Happy Doctors’ Day

Join Team IMS at the 7th Annual Carmel Marathon Weekend!

Saturday
April 22, 2017
**Is it time for your insurance plan checkup?**

You order diagnostic tests for your patients because it is in their best interest.

**We do the same for you!**

From strategies to protect your business, to plans to cover your health care needs, ISMAIA has it all.

- Commercial/Business Insurance
- Employment Practices Liability and Cyber Liability
- Professional/Malpractice Insurance*
- Group Medical, Dental, Vision, Life, Long-Term & Short-Term Disability
- Personal – Home, Auto, Umbrella
- Family/Individual – Medical, Dental, Vision
- Individual Life and Disability
- Medicare Supplements and Part D
- Long-Term Care Insurance
- Commercial Analysis/Audits and Recommendations
- Healthcare Reform Compliance
- Wellness Plan Design and Implementation

**ISMA Insurance designed BY physicians FOR physicians, their families and their employees.**

For more information, visit: [www.ismaia.com](http://www.ismaia.com) or call (317) 471-4229 • (877) 647-2242

*Access is available through Pro Assurance Indemnity Co., Inc. – ISMA’s endorsed professional liability carrier.

---

**In a world of change, our focus is steadfast.**

**DIAMOND CAPITAL MANAGEMENT**

317-261-1900 • [www.dmdcap.com](http://www.dmdcap.com)

Not FDIC Insured • No Bank Guarantee • May Lose Value • © 2016 Diamond Capital Management
LIVE THE GOOD LIFE
Own the Lake Living Lifestyle for Yourself

Enjoy Family Fun on the Lake!
Build your dream home in the sought-after communities of Cambridge, Canal Place, Hampton Cove, Sail Place or Marina Village at Geist Lake; Morse Overlook at Morse Lake; or Lake Clearwater and Lake Killbuck in Anderson.

Live every day like you’re on vacation...

Active Lifestyle
With great weather right around the corner, it’s time to get back outdoors. Indulge your active lifestyle with easy access to lake activities, right in your own backyard.

Ideal Entertaining
Treat friends, family, and out of town guests to luxury life on the lake. Enjoy evening sunsets over the water, boat rides, and outdoor entertaining that will leave them talking for years.

Escape the Everyday
Isn’t it about time your family escaped the drudgery of the everyday? Unwind, and experience the joy of lake life living. Welcome to the good life.


(317) 845-0270 ext. 24 | Rob@RobBussell.com
Call Rob Bussell for lot information, pricing and financing options.
At the Indianapolis area’s largest locally owned national bank, we believe in giving our clients the privileges they deserve. Privileges like exceptional personal service, in-depth knowledge, and timely responsiveness. Our private bankers make it a priority to meet your specific needs. So please call Linda Allen at 317-261-0330 to set up an appointment today. Because working with you is our privilege.
in this issue

Special Features

President’s Page
“the other side of the exam table, vulnerable, frightened, looking for direction and help.”
Susan K. Maisel, MD ..........................................................7

Carmel Marathon .............................................................8

Special Feature
How to Get Paid for Your Healthy New Year’s
Resolutions
Julie Daftari, MD ...........................................................13

In Recognition
In Recognition of William Dugan, MD
Charles Thomas, MD .....................................................14

Departments

About Our Cover ............................................................5
Bulletin Board ...............................................................11
CME .................................................................12
Employment Advertising .........www.imsonline.org
New Members .............................................................14

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.

The IMS Bulletin is for the personal use of IMS Members. Using
this publication or any communication tool of the Indianapolis
Medical Society for solicitations, commercial activities,
marketing tools, list making or general mailings is prohibited.

Bulletin Subscriptions: $36.00 per year
AMA Web Page: http://www.ama-assn.org
IMA Web Page: http://www.imsonline.org

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.

The IMS Bulletin is for the personal use of IMS Members. Using
this publication or any communication tool of the Indianapolis
Medical Society for solicitations, commercial activities,
marketing tools, list making or general mailings is prohibited.

