana State Medical Association Alliance, Orthopaedic Associates, Tri State Orthopaedics, David Finnerty Interiors, Hudson Dermatology, Dr. Lora Alvey Perry and Vision Care Center for their valued support of our organization. Save the date for next year – April 16, 2020!
We lost one.


Every day we encounter colleagues, friends, family, patients, and complete strangers. We often say, How are you? But how well do we really know each other? Do we stop and listen when someone actually answers our question? I know I have been guilty at times asking but not really thinking that I have time to listen.

Very recently we lost a phenomenal doctor to suicide. I knew this doctor personally as he attended VCMS events and was also a doctor that treated my son. I am sure that many of you knew this physician. But how many of us did? On the surface, he was a great doctor. He came to our events with a smile. He held conversations with others and laughed. He was a dad and proud of his children. I am sure that he had hobbies and interests as well as friends and family that cared very much about him.

The news of his suicide shook me to my core. Didn’t he know about the VCMS program? Was he burned out? Did he suffer from depression? Did I not promote this program enough? Did he think that we could not help him? Did any of us see him on occasion and think there might be an issue or maybe I should ask him but do not want to offend him? I don’t know the answers to these questions. I wish I did. I wish he were here now so I could ask him, but he is not.

I didn’t choose this topic to upset anyone or point fingers. I thought, prayed and worried over what I would say and if it were the right thing to print. It occurred to me that if I do not say something that I am perpetuating the common issue and that is this: STIGMA! How can we fix this if we cannot talk about it? The stats do not lie. We know for sure that there are between 400 – 600 physicians that commit suicide EVERY YEAR. Mayo Clinic reports 400 but with the caveat that many are not reported correctly and it is believed that the number could be much higher.

There is nothing I can say that will bring him or the many others back. What I can do is to continue to improve and promote the program that we have in place to assist those who may need it. I pray that others will find our program or share with those in need. Help me to break the silence and bring much-needed changes to your field – the field of medicine. The field while flawed at times seems to be in need of some progressive transformations.

Rest in peace, Dr. Irish. You were important, enough and loved.
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VANDERBURGH COUNTY MEDICAL SOCIETY

ANNUAL GOLF SCRAMBLE

Supporting medical student scholarships
at Indiana University School of Medicine – Evansville

Monday, May 6, 2019
Victoria National Golf Club

Schedule of Events
11:00am - Registration
Noon - Shotgun start
5:30pm - Awards Reception

Cost per foursome: $850
Includes: green fees, golf cart, boxed lunch, player gift, beverages, hors d'oeuvres, reception, & prizes

Rules and Attire
Cutoffs, denim shorts, halter tops, and tank tops are not permitted
Shorts must be mid-thigh or Bermuda length
Gentlemen are asked to always wear collared golf shirts.
Metal spiked golf shoes are prohibited

About the Vanderburgh County Medical Society
For over 170 years, the Vanderburgh County Medical Society has been a friend and a voice for Vanderburgh County physicians. The VCMS is an active community of Tri-State-Area physicians that connect and build relationships with their colleagues to enhance the health of the community.

Indiana University School of Medicine - Evansville Scholarship
The Vanderburgh County Medical Society values its close working relationship with the Indiana University School of Medicine – Evansville Campus. It is important to the VCMS to support the IUSM-E medical students to advance their education. The proceeds of this golf scramble will provide scholarships to help relieve the students’ substantial financial burden of obtaining a medical degree.
When you sponsor or participate in this event, your support will assist a student that otherwise might not have funds to further their education.
To my delight, I see that the Indiana State Medical Society added 128 new members so far this year. To my chagrin, I see that none of those members are from Evansville or the surrounding counties. I must not be doing my job and possibly getting off on too many tangents. It’s time to get serious again.

Good news: the malpractice surcharge we all have to pay, went down an average of ten percent this year. That’s real money in your pocket and attests to the great job that the ISMA is doing monitoring the Malpractice Fund. Were it not for the ISMA and its ongoing surveillance of the Fund and all of the malpractice cases, all of the attempts to alter or weaken INCAP, and all of the judgments and awards, what you would pay for medical liability coverage (or what your employer would pay, same thing) would be more like the surrounding states, about triple what you are paying now.

