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in this issue

Special Features

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– Hiking the Grand Canyon
William H. Dick, MD

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on our cover

The photograph is from the internet and portrays our previous February weather.

This is IMS “Heart Month”

February 2015 National Health Observances:

AMD/Low Vision Awareness Month
Prevent Blindness America

American Heart Month
American Heart Association

National Children’s Dental Health Month
American Dental Association

“We’re It’s Time to Pay Your Membership Dues for the IMS, ISMA & 7th District. Do It Today!”
David R. Diaz, MD
IMS President

ATTENTION SOCIETY MEMBERS

We like to feature photographs or other artwork shared by IMS members on the cover of The Bulletin. Submit photographs, artwork, etc., to Beverly Hurt at the Society Office, bhurt@imsonline.org.

The Bulletin is your magazine. Share your views by submitting reprints of your published articles; articles written expressly for The Bulletin; quips; short stories; brief comments; ideas; cartoons, etc.

Remember the Indianapolis Medical Society Foundation when planning your will. (Contribution form included in this issue.) Unless otherwise specified, your contribution will be directed toward medical scholarships.

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IMS Web Page: http://www.imsonline.org
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• Spinal Osteoarthritis
• Degenerative Disc Disease
• Work & Sports Related Injuries

Steven E. Levine, MD
Dr. Steven E. Levine is board certified in Pain Management and Anesthesiology by the American Board of Anesthesiology since 1994, and also is a diplomate of the American Board of Pain Medicine since 1996. He is a fellow, charter member, and on the Board of Directors for the American Board of Minimally Invasive Spinal Medicine and Surgery. Dr. Levine is a leader in developing and teaching new techniques in interventional pain management both nationally and internationally.

William L. Hall, MD
Dr. William L. Hall is Board Certified by the American Board of Physical Medicine and Rehabilitation, and the American Board of Pain Medicine. Dr. Hall joined Midwest Pain Institute after completing his residency at the University of Cincinnati in August 2002. Dr. Hall served as chief resident in the department of Physical Medicine and Rehabilitation, with duties both academic and administrative in nature. He has focused his skills and talents on the diagnosis and treatment of back and spinal pain.

Kent B. Remley, MD
Dr. Kent B. Remley, a graduate of IU School of Medicine, is an Interventional Neuroradiologist specializing in minimally invasive spine surgery as well as diagnostic and therapeutic injection procedures of the head, neck and spine. Prior to practicing in Atlanta and Indianapolis, he served as an assistant professor of Radiology and Otolaryngology and director of ENT/ Head and Neck Imaging at the University of Minnesota and was a clinical instructor in Neuroradiology at the University of California, San Francisco.

Locations
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Fax: 317-815-8951

Avon
1115 Ronald Reagan Pkwy., Suite 235
Avon, IN 46123
317-272-3880
Fax: 317-272-9068

Kokomo
2302 S. Dixon Rd.
Suite 150
Kokomo, IN 46902
765-453-0506
Fax: 765-453-0793
February is heart month. For some, that heart is for Valentine’s Day, and for others, it’s American Heart Association. For me, the focus is not only on good health and continued devotion to others, but on IMS.

My message in January was on the needs of IMS. Now let’s get to the heart of the matter.

Do you realize that the IMS was organized in 1848? That’s decades of wars, famine, recession, depression, loss, challenges ... the IMS is still here and will continue to be (and we predate the ISMA by one year, for anyone keeping track). Your leadership and IMS staffers are dedicated to that resolve. We’ve heard from some of you but we need your membership, your leadership and your participation.

It is time for your voice – the voice of medicine in the greater Indianapolis area – to be heard. What other Society requests from its members ... Talk with us. Grow with us. We want you. We have challenges, but we have always persevered. IMS was, has been and will be the voice for physicians and the practice of medicine here ... that’s our message statement and our credo.

Physicians today are faced with innumerable challenges – so were the physicians in the great depression, during wars and during “good times.” As a group, we physicians are remarkable in our knowledge and our commitments to others ... We have heart!

I have, on occasion, read some old IMS Bulletins. The challenges discussed in those old magazines are very similar to what we face now from regulations, policies and finances. IMS and our physician members have always overcome.

Some physicians today are walking away from the challenges in our profession and also the IMS. A wise person once said, “You can’t complain if you don’t vote.”