Bulletin Subscriptions: $36.00 per year
AMA Web Page: http://www.ama-assn.org
IMA Web Page: http://www.imsonline.org

History of Doctors’ Day

The first Doctors’ Day observance was held on March 30,
1933, by the Barrow County Alliance, in Winder, Georgia.
The idea of setting aside a day to honor physicians was
conceived by Eudora Brown Almond, wife of Dr. Charles B.
Almond, and the recognition occurred on the anniversary
of the first administration of anesthesia by Dr. Crawford
W. Long in Jefferson, Georgia, in 1842. The Alliance
immediately adopted the following resolution:

“WHEREAS the Alliance to the Barrow County Medical
Society wishes to pay lasting tribute to the Doctors, therefore,
be it RESOLVED by the Alliance to the Barrow County
Medical that March 30, the day that famous Georgian Dr.
Crawford W. Long first used ether anesthesia in surgery, be
adopted as “Doctors’ Day,” the object to be the well-being and
honor of the profession, its observance demanding some act of
kindness, gift or tribute in remembrance of the Doctors.”
Healthcare supplies you can trust.

At Staples Business Advantage®, we’ve been serving the healthcare industry for decades. By listening closely to the needs of IMS Members like you, we’ve learned exactly what it takes to keep a healthcare facility running smoothly. That’s why we’ve expanded our selection to include the specialized medical supplies you use every day, from disinfectants, gloves and masks to defibrillators, wheelchairs and stethoscopes.

With exclusive contract pricing and fast, free delivery, we help you save on the brand-name healthcare and office supplies you trust.

To learn more or start ordering, contact John Simatovich today.

John Simatovich  
john.simatovich@staples.com

Everything you need, from the waiting room to the exam room.
It is so easy to become lost and consumed by the those issues in medicine that contribute to burnout resulting in a loss of enthusiasm for work, feelings of cynicism, and a low sense of personal accomplishment (as reported by 59% physicians in 2016). I never imagined that my appreciation and love for my profession would be so awakened by a series of events that unfolded at the tail end of my family’s New Year celebration in Florida. It was an event that put me on the other side of the exam table, vulnerable, frightened, looking for direction and help.

On January 6, 2017, I was at the Fort Lauderdale Airport with my daughter, son-in-law and 5, 7, and 8-year-old grandchildren, waiting in Terminal 1 at Gate 8 to board our flight. It was 1:30 PM when my daughter overheard another passenger talking to someone on the cell phone who was reporting she was hiding in a bathroom in Terminal 2 because there was a man shooting people. We looked around, and everything appeared normal, with people eating snacks, on computers and cell phones, and passengers lining up for flights. So, we assumed it was a hoax, and returned to our pre-board activities, lost in silent thoughts of all the work awaiting us when we returned back to the reality of home and the workplace after a wonderful week-long vacation together. Ten minutes later, a CNN “breaking news story” flashed across the big screen TV, reporting a mass shooting in Terminal 2, leaving five dead and eight injured. The accused gunman was in police custody, undergoing interrogation, the incident was reported as contained. Although everyone was somewhat on edge, all airport activity appeared to have returned to normal, and there were assurances on CNN by the police and airport authority that the “situation” was isolated and over. At 1:50 PM it was reported that all flights out of the Fort Lauderdale airport were on delay, while the tarmac was being secured, since passengers from Terminal 2 had escaped onto the tarmac. We watched out of our terminal window, and saw injured and dead being loaded into ambulances within our view, and the event took on reality to us. At 2:20 PM, it was announced that all airport services were being suspended, with nobody really understanding what that meant. At 2:22 PM it was announced that our terminal was on lockdown, with passenger and terminal workers’ fears now mounting, but nothing on CNN to suggest further problems. At 2:24 PM, we heard a pop, pop, pop, pop, pop, and saw a stampede of passengers, terminal workers and TSA employees running towards us, as an announcement blared over and over on the overhead speakers “active shooter in Terminal 1, take cover, get out!” At that point, with terror, we all dived under chairs and behind counters without regard for personal items, including computers, unchecked carry-ons and purses with ID’s, credit cards and money. We had one collective thought, to survive. Within a few minutes, some fleeing were pushed by the crowd out terminal emergency doors onto the tarmac. I could not see my family, as I had been across the aisle buying a soda, and could not get to an emergency door. I saw a breezeway onto an empty plane through which I ran and activated the emergency door in the tail, followed by others, fleeing down to the tarmac. The family was separated, with two behind a luggage tram, three hiding in the cab of a service truck, and I was behind a small inter-terminal bus. We all had been on our cellphones in the terminal, the only belonging we each escaped with, and with a quick call to each other we were able to briefly reunite on the tarmac before we heard a loud explosion. Pandemonium and a rush of terror again followed, with no authoritative figure to explain the situation or give us guidance. There was a herd reaction, with people running and screaming from one end of the tarmac to the other. Rumors began flying through the crowd that there was a militaristic takeover of the airport, with bombs planted, as those fleeing talked on cell phones to friends and loved ones “on the outside.” The rumor was enforced by our view of an airport periphery filled with flashing police cars and sharp shooters positioned on top, and helicopters flying overhead. After an hour of running on the tarmac in 85 degrees without water, in our winter clothes (anticipating 3 degrees in Indy) we were further terrorized by confrontation of machine gun-armed men in fatigues, guns pointed at us, moving us with hands overhead to a grassy field, adjacent to the tarmac and a train track. We saw people lying face down on the grass and did not know whether or not they had been shot. The men would not answer any questions. The grandchildren then asked if we were going to die. At that point we did not know. We were placed face down on the grass and patted down, getting bitten by fire ants. We subsequently were instructed to hide under a tanker train car to get out of the line of fire — two hours have now passed. My daughter and two of the grandchildren saw an opening in the fence surrounding the airport, and they began fleeing with 50 others, with me following. They found shelter, hiding in a woodwork shop, and I was taken in by the owner of a turbo jet service with three frightened others - he gave us water, soothed us, and watched CNN with us as the chaos continued. My son-in-law and five year old grandson were detained by the police under a bridge on the tarmac at gunpoint, with suspicions of a terrorist hiding amongst the crowd. By now, rail service and the Port of Port Lauderdale were closed, and all businesses in the vicinity of the airport were on lockdown. After two more hours, the gentleman that hid my daughter and two grandchildren broke rules of the lockdown by driving them to find me, and then taking us back to the hotel where we had vacationed, with all of us agreeing earlier to make that our place of rendezvous. My son-in-law and grandson were released two hours later, instructed to walk off the tarmac and find a place of business that would offer assistance. We were all reunited by 8:00 PM, as the chaos at the airport continued until after midnight.

