



Vanderburgh County Medical Society
Evansville Indiana

Volume 35 | Issue 5

MONITOR

PHYSICIANS DEDICATED TO THE HEALTH OF THE COMMUNITY

*We are
grateful*

FOR OUR VCMS
MEMBERS



For Local Expertise...Contact the Best!



CAROL McCLINTOCK
812.457.6281
25 years experience
Calls Evansville's Downtown Home



JODI FEHRENBACHER
812.480.8886
8 years sales experience
Calls Evansville's Westside Home



RYAN FORTSON
812.455.3799
7 years experience
Calls Warrick County Home



DAVID GIBSON
812.777.5025
20 years management experience
Calls Newburgh Home
• WELCOME TO THE TEAM •



CINDY HOWARD
812.449.6372
3 years experience
Calls Newburgh Home



JD OPEL
812.319.9037
2 years experience
Calls Evansville's Downtown Home



KELSEY SIMMONS
812.629.5591
3 years experience
Calls Newburgh Home



ELLEN TOPPER
812.319.8927
7 years experience
Calls Evansville's Northside Home

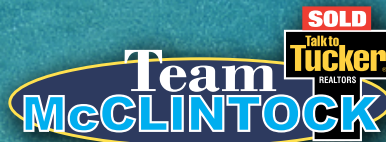


MINDY WORD
812.455.2976
9 years experience
Calls Evansville's Downtown Home

\$645,789,290

Career Production*

*as of September 17, 2021



812.777.5220 • Team-McClintock.com • F.C. Tucker Emge REALTORS®

BOARD MEMBERS 2021



Roberto Iglesias, M.D.
VCMS President



Heather Schroeder, M.D.
President Elect



Sheli Fehrenbacher, M.D.
Treasurer



Darla Grossman, M.D.
Past President



Syed Ali, M.D.



Chris Chacko, M.D.



Heidi Dunningway, M.D.



Christian Bueschel, M.D.



Ann Patterson, M.D.



Sally Primus, M.D.



Mark Royer, M.D.



Stacie Wenk, D.O.



JoAnn Wood, M.D.

CONTENTS |

VCMS Board Members.....	3
President's Message.....	5
<i>by Roberto Iglesias MD</i>	
The Director's View	6
<i>by Chris Patterson, VCMS Executive Director</i>	
New Members	7
Tri-State Medical Alliance	8
Another Side of Dr. Ken Spear	9
Dystopian Dreams	11
<i>by Michael B. Hoover, MD</i>	
Lifetime Financial Growth.....	13
I Hear Dead People	14-17
<i>by Louis B. Cady, MD</i>	
If the Healers are Sick, What Happens to the Rest of Society?.....	18-19
<i>An article from Kevin Pho, M.D. Online by Tomi Mitchell, MD</i>	
VCMS Annual Golf Scramble Highlights	20-25
Discounts for VCMS Members	26-27
About Wellness 360°	28
Vanderburgh Medical Alliance.....	29
VCMS Member's Birthdays.....	30



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.

TAKE YOUR PASSION ANYWHERE



THE LEXUS RX

We all have something that drives us. And what drives you, drove us to create the crossover that paved the way for others. That mindset continues to this day, from updated styling to its Apple CarPlay^{®1} support for your iPhone[®]. It's also the most connected RX ever, with Android Auto^{™2} and Alexa³ compatibility and an available 12.3-inch touchscreen. The RX lineup has also been expanded with the performance-focused F SPORT, fuel-efficient hybrid, and spacious RXL with third-row seating. So now, no matter where your passion leads, the capable RX can help you follow it.



lexus.com/RX | #LexusRX

KENNY KENT LEXUS

5600 East Division, Evansville (866) 554-6160

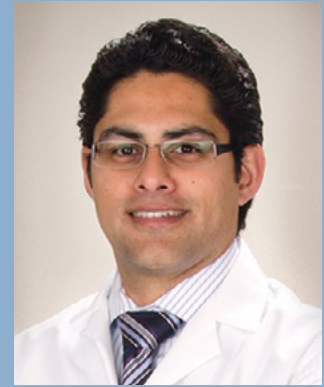
1. Apps and services are subject to change at any time without notice. Data charges may apply. Apple CarPlay[®] functionality requires a compatible iPhone[®] connected with an approved data cable into the USB media port. Apple CarPlay and iPhone are registered trademarks of Apple Inc. 2. To use Android Auto on your audio display, you'll need an Android Auto-compatible vehicle and Android phone. For phone compatibility visit: <https://www.android.com/auto/>. Vehicle user interface is a product of Google and its terms and privacy statement apply. Requires compatible smartphone connected with an approved data cable into the USB media port and data plan rates apply. Apps and services vary by phone carrier and are subject to change at any time without notice. Android and Android Auto are trademarks of Google LLC. 3. Amazon, Alexa and all related marks are trademarks of Amazon.com, Inc. or its affiliates. Not all Amazon Alexa functionality is available for in-vehicle use. ©2021 Lexus, a Division of Toyota Motor Sales, U.S.A., Inc.

The Medical Metaverse

In the days following Facebook's name change to Meta, I am forced to think about what will come in the medical metaverse. The initial reaction is that Facebook just pivoted to avoid all the scrutiny it has been experiencing on capitol hill over a litany of issues. From de-platforming people to anti-trust behaviors to allowing teenagers to continue using a platform known to have adverse psychological effects on them, Facebook had to do something to skirt the issue. While I believe that was part of the strategy, the name change to Meta reflects an existential change to a time when the digital world is supplanting the physical world at a rapid pace. Ever since I saw the movie "Ready Player One" with my son, I have fundamentally changed my view of where the world is headed. While the metaverse is depicted as an extremely negative extension of humanity in this movie, I do believe that the metaverse will quickly evolve over the next 5-10 years.

The metaverse is a 3D virtual reality extension of our current world. In this world, you put on VR glasses, then transport yourself to an alternate reality where you can go to a virtual bar and meet people from all over the world; when you are done chatting, you and your new friend from physical Paris take a stroll down virtual Main Street and stop off at the virtual mall. Here you will visit a 3D Amazon store where you can buy a multitude of products that can be viewed in 3D. Once you check out, the products can then be sent to your home. As you walk down Main Street, that digital art museum catches your eye, and before you know it, you are the rightful owner of a Beeple NFT art piece, and your friend buys a top-shots Stephen Curry NBA finals dunk. As you continue down Main Street, you catch a Chief's live-streamed game while sitting at the virtual Arrowhead stadium at the 50-yard line. At half time, you order pizza, and Uber eats delivers it to your physical house 30 minutes later. Once the game is over, you decide to blow up zombies and then battle your newfound friend in virtual jousting. You have had enough for the day, so you decide to call a day and turn into your real physical bed, but before you do, your friend from Paris offers to show you around the virtual Champs Elysée's and the Louvre the following day.

