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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 be to unite and strengthen the local medical community, to inform the public on matters of health and medical care, and to promote the best in medical care in our community.

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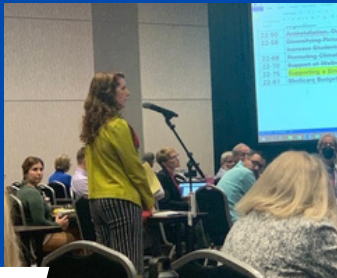
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HAPPENINGS

EXECUTIVE DIRECTOR
CHRIS PATTERSON



Outgoing ISMA President Elizabeth Schuble, MD, with Incoming ISMA President Pardeep Kumar, MD, MBA, at the ISMA 2022 Convention Dinner.



Heidi Dunniway, MD, providing testimony for a resolution that is on the floor for review.



Heidi Dunniway, MD, speaking with Maria Del Rio-Hoover, MD, and Jerome Adams, MD. (former Surgeon General)



173rd ISMA Convention 2022



Physicians discuss resolutions at the First District Caucus.



Past Presidents of the ISMA



Roberto Iglesias, MD, provides testimony to a resolution that has been presented to a reference committee.





Wellness 360

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- **Wellness 360°** – A program offering confidential whole-person care in a safe, supportive environment where medical professionals receive a customized plan to promote a healthy life balance
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- Spouse Access to Wellness 360°, which includes a complimentary session with Health and Wellness Coach
- Discounted coaching with Dike Drummond, MD Team
- Wellness, Financial, and Legal Seminars provided with coaching and CME
- Discounted Auto Buying Concierge Program through Kenny Kent Toyota
- Home buying concierge program through Team McClintock (Talk To Tucker)
- Advocacy for physicians and patients at the state and local levels that includes a forum to submit your legislative concerns
- Bi-monthly informative newsletter, "The Monitor"
- Validation of your training and your membership for patients
- Social Mixers
- Interactive family events that include your children of all ages
- Executive Board Member Opportunities



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GRAMMAR IS DEAD AND INTELLIGIBILITY'S BARELY BREATHIN'

MICHAEL B. HOOVER, M.D.

You have to admit that I have been good lately. Almost three years have gone by, and I haven't had a single rant. Not that there weren't plenty of things to rant about, from inflation to crime to the gutting of our IRAs and 401Ks, to the state of our cities and the potholes in our roads. There are more, but I won't rant about any of those I have mentioned or any I have left unspoken. No, I chose to rant about the ways we are informed about all of the issues of the day.

I choose to rant about the deplorable state of the English language as it is delivered today by our newspapers and magazines, our broadcast media, and social media. I'm not talking about occasionally ending a sentence with a preposition. I'm talking about writing and speaking, which are incomprehensible. Writing and speaking would have gotten me an "F" in Mrs. Farrell's seventh-grade English class. No one knows how to spell. No one knows how to punctuate. No one can even put together a coherent sentence.

No one knows the difference between there, their, and they're. Their writing there incomprehensible sentences, right they're for us to read and be confused by. (Errors intentional for emphasis. I know the difference.) Our so-called journalists are writing their stories for you and I. Glad they're not writing them just for I.

I recently read a sad story from "Newsbreak" about a woman who reported that she was allegedly beaten up by the police. Really? She said she was allegedly beaten up? That's a very serious charge, but it loses urgency if she told them she was only allegedly beaten. And how about dangling participles? "Driving through the city, the building burst into flames." I never saw a building drive let alone burst into flames, as it did so. Punctuation is dead, and it's a real shame. There is no way to discern between "Let's eat Grandma," and "Let's eat, Grandma." It could cause a real problem at Thanksgiving. Or take the sentence, "Woman without her man is nothing." Before I get into serious trouble, let me add a little of that old-fashioned, outdated punctuation to make the sentence a little more acceptable. "Woman. Without her, man is nothing."

I recently read that punctuation and good grammar are elitist and racist. (Isn't everything?) Maybe that's the reason that the language is becoming unintelligible. Everyone is so afraid that they might be canceled that they choose to be incomprehensible rather than incur the wrath of the highly sensitive. Or maybe it's just because the iPhone doesn't offer any punctuation on the primary keyboard, and who wants, or has the time, to keep switching keyboards? (That's it. We can blame it on Steve Jobs.) I usually blame any errors I make on Spellchecker or AutoCorrect. Maybe our schools no longer have the will or the energy to teach grammar and punctuation. I wasn't too crazy about diagramming sentences, but in those days, you diagrammed, or you died (well, figuratively speaking.)