Bad news: an Indiana appeals court recently upheld a fifteen million dollar judgment against a company called the Center for Diagnostic Imaging, holding it responsible for the negligence of an independent physician. CDI argued that it was a management company, not a health care provider, and could not be held liable for the acts of a physician who was not an employee, or even an independent contractor. The court disagreed. CDI was not a qualified provider under IMPAC. Therefore, the court held that the malpractice cap did not apply. Now here’s the killer. Many management companies have indemnification clauses in their contracts which require the physician to reimburse the company for any cost the company incurs as a result of the physician’s acts. Do you work in any such facility? Have you read the contract? Has your lawyer read the contract? Better get busy. If you would like some help with this, the ISMA is a great resource.

Good news: House Bill 1294, which removes the criminal penalties tied to the new INSPECT requirements, is moving through the legislature and is expected to become law. I mean a class A misdemeanor. Please. Goes to show how to take a good idea and make it insulting and demeaning to the people whose idea it was in the first place. Well, that should be settled soon, and written in the way it should have been in the first place.

Good news: House Bill 1017, which would have allowed advanced practice nurses to work independently of any physician, failed in the legislature.

Bad news: Senate Bill 394, which does the same thing, is advancing like a hot knife through butter, and very well may become law. If you do not think that this is a good idea, contact your state representative or senator and let him or her know. Or you could call ISMA and arrange to testify before the appropriate committee. We need practicing physicians to tell our legislators why APRN’s, as valuable as they are, are not the equivalent of medical doctors.

Good news: the ISMA continues to monitor all bills before the legislature which have any impact on physicians and patients in Indiana. They got you covered. They are there to protect your interests and your patients’ interests. It’s their job and their avocation.
WE NEED YOUR HELP! GIVE BACK TO YOUR COMMUNITY!

Just for the health of it!
An Interactive Children’s Health Event

Saturday, July 13
Children’s Museum of Evansville
10:00 AM - 3:00 PM
OVER 500 EXPECTED IN ATTENDANCE!

HOST A TABLE
CONTRIBUTE AN INTERACTIVE ACTIVITY OR LIVE DEMONSTRATION!

Be a role model and share your passion!
Help us educate the families in our community.
Provide children an opportunity to interact with physicians and other healthcare
providers to promote healthy living, mitigate some of the fears associated with a
visit to the doctor, and emphasize the importance of the medical profession.
Support this fun, educational family day!

Thank you to our event partners!

Peyton Manning
Children’s Hospital
Ascension St. Vincent

Deaconess

Please contact the VCMS office to participate or if you have any questions.
(812) 475-9001 ~ Cpatterson@vcmsdocs.org ~ vcmsdocs.org/events
Protecting Your Assets Workshop Highlights
“I’m just so lost” were her first words to me. “I don’t know where to go or even start…”

She explained her scenario which unfortunately is so very typical when I meet physicians in my coaching practice...been in practice a few years, tells me about her child(ren), her attempts on self care, different things she has tried to manage, life events that out and out SUCK, and that she doesn’t know what to do next.

I let her get it all out then my question is...What MUST be done right now?

She sits and thinks. I can subconsciously feel her wheels turning. She says, “Good question...I just don’t know.”

My response, “Food, water, shelter, clothing.”

Because honestly, the only things that you MUST do are breathe, feed your kids and pets, shower and brush your teeth on occasion.

There are literally only very few things that we MUST absolutely do in a day. Going to work is optional. Putting up with toxic relationships, totally optional. Being involved in every meeting, opportunity, PTO meeting, community/church event, not necessary to our life existence.

So let me ask you...

What MUST be done right now?

Next question for when you are lost and don’t know where to start is to complete this sentence...

I would be absolutely devastated if _____ was taken from my life.

At first, clients will tell me...the worst thing that could happen is they lose their job/license/position. Then I ask them, “Would that really be the worst thing?!?” After a laugh, many say, “No, actually that would be wonderful!”