This world seems surreal but let me reassure you that it is already partially here. As a surgeon, I can only imagine how much better training would have been had this technology been available. "See one, do one, teach one" was always the surgical mantra during training; however, that was before YouTube, so it was really the only thing we had. Since YouTube, you can now watch videos before simulation and certainly before even scrubbing in on an actual patient. And now, with virtual reality and the metaverse, I can see a surgery resident virtually teleporting to the virtual reality training center to scrub in with the world best surgeons to see how they operate while they discuss the "critical points" of the operation; then when ready, the resident can practice on virtual patients as many times as necessary until "competency" is achieved; at that point, the resident is ready to scrub in to assist the physical surgeon with a real patient. Thus, the mantra "VR one, simulate one, do one, teach one" seems most appropriate. And that's just surgery; I can see a similar model for teaching physical exams, chest tubes, central lines, and trauma scenarios. At the same time, I can see Teladoc visits being conducted in VR clinics, particularly with specialty consultations not available locally. Just think of the implications this could have globally; I could see patients in Africa, Mexico, or Haiti, we could advise as we see them or plan treatment prior to a physical visit. The technology is here and quickly evolving; the only question is, "Player, are you ready?"



Roberto C. Iglesias, MD

General Surgeon

Evansville Surgical Associates

[Roberto.Iglesias@
EvansvilleSurgical.com](mailto:Roberto.Iglesias@EvansvilleSurgical.com)



With December rapidly approaching, our thoughts turn to the upcoming holiday season. Visions of a beautiful and festive table that plays host to all the trimmings that will likely send us to the couch for a much-deserved nap! These visions have many of us counting the days until Christmas. The thought of relaxing with family and watching football, parades, and movies with some pecan pie sounds pretty enticing. After navigating through a pandemic for almost two years, it is welcoming and NORMAL. Whatever the new normal is?!

One thing that I have learned to do through the pandemic is to be grateful. Grateful for the time with my loved ones. Grateful for good health. Grateful for my job. Grateful for my neighbors and friends. Don't get me wrong. This past year has been full of health woes, disappointments, detours, and unwanted delays. Every time I hit the proverbial wall or take a step backward, I refocus and start thinking about all the good things that have happened. I am amazed at what this has done for not only my attitude but my overall well-being. Below is a snippet from a Harvard Health Publication that

the Medical School publishes.

I am sharing this in hopes that you can find solace in being grateful. I have put my own notes next to each suggestion on what I have practiced.

Write a thank-you note. You can make yourself happier and nurture your relationship with another person by writing a thank-you letter or email expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

I am not good at sending cards. I actually buy them but never get them out! (You should see my junk drawer at home!) Instead, I text people a quick thank you!

Thank someone mentally. No time to write? It may help just to think about someone who has done something nice for you and mentally thank the individual. *I am a prayer warrior, so instead of thanking someone mentally, I pray for them. It is very powerful!*

Keep a gratitude journal. Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day. *I am not good at journaling, but this is something I am working towards.*

Count your blessings. Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you. *We have a grateful jar at our house with little pieces of paper next to it with a pen. We all write what we are grateful for all year and place it in the jar. On New Years Day, we open all of them and read them aloud together!*

Pray. People who are religious can use prayer to cultivate gratitude. *It is a habit for us as a family to pray together. I spend much time praying for others and many that I do not know.*

Meditate. Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as «peace»), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.). *I used to think that mediation was silly or some sort of new-age hocus focus. I have used mediation many nights at bedtime.*

It always works, and I fall asleep very quickly! This can also be used in conjunction with prayer.

I hope that these tips on becoming more grateful help you and guide you throughout your busy and hectic lives. I am very grateful for all of you and the kindness that you have shown me over the past five years. I wish you and your family a relaxing and beautiful Thanksgiving!

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>



Welcome New Members!

James Carson, MD

Andrew Pfaff, MD

Phillip Gilson, MD



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.

Hook's

APOTHECARY



ADDRESS

6201 Vogel Rd
Evansville, IN 47711

PHONE

(812)
476-6194

FAX

(812)
473-3929

INDIANA'S FIRST COMPOUNDING-ONLY PHARMACY

LOCALLY-OWNED & OPERATED

Solving all your compounding needs with quality and accuracy in the following areas:

- ∞ Dental
- ∞ Dermatology
- ∞ Drug Shortages
- ∞ General Practice
- ∞ Neurology
- ∞ Obstetrics
- ∞ Ophthalmology
- ∞ Pain Management
- ∞ Pediatrics
- ∞ Podiatry
- ∞ Veterinary Medicine
- ∞ Urology
- ∞ Wound Care

PROUDLY SERVING THE
TRI-STATE AREA SINCE
1999

Tri-State Medical Alliance

TSMA is committed to assisting our physician spouses to improve healthcare through the effective action and leadership of our members. Our purpose is to assist with medical education, improve healthcare, and conduct charitable activities in the Tri-State.

Volunteer Event Benefitting VOICES

October was Long-Term Care Residents' Rights Month, so we volunteered at the fundraiser for VOICES, Inc., the ombudsman for nursing home residents. The event attracted hundreds of cars! Despite the blustery weather, our TSMA members handed out candy and saw big smiles on lots of little faces!

Pictured from left to right: Catie Tucker, (Photo-bombing witch), Becky Kasha, Frank Conkling and Susan Volz (taking the photo).



October Membership Meeting

Our dinner meeting, hosted by Jeanne Marie Gadiant, did not disappoint! The food was great (5 different desserts!), the décor unmatched, the fellowship was warm and the laughter was abundant. We discussed fundraising ideas and have already started working on our ideas! Lots of great news in store.

UPCOMING EVENTS

November 16 – Membership Meeting
Dinner at The Farmer & Frenchman (With Spouses)

November 22 – Volunteer Event
Thanksgiving Food Boxes at Evansville Association for the Blind

Visit our website to learn more and let us know if you would like to join us!