Well, there's always the "f" word. These days it can be any adjective, noun, or verb you need to say or write when you are just too lazy or poorly educated to use English correctly. Whatever happened to good insults, like "You licentious jabbernowl," or "He is an imbecilic driveltwit," or "They are all scurrilous japesnakes?"

Whoever is to blame for the wretched state of our language today, it has to change, or we may all soon be speaking "Newspeak," as George Orwell predicted. I admit it.

I'm an outdated elitist, but I prefer the language of Shakespeare, Keats, Lincoln, Frederick Douglas, Yeats, Eliot, Joyce, Churchill, Grantland Rice, Roosevelt (both of them), James Baldwin, John Kennedy, and Maya Angelou to what I read and hear today.

Okay, I feel better now, and by the way, I will not appreciate anyone pointing out any errors in my grammar or spelling.





Welcome New Members!

Michael Barrus, MD
Jared Cerney, MD
Cory Dixon, MD
Todd Dunaway, DO
Evan Green, DO
Peter Juran, MD
Hannah Musurra, DO
Madison Plater, MD
Mason Plater, MD
Bryn Thatcher, MD
Dora Spears, DO
Jessica Watson, DO
Capri Weyer, MD

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- ∞ Podiatry
- ∞ Veterinary Medicine
- ∞ Urology
- ∞ Wound Care

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COGNITION-BOOSTING “SMART DRUGS” NOT SO SMART FOR HEALTHY PEOPLE

BY
LIAM DAVENPORT
OCTOBER 21, 2022

VIENNA, Austria — Prescription drugs designed to boost cognition in neurodevelopmental disorders do not increase overall cognitive performance in healthy individuals — and may even reduce productivity, new research suggests.

In a randomized controlled trial, 40 healthy adults were given the attention-deficit/hyperactivity disorder (ADHD) treatments [methylphenidate](#) or dexamphetamine or the wakefulness-promoting drug [modafinil](#) vs placebo.

While receiving the so-called “smart drugs,” participants spent more time and made more moves more quickly while solving each problem on a complex cognitive task than when given the placebo. But with no significant improvement in overall performance, all drugs were associated with a significant reduction in efficiency.

The findings “reinforce the idea that, while the drugs administered were motivational, the resulting increase in effort came at a cost in the loss of productivity,” said study presenter David Coghill, MD, PhD, chair of developmental mental health, The University of Melbourne, Victoria, Australia.

This was especially true for individuals who scored high when receiving placebo, “who ended up producing below average productivity when on the drugs,” he noted.

“Overall, these drugs don’t increase the performance. Instead, they cause a regression to the mean, and appear to have a more negative effect on those who performed best at baseline,” Coghill added.

He presented the findings here at the 35th European College of Neuropsychopharmacology (ECNP) Congress.

Past Evidence

Coghill noted that prescription-only [stimulant](#) drugs are increasingly used by employees and students as «smart drugs» to enhance workplace or academic productivity.

He conducted the study with colleagues from the Department of Economics at his institution, because of “their interest in people using cognitive enhancers within the financial industry, in the hope that that would increase their productivity in what is a very competitive industry on the floor of the trading rooms.”

However, while “there’s a subjective belief” that these drugs are effective as cognitive enhancers, the evidence to actually demonstrate that in healthy individuals “is, at best, ambiguous,” he told meeting attendees.

Improvements in cognitive capacities, such as working memory and improved planning, are most evident in clinical populations such as those with [ADHD](#), which could be due to a “ceiling effect” of the cognitive tasks in healthy individuals, Coghill noted.

To investigate further, the researchers conducted a randomized, double-blinded trial of standard adult doses of methylphenidate (30 mg), dexamphetamine (15 mg), and modafinil (200 mg) vs placebo. The healthy participants (n = 40), all of who were aged 18 to 35 years, crossed to each of the other treatment groups over the course of four intervention sessions.