But what would be devastating if you lost it? This helps you to focus on what is essential to keep in your life, in touch with and around you.

Last thing to do when you are lost and don’t know where to start...

Do an internal self-assessment.

Write out your answers to these statements:

• I have control of...
• I absolutely need...
• I want ...
• I don’t want ...
When You Feel Lost, Start HERE... continued

- My perfect position/practice is ...
- The options I have are...
- I need to gather more information about...
- The best ways I can take care of myself are...
- I am more than what I do on a daily basis, I am...

Doing these three steps will establish some clarity into yourself and your situation, help you gain confidence that you aren’t really lost and empower you to have the courage to take one small step in your next direction.

Errin Weisman, DO is a life coach, podcaster and fierce advocate for wellness in medicine. She faced professional burnout early in her career and speaks openly about her story to help others, particularly female physicians and working moms, know they are not alone. Dr. Weisman wholeheartedly believes to be a healer; you must first fill your own cup. She lives and practices life coaching and medicine in rural Southwestern Indiana, loves her roles as farmer’s wife, athlete, and mother of three. You can find out more about Dr. Weisman on her podcast Doctor Me First, her website truthrxs.com or hang out with her on social media @truthrxs.
Meet the VCMS Board Members

Chris Chacko, M.D.  VCMS President
Darla Grossman, M.D.  President Elect
Roberto Iglesias, M.D.  Treasurer
Heidi Dunciway, M.D.
Sally Primus, M.D.
Andrew Saltzman, M.D.
Heather Schroeder, M.D.
Roger Shinner, M.D.
Ken Spear, M.D.
Stacie Wenk, D.O.
Allen White, M.D.
Save the Date!

VCMS & First District Annual Meeting

Exercise your right to vote and let your voice be heard!
Thursday, June 13, 2019

The Bauerhaus
13605 Darmstadt Rd
Evansville, IN 47725

Invitation to come!
Wellness 360°
Vanderburgh County Medical Society
Better Health Through Balanced Living

The Program
The Wellness 360° program offers Vanderburgh County Medical Society physicians and medical professionals a confidential support system that provides whole-person care and helps to mitigate any stage of burnout. The Wellness 360° program provides a safe, supportive environment where physicians and medical professionals can receive the care they need and deserve.

Health Coaching
The Health & Wellness Coach will work together with participants to implement basic, gradual modifications based on the person’s unique needs towards a sustainable health and wellness transformation.

Confidential Counseling
The Psychologist and Social Worker will provide confidential counseling services to address the participants specific needs.

Colleague to Colleague
Local physicians who have experienced burnout, who are available for guidance and coaching or just there to listen.

Bob’s Gym Partnership
Bob’s Gym’s role in the Wellness 360° program will be to lead the exercise and accountability component. Each participant will be given a three week (6 appointments) with a personal trainer and full club privileges at any location. The personal trainers will create an individualized exercise regimen based on each participant’s needs.

“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
Financial Wellness
Lifetime Financial Growth will offer a variety of strategies and products along with educational workshops to help you maximize your financial potential.

PRN: Physician Renewal Network
A support group for physicians.
This is a physician-led, confidential gathering for physicians who are looking for support, information, resources or those who may want to commiserate. See website for details on when meetings take place.

Additional Services Available to VCMS Members at a 15% Discounted Rate

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.
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 and medical professionals will be equipped to deal with the pitfalls of their profession
- Gained support system
- Financial Wellness

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 or visit vcmsdocs.org/wellness-360-2/ for more information.

If you are experiencing suicidal thoughts, please contact the National Suicide Prevention Lifeline at 1-800-273-8255.
I believe sleep is one of the most important foundations for our health. I find it’s also one of the most overlooked.