My thought is that “we can’t make things better for medicine, our patients and us by walking away or remaining silent.” Now is the time to “Take Heart.”

In my practice, I deal with depression on a daily basis. Treatment can be difficult and challenging. I am sorry to say, and you no doubt know, that some physicians are depressed as well. We don’t have a wellness program, but if that is something you want or need ... we can do that for you.

Do you want a forum to just talk medicine? Or not talk medicine? Want an opportunity to “get together” as peers and discuss whatever the day brings? We can do that, too.

Want more help with running your practice or the business side of medicine? We can do that. Want discounts to events, museums, dining? We will get them.

Your IMS leadership and staff want to provide members with the tools needed for support, for collegiality and for personal and professional growth. Tell us what you want.

With met needs, come commitments from members, membership retention and growth. As with all organizations or “sales” the best advertising is word of mouth ... Ask your practice manager to make sure your membership is paid, then, encourage, ask, and solicit your colleagues to join. If we don’t have what you want and need, we will find a way to make that happen.

The IMS has heart ... Take a moment to encourage each other; tell your family and friends what they really mean to you; donate to the American Heart Association; and, of course, don’t forget to help the IMS.
This article will be similar to the March 2014 piece. In that one, we were left to imagine what the Appalachian Trail looked like from prose, not from photos. If you attended the December meeting, you saw terrific slides of one of the world's great natural wonders.

The speaker, Kevin Carlsen, told us that the Grand Canyon began as a crack in the earth about 18 million years ago. The Colorado River then flowed into the crevice and traveled all the way to the Gulf of Mexico, thus carving the canyon. The earth is 5 billion years old; there are rocks at the bottom of the Canyon that are over 2 billion years old.

Kevin Carlsen was born in New Hampshire and traveled to Indianapolis to start a construction firm. That was his day job. He volunteered at Eagle Creek Park, and eventually he was hired on as a Naturalist. After the Earth Discovery Center was built for over $4 million in 2007, the old J.K. Lilly, Jr. house was vacant. Carlsen proposed that the home be remodeled for use as a bird sanctuary; he said that it could be built for $100,000. That can be done, said the Parks Department, but you need to come up with the money. One week later, Kevin had the money. It wasn't his - he is not a wealthy man.

Kevin's wealth lies in his knowledge of nature, especially birds. He was named the Indianapolis Environmentalist of the Year in 2010 by IPL. He is an outstanding nature photographer, again mostly with birds.

The Grand Canyon became a National Park in 1919 and it tallies 6 million visitors a year. Only 8% of the people hike the Canyon and of that group, only 1% hike to the bottom, with few of those completing the trip in one day. 2014 was the 41st hike to the bottom for Mr. Carlsen. In recent years, he has hiked to the bottom and back to the top in one day! There are 1500 plants, 350 species of birds, 90 species of mammals and 45 species of reptiles. The canyon is 277 miles long, 6,000 feet deep and four to 18 miles wide. The water temperature at the bottom is 46F.

Photos of various birds met on the trail were featured on Kevin's slides: Ravens, Pygmy Nuthatches and Scrub Jays. Bighorn sheep may be seen at certain times of the year. Petroglyphs may be viewed on canyon walls. Raft trips down the river are known to most and some in the audience had done that, including, of course, Kevin Carlsen.

Mr. Carlsen uses the South Kebab Trail to descend into the Canyon and then returns on the Bright Angel Trail to come back to the top of the South Rim. Mules have the right of way on the trails. Kevin leaves early in the morning, which is a great time for taking photos. He may return as early as 6 p.m. or as late as 10 p.m.

At the bottom are cabins and bunkhouses for those wishing to stay overnight. Cabins have space for 4-10 people and bunkhouses are separated by gender. There is a fine restaurant at the bottom, awash with good food and souvenirs (plus beer and wine). You can send back a post card from the bottom of the canyon; it is carried to the top by a mule.

Kevin usually hikes with family and/or several friends. He teaches them how to prepare their body for the trek. Exercises and walking instructions are given for the six-month preparatory period. The extensive preparation is both physical and mental. Once at the canyon, food and fluids must be consumed all day long. In addition to water, electrolytes must be drunk. Kevin Carlsen showed photos of many well-known sites, including many waterfalls, portions of rapids and the Colorado River.