*Interested in joining us in our community initiatives?
Please visit our website to learn more! www.tristatemedicalalliance.org*

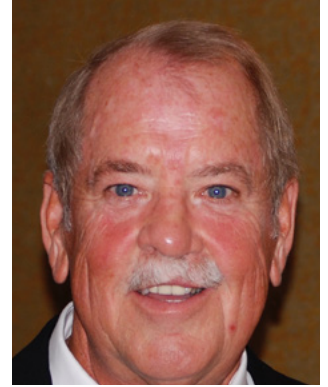
ANOTHER SIDE OF DR. KEN SPEAR |

THE FINAL COMMON PATHWAY

He looked around
The corner
Ever so slowly
Afraid of what
He might find
Having been here
Before
In a dream
Then it was
Amazafying
A cross
Between terror
And pure joy
A specter
Of a long
Dead love
Standing at the
Refrigerator
Looking quizzically
At the rotting
Cheeses
The moldering yogurt
Stale bread
Bloated franks
No longer
Ready for the
Ballpark
And a can
Of beer
She knew I
Never drank
Beer
In our past life
Only white wines
From the vineyards
Of Spain and France
How had he fallen
From pâté to franks
Her frown
Seemed to ask
She couldn't know
The path followed
After her passing
And I didn't hold
It against her
Anymore
At least not now
So
I did look
Around the corner
And
She wasn't there

Even though
I heard her
Whisper my name
As she left the room
I went to the
Kelvinator
And looked inside
There sat
The bloated frank
Just begging
To go for a swim
In that last beer
Before boiling
Became a final meal
Because I am
Leaving soon
To go on a
Journey
Of comprehension
In this now confusing
Life
The meaning of which
Continues to evade
Me
Somewhere out on
The perimeter
I might find
An answer
After becoming
Transcendental
So I will leave
Here, her
To gaze into
The ice box
Where only moldering
Yogurt
Will in time
Produce
A medicine to save
The world.
We really didn't
Need to save the
Cheerleader.
No instead it is the
World
That needs to be saved
The yogurt will do it
While I will be sitting
In a cave
In a mountain
Learning the art
Of meditation and
Privation
To become
Transcendent

Possibly finding
The long ago love
On a different plane
But surely finding
Myself
That was really born
Lost
Now having wandered
For 60 years
Is it too late
Too become
Enlightened
I don't know the
Answer to that
Question
It is one I will study
In the wind swept
Cave of privation
Transcendence
And then many years hence
If alive will come down
To the world however it is
I am convinced it will be better
Because of the yogurt
But if it is not
Perhaps I will
Suggest a thing or two
Of my long search
That will help
Or possibly
They will find me
Intrusive and ignoring
My comment
Rush headlong
Into a future
Not well thought out
I know
The future can be fraught
With danger
As evidenced by
The loss
Of my long ago
Love
Yet even she is
Becoming irrelevant
Having stood in the cool
Of the sub-zero
Too long
That she died a second
Time from a cold
As yogurt does not
Protect other worldly
Beings
Spear 2007



KEN SPEAR, M.D.

HAIKU

1. The Sun sits on Dew
Soft as a wind on Meadows
Unlike angry words
2. The Cherry Blossom
Floating on silent breezes
Like a soul released
3. Step quiet, cautious
Trample not the butterfly
Beauty so fragile
4. The stream runs uphill
Afraid to enter the fight
When Nature rages
5. Pass me a mushroom
Snarled the Beast Yearning
or blood
Meat would be better



Your prescription for all of your business and personal banking needs!

Practice Buy-in Loans
Business Lines of Credit
Commercial Property and Equipment Loans

Home Mortgage Loans
Home Equity Lines of Credit
Personal Loans

Business and Personal Deposit Products

Make your appointment today with a member of our
Business Banking group!

Kelly Dearmond (812) 492-8240

Doug Diekmann (812) 492-8184

Travis Genet (812) 492-8214

Chris Melton (812) 492-8265

Member
FDIC





*You are traveling through another dimension—a dimension not only of sight and sound but of mind. A journey into a wondrous land whose boundaries are that of imagination. That’s a signpost up ahead: your next stop, the Twilight zone.**

The headline in the Courier-Press this morning pretty well summed it up. “Last Practicing Physician in Indiana Closes His Practice.”

Not that he had much of a practice, anyway. Just an old man still taking care of the patients he had seen for years. He hadn’t accepted new patients for twenty years, ever since the unlimited liability situation in Indiana had threatened to take away all he had worked for the first half of his career. He hadn’t been able to afford malpractice insurance for over ten years, so he protected what he could and hoped that his old patients, his old friends, were unlikely to sue him. There wasn’t a whole lot he could do for them these days. The neurosurgeons, the orthopedists, and the cardiovascular surgeons he had referred patients to in the past had long ago left the state heading to Texas, or Louisiana, or even California, where the medical liability laws were better, and insurance, while exorbitant, could still be obtained.

\$250,000 premiums might be feasible for the high-paid specialties, but not for a family physician in Southern Indiana.

His patients had asked him what they could do for medical care when he retired, and all he could tell them was to find a good nurse practitioner or go to Walgreens or CVS for their care like most people were doing these days. They could be diagnosed and treated there, and the nurse or the pharmacist could write any prescriptions they needed. If they needed surgery, they could see a physician assistant, now referred to as a physician associate, who was licensed to perform most common, straightforward procedures like herniorrhaphy or cholecystectomy. If they needed eye care, they could go to the optometrist, and if the problem required surgery, the optometrist could perform it. The state legislature had passed that law in the last session. Of course, any heart, spine, or joint surgery would have to be obtained out-of-state or out of the country.

Wake up. It was only a dream. Far-fetched, you say. Yes, maybe, but without the tireless work of the Indiana State Medical Association, this nightmare, or one like it, could very well become a reality. Since 1975, when a malpractice crisis threatened to shut down medical care in Indiana, the ISMA has fought the fight to keep practice possible for Hoosier physicians. This fight goes on today because every two years or so, the trial lawyers try to get the statute thrown out or radically revised. ISMA also continues the battle against scope creep.

Every year, frequently with the support of many in the State Legislature, those who are not physicians attempt to obtain the privileges and prestige of physicians.

It’s up to you to keep us in the fight. If you’re not a member of the ISMA, join now. If you are a member, it’s up to you to make sure that your colleagues are as well. You should also make a generous contribution to IMPAC, the ISMA political action committee, this year and every year.

**Apologies to Rod Serling*



*KEMPER CPA GROUP IS
HERE TO HELP WITH ALL
OF YOUR FINANCIAL
NEEDS*

- Accounting, Audit & Tax
- Technology Consulting
- Payroll & Time Management
- Medical Billing
- Wealth Management
- Retirement Plan Services



7200 Eagle Crest Blvd. • Evansville, IN 47715

(812) 421-8000 www.kempercpa.com

Private Client Group

- Premium one-point-of-contact service
- Integrated financial solutions
- Exclusive benefits



Our Private Bankers create a team of local financial professionals to provide customized strategies and solutions while always remaining your one point of contact.

Contact Sherri and Vicki today for complete details about our Private Client Group.



Sherri Alley
NMLS #797750

Vice President,
Private Banking
(812)437-7307
sherri.alley@germanamerican.com



Vicki Simmons
NMLS #636043

Vice President,
Private Banking
(812)437-7306
vicki.simmons@germanamerican.com



German American Bank

Banking | Insurance | Investments
Member FDIC

21 SE 3rd Street • Evansville, IN 47708 • germanamerican.com



A RESOURCE IN BUILDING YOUR FINANCIAL SUCCESS

Julie Weyer and her team specialize in working with medical professionals, from residency to attending physician, helping them achieve their financial objectives. They develop customized financial strategies to help their clients create, maximize, and protect their wealth.