Continued on page 13.
Join us for the 7th Annual Carmel Marathon Weekend!

Saturday, April 22, 2017

Start time for all events: 7:30 am

Welcome members of the Indianapolis Medical Society!

We’re excited to partner with Team IMS and their charity, the Gennesaret Free Clinics.

For every IMS member that participates in the Carmel 5K, Carmel Marathon will donate $10 to that charity on behalf of the Indianapolis Medical Society.

In addition, for members wanting to run farther, Carmel Marathon will donate the following: $10 for every ISG8K entry and $20 for every Carmel Marathon or Half Marathon entry.

How to register for Team IMS:
Visit camelmarathon.com, click on registration, then during the registration process, choose Team IMS in the dropdown menu of charities.

Marathon ★ Half Marathon ★ ISG8K ★ Carmel 5K

www.carmelmarathon.com
# 2017 REGISTRATION FORM

Please accurately and legibly complete all fields. Mail-in registrations must be postmarked no later than April 15, 2017 and are subject to capacity restrictions. **Entry is NON-REFUNDABLE.**

Register Online at www.CarmelMarathon.com

<table>
<thead>
<tr>
<th>Event</th>
<th>Fee from</th>
<th>Fee to</th>
<th>Race Week Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Marathon</strong></td>
<td>$75</td>
<td>$85</td>
<td>$90</td>
</tr>
<tr>
<td><strong>Half Marathon</strong></td>
<td>$55</td>
<td>$60</td>
<td>$70</td>
</tr>
<tr>
<td><strong>ISG8K</strong></td>
<td>$30</td>
<td>$35</td>
<td>$40</td>
</tr>
<tr>
<td><strong>Carmel 5K – Team IMS</strong></td>
<td>$25</td>
<td>$30</td>
<td>$35</td>
</tr>
<tr>
<td><strong>13 &amp; Under 5K</strong></td>
<td>$15</td>
<td>$20</td>
<td>$25</td>
</tr>
</tbody>
</table>

*Must be at least 16 years old to participate in the marathon and be able to finish in 6.5 hours. **Must be at least 10 years old to participate in the half marathon. Skateboards and animals are prohibited. Baby joggers and strollers are only allowed in the Carmel 5K.

NO RACE DAY REGISTRATION. NO RACE DAY PACKET PICK-UP.

