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Bulletin

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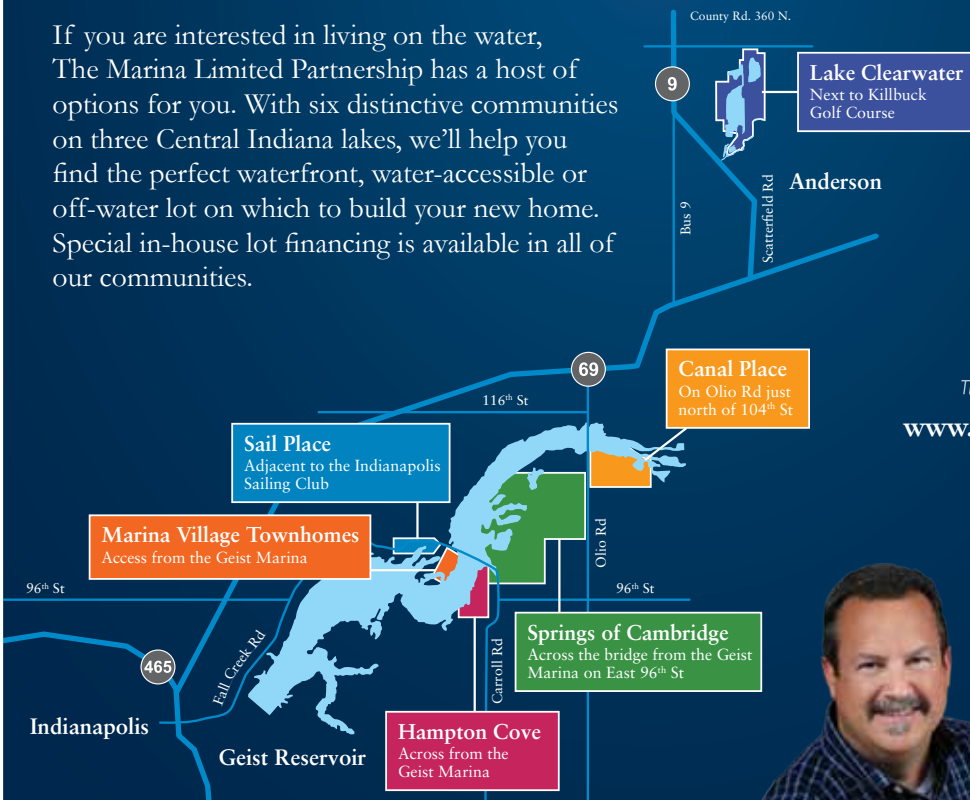
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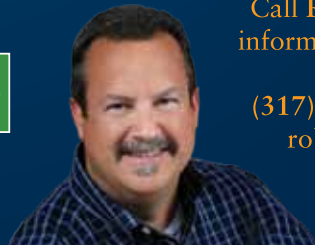
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We like to feature photographs or other artwork shared by IMS members on the cover of *The Bulletin*. Submit photographs, artwork, etc., to Beverly Hurt at the Society Office, bhurt@imsonline.org.

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.

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in this issue

Special Features

President's Page

The Threat to Cyber Security and Identity Theft Is Real!

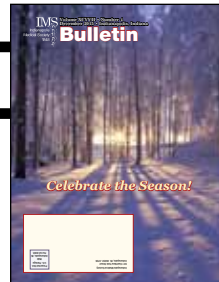
Stephen W. Perkins, MD..... 7

Hobbies & Interests

John H. Abrams, MD..... 8

Departments

About Our Cover 5
Bulletin Board..... 11
Classified Advertising..... www.imsonline.org
CME & Conferences..... www.imsonline.org
Events..... www.imsonline.org
Employment Advertising www.imsonline.org
IMS Leadership 12
In Memoriam..... 13
New Members 14



about our cover

On our cover:
*Winter sunrise.
Celebrate the Season!*

Happy Holidays!





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The Threat to Cyber Security and Identity Theft Is Real!

As I addressed in my last presidential page, there are many things about the practice of medicine today that are either being imposed upon us, or are the direct result of the transformation of information sharing through technology, often at a faster rate than the technology itself works for better patient care. Mandated electronic healthcare records (EHR) bring along with it the corresponding risk to our patient databases, financial risks personally and to our practices, and possible breaches in HIPAA compliance make cyber security extremely important to understand and learn more about.

The topic of cyber security, including personal identity theft, can be extremely bothersome to hear about, if you have not already experienced either identity theft, a cyber-attack, or a breach in your own personal medical database. Forty percent of Americans believe identity theft is not a serious problem. The actual degree of the problem is mind-boggling. Many of us, as physicians in Indiana, unfortunately have experienced data breaches and tax scams, me included. In 2014, the ISMA received multiple reports of an Internal Revenue Service (IRS) tax scam directed at physicians. According to the reports, someone filed fraudulent federal income tax returns using physician names, addresses and Social Security numbers.