PERSONAL STRATEGIES

Comprehensive Financial Coaching to include:

- Cash Flow Management
- Student Loan Payment & Debt Reduction Strategies
- Asset Accumulation & Tax Strategies
- Physician Specific Income Protection
- Life Insurance
- Wealth Management
- Retirement Income Planning

Transforming how you look at your wealth.

AUTHORIZED USER OF



The Living Balance Sheet®

- Clarity in the planning process
- Insight on four interdependent financial domains of Protection, Assets, Liabilities, and Cash Flow.
- A personal secure website
- Account aggregation with over 8,000 financial institutions
- Secure online Vault to store copies of important personal documents, audio, and videos

Schedule your IN PERSON or VIRTUAL consultation NOW!



JULIE WEYER

FINANCIAL REPRESENTATIVE
812-550-8702
JULIE_WEYER@LFGCO.COM



RYAN BRACE

FINANCIAL ADVISOR
502-327-0711
RYAN_BRACE@LFGCO.COM



7144 EAST VIRGINIA STREET | SUITE F | EVANSVILLE, IN 47715

The Living Balance Sheet® and the Living Balance Sheet® Logo are registered service marks of The Guardian Life Insurance Company of America (Guardian), New York, NY. The graphics and text used herein are exclusive property of Guardian and protected under U.S. and International copyright laws. © Copyright 2005-2010, The Guardian Life Insurance Company of America.

Julie Weyer is a Registered Representative of Park Avenue Securities LLC (PAS). Securities products offered through PAS, member FINRA, SIPC. Ryan Brace is a Registered Representative and Financial Advisor of PAS. Securities products and advisory services offered through PAS, member FINRA, SIPC. OSJ: 419 Plum Street, Cincinnati, OH 45202; Ph: (513) 579-1114. Ms. Weyer & Mr. Brace are also Financial Representatives of The Guardian Life Insurance Company of America® (Guardian), New York, NY. PAS is a wholly owned subsidiary of Guardian. Lifetime Financial Growth is not an affiliate or subsidiary of PAS or Guardian. Lifetime Financial Growth is not registered in any state or with the U.S. Securities and Exchange Commission as a Registered Investment Advisor. Mr. Brace's AR Ins License ID#3990232. Mr. Brace's CA Ins License ID#0J17466 2021-120489 Exp. 05/23



On December 1, 2012, I walked into Prestonwood Baptist Church in Dallas, Texas, for a memorial service for a dead guy. Interestingly, the dead guy was talking in my ear at the time.

Before you accuse me of a Haldol deficiency, let me explain.

“The dead guy,” I somewhat flippantly referred to above, was, in fact, a beloved and trusted personal friend and long-term mentor, Zig Ziglar. (And Zig would have approved of my use of humor to start this essay off.) Zig was probably the best-known motivational speaker in the world at that time, or really, at any time. He traveled extensively – both nationally and internationally. My Delta SkyMiles cower in shame compared to the American Airlines miles Zig racked up.

Many people know *of* the man. Sales professionals venerate his sales strategies.

But only a considerably smaller group knew *the man himself*. And that’s a shame because there is plenty to learn from his life, example, and message. Let’s start at the beginning. Let me tell you about the man and what I learned from his life and the impact it’s had on my patients. I’ll also share some other people that are *still* talking in my head.

In roughly fall of 1980, as a first-year underpaid assistant professor in Brownwood, Texas, at a small liberal arts school, I picked up a book at the local bookstore. It was Zig’s “See You at the Top.” I stood rooted to my spot and probably read the first 20 – 30 pages. I reluctantly put it down, recognizing that this book had a lot to teach me but concerned that I didn’t have time to read it at the moment.

I left it behind.

Then, I couldn’t stand the thought of *not knowing all of what was in that book*.

So I went back. And I bought it. More importantly, I *read it*. I subsequently listened to Zig’s audios - “cassette tapes” - back in those days. Zig was already talking into my head, and eventually, he was *in* my head.

And these experiences, and Zig, really transformed my life.

The first thing I internalized was Zig’s aphorism, pounded home on the podium (and in my head) numerous times: “You can have everything in life *you* want if you just help enough *other* people get what *they* want.” Please read that again. It sounds simplistic. It sounds glib. But it is a powerful truth. And the “other people” include our colleagues, nursing and support staff, office workers, and patients – not to mention our children and families.

He also emphatically declaimed, more times than I can remember: “You were designed for accomplishment, engineered for success, and endowed with the seeds of greatness.” Is that naively simplistic? I recall considering this carefully. He didn’t say that you are inescapably going to be great. He said you were *endowed* with the *seeds* of greatness. Clearly, you are the person who’s got to plant those seeds and water them. However, in terms of being designed for accomplishment and engineered for success – how does that square with large-scale unemployment and under-employment in our current society, where innumerable workers – including our patients - are getting replaced with automation and globalization?

Let’s start with your endowment. Average adults have approximately 86 billion neurons in their brains. These connect via more than 125 trillion synapses – roughly equal to the number of stars in 1,500 Milky Way galaxies. [\[1\]](#). You can either spend your precious neurological resources reading Shakespeare or playing video games... listening to profoundly moving music or blasting your eardrums with raucous music so loud that you will ultimately become hard of hearing.

You can do your homework or drink until you are plastered. You can write an essay, or a novel, or a play.... Or you can spray graffiti. You can dance or sing....or you can binge-watch the latest fan fave on Netflix or Amazon Prime, munching away on high-carb, low nutritional snacks while you do so. You can work out in the gym, become a yoga/yogini,

CONTINUED ON PAGE 15

improve your bench press, all the while considering the mysteries of the universe. And if you're a doc, you can either read your journals, take plenty of CME, go to conferences, emphasize collaboration with your colleagues, and strive to be the person you would want your personal physician to be.... Or not.

We do not lack capacity in our endowment.

However, all too frequently in my practice, I see people of all ages getting beaten down by failures in life. The ones that transcend their failures – including bankruptcies, divorce, and career reversals – do so by essentially embracing these principles and acting on them, whether they've actually heard it from Zig or not.

When I picked up Zig's book, I was teaching piano performance at Howard Payne. It was a sweet gig. The University allowed me to teach a half-time load and keep the other part of my time commitment for practice and performing, broadening the reputation of the University's music school. I figured that I would help the school get what *it* wanted (reputation for excellence and obviously competent musical faculty). My students get what *they* want (improved performance skills and non-piano majors, at least baseline competence at the keyboard.)

I did it. Did it work?

Did I get "everything I want?" No, I did not. I would have starved in that position, no matter how good I was.

Ultimately dissuaded in the concept that I would transcend my limitations at this school and in a professional music career in general, I embarked on pre-medical studies (with which I had already been fascinated prior to my music career), then medical school, then residency. At Mayo Clinic, Zig and the Mayo brothers collided in my head.