Naturally, there were many photos of the Canyon walls and of the rim. Kevin told us that “no photo can show the beauty of the canyon.” It is truly one of nature's finest wonders and it is a must see. Everyone in the room had been to the Grand Canyon. The group really enjoyed Mr. Carlsen's presentation and there were many questions after the talk. What a place!
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Theresa M. Rohr-Kirchgraber, MD, reported on December 5, 2014 for the *Sound Medicine News* as an expert in Health and Wellness, on “Getting the Most Out of a Vegetarian Diet.” http://soundmedicine.org/post/getting-most-out-vegetarian-diet

James K. Cole, MD, an orthopaedic spine surgeon, has joined Community Physician Network, at its offices in Indianapolis, Greenwood and Shelbyville. He completed his medical degree at East Tennessee State University.

*News from JWM Neurology...*

Neurologist Kevin J. Puzio, MD, has joined JWM Neurology. Dr. Puzio has practiced in the Indianapolis area since the late 1980s. He received his Medical Degree from Wayne State University School of Medicine, Detroit, Michigan in 1982. Dr. Puzio completed a Neurology residency in 1986 and a Clinical Neurophysiology fellowship in 1987, both at Henry Ford Hospital in Detroit, MI. He practices general Neurology and sees adult patients with all types of neurological conditions.

JWM Neurologist Jeffrey W. Hilburn, MD, has been named President-Elect of the American Heart Association’s Midwest Affiliate Indianapolis Metro Board of Directors. He also recently spoke at the St. Vincent Hospital Medical Group Update in Cardiology on the topic of whether: “Every Stroke Patient Should Have an Echocardiogram.”

*News from Goodman Campbell Brain and Spine...*

Aaron A. Cohen-Gadol, MD, and coauthors conducted a cadaver study to better understand the causes of occipital neuralgia by examining the muscular course of the greater occipital nerve (GON). This investigation revealed variations in the muscular course, which led the authors to describe an enhanced classification scheme for the morphology in this region. Their description was published in *Surgical Neurology International*, October 31, 2014.

Dr. Cohen and others also published an article that describes a technique of using motor fiber tract stimulation during surgery to map the corticospinal tracts associated with an intramedullary tumor. The article appeared in the *Journal of Neurosurgery, Spine*, November 28, 2014.

In another article, Dr. Cohen, and coauthors explored the molecular mechanisms underlying the possible causes of peritumoral seizures that are an early symptom of glioblastoma multiforme (GBM). They studied a mouse model and tumor tissue from humans with GBM. Their data suggested that overexcitation of N-methyl-d-aspartate (NMDA) receptors may contribute to the development of seizures and that certain phosphorylated NMDA receptors may be a potential therapeutic target for blocking them. Their results were published in the December 2014 issue of *Neurosurgical Focus*.

In the December 17, 2014 issue of *World Neurosurgery*, Dr. Cohen and coauthors described their personal experiences with intraoperative aneurysm rupture (IOR). In this work, the authors presented a decade of experience with managing IOR for microsurgical treatment of complex cerebral aneurysm procedures.

Dr. Cohen, Andrew J. DeNardo, MD, Thomas J. Leipzig, MD, Troy D. Payner, MD, John A. Scott, MD, and others assessed outcomes for 102 patients who were treated for posterior inferior cerebellar artery (PICA) aneurysms. Results of this study, which compared endovascular and microsurgical clipping, appeared in the December 22, 2014, issue of *World Neurosurgery*.

Eric M. Horn, MD, presented “Craniovascular Anatomy and Parameters” at the Neuroscience Grand Rounds held on December 10, 2014, at the IU Health Neuroscience Center in Indianapolis, Indiana.

Amy D. Leland, MD, was appointed President of the Indiana Society for Physical Medicine and Rehabilitation, effective November 2014.

Jean-Pierre Mobasser, MD, moderated the national meeting of the Society for Minimally Invasive Spine Surgery (SMISS) held in September 2014. Dr. Mobasser is also a member of the SMISS Scientific Committee. In addition, he has been newly appointed to two positions within St. Vincent Indianapolis Hospital: Member of the Surgical Governance Council and Chairman of the New Technology Committee.

Mitesh V. Shah, MD, began a 2-year term as President of the Board of Goodman Campbell Brain and Spine, effective January 1, 2015.

In February 2015, Dr. Shah and coauthors will present at the International Stroke Conference. The title of their accepted abstract is “The Safety and Efficacy of Image-Guided Trans-sulcal Radial Corridors for Hematoma Evacuation: A Multicenter Study.”