All were asked to solve eight instances of the knapsack task, the aim of which is to place theoretical objects in a knapsack to achieve the maximum value within a certain weight limit.

“This looks very simple but as the number of items increases, it becomes incredibly complex to compute, and actually is not computable using standard approaches. You have to deal with trial and error,” Coghill said.

The participants also completed several CANTAB cognitive tasks.

“Surprising” Findings

Results showed that, overall, the drugs did not have a significant effect on task performance (slope = -0.16 ; $P = .011$).

Moreover, the drugs, both individually and collectively, had a significant negative effect on the value attained during any one attempt at the knapsack task (slope = -0.003 ; $P = .02$), an effect that extended «across the whole range» of task complexity, Coghill reported.

He went on to show that “participants actually looked as if they were working harder” when they took the three active drugs than when they were given a placebo. They also “spent more time solving each problem,” he added

When taking the active drugs, participants also made more moves during each task than when taking placebo, and made their moves more quickly.

“So these medications increased motivation,” Coghill said. “If you were sitting [and] watching this person, you would think that they were working harder.”

Yet their productivity, defined as the average gain in value per move on the knapsack task, was lower. Regression analysis identified a “significant and sizeable drop in productivity” vs placebo, Coghill noted.

This was the case for methylphenidate ($P < .001$), dexamphetamine ($P < .001$), and modafinil ($P < .05$), «whether you looked at the mean or median performance,» he said.

“Breaking it down a little bit more, when you looked at the individual participant level, you find substantial heterogeneity across participants,” noted Coghill.

“More than that, we found a significant negative correlation between productivity under methylphenidate compared to productivity under placebo, and this suggests a regression to the mean,” with participants who performed better under placebo performing worse with methylphenidate, he explained.

While the relationship was “exactly the same with modafinil,” it was not found with dexamphetamine, with a strong negative correlation between the productivity effects between dexamphetamine and methylphenidate (slope = -0.29 ; $P < .0001$).

“This is surprising because we assume that methylphenidate and dexamphetamine are working in very similar ways,” Coghill said.

Time to Rethink, Rewind?

Commenting for *Medscape Medical News*, session chair John F. Cryan, PhD, Department of Anatomy & Neuroscience, University College Cork, Ireland, said that, based on the current data, “we might need to rethink [how] ‘smart’ psychopharmacological agents are.”

Cryan, who is also chair of the ECNP Scientific Program Committee, added that there may also be a need to revisit the difficulty of different types of cognitive tasks used in studies assessing the abilities of cognitive enhancing drugs and to “rewind conventional wisdom” around them.

No funding for the study was reported. Coghill reported relationships with Medice, Novartis, Servier, Takeda/Shire Cambridge University Press, and Oxford University Press.

35th European College of Neuropsychopharmacology (ECNP) Congress: Abstract OS02.04.

Presented

October 16, 2022.

Article courtesy of Medscape 2022

2022 VCMS Golf Scramble Physicians Division



2022 VCMS Golf Scramble Non-Physicians Division



2022 VCMS Golf Scramble

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Vanderburgh Medical Alliance News



The VMA year is off to a busy start! For the opening meeting in September at the home of Joann Elfar, we were fortunate to have Roger Kalia, Music Director of the Evansville Philharmonic Orchestra, who in a very informal discussion described his first ventures as a player and what led to his career in conducting. The October meeting, at the home of Sabrina Koleilat, featured Helen Sheets, who described her youth in communist Armenia, her journey to France, and eventual immigration to America. Members at both meetings were treated to the culinary talents of Geeta Rodrigues, with help from Sabrina Koleilat and Joann Elfar. General membership meetings are on the third Thursday of the month from 10 am to about 12:30 pm. We encourage all our members to join us. Additional opportunities for members include the Book Club and Foodie Group, both very popular. See our website, vanderburghmedicalalliance.org, for details.

Tina Rumjahn hosted the annual reception for allocation announcements September 28 at the beautiful Rumjahn Gallery and Framery on Vogel Road. This year's VMA grants, totaling \$15,000, were the culmination of our 2021-2022 fundraising activities. Awards went to ten not-for-profit organizations which provide health-related services for our community. VMA members mingled with organization representatives as they described their work.