It was in 1910 that William J. Mayo, MD ("Dr. Will") publicly articulated the concept that "***The needs of the patient come first.***" It was a touchstone principle at Mayo, and I fully embraced it (as did my colleagues). You couldn't get away from that ethos. I was determined then – as now – that I would try to help my patients get *everything* they want. That means not just treating their depression to response but to flat out remission. That means using clozapine^[2] to get my schizophrenic patients as well stabilized as is humanly possible. That means leaving no hormonal stone unturned where a hormone's non-optimum level could negatively impact patients, their mood states, and their functioning. It means empathically and supportively teasing out the past history of what brings the patient in to be seen, rather than embarking on a time-pressured proctologic exam of the mind. It means seeing my patients on time and not saddling them with budget-busting drugs or drugs that will turn them into zombies. And it also means actively, psychologically *engaging* my patients and not shuttling them through like widgets on a psychopharmacology assembly line, considering them as mere receptacles into which I am going to deposit medications.

In short, philosophically, Zig and Dr. Will transformed my life. And this time around, the principles began to be proven in my life.

I ultimately reached out to Zig some twenty years after picking up his book when I started my practice here in Evansville. I had just heard audio of him on my car stereo, cruising down Lloyd Expressway. It was the "Insight" program from Nightingale-Conant, and Zig was once again teaching me, talking about the *importance of gratitude*. Given that I was certainly grateful for the impact he had made in my life, I determined I would call his office and see if I could say, "hello."

In short, he was delighted to hear from me, invited my wife and me to be his guest at a seminar at which he was speaking in Chicago, and sent us tickets.

Having learned that I was a psychiatrist, he also asked if he could take us to dinner. I said yes. He seemed warm. I wanted to know if he was the real deal.

We checked in to the hotel the night before the conference and joined Zig and his wife, Jean, downstairs. After we sat down, and before we even ordered, Zig slipped a blank piece of typing paper out of his jacket pocket. He unfolded it and

CONTINUED ON PAGE 16

then said, “Now, Louis, I’ve got some questions for you.”

He then basically grilled me on some of the psychological/psychiatric topics he was reviewing at the time while preparing his next book.

The first thing I learned from Zig, who was at the top of his profession, was that he was warm and kind. He was delightful. And he was very, very inquisitive.

He then invited my wife and me to ride to the Rosemount Coliseum in his limo for the seminar the next day. I said “yes” again. I noticed something else at that time: he was unfailingly polite and respectful to everybody he encountered, including his chauffeur that morning. There was no standoffishness or superiority. Zig greeted him like a long-lost friend. On the way over to the coliseum, while my wife and I chatted with Jean, Zig happily and casually reviewed his “overheads,” which he was using back in those days. He had not a quiver of anxiety in him, even though he would be speaking to a crowd of thousands. This impressed me. And, from hearing him before, I knew that he “knew his stuff.” (“Hmm.” I concluded. “If you know your stuff, there’s no reason to be nervous.”)

It was a great seminar, I took good notes, and I continued to put his principles into practice in my professional life. I subsequently read his book “Over the Top” in galley proofs at Zig’s request. It was phenomenal. I endorsed it.

Some years later, he and Jean would celebrate their 50th wedding anniversary at the Gleneagles Country Club in Dallas. (The only thing Zig liked better than speaking and teaching was golf... and the Dallas Cowboys.) When it came time for Zig to take a moment to thank the several hundred people for coming and Jean for their wonderful 50-year marriage, he pulled a 3x5 card out of his shirt pocket. Holding it in his left hand (down and to the left - exactly as I was taught in my speech class decades ago), he listed all of the things he loved about his wife.

I thought about this later. “Why did he need the index card?” Three reasons: this was the first and only time he would ever make that speech.

Secondly, he didn’t want to leave out anything about his beloved Jean that he would later have regretted.

Thirdly, even as a globe-trotting professional speaker that had lectured to hundreds of thousands, he realized that organization and clarity were a prerequisite, and he *wanted to be prepared and get it right*. Could he have done it without the notecard? Maybe. Would he have left out some key things? Possibly.

So I kept listening to Zig and others. I went to the “Born to Win” seminar in Dallas. Frequently, as Zig would come back to the central theme of his seminar, he would thunder: “You were **born to win**, but to be a winner, you must PLAN to win, PREPARE to win, and then, and only then, can you EXPECT to win.” One of his friends and speaker colleagues, Jim Rohn, sternly advocated for the principle that “We get paid for bringing value to the marketplace.” Les Brown, the fiery African American orator, thunders, “You need to be HONGry!”

Other significant authors and speakers have their own little spaces in my head: Dale Carnegie, Dennis Waitley, Brian Tracy, Jay Abraham, Dan Sullivan, and Joe Cardone, to name a few. They all had (or have) things to teach. They all helped me plan and prepare. And they are all still talking to me.

One of the things that I have considered over the years is an ocean of heartache, broken dreams, mental and medical illnesses, and displaced jobs due to automation, “globalization,” and the aftershocks of the COVID pandemic. We also live on an increasingly unhealthy planet and with increasingly unhealthy media influences. But for suffering souls, are they PLANNING to win? Are they PREPARING to win? Sometimes a lateral shift needs to be made. Sometimes a pharmacologic intervention may need to be made. I made a vocational shift out of music, recognizing that it wouldn’t support me adequately in life. If you’re a displaced assembly line worker whose job is now being done by a robot, it won’t matter how “motivated” you are or how excellent you were in your previous, and now eliminated, job. There are thus both cognitive/psychological issues to review, as well as a consideration of resultant flat-out neurotransmitter imbalances from depression-inducing events.

CONTINUED ON PAGE 17

Suppose you have been sexually or physically traumatized. In that case, we know that CSF norepinephrine levels are strongly and positively correlated with the severity of PTSD.^[3] Another study looked at CSF dopamine in depressed patients, suggesting dysfunction in central dopamine turnover in depression.^[4] There are more.

You need a new PLAN. You need to PREPARE for something else.

Career issues aside, this concept is a core principle of healing. You have to plan, and you have to prepare. If you, as a patient, have a serious condition and you truly want to get well, you probably don't start calling doctors and looking for the cheapest price. The internet - and my favorite stop on it, www.pubmed.gov - has democratized and disintermediated the core medical literature so that *everyone* can access it. Anybody can plan, and anybody can prepare. Truly motivated patients that are planning and preparing to get their condition taken care of will come in *prepared*. And if psychotherapy by itself is not helping because you have biological problems with circuits and neurotransmitters in your brain, it may be time to plan to consult a psychiatrist.

As I drove to Zig's memorial service, I listened to his audios in my car. It was wonderful and uplifting to reflect on his message and his incredible impact on so many people's lives. And since I had them on my phone and a Bluetooth headset in my pocket, I decided I would just stroll in listening to him. So I did. I think Zig would have gotten a chuckle out of it.