Scott A. Shapiro, MD, presented “Subarachnoid Hemorrhage” at the Neuroscience Grand Rounds held on December 3, 2014, at the IU Health Neuroscience Center in Indianapolis, Indiana.
Your Dues Invoice for 2015 Has Been Mailed

If your dues have already been paid, thank you for supporting your Indianapolis, Indiana State and 7th District Medical Societies! We greatly appreciate your continued membership, and we will continue to work diligently on your behalf.

We never want to lose you as one of our valued members. Truth be told, we cannot afford to lose your membership!

Please know that if your dues are not received by March 1st, your membership will be in jeopardy.

Not sure whether or not your dues have been paid? Please call Tyna McCauley, IMS Membership Secretary at 639-3406 for verification or to request a duplicate invoice. Prefer to email her? tmccauley@imsonline.org

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CME & Conferences

Community Hospital East
First  Critical Care Conference
Wednesday Bradley Board Room, 12:00 - 1:00 p.m.
Second  Medical Grand Rounds
Tuesday Bradley Board Room, 12:30 - 1:30 p.m.

Community Hospital North
First  Pediatric Grand Rounds
Wednesday Reilly Board Room 7:30 – 8:30 a.m.
First  North Forum
Friday Reilly Board Room; 12:00 - 1:00 p.m.
Every Other Month  Psychiatry Grand Rounds
7250 Clearvista Dr.
4th Thursday Multi-Service Rms. 1 & 2, 7:30 - 8:30 a.m.

Community Heart & Vascular Hospital
First  Imaging Conference
Wednesday rotates Cath & Echo Case Presentations
CHVH MCV Boardroom Videoconference to
HVC Anderson Office, HVC East Office BR (Ste. 420)
HVC South Office CR (Suite 2400)
HVC Kokomo 7:00 - 8:00 a.m.
Third  Ken Stanley CV Conference
Wednesday CHVH MCV Boardroom Videoconference to
HVC Anderson Office, HVC East Office BR (Ste. 420)
HVC South Office CR (Suite 2400)
HVC Kokomo 7:00 - 8:00 a.m.
Fourth  Disease Management Conference:
Wednesday rotates CHP & EP Case Presentations
CHVH MCV Boardroom Videoconference to
HVC Anderson Office, HVC East Office BR (Ste. 420)
HVC South Office CR (Suite 2400)
HVC Kokomo 7:00 - 8:00 a.m.

2014 Cancer Conferences
Community Hospital East
Third  East General Cancer Conference - CHE
Thursday Medical Staff Conference Room
12:00 noon to 1:00, lunch provided
Fourth  East Multidisciplinary Breast Cancer Conference - CHE
Tuesday Medical Staff Conference Room
7:00 to 8:00 a.m.

Community Hospital North
First & Third  North Multidisciplinary Breast Cancer Conference - CHN
Tuesdays 8040 Clearvista Parkway, Suite 550
7:00 to 8:00 a.m.
Second & Fourth  North Multidisciplinary GI/Colonrectal Oncology Conference - CHN
Wednesdays 8040 Clearvista Parkway, Suite 550
7:00 to 8:00 a.m.
First  North Multidisciplinary Gynecologic Surgical Oncology Conference - CHN
Friday 8040 Clearvista Parkway, Suite 550
7:30 to 8:30 a.m.
First  North Chest Cancer Conference - CHN
Wednesday 8040 Clearvista Parkway, Suite 550
7:00 to 8:00 a.m.
Third  Melanoma Cancer Conference - CHN
Wednesday 8040 Clearvista Parkway, Suite 550
7:30 to 8:30 a.m.

Community Hospital South
Second  South Multidisciplinary Breast Cancer Conference - CHS
Wednesdays Community Breast Care Center South
533 E. County Line Rd., Suite 101
8:00 to 9:00 a.m.
First  South Multidisciplinary GI/Colonrectal Oncology Conference
Tuesday 1440 E. County Line Rd., Community Cancer Care, Community Room
12:00 to 1:00 p.m.

For more information, contact Valerie Brown, (317) 355-5381.