## 2. PERSONAL INFORMATION

First Name: ___________________________ Last Name: ___________________________

Address: ___________________________ City: ___________________________ State: ______ Zip: ______

Country: ___________________________ Sex: _______ Date of Birth: ______ / ______ / ______ Age on 4/22/17: ______ / ______ / ______

Email: ___________________________ T-Shirt Size (GENDER SPECIFIC): XS / S / M / L / XL / XXL

Estimated Finish Time: Hr: ______ Min: ______ Phone #: ______ Emergency #: ______

(Required for Marathon & Half Marathon only)

University Attended: ___________________________

## 3. PAYMENT INFORMATION

- [ ] Check or Money Order
- [ ] Visa
- [ ] MC
- [ ] AMEX

Card #: ___________________________ Exp. Date: ___________________________

Name on Card: ___________________________ Billing Address: ___________________________ Billing Zip: ______

## 4. REFUND POLICY/CANCELLATION POLICY/WAIVER AND RELEASE

**REFUND POLICY:** All entries are non-refundable. Once we receive your entry, you will not receive a refund for any reason, even if you cannot participate.

**CANCELLATION POLICY:** The participant acknowledges that the registration is only a license to participate in the event. There is no guarantee as to quality or any element of the scheduled event. The scheduled event may be cancelled, shortened or altered due to weather, other acts of God, terrorism, or for any other reason or reasons within or without the control of Carmel Road Racing Group, whether in whole or in part. There are no refunds for any reason whatsoever. The registrant understands that these terms are a condition of the entry fee and agrees to register subject to these terms.

**WAIVER AND RELEASE:** THE ABOVE CARMEL ROAD RACING GROUP EVENTS (hereinafter “Events”) WAIVER-REQUIRED (if under 18 years of age your Parent or Legal Guardian must also read and agree to this Waiver and Release.) I have read the Events entry form, Events policies, and this WAIVER AND RELEASE and understand all of them. I agree to be legally bound by the terms of this Waiver and Release. I know that participating in the Events is a potentially hazardous activity that may result in injury or death to me, injury or death to others, or damage to my property from known and unknown or anticipated and unanticipated risks. I am fully aware that I should not participate in the Events unless I am willing to assume such risks and unless I am emotionally, medically and physically able to do so. It is my sole responsibility to determine if I am emotionally, medically and physically able to participate in the Events. I understand the nature of the Events and I ASSUME ALL RISKS associated with my voluntary participation in the Events, including, but not limited to, falls, injuries, contact with other participants, contact with wheels, chairs or guide animals, contact with vehicles, the effects of the weather, including extreme temperatures and precipitation, vehicular traffic, pedestrian traffic, contact with or interaction with Event observers, attendees, volunteers, workers, or newsmen. Knowing these facts, I, for myself, heirs, executors, administrators or anyone else who might make a claim on my behalf, COVENANT NOT TO SUE, WAIVE ALL CLAIMS AGAINST AND FULLY RELEASE AND DISCHARGE Carmel Road Racing Group, any and all sponsors affiliated with the Events, Events participants, officials, workers, volunteers, and any and all officers, directors, employees and other representatives of any of the foregoing, and any successors or assigns of the foregoing (collectively, the “Releasees”) from and against ANY AND ALL claims or liability, including without limitation the sole or contributory negligence of any or all the Releasees whether foreseen or unforeseen for death, personal injury (whether temporary or permanent), mental or emotional injury, invasion of privacy or property damage arising out of, or in the course of, my participation in the Events. I also understand and agree that any information about me, including information on this form, may be provided to third parties for any legitimate purpose, including commercial marketing purposes. I further grant full permission to Carmel Road Racing Group and/or agents authorized by them, to use any photographs, video recordings, audio recordings, motion pictures, or other record of the Events which contain my name, picture and/or likeness for any purpose without any notice or compensation to me.

Signature of Participant: ___________________________ Date: ______

Signature of Parent or Legal Guardian (if participant is under 18): ___________________________ Date: ______

Mail completed registration form with check, money order or credit card information to:

Carmel Road Racing Group, 4000 W. 106th St., Suite 125, Box 408, Carmel, IN 46032

IMS Bulletin, March 2017
If you or a loved one are considering treatment options for back or neck pain, one of our Goodman Campbell Brain and Spine physicians can help guide you to relief.

Our team of neurosurgeons, interventional pain management physicians, interventional neuroradiologists, and advanced practice providers all work together to provide cutting edge care that is conservative, yet effective.

Tired of debilitating pain? Ready to reclaim your life? Then visit us online at www.goodmancampbell.com or call 317-396-1300 to schedule a consultation. Same-day and next-day appointments available.
Theresa M. Rohr-Kirchgraber, MD, and Paul R.N. Kirchgraber, MD, presented to the IUSM residents on Medical Marriages: Sex and Medicine during their annual Resident Wellness Day. Theresa Rohr-Kirchgraber, MD, was an invited speaker at the IUSM Evansville campus to discuss Negotiation and Assertiveness in Medicine.