Twenty-five years after William J. Mayo exhorted that "the needs of the patient come first," he uncorked this idea:

"Perhaps the ability not only to acquire the confidence of the patient *but to deserve it*, to see *what the patient desires and needs*, comes through the sixth sense we call intuition, which in turn comes from *wide experience and deep sympathy for and devotion to the patient*, giving to the *possessor remarkable ability to achieve results*."

My dear colleagues that are Zig and Dr. Will, synthesized in one quote. That's what all of us docs are doing when we go and get CME and read our journals. That's planning, preparing, and expecting to win. That's working to help "everyone get what *they* want.»

It is devotion, and it is love. What a wonderful profession we have, and what an adventure!

Stunning details of brain connections revealed. [1] Goldman B. Science Daily, November 17, 2010, from Stanford University Medical Center.

[2] For those who aren't psychiatrists, this is the biggest and best antipsychotic currently available. It has the reputation of working when nothing else will.

However, it has to be carefully monitored.

[3] Geraciotti TD et al. CSF Norepinephrine concentrations in posttraumatic stress disorder. AJ Psychiatry. 2001 Aug;158(8):1226-30.

[4] Gjerris A et al. CSF dopamine increased in depression: CSF dopamine, noradrenaline and their metabolites in depressed patients and in controls. J Affective Disord; Nov-Dec 1877;13(3):279-86.

Nov-Dec 1877;13(3):279-86.

Serving the Tri-State area since 1978

WE PROVIDE HEARING HEALTH CARE FOR ALL OF YOUR PATIENTS' NEEDS.

Premium technology. Total brain support.



Kara Mouzin, Au.D., CCC-A • Megan Grable, Au.D., CCC-A



Hearing & Speech Associates, Inc.

Call today to schedule your appointment!

812-425-1500

Evansville

350 W Columbia St., Ste. 300

EVANSVILLEHEARING.COM

IF THE HEALERS ARE SICK, WHAT HAPPENS TO THE REST OF SOCIETY?

AN ARTICLE FROM
KEVIN PHO, M.D. ONLINE

BY: TOMI MITCHELL, MD
OCTOBER 28, 2021

People often say health care professionals are often the worst patients. As health care professionals, we are well versed with what is needed to be healthy, but we struggle, like many other people, to consistently apply these principles.

Some reports indicate that as many as 50 percent of doctors experience symptoms of burnout, including emotional exhaustion, feel less enthusiastic about work, and lack personal accomplishment at some point during their career. In spring 2020, the prevalence of [severe burnout was 30 to 40 percent](#). By spring 2021, rates more than 60 percent were found in Canadian physicians, nurses, and other health care professionals. As health care professionals, allowing ourselves to show weakness is not something that most health care professionals are comfortable doing. According to the [CMA National Physician Health Survey](#), 30 percent of physicians and residents report high levels of burnout — with medical residents, women, and early-career physicians at the greatest risk.

Health care professionals in intensive care settings, COVID-19 units or hospitals, and emergency departments have elevated burnout risk compared to other hospital health care workers. I believe their proximity to the trauma of the COVID 19 pandemic and fears for their physical and mental safety. Not to mention the long works hours, with inhumane conditions.

It isn't just about the physical demands either, but it is also about the emotional toll. Doctors and nurses are often exposed to patients in far worse health than themselves or their families. As a result of this exposure to suffering, there is an increased risk that these professionals will experience compassion fatigue. Compassion fatigue can lead to burnout because individuals stop caring for others due to overwhelming feelings of frustration and stress stemming from job-related trauma. It's difficult enough for family members who lose loved ones every day; imagine how you would feel if you were losing them daily?

Burnout does not discriminate against age, sex, race/ethnicity, career level, education level, or experience. Burnout is a real problem in health care, and we have to get real and discuss this growing crisis. If the “healers” are sick, what happens to the rest of society? Who will these patients come to when they need our health care services?

So, what are some of the early signs of burnout in health care professionals? One of the most overlooked signs of burnout is a lack or complete loss of empathy. When you are experiencing these symptoms, it can be hard for you to connect to your patients in a meaningful way. You might find yourself more judgemental when others get into situations that arguably might have been preventable. Our patients want competence from us, but they also need to know that we care. Loss of empathy will erode the trust in the physician-patient relationship, and this is a serious problem.

[An article in the online health publication VeryWellMind](#) lists the following indications that a physician may be suffering from burnout:

Feelings of alienation from work-related activities, including viewing their job as increasingly stressful and frustrating, feeling cynical about their work, or emotionally distancing themselves from their work, are more signs of burnout. This is disheartening, as most physicians have spent a significant amount of time training to become a doctor. When this disconnect happens, physicians might have an identity crisis, as so many physicians associate with who they are with what they do.

Then, there are the physical ailments associated with burnout, such as headaches, stomach aches, or intestinal issues. Emotional exhaustion can include feeling drained, unable to cope, or unmotivated to get work done. This emotional overload can also present in their personal life, and feeling like they are not taking care of those obligations. Having a lack of creativity or not being able to concentrate on work and tasks is another sign.

CONTINUED ON PAGE 19

Physicians and other health care professionals are typically high achievers. The pursuit of excellence and working hard is one of the many great traits that helped these individuals succeed in their careers. Under-performance, including having difficulty doing everyday tasks at work or at home, being unable to concentrate, or experiencing a lack of creativity, are signs of burnout. For high performers, this can be highly problematic.

Performing poorly in the workplace is one of the early signs of burnout. Individuals who are burned out are more likely to make mistakes. Mistakes can lead to medical-legal practice concerns, and the list goes on.

The worst-case scenarios for burnout in health care professionals can lead to job loss, divorce, and even suicide. Fortunately, there are ways we can prevent this from happening or keep it from getting worse. Exercise is essential to help ward off and treat burnout. As we know, exercise keeps your energy levels high, boosts your mood, increases self-confidence and self-esteem, decreases stress hormones such as cortisol and adrenaline, helps you sleep better at night. Hence, you wake up refreshed in the morning with more energy [this could be crucial], all while helping you maintain healthy This might be well-known advice but doesn't mean that it's common and consistently practiced advice.

The symptoms of burnout can slowly creep into one's life, but if one takes the time to reflect regularly, these symptoms can be detected fairly easily. I am happy to take this conversation a step further. Like many chronic illnesses, burnout can be prevented. Still, it takes personal action, changes in the health care system, changes to patient expectations and increased accountability for their health outcomes.

The issue of health care burnout isn't a quick fix. It takes time and significant resources to train future health care providers, plus it takes time to develop healthy policies. Then, after the new policies are made, it takes time for this policy to be integrated into the health care culture. I am optimistic that changes are common, and together, we will continue to make life in health care a more sustainable option.

Tomi Mitchell is a family physician.

Founded in 2004 by Kevin Pho, MD, KevinMD.com is the web's leading platform where physicians, advanced practitioners, nurses, medical students, and patients share their insight and tell their stories.