Indiana University School of Medicine/Indiana University Health

IU – Methodist – Riley
March 9-11 Third Annual Children’s Health Services Research Symposium
April 24-26 American Medical Women’s Association (AMWA)
May 14-16 50th Annual Riley Hospital for Children’s Pediatric Conference
July 10 Review and Interpretation of the 2014 ASCO Conference
July 13-19 100th Annual Anatomy and Histopathology of the Head, Neck and Temporal Bone

Indianapolis Medical Society

February 17 Executive Committee, Nominating Committee appointed.
23 AMA Presidents’ Forum, Grand Hyatt, Wash., D.C.
23-25 AMA’s National Advocacy Conference (NAC), Wash., D.C.
March 8 IMS Advisory Breakfast (Le Peep’s), 7:30 AM ... prior to ISMA BOT 9:00 AM, ISMA
11 Senior/Inactive Luncheon, Society, 11:30 AM, Speaker TBA
24 IMS Board, Society, 6:00 PM, Social; 6:30 PM, Dnr/Mtg, Speaker
30 HAPPY DOCTOR’S DAY!
TBD IMS Nominating Ctme., Hale Room, Society Headquarters, 6:30 PM, Light Dinner.
April 21 Executive Committee, Society, 6:00 PM, Sandwiches
22 Administrative Professional’s Day (aka Secretaries’ Day)
May 19 IMS Board, Society, 6:00 PM, Social; 6:30 PM, Dnr/Mtg
19-20 TBA MSE Board Meeting, Society, 6:15 PM, Sandwiches
June 6-10 AMA Annual House of Delegates’ Meeting, Hyatt Regency, Chicago, IL
11-15 Senior/Inactive Luncheon Meeting, 11:30 AM, Society
16-18 Executive Committee, Society, 6:00 PM, Sandwiches
21 IMS Advisory Breakfast (Le Peep’s), 7:30 AM; ISMA BOT, 9:00 AM @ Headquarters
JULY 21 IMS Board, Society, 6:00 PM, Social; 6:30 PM, Dnr/Mtg
August 18 Executive Committee, Society, 6:00 PM, Sandwiches
2015 Midwest Clinical Conference

68th Annual 2015 Midwest Clinical Conference (MCC)
March 13-14, 2015
Westin Chicago-River North, 320 N. Dearborn, Chicago, Illinois

CME Accredited Provider: Chicago Medical Society
CME Credits: Up to 15 hours, 4 Concurrent Course Tracks, 24 sessions and up to 56 different topics.

Looking Forward: The Convergence of Humanism & Technology in Medicine

A two-day education conference providing 4 Concurrent Course Tracks, 24 sessions, and up to 56 different topics including new advancements and cutting edge clinical, medical legal, technology, physician leadership, compensation model and practice management topics. Wide range of topics designed for both primary and specialty physicians. Courses will encompass both lecture and panel style discussions.

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*Physician Recognition Awards

More than 30 specialty societies, ethnic groups and academic institutions participating. MCC is the only conference designed around the education needs and interests of all medical specialties and the only conference that includes all medical specialty societies in planning and participation.

As an IMS Member, you will receive the discounted conference registration fee.

Questions or to register:
Chicago Medical Society, 515 N. Dearborn, Chicago IL 60654
Cecilia Merino, Director of Education, cmerino@cmsdocs.org
Phone: 312-329-7339, fax: 312-670-3646, ww.cmsdocs.org

AMWA Centennial Meeting

The American Medical Women’s Association (AMWA) will be holding it’s Centennial Meeting in Chicago April 24-26, 2015.

CME Accredited Provider: Indiana University School of Medicine
CME Credits: Up to 21 hours

Celebrating a Century Past and Embracing an Empowered and Innovative Future

A career development precourse on Thursday 4/23/15 will include Work Force Re-entry, Negotiating Skills, Career Management, and Personal Development “Why do I Feel Like a Fraud?”

The main conference is a two-day education conference providing a wide range of topics designed for both primary and specialty physicians with an emphasis on women’s health, leadership, and wellness.

*Breakfast, Lunch Included, Gala celebration additional fee
*Nationally Recognized Keynote Speakers
*Exhibit Hall
*Networking opportunities
*Physician, Resident and Student Poster Competition
*Physician Recognition Awards

The AMWA annual meeting is designed around the education needs and interests of all medical specialties and one of the few to focus on leadership for women in medicine. Come celebrate 100 years of AMWA as the Voice and Vision of Women in Medicine!

Questions or to register:
AMWA-doc.org, program@amwadoc.org,
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