So let’s start with just a very few reasons why sleep is so important. According to sleep expert Dr. Michael Breus and others:

• Sleep is as essential for our survival as food and water.
• Lack of quality sleep affects almost every type of tissue and every system in our bodies.
• Sleep is necessary for the creation and maintenance of pathways in our brain that allow us to learn and create new memories.
• Sleep is essential for our brain, heart, lungs, metabolism and immune function.
• Sleep is necessary for focus & concentration.
• Sleep is critical to our mood.
• Lack of sleep and/or poor quality sleep is linked to high blood pressure, cardiovascular disease, diabetes, obesity, and depression.
• Sleep is when our bodies rest, restore and repair. When we sleep, our immune systems go to work cleaning up all of the toxins we were exposed to during the day, repairing oxidative stress, DNA damage and even destroying cancer cells.

We all know we should be getting 7-9 hours of sleep per night. If you aren’t doing that, I cannot emphasize enough that you should be. A sleep deficit of even an hour per night adds up over time and can be harmful to your health. And you cannot “bank” or make up for lost sleep. Either you get it when you need it, every single night, or you don’t.

It’s also critical to make sure you get the quality of sleep you need. Truly restful, restorative sleep is essential for your body to rest, repair and recharge overnight. And for you to wake up every morning bursting with energy and excited to take on your day.

One of the things we need to do to get the quality of sleep we need to restore our natural circadian rhythm. Our circadian rhythm is the body’s biological clock and controls our body temperature, metabolism and the release of hormones. And our circadian rhythm cues our wakefulness and sleep cycle. We used to go to bed with the sun and rise with the sun. In our modern world with electricity, that no longer happens and a disrupted circadian rhythm is just one of the sleep challenges we face today. Here are just a few ways to restore a natural circadian rhythm and get the quality sleep you need:

1. Have a standard sleep schedule. Go to bed at the same time every night and get up at the same time every morning. Figure out what time you get up every morning, calculate backward 7-9 hours, and make sure you’re in bed ready for sleep at that same time every night. I encourage my clients to experiment a little and see how much sleep in that range is optimal for them. If you get 7 hours and you wake up
naturally at the same time every morning, feeling fantastic, then great! If not, try for 8 hours. Or even 9.

2. Get outside for a few minutes first thing in the morning and say hello to the sun. This helps to increase your am cortisol and reset that natural circadian rhythm.

3. Limit caffeine. Dr. Breus says no caffeine after 2 pm. I find for me and many clients even that is still too late in the day. Caffeine has a half-life of 8 hours, which means it’s impacting your sleep up to 8 hours after you consume it. For me, it’s actually much longer. If you struggle with getting quality, restful sleep and wake up still feeling exhausted, consider eliminating caffeine entirely or cut back to one cup first thing in the morning.

4. Use a sleep mask to block out all light. This helps with melatonin production.

5. Don’t drink alcohol within 3 hours of bedtime. We often think alcohol helps us relax and go to sleep. But it actually interferes with our ability to get REM sleep.

6. Quit eating 3 hours before bed. We don’t want our body working hard to digest food when we sleep. We want all of our energy to be focused on immune function and getting that restful, restorative sleep. (If you find you wake at 3 am for no reason, it may be from low blood sugar. Instead of eating a meal or snack before bed, consider eating just a bit of raw honey, or a cup of warm water with lemon and raw honey. Raw honey has been found to stabilize blood sugar throughout the night.)

7. Make sure your sleep space is a peaceful sanctuary. Remove screens and electronic devices from the room. Make the room as dark and quiet as possible (or use a sleep mask and a white noise machine).

8. Have a relaxing bedtime routine to cue your body that it’s time to sleep. Dim the lights, put away screens, do some restorative yoga or gentle stretching, read, spend some time journaling and/or take a bath with Epsom salts and calming essential oils.

If you need help changing your food and lifestyle habits to get the restful, restorative sleep you need or if you feel like you do get the sleep you need but still don’t have the energy to attack every new day with excitement and be your best for all of those you love and serve, reach out to me through the VCMS Wellness 360 program. I’d love to help.
THE POWER OF PARTNERSHIP

We are extremely pleased to announce a valuable new alliance with Lifetime Financial Growth, a member of the Guardian Network, for VCMS members. The alliance has been established specifically to meet an array of needs within the medical community.