WE LOVE HEARING FROM OUR MEMBERS!!!

If you have content you would like to contribute for the Monitor please contact Chris at 812-475-9001.



Vanderburgh
County
Medical Society

**ADVOCACY
COMMUNITY
EDUCATION**

What can we help you with?

Call 812-475-9001
for assistance today!

VCMS Annual Golf Scramble September 27th 2021 Winners!

First Place Physician's Division



Dr. Mark Murray, Kelly Dearmond, Dr. Andy Guiao, Nick Reinhart

Second Place Physician's Division



Mike Head, Dr. Rick Moll, Skip Seaman, Dr. JP Morgan

VCMS Annual Golf Scramble September 27th 2021 Winners!

First Place Non-Physician's Division



Craig Maier, Seth Tuley, Joey Funk, Jesse Kuhlenschmidt

Second Place Non-Physician's Division



Darrin Statz, Dan Patterson, Aaron Ashley, Glen Fehr

VCMS Annual Golf Scramble September 27th 2021 Players



Brian Kessler, Dr. Jason Willes, Dr. Jason Bredenkamp, Dr. Christian Beuschel



Mark Miller, Dr. Erik Throop, Dr. Dharmesh Patel, Jeff Worthington



Dr. Mark Shockley, Dr. Chad Perkins, Ken Haynie, John Greaney



Jason Stephens, Dr. Alex Baranowsky, Dr. Roberto Iglesias, Jim Butterfield



Dr. Steve Basinski, Dr. Cindy Basinski, Jeff Wilson, Brandon Wilson



Jerry Blanton, Jason Hamilton, Larry Beard, Rob Zigenfus

VCMS Annual Golf Scramble September 27th 2021 Players



Brandon Leon, Ethan Cornwell, TJ Kleckner, Dr. Larry Kilinski



Trenton Line, Anthony Alfonso, Ryan Heumann, Dr. Daniel Brown



Jake Ziebell, Brandon Berfanger, Jim Bauer, Riley Lear

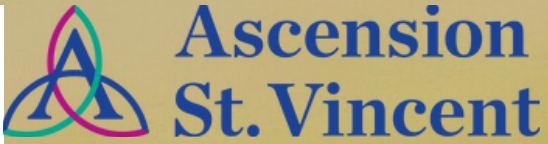


Brian Burkett, David Braun, Michael Peerman, Jesse Kauffman



Cody Fluke, Sam Lingo, Dillon Mulherin, Andrew Coffman

Thank you to Sponsors!



**Dr. HD Adams
Dr. Chris Chacko
Dr. Santi & Marti Vibul
Dr. Steve Makhecha & Dr. Stacie Wenk**

Thank you to the Vanderburgh Medical Alliance and those who donated to the silent auction!

Lula Mae's

HOME + GIFTS



ANGIE LAUGEL

PEARLS • LEATHER

OAK MEADOW
COUNTRY CLUB

American Honey
embroidery . screenprint . market



Rolling Hills
COUNTRY CLUB



**Shelly Patterson ~
S.P.A. Skin Care**

**Julie Weyer ~ Lifetime Financial
Growth**

Marti Vibul

Dr. Michael & Nancy Drake

Dr. John & Geeta Rodrigues

Mayor Lloyd Wineke

Joshua Armstrong

DISCOUNTS FOR VCMS MEMBERS |



Kenny Kent Lexus and Kenny Kent Toyota wish to provide the Vanderburgh Medical Society's Tri-state area physicians a program that addresses time constraints and navigation through the purchasing process and servicing of their vehicles. The Kenny Kent Toyota and Kenny Kent Lexus programs enhance the automotive purchasing and servicing experience with savings and convenience.

The Program:

- Designated dealership personnel are assigned to administer the Vanderburgh County Medical Society's both sales and service programs. Please identify the VCMS's affiliation when working with us.
- Test Drive – Vehicles delivered to Vanderburgh County Medical Society physicians for review.
- Pricing – Vanderburgh County Medical Society pricing for each vehicle.
- Purchase On-Line and Trade-In On-Line are available. Delivery of a vehicle may occur at an office, home, or the Kenny Kent Toyota or Kenny Kent Lexus dealership.
- Complimentary concierge service makes servicing very convenient. Program available Monday through Friday with drop off at 8 am and return by 2:30 pm. Designated drop off and pick up for physicians established by VCMS.
- You will receive a \$100 accessories gift card redeemable at Kenny Kent Toyota or Kenny Kent Lexus Parts when you purchase a new Toyota or Lexus from Kenny Kent.

We look forward to offering this unique opportunity for an exemplary purchase and service experience.

DISCOUNTS FOR VCMS MEMBERS |

Team McClintock

CONCIERGE SERVICE

for Members of the Vanderburgh County Medical Society

From start to finish, Team McClintock will manage the purchase of your home by assisting with all your real estate and related needs. We are your advocate in this entire process. All from the comfort of home or your busy office...

FINDING THE PERFECT HOME

- Send electronic "wish" and "needs" list to team member
- New listings will be emailed to you when listed
- Agent will Facebook or Skype from any of the homes of interest
- Agent will set up instant showings to meet your busy schedule
- Provide comps within hours of viewing any homes
- Gather community and school information
- Write offer, negotiate, provide counters all via phone and electronically

MAKING SURE IT'S THE RIGHT ONE

- Agent will set up all inspections at home and arrange for payments to be made at closing
- Agent will review all inspections, order any necessary additional inspections/estimates
- Work with you to respond to the inspections electronically
- Provide a Supreme Homes Buyers Warranty for one full year at closing

FINISHING THE JOB

- Help to identify lender, work with lender to provide information needed
- Pick up your earnest money check at home or office, deliver to Listing Agent
- Get Home Owner Insurance quotes
- Arrange for moving company
- Change utilities
- Facebook or Skype walk through prior to closing
- Attend closing at your home or office
- Provide a closing gift!
- Deliver the keys!!

It's that simple to move to the home of your dreams!

Team-McClintock.com • 812.777.5220 • F.C. Tucker Emge REALTORS®



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.



Colleague to Colleague

Everything looks darker when you're experiencing it alone -- or worse, when you feel like you can't talk with the colleagues around you. Each week, I hold time to offer a few calls with colleagues. My goal for this 60-minute call with you is to help you find a pinprick of light, no matter how dark your situation feels. Even if you're not interested in working with me beyond this call, I would love to talk with you, hold space for you, and be an ear to listen. As a doctor, -- I have been where you are! Click [HERE \(https://bit.ly/2xqMc8s\)](https://bit.ly/2xqMc8s) to schedule your time with me to talk, get help or practice skills to better advocate for yourself at work.