Significantly, identity theft has been the number one consumer complaint for 14 years according to the Federal Trade Commission and the number of identity theft complaints surged 32%, to nearly 370,000, last year alone. The actual number of victims since 2012 is more than 12.6 million; and that is only what we know about. Personally, after experiencing identity theft, I hired a monitoring company, LifeLock, to continuously monitor and alert me to any possible concerns related to my credit or other use of my personal identity. Some feel that the fear of identity theft is a "marketing tool to scare people into purchasing credit card monitoring or ID theft protection." The process of figuring out the damage, clearing your name and restoring your credit is often a full-time job. *Consumer Reports* states that identity theft protection is too expensive, noting that paid services can cost \$120.00 - \$300.00 annually, which is true; but well worth it. More and more criminals are committing crimes using stolen identities and not just credit cards. They are gaining access to medical products and services, potentially exhausting insurance coverage, causing denial of treatment and resulting in co-mingled records where certain allergies disappear, blood types changes and lives are even endangered.

"Information security is a patient safety issue!"

According to an article in *Healthcare IT News*, August 2015, providers (us—doctors and our practices), as well as hospitals, healthcare systems and insurance companies are "grappling with cyber security." We are "most likely to be concerned about phishing attacks, negligent insiders and advanced persistent attacks." Most of us are aware of and use antiviruses, firewalls and some data encryption but have not felt the need or been advised to have more advanced strategies. "The numbers should shake any providers still 'blissfully ignorant' of privacy threats out of their complacency." Of health organizations polled, 66% say they have recently experienced a "significant security

incident." In these larger healthcare organizations, more than half have hired full-time professionals, usually CISOs (Chief Information Security Officers); and 87% of the respondents in the survey noted that information security has become an extremely important business priority. However, as solo or group private practices, most respondents have a problem with lack of staffing and lack of financial resources to adequately monitor and supervise this.

At a recent privacy and security forum, Richard George, author of *Healthcare's Brave New World: Life as a Target*, spoke on "Healthcare Adjusts to Life as a Target." Medical data is the number one aim for hackers and medical devices which are very vulnerable to being exploited. He states that risk management is extremely difficult with the current mandate of electronic healthcare records. With an interconnected health ecosystem, risk is omnipresent. The threat is so omnipresent and potentially so ruinously expensive that many providers are increasingly turning to cyber insurance to help defray a host of costs associated with a breach: hefty patient notification costs, fees, money spent hiring a PR firm for crisis management to help restore damaged reputations and even the possibility of paying blackmail to some of the threats. Good security is better than cyber insurance, but cyber insurance is becoming more and more important. Law firms are very aware of the need to educate attorneys about cyber security and there are multiple seminars throughout the year devoted to this topic. We, doctors, need to be educated and equally aware.

Accidental security lapses are inevitable but manageable. You need to consider the risk of personal identity theft, as well as, what could happen in your practice. The theft could be from your personal smartphone device which has your personal information and possibly that of some of your patients, your personal computers that you use at home, as well as, in your office, and even USB flash drives you may carry around containing patient medical data. There was recently a case of patient data being carried on a flash drive that was stolen from a physician's car. Many larger healthcare systems are now requesting their employees turn in unencrypted flash drives in exchange for encrypted ones to communicate and move information back and forth. If you are taking (confidential) information home through your personal email and equipment, you are putting your practice database at risk. Text messages which are not encrypted are at great risk of HIPAA violations and other data breaches.

CISOs say that security and privacy have always been about people much more than technology. One CISO told *Healthcare IT News*, "The toughest security problem is getting people to understand that it is the same issue we had five years ago and it is going to be the same issue five years from now. They all think that they are just not going to get phished. They are not going to get hacked, but they will."

Large healthcare systems are taking a proactive stance to train and teach employees about data privacy and security. They feel that the threat is not as much from the outside, but it is from within. It is often unintentional negligence by one

Continued on page 13.

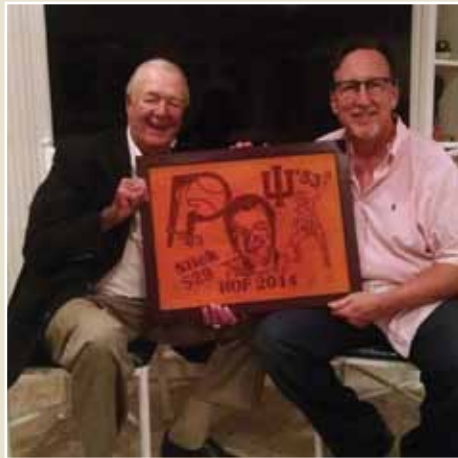
Hobbies & Interests -

"I became interested in leather craft in a 7th grade club at Westlane Junior High School. To learn more techniques of leather crafting, I would spend Saturdays at the local Tandy Leather Store on 21st and Illinois where I helped the man who ran the store in exchange for him teaching me the art of leather. In junior and senior high school, I had a leather business, *LEATHERS BY JOHN*, where I made custom leather goods, sold wholesale to stores and did the local art fairs including Talbot and Broad Ripple.

Leather crafting became a passion as a creative artistic outlet, helped me develop my manual dexterity and ambidexterity, and the pounding of leather became therapeutic. I enjoyed the challenges of creating something starting with an idea on paper. My goal was to begin with a hide and finish with a completed product. I tooled and dyed leather, as well as, hand-sewed all of my creations. I make useful items like belts, purses, bags and notebooks. I also like to draw, transfer to leather, tool and dye pictures for framing. For years I have made gifts and never sold anything."

Recently, my daughter, Leslie Abrams Tobe, an ophthalmology resident