Rick C. Sasso, MD, Indiana Spine Group, has authored a paper recently published in the International Journal of Spine Surgery. The manuscript reviews bone substitutes and expanders in spine surgery. The Journal is dedicated to educating spine surgeons worldwide by reporting on the scientific basis, indications, surgical techniques, complications, outcomes, and follow-up data for promising spinal procedures.

Dr. Sasso served as a faculty member at the annual meeting, Spine Base to Summit 2017, in Beaver Creek, Colorado in late January. He was invited to give lectures on current techniques for the surgical treatment of cervical stenosis causing myelopathy, avoidance of complications in anterior cervical spine exposures, and the proper surgical strategies for cervical deformities. He also debated the appropriate surgical treatment of cervical fracture/dislocations and Type II odontoid fractures in the elderly.

Stephen W. Perkins, MD, IMS Past President, Meridian Plastic Surgeons, helped to direct the recent Annual Winter Symposium 2017, “Reaching New Peaks In Facial Plastic Surgery” in Beaver Creek, Colorado. This was offered by Facial Plastic Surgery International, an educational foundation he co-founded with Capi Weber, MD, a colleague and Facial Plastic Surgeon from the Netherlands. Dr. Perkins is the president of this organization and spoke on the topics of “Faceliftin-Midface Volumization Which is Not Primarily Using Fat” and “The Difficult Rhinoplasty.”

News from Goodman Campbell Brain and Spine ...

Nicholas M. Barbaro, MD, was presented the distinguished Lifetime Achievement Award at “An Evening for Epilepsy: Unmask the Myths,” hosted by the Epilepsy Foundation of Indiana on February 25, 2017. The annual benefit gala will support the more than 66,000 Indiana residents living with the daily challenges of epilepsy. Dr. Barbaro’s surgical career and research is dedicated to improving the lives of patients with the disorder. As an invited presenter at national and international conferences, he is widely recognized as a leading expert in the treatment of epilepsy and has published numerous peer-reviewed journal articles and book chapters on the subject. “An Evening for Epilepsy” was held at the Ritz Charles in Carmel, Indiana.

Daniel H. Fulkerson, MD, was recently selected for membership in the American Society of Pediatric Neurosurgeons, considered the “Senior Society” of pediatric neurosurgery.

Andrew H. Jea, MD, and his fellow authors have reported on their research “Children presenting in delayed fashion after minor head trauma with scalp swelling: do they require further workup?” The paper appeared in the January issue of Child’s Nervous System.

A new research article by Aaron A. Cohen-Gadol, MD, and his co-workers was recently published in Analyst. The article, “Utility of neurological smears for intrasurgical brain cancer diagnostics and tumour cell percentage by DESI-MS,” appeared online ahead of print on January 23, 2017.

Laurie L. Ackerman, MD, was an invited presenter at the American Society of Pediatric Neurosurgeons’ 40th Annual Meeting in Maui, Hawaii. Dr. Ackerman’s presentation was titled “Transitional Care–the institutional perspective.”


IMS Suggestion Box @ imsonline.org

Dr. Maisel welcomes suggestions from physicians, IMS Members and non-members. Simply click on the suggestion box icon and

“Let Us Hear from YOU!”
ims@imsonline.org
CME & Conferences

Community Hospital East
First Wednesday Critical Care Conference Ste. 420, 12:00 - 1:00 p.m.
Second Tuesday Medical Grand Rounds Ste. 420, 12:30 - 1:30 p.m.

Community Hospital North
First North Forum Tuesday Ste. 420, 12:00 - 1:00 p.m.
Every Other Psychiatry Grand Rounds Multi-Service Rms. 1 & 2, 7:30 - 8:30 a.m.

Community Heart & Vascular Hospital
First Wednesday Imaging Conference: 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 Wednesday Ken Stanley CV Conference
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 Wednesday Disease Management Conference: rotates CHF & 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.

2016 Cancer Conferences
Community Hospital East
Third Thursday East General Cancer Conference - CHE Ste. 420, 12:00 noon to 1:00, lunch provided
Fourth Tuesday East Multidisciplinary Breast Cancer Conference - CHE Ste. 420, 7:00 to 8:00 a.m.