Benefits of Wellness 360°

- Improved overall health
- Stress reduction and life balance
- Improved relationships professionally and personally
- Improved patient satisfaction
- Motivation to be well
- Participants will be equipped to deal with the pitfalls of their profession
- Gained support system
- Financial Wellness

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.

Financial Wellness

Lifetime Financial Growth will offer a variety of strategies and products along with educational workshops to help you maximize your financial potential. Workshops will vary by topic such as Financial Education, Asset Allocation and Management, Retirement Planning, Individual Disability Income Protection with Specialty Own Occupation.

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.thehappyymd.com/physician-burnout-coach-team>

Schedule Your Appointment

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

The VCMS Wellness 360° program is for members only. 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.



3116 E. Morgan Ave., Suite F
Evansville, IN 47711
(812) 475-9001
vcmsdocs.org/wellness-360-2/



VANDERBURGH MEDICAL ALLIANCE

Things are getting into full swing here at the VMA! Our monthly board and general membership meetings are happening and exciting as ever. We are preparing to distribute our grants in November and it is always great to see how all the hard work we do fundraising ends us supporting our community. We were honored to have the Police Chief, Billy Bolin at our September General Membership meeting and Jeannie Browning Hester at our October meeting. Mr. Bolin gave us an update on the city and Mrs. Hester, who owns Browning Funeral Home, talked with us about preplanning. We have many more wonderful guests coming up if you'd like to join us.

Sincerely,
Heidi Lance
VMA President 2021-2022



Chief Billy Bolin addressing the membership and the marvelous lunch con provided by our hostesses after Mr. Bolin finished.



Our members helping at the VCMS Golf Scramble the end of September.

HAPPY BIRTHDAY!

November

John E. Heumann, MD	.11/2
Charles D. Franks, MD	.11/3
Iraj Hassan, MD	.11/3
Martin J. Bender, MD	.11/6
Gerhard M. Grieser MD	.11/9
David B. Curtis, MD	.11/10
Aaron T. Gries, MD	.11/10
Michael A. Herrell, MD	.11/10
Michael J. Dukes, MD	.11/11
Thomas R. White, MD	.11/11
Frank L. Hilton, MD	.11/12
Andrew W. Piering, MD	.11/12
Deane L. Smith, II, MD	.11/12
Patrick C. Flamion, MD	.11/13
Robert S. Bradfield, MD	.11/14
Raymond L. Lamey, MD	.11/14
Marc C. Johnson, MD	.11/15
Joseph E. Franklin, MD	.11/17
Mona F. Wooten, MD	.11/17
Michael B. Rusche, MD	.11/18
John M. Burnley, MD	.11/20
Melanie J. Helms, MD	.11/20
Grant R. Turley, DO	.11/20
Kyle O. Rapp, MD	.11/21
Mark F. Morrison, MD	.11/22
David W. Johnson, MD	.11/23
Tommy Symreng, MD	.11/24
Reynaldo N. Gonzales, MD	.11/25
John D. Pulcini, MD	.11/25
Laura B. Finch, MD	.11/26
Vernon H. Humbert, Jr., MD	.11/26
Christie M. Reagan, MD	.11/27
Glenn T. Johnson, MD	.11/28
Arich R. Reynolds, MD	.11/29
McKenzie B. Schaefer, DO	.11/29
Ahmed S. Khan, MD	.11/30

December

Susan M. Martin, MD	.12/1
Thomas J. Rusche, MD	.12/1
David E. Schultz, II, MD	.12/1
Brian W. Schymik, MD	.12/1
Gary L. Beck, MD	.12/2
Pearl Quartey-Kumapley, MD	.12/2
Thomas B. Anderson, MD	.12/3
Nicholas C. Kuchle, MD	.12/3
Todd S. Burry, MD	.12/4
John D. Guletz, MD	.12/4
Jerry D. Becker, MD	.12/6
Jon D. Frazier, MD	.12/6
William J. Millikan, Jr., MD	.12/6
Andrew T. Saltzman, MD	.12/7
Mark E. Meyers, MD	.12/9
Sally G. Primus, MD	.12/9
Mark Royer, MD	.12/9
R. Buckland Thomas, MD	.12/11
Joseph G Dalton, MD	.12/12
Carl H. Linge, MD	.12/15
Joel Phelps, DO	.12/15
Richard A. Tibbals, MD	.12/17
Bruce W. Romick, MD	.12/18
Thomas M. Harmon, MD	.12/20
Peter A. Rosario, MD	.12/20
Steven G. Becker, MD	.12/21
Hunter J. Hicks, DO	.12/21
Robert L. Rusche, MD	.12/22
Joseph D. Martz, DO	.12/24
Gene R. Flick, MD	.12/25
V Paul Banning, MD	.12/26
Jean S. Haseman, MD	.12/27
Edward L. Brundick, MD	.12/28
James R. Porter, MD	.12/28
Craig T. Carter, MD	.12/29
Juan C. Cabrera, Jr., MD	.12/30



Renewing Hope Through Life-Changing Healthcare



SCHOOL OF MEDICINE
EVANSVILLE

evansville.medicine.iu.edu



Vanderburgh County Medical Society
Evansville Indiana

Volume 35 | Issue 5

MONITOR

PHYSICIANS DEDICATED TO THE HEALTH OF THE COMMUNITY

3116 E. Morgan Ave., Suite F • Evansville, IN 47711

An Array of Services – A Single Source

- Talk to Prospects**
 - Marketing Mail
 - Postcards
 - Self-Mailers/Flyers
 - Personalized Letters
 - Mailing Lists
 - Presort Bulk Mailing Services
 - Brochures, Booklets & Catalogs
- Stay In-Touch with Customers**
 - Newsletters & Postcards
 - Presentation Pocket Folders
 - Note Cards & Envelopes
- Marketing Services**
 - Professional Marketing Guidance
 - Logos & Graphic Design
 - Copywriting Services
- Office Operations & HR**
 - Bank Checks & Deposit Slips
 - Carbonless Business Forms
 - Envelopes & Letterhead
 - Employee Manuals
 - Labels
 - Rubber Stamps
 - Big B/W Copy Jobs
 - Color Copy Jobs
 - Bindery Services
- Signs and Banners**
 - Posters and Banners
 - Yard Signs
 - Magnetic Signs
 - Way Finding Signs
 - Feather Flags
 - Floor Graphics
 - Wall Art
 - Trade Show & POP Graphics
 - Vehicle Graphics
- Promote Your Brand**
 - Logo Pens
 - Calendars
 - Notepads
- Nonprofits**
 - Event Promotions, Invitations
 - Announcements
 - Annual Reports
 - Donor/Member Newsletters
 - Fundraising Campaigns
 - Personalized Donor Acknowledgments

Call 812.401.9100
Mail@OvationGrafix.com
www.OvationGrafix.com
1326 N Weinbach Avenue
Evansville IN 47711

Marketing • Design • Print • Mail • Signs

Let's talk about your printing needs.
 Give us a call today.