LIFETIME FINANCIAL GROWTH WILL OFFER A VARIETY OF STRATEGIES & PRODUCTS ALONG WITH EDUCATIONAL WORKSHOPS TO HELP YOU MAXIMIZE YOUR FINANCIAL POTENTIAL.

LOOK FORWARD TO:

- Financial Education Workshops
- Asset Allocation & Management
- Retirement Planning & Protection
- Individual Disability Income Protection with Specialty Own Occupation
- Student Loan Protection
- Business Planning Strategies
- Life Insurance
- Estate Planning

UPCOMING EVENT:

*Financial Wellness: Your Road to Financial Independence*

Thursday, November 8th. Arrivals start at 5:30 pm, the speaker starts at 6 pm.

Location
PANGEA KITCHEN 111 S Green River Road, Evansville, IN 47715

To register visit our website www.vcmsdocs.org/events

We welcome your input on workshop topics you would like to see in the future and to schedule an individual appointment to learn more about how LFG’s products and services can truly help you get your financial life in balance.

Get in touch with Julie Weyer

Julie Weyer
Financial Representative
(812) 550.8702
Julie_Weyer@lifetimefinancialgrowth.com
www.lfgco.com

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Creating Balance
In Your Fitness Program

“Hey, Tony! What’s the most important? Strength training, cardio, flexibility or nutrition?”

My answer? Yes. Those are the most important.

Think of your health like a car. Four wheels. If you only have 2 or 3 wheels, yes, the car may still move, but it is going to be a slow, rough ride. Put all four wheels on the car, and you have a much better chance of reaching your destination.

First things first. You need to know where you are going. What is your goal? I’m sure that you have heard the saying, “If you don’t know where you are going, any path will do.” If you don’t have a specific fitness goal and you just want to be healthier, then it doesn’t matter what you do. Do something active, on purpose at least four days a week. Do something more days than you don’t do something.

The trick comes when you have a more specific goal. Then you need a more specific plan. People have different goals and therefore need a little bit different plans, but let me share some basic things that I think can apply to everyone.

NUTRITION

Here’s the deal. We tend to make nutrition a lot more complicated than it has to be. I don’t give out meal plans; I teach principles and habits. There are two basic principles that I teach. 1) How much food you eat matters. 2) The kind of food you eat matters. How do you know what works best for you? The first and most important habit I teach is journaling. By keeping track of what you eat and evaluating to see if you are moving closer to or further away from your goal, you can make small adjustments until you determine what your body responds the best to, what fits your lifestyle, and ultimately what will help you reach your goal.

STRENGTH TRAINING

Pretty much everything in life is a little better if you are a little bit stronger. Carrying in groceries (or shopping bags) from the car is easier if you are stronger, and clothes generally fit better when you are a little stronger, energy levels throughout the day are usually higher if you are stronger. Most people will do fine with at least two days per week of strength training. Make sure you include some sort of squatting movement (bodyweight, kettlebell, barbell, lunge, leg press), hinging movement (deadlift variations, kettlebell swing, back extensions), pushing movement (pushups, bench press, overhead press), pulling movement (rows, chin-ups, lat pulldowns) and carry things around.

FLEXIBILITY AND MOBILITY

A great place to start is by stretching after each set when you strength train. Think about which muscle you just worked and then do a stretch or two for that muscle or muscle group. The next step is to do some type of yoga or pilates class. Having someone else tell you what to do and make sure you are doing it right helps a lot. There is also a lot of power in being part of a community focused on getting healthier together. Another thing that helps a lot with mobility is making sure that you are using good range of motion while you strength train.

CARDIO

What is the best thing for you to do for cardio? Run? Elliptical? Bike? The answer is simple. Whatever you hate the least. Whatever you will do consistently to elevate your heart rate and work up a sweat is best.

To sum it all up, they all matter. My recommendations: strength train at least twice per week. Do something to get your heart rate elevated and break a sweat at least four times per week. Make stretching a part of every workout. Pay attention to what you eat all the time. Not every day will be perfect, but pay attention to it. If you need help with specifics for your goals or have any questions, feel free to contact me at tonymaslan@bobsgym.com.