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

Community Hospital South
Second Wednesdays South Multidisciplinary Breast Cancer Conference - CHS Community Cancer Center South 1440 E. County Line Rd., Community Room 8:00 to 9:00 a.m.
Third Wednesday South GYN Community Cancer Center South, 1440 E. County Line Rd., Community Room 12:00 to 1:00 p.m.
Fourth Wednesday South Thoracic Community Cancer Center South, 1440 E. County Line Rd., Community Room 7:00 to 8:00 a.m.
First Tuesday South Multidisciplinary GI/Colorectal Oncology Conference 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 3 RESPECT Conference Let’s Talk Palliative Care: Challenges, Controversies, and the Cutting Edge Ritz Charles Banquet Facility
March 9-10 Fundamental Critical Care Support IU Health Methodist Hospital
March 10 Advancing the Medical Role in Child Protection Richard A. Carlucci Recreation and Aquatic Center, Plainfield
March 10 Transgender Health Conference 2017 Eskenazi Hospital
Mar. 10-11 American Pediatric Association (APA) Region 5 Regional Meeting
March 17 4th Annual Pediatric Gastroenterology Update for the Primary Care Clinician Ritz Charles, Carmel
Mar. 30-Apr. 2 AMWA 102nd Annual Meeting San Francisco, California
April 7-8 Advanced Peripheral Arterial Disease Intervention Course for Vascular Surgeons Fairbanks Hall
April 8-9 21st Century Great Conversations in Neuroscience, Art and Related Therapeutics Hine Hall
April 21-22 Pediatric Medical Weekend Conference IU Health Bloomington Hospital
April 25 Vascular Collaborative (VC) Spring 2017 Consortium Goodman Hall
April 28 Annual Vascular Symposium: Emphasis Primary Care Hine Hall
April 29 Practical Pearls General and Community Pediatrics Spring Series Riley Outpatient Center
May 1 Riley Hospital Surgical Research Day Riley Outpatient Center
May 2 IU Health Emergency Medicine and Trauma Conference for Advanced Providers Series Goodman Hall
May 5 AHEC District 7 Trauma Symposium Landsbaum Center for Health Education Terre Haute
May 12 20th Annual IU Gastroenterology/Hepatology Update Indiana History Center
May 17-18 52nd Annual Riley Hospital for Children at IU Health Pediatric Conference NCAA Hall of Champions Conference Center

Course dates and locations are subject to change. For more information, please visit http://cme.medicine.iu.edu or call 317-274-0104.

The Indiana University School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.
We have more than 100 recurring meetings available. For a listing or more information, please visit http://cme.medicine.iu.edu or call 317-274-0104.
Nearly half of all Americans each year make New Year’s resolutions, especially commitments to exercise more, eat better and improve one’s health. However, research suggests fewer than 10 percent of people are successful in achieving those resolutions.

But what if you could use technology to get paid for making and achieving some of your New Year’s resolutions, especially those aimed at improving your health? That is the goal behind new products in the growing health and wellness industry, which is leveraging technology to help make it easier for people to maintain and improve their health.

To help people improve their health and save money in 2017, here are five ways you can use technology that may enhance their personal and financial well-being:

- **Find a Fitness Tracker**: The wearable-technology market is booming; the industry’s value is expected to reach $31.2 billion by the end of 2020, according to a recent research report. This is good news for consumers, as wearable devices enable people to track their daily steps, monitor their heart rates and analyze sleep patterns. Some employers and health plans are including fitness trackers as part of wellness programs, enabling some employees to earn up to $1,500 per year in incentives by meeting specific daily walking goals. Likewise, websites such as www.achievemint.com enable people to earn cash rewards for walking.

- **Workplace Wellness**: Besides fitness trackers, some employers offer other wellness incentives, which can include gift cards, lower health insurance premiums, cash bonuses, and discounts on gym memberships. The value of corporate wellness incentives has increased to $693 per employee, up from $430 five years ago, according to a recent study from the National Business Group on Health. However, the study found that fewer than half of eligible employees earned the full incentive, with workers leaving millions of dollars of unclaimed rewards.

- **Comparison shopping**: The internet has transformed how people purchase goods and services, and it is doing the same for health care. Some new online and mobile services enable people to comparison shop for health care based on quality and cost. The Health4Me app, available on iPhone and Android devices, enables users to identify nearby health care providers and facilities, as well as compare quality and estimated cost information for more than 850 common medical services.