Our annual Holiday Party is Friday December 2, 6-9 pm. This will also be at the Rumjahn Gallery and Framery. We extend an invitation to all VCMS members, as well as VCMS and VMA prospective members. Please bring a "savory or sweet" item and choice of drink to share. This is the perfect opportunity to stop by after your day, enjoy a glass of holiday cheer, and visit with colleagues and friends.

In good health,

Michael

Michael Holmes, President 2022-2023
Vanderburgh Medical Alliance

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- Pricing – Vanderburgh County Medical Society pricing for each vehicle.
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November 4, 2022

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MEMBER BIRTHDAYS |

October

John F. Ansbro, MD	10/1	Mallory S. Bray, MD	10/12	Herman F. Rusche, MD	10/20
Gardar Gislason, MD	10/1	Donald C. Mardis, III, MD	10/13	Chris E. Chacko, MD	10/22
Reinaldo F. Pastora, MD	10/3	Ronald W. Sowa, MD	10/14	Scott W. Hardigree, MD	10/23
Daniel R. Shirey, MD	10/4	Phillip L. Stiver, MD	10/14	John B. Oak, MD	10/25
Roberto C. Iglesias, MD	10/5	Mariellen Dentino, MD	10/16	David J. Marienau, MD	10/25
Heather B. Matheson, MD	10/5	Deborah K. Goldman, MD	10/16	William Ante, MD	10/26
Ahmet K. Percinel, MD	10/5	William G. Wooten, MD	10/16	Frank J. McDonnell, MD	10/27
Hongyu Yang, MD	10/5	Ralph A. Sellers, II, MD	10/17	Jennifer L. Turpen, DO	10/28
Jeffrey L. Bohling, MD	10/8	Michelle A. Boger, MD	10/18	Andrew J. Collins, DO	10/31
Marshall S. Miller, MD	10/8	Robert W. Ransdell, MD	10/18	R Chad Perkins, MD	10/31
John C. Huus, MD	10/10	James A. Robertson, MD	10/18		
Hoang S. Tran, MD	10/10	Joseph F. Waling, MD	10/18		

November

Charles D. Franks, MD	11/3	Raymond L. Lamey, MD	11/14	Tommy Symreng, MD	11/24
Martin J. Bender, MD	11/6	Marc C. Johnson, MD	11/15	Reynaldo N. Gonzales, MD	11/25
David B. Curtis, MD	11/10	Joseph E. Franklin, MD	11/17	John D. Pulcini, MD	11/25
Aaron T. Gries, MD	11/10	Mona F. Wooten, MD	11/17	Laura B. Finch, MD	11/26
Michael A. Herrell, MD	11/10	Michael B. Rusche, MD	11/18	Vernon H. Humbert, Jr., MD	11/26
Michael J. Dukes, MD	11/11	John M. Burnley, MD	11/20	Christie M. Reagan, MD	11/27
Thomas R. White, MD	11/11	Melanie J. Helms, MD	11/20	Glenn T. Johnson, MD	11/28
Frank L. Hilton, MD	11/12	Grant R. Turley, DO	11/20	Arich R. Reynolds, MD	11/29
Andrew W. Piering, MD	11/12	Kyle O. Rapp, MD	11/21	McKenzie B. Schaefer, DO	11/29
Deane L. Smith, II, MD	11/12	Mark F. Morrison, MD	11/22	Ahmed S. Khan, MD	11/30
Patrick C. Flamion, MD	11/13	David W. Johnson, MD	11/23		



CALENDAR OF EVENTS |

Save the Date

NOVEMBER	November 16	VCMS Executive Board Meeting Via Zoom 6:00 pm
DECEMBER	December 8	VCMS Holiday Party First Federal Community Room 6:00 - 9:30 pm
JANUARY 2023	January 14	Trivia Night with Dinner Hamilton Pointe Recreation Room Time: TBD

OMISSION

The VCMS wanted to give **Dr. Clovis Manley and his staff at Dejà vu skincare a huge thank you** for the cash donation towards school supplies and backpacks at Just For The Health Of It. They also sent along some fun swag to share with our attendees. We inadvertently left them off the sponsor list in issue number three. Thanks again for all that you do to support the VCMS!

More exciting events to come!

Stay updated on future events and visit the VCMS website at <http://vcmsdocs.org/events/>



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