Tony Maslan
Director of Personal Training
Bob’s Gym
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 Renewal 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. Please join us.
THE VANDERBURGH COUNTY MEDICAL SOCIETY PRESENTS
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IN ASSOCIATION WITH LIFETIME FINANCIAL GROWTH

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- Are Bonds and other Investments not generating the amount of income you need for retirement?
- Do you want to have annual retirement income to help you cover your core expenses for life?

If you answered yes to any of these questions, you should join us! We look forward to seeing you there!

KEYNOTE SPEAKER:
MATTHEW KELLY, RICP®

DATE & TIME:
WEDNESDAY, MAY 8
6:00 PM (CST)

LOCATION:
Blaggi’s Ristorante Italiano
6401 E Lloyd Expy #3
Evansville, IN 47715

LIMITED SEATING. Dinner and drinks will be served courtesy of Lifetime Financial Growth

Questions? Email: cpatterson@vcmsdocs.org
or call (812) 475-9001

To reserve your spot please visit

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March 8th, an early morning chill lingers in the air on the way to the gym.

In fact, this morning at 4:30 AM it is snowing as I drive to the gym. Unfortunately along with the less than spring-like weather we are continuing to see a very active flu season. Flu vaccination rates across the nation remain low in spite of a fairly effective vaccine this year.

The vaccination rate for children, six months to 17 years, is around 57% and in adults more significant than 18 years of age the vaccination rate is right at 37%.

Louisiana has the lowest rate in the country at 29% with West Virginia having the highest rate at 43% of the adult population being vaccinated.

The poor response to vaccination seems to mirror a trend in this country. The measles outbreak is yet another example of an avoidable disease finding a foothold in an unvaccinated population.

This disease was essentially eradicated from the Americas in 2016, but due to significant lapses in coverage throughout the western United States, the disease is making a strong comeback.

Other vaccine-preventable diseases resurfacing include mumps, pertussis and most recently a case of Tetanus in Washington State in an unvaccinated 6-year-old child. The 2-month hospital stay ended up costing over $800,000 versus a $30 DTaP.

Immunizations work best when large numbers of individuals are vaccinated (varies for each type of vaccine-usually between 80% to 95%) conferring Herd Immunity for the at-risk population but as rates fall we will most likely continue to see significant increases in vaccine-preventable disease.

Vaccines one of the greatest achievements of 20th-century public health but for the treatment to work, one must avail themselves of the opportunity that is provided.
SAVE THE DATE

TRI STATE CANCER SURVIVOR DAY

Gilda’s Club Evansville
an affiliate of Cancer Support Community

LET’S CELEBRATE YOU!
Join Gilda’s Club Evansville for the 3rd Annual Tri-State Cancer Survivor Day

Saturday, June 1st
10:00 am -12:00 pm
Eykamp Scout Center
3501 East Lloyd Expressway
(East of Vann Ave.)

Gilda’s Club Evansville wants to honor you and all those who support you. It will be a morning filled with laughter, friendship and fun!

Enjoy snacks, music, games and have a chance at prizes fit for a champion!

Our “Trail of Hope” will illustrate your fighting spirit with a unique item that lists your name, type of cancer and years since diagnosis.

Don’t miss this one-of-a-kind celebration!
Register now at gcevv.org or by calling 812.402.8667
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What every doctor needs to know!

Medical malpractice laws can vary widely from state to state, particularly as it relates to statutes of limitations, the legal process, liability, and damages. Luckily for our Hoosier healthcare providers, Indiana is one of the best states to practice medicine.

In 1975, Indiana was the first state in the nation to implement malpractice reform via the Medical Malpractice Act (MMA), a seminal feature of which is the Patient’s Compensation Fund (PCF). The MMA offers protection to both patients and healthcare providers and has helped improve malpractice insurance rates, quality of coverage, and patient access to care.

One of the most important aspects of the MMA is the cap, or limit, on the amount of damages that can be recovered in a medical malpractice lawsuit. The cap has been raised twice since 1975 and, pursuant to legislation passed in 2016, will see two increases by July 1, 2019.