- **Get Care Anywhere**: New mobile apps now enable people to meet with a primary care physician and specialist to obtain medical care, with the goal of providing convenience and more affordable care. The cost of a video-based virtual visit is usually less than $50 and may provide significant savings when compared to costs for similar minor medical needs treated at a doctor’s office (approximately $80), urgent care facility (approximately $160) or emergency room (approximately $650), according to UnitedHealthcare claims data. Recent advances in audio and video technology is enabling people to obtain a diagnosis and necessary prescriptions for minor medical needs including allergies, sinus and bladder infections, bronchitis and other conditions.

- **Keep Yourself Covered**: The New Year is also a good time to evaluate whether you have the necessary level of financial protection to get you through an unforeseen medical issue. A life, disability or critical illness & accident insurance policy may provide peace of mind so you can focus on getting better. Some Americans are underinsured or lack life insurance altogether to help protect an important asset – their ability to earn an income.

The New Year is an opportune time to reflect on your personal and financial health. By taking advantage of available resources, people may improve both their waistlines and their wallets.
New Members

Armstrong, Thomas M., MD
(Reactivation)
Email – tmarmstr22@gmail.com
Internal Medicine, 1987
Geriatric Medicine (IM), 1994
Hospitalist
Indiana University, 1983

Chen, Melinda E., MD
Fellowship – IU School of Medicine
705 Riley Hospital Dr., #5960
46202-5109
Ofc – (317) 944-3889
Fax – (317) 944-3882
Email – chenmeli@iupui.edu
Pediatrics, 2014
Pediatric Endocrinology
University of Wisconsin, 2011

DeWester, Jeffrey N., MD
(Reactivation)
Dewester Treatment & Research
6447 S. East St., #C
46227-2119
Ofc – (317) 807-0247
Fax – (317) 735-1951
Family Medicine, 1989, 2003
Other Specialty
Indiana University, 1986

Douglas, Annette C., MD
Web – www.vrad.com
Diagnostic Radiology, 1996
University of Pennsylvania, 1991

Doytchinova, Anisiia T., MD
Fellowship – IU School of Medicine
Internal Medicine, 2013
Cardiovascular Disease
Chicago Medical School, 2010

Gangadhar, Shiva P., MD
Rehabilitation Associates of IN
6330 E. 75th St., #110
46250-2717
Ofc – (317) 588-7130
Fax – (317) 588-7133
Physical Medicine & Rehabilitation, 2016
Indiana University, 2011

Hiatt, Kelly K., MD
Community Physician Network
ENT Care East
1400 N. Ritter Ave., #230
46219-3046
Ofc – (317) 355-7784
Fax – (317) 355-2960
Web – www.ecommunity.com
Otolaryngology, 2013
Indiana University, 2005

In Recognition ... Jill Thomas, RN and Charles Thomas, MD

As most of us speed through life trying to keep up, we, by tradition, fail to recognize and honor the greatest among us while they are alive. It seems the praise we heap upon them always comes at their eulogy or a celebration of life when instead, we would have the opportunity to do so for them in person.

A case in point is a personal one. In 1979, my beautiful, vivacious wife, a mother of five, and a Registered Nurse, was stricken with chest pain and was found to have a lemon-sized mass in the posterior mediastinum. After a non-revealing medical workup, the mass was removed by Hal Holbrook, MD and was thought to be a malignant thymoma. Post-op, she was placed on irradiation treatments at Methodist Hospital, but 2 weeks later became jaundiced. Imaging revealed a recurrent mass of lymphoma invading into the duodenum. Surgical consultation considered a Whipple procedure, but it was decided to obtain an oncology consultation with Bill Dugan, MD. At the same time, the NIH review of the slides revealed that the tumor was, in fact, a diffuse histiocytic lymphoma. My review of the current literature revealed that no one had survived this disease more than 1 year, regardless of the treatment.

I recall our meeting with Bill about proposed treatment. He suggested a regimen of Adriamycin, Oncovin, Prednisone, and Cytoxan, (CHOP), but promised he was going to change the protocol because it obviously wasn’t working as is. At that time, everyone gave the chemo IV push. Bill decided to administer the drugs IV drip over several hours. It was given every 3 weeks for 15 treatments. After the second treatment, she began to gain weight from her 95 pounds, had more energy, and just turned around. Despite her many short and long-term complications (multiple neuropathies and severe cardiomyopathy with congestive heart failure), she remained active and maintained her household chores. In addition, she began dancing at Arthur Murray Studios in her late fifties and won numerous international and national medals in competitions both in the U.S. and in Canada. Unfortunately, her dancing career was terminated by a torn ACL.

According to the wizard, Bill Dugan, Jill is the longest-living survivor of histiocytic lymphoma in the history of Indiana. The mode of treatment that made the difference is still the standard of treatment 38 years later. She, I and our family owe her survival to BILL DUGAN, MD, whose ingenuity and persistence saved the life of my wife. We are well aware of numerous others who have benefitted from Bill’s innovative care and wisdom.

Bill continues to practice. Thanks, BILL for being there!
MORE INSIGHT helps you make the most of your practice’s revenue cycle.

KNOW YOU HAVE A DEDICATED BANKER WHO UNDERSTANDS YOUR INDUSTRY AND YOUR NEEDS.

As a healthcare professional, you want to spend more time helping patients and less time worrying about your finances. With dedicated Healthcare Business Bankers, PNC provides tools and guidance to help you get more from your practice. The PNC Advantage for Healthcare Professionals helps physicians handle a range of cash flow challenges including insurance payments, equipment purchases, and managing receivables and payables. In such a fast-moving business, PNC understands how important it is to have a trusted advisor with deep industry knowledge, dedication and a lasting commitment.

Cash Flow Optimized is a service mark of The PNC Financial Services Group, Inc. (“PNC”). Banking and lending products and services, bank deposit products, and treasury management services, including, but not limited to, services for healthcare providers and payers, are provided by PNC Bank, National Association, a wholly owned subsidiary of PNC and Member FDIC. Lending and leasing products and services, including card services and merchant services, as well as certain other banking products and services, may require credit approval. All loans and lines of credit are subject to credit approval and require automatic payment deduction from a PNC Bank business checking account. Origination and annual fees may apply. ©2015 The PNC Financial Services Group, Inc. All rights reserved. PNC Bank, National Association. Member FDIC.

Call a Healthcare Business Banker at 877-566-1355 or go to pnc.com/hcprofessionals
Healthcare the way it should be.

High-Quality, Low-Cost X-Rays, MRIs, CTs, PET/CTs, Ultrasounds, Mammograms and DEXA Scans

• **CONVENIENT** – three outpatient locations
• **QUICK** – report turnaround in less than 24 hours
• **QUALITY** – experienced, subspecialized radiologists

<table>
<thead>
<tr>
<th>Test Type</th>
<th>Competitor Fee</th>
<th>NWR Flat Rate</th>
<th>Minimum Average Savings</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Radiographs or X-Rays</td>
<td>$695</td>
<td>$50</td>
<td>93%</td>
</tr>
<tr>
<td>CT without contrast</td>
<td>$750</td>
<td>$400</td>
<td>73%</td>
</tr>
<tr>
<td>CT with contrast</td>
<td>$750</td>
<td>$500</td>
<td>71%</td>
</tr>
<tr>
<td>CT with &amp; without contrast</td>
<td>$2,925</td>
<td>$600</td>
<td>74%</td>
</tr>
<tr>
<td>DEXA</td>
<td>$330</td>
<td>$125</td>
<td>62%</td>
</tr>
<tr>
<td>MRI without contrast</td>
<td>$4,275</td>
<td>$600</td>
<td>86%</td>
</tr>
<tr>
<td>MRI with contrast</td>
<td>$4,575</td>
<td>$700</td>
<td>85%</td>
</tr>
<tr>
<td>MRI without &amp; with contrast</td>
<td>$4,725</td>
<td>$800</td>
<td>83%</td>
</tr>
<tr>
<td>PET/CT</td>
<td>$9,275</td>
<td>$1,500</td>
<td>76%</td>
</tr>
<tr>
<td>Screening Mammogram</td>
<td>$400</td>
<td>$225</td>
<td>54%</td>
</tr>
<tr>
<td>Diagnostic Uni Mammogram</td>
<td>$450</td>
<td>$250</td>
<td>44%</td>
</tr>
<tr>
<td>Ultrasound</td>
<td>$560</td>
<td>$150</td>
<td>60%</td>
</tr>
</tbody>
</table>

The cost of the test will not exceed the published price, regardless of insurance.

NorthwestRadiology.com
10603 N. Meridian St.
Indianapolis, IN 46290
8260 Naab Rd., Suite 101
Indianapolis, IN 46260

Call to schedule:
317-XRAY-NOW (972-9669)
Toll free 800-400-XRAY (9729)