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Maximum Primary Limit</th>
<th>INPCF Limit</th>
<th>Total Cap on Damages</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; July 1, 2017</td>
<td>$250,000</td>
<td>$1,000,000</td>
<td>$1,250,000</td>
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<tr>
<td>July 1, 2017 to June 30, 2019</td>
<td>$400,000</td>
<td>$1,250,000</td>
<td>$1,650,000</td>
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<tr>
<td>July 1, 2019 +</td>
<td>$500,000</td>
<td>$1,300,000</td>
<td>$1,800,000</td>
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The first increase to the malpractice cap took effect on July 1, 2017. Malpractice claims that arise after that date are subject to a cap of $1,650,000, with providers responsible for the first $400,000 and the PCF providing excess coverage to a maximum of $1,250,000. The cap is set to increase again on July 1, 2019, to $1,800,000, and providers will need to carry a $500,000 primary limit, and the PCF will provide an excess limit of $1,300,000.

What does this mean for you?

Whether your malpractice insurance policy renews before or after July 1, 2019, your carrier should automatically increase your policy limits to match the new amount on that date. Generally, premiums are not adjusted mid-term, but it is possible that your rate may change at the next year’s renewal.

If your malpractice insurance policy renews on July 1, 2019, your policy limits will be updated at renewal to match the new amount. It is possible that your rate may change at this time.

Comparing malpractice insurance options is a healthy exercise for all practices – from the solo provider to the large, complex healthcare network; and luckily there are resources available to help you do the legwork. Leveraging the expertise of a qualified independent insurance agent gives you access to multiple carriers and options, ensuring that you are getting the best coverage at the best price.

Take this opportunity to re-assess your own malpractice insurance coverage and make sure that you’re prepared for 2019 and beyond.
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## Calendar of Events

### Save The Dates

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
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| MAY    | May 6th| VCMS Golf Scramble  
Victoria National Golf Course • 11:00 am                           |
| MAY    | May 8th| Retirement Planning for Physicians  
Biaghi’s Ristorante Italiano • 6:00 pm (CST)                           |
| MAY    | May 14th| VCMS Executive Board Meeting  
VCMS Offices • 6:00 pm                                            |
| June   | June 13th| First District & VCMS Annual Meeting  
Bauerhaus • 6:00 pm                                           |
| July   | July 13th| Just For The Health Of It - Community Health Fair  
CMOE (Children’s Museum of Evansville)  
10:00 am – 3:00 pm                                            |
| September | September 13th – 15th| ISMA Convention  
Embassy Suites • Noblesville, IN                                    |
| September | September 22nd| Family Picnic at the Bauer Haus  
Time - TBD                                                       |

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

Livia Hopper first-year medical student, with IUMS-E was the recipient for the VCMS Scholarship for 2019.

L to R: Dr. Chris Chacko, Livia Hopper, Dr. Stacie Wenk, Chris Patterson

**Congratulations to Livia!**
<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tr>
<td>Ronald M. Kimberlin, MD</td>
<td>04/01</td>
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<td>D. Bruce Shelton, MD</td>
<td>04/04</td>
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<td>Robert M. Franklin, MD</td>
<td>04/06</td>
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<td>Jeffrey W. Selby, MD</td>
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<td>David P. Ten Barge, MD</td>
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<td>Karl W. Sash, MD</td>
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<td>Steven K. Elliott, MD</td>
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<td>Jay H. Woodland, MD</td>
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<td>William C. Fisher, MD</td>
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<td>Matthew R. Lee, MD</td>
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<td>Meredith I. Gamblin, MD</td>
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<td>Kim A. Volz, MD</td>
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<tr>
<td>Brent E. Cochran, MD, FAAP</td>
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<td>Quentin B. Emerson, MD</td>
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<td>L Ralph Rogers, MD</td>
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<td>Christopher L. Sneed, MD</td>
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<td>Prasad V. Gade, MD</td>
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<td>Dharmesh M. Patel, MD</td>
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<td>Timothy S. Hamby, MD</td>
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<td>Joseph Baylor, MD</td>
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<tr>
<td>Clovis E. Manley, MD, JD, MBA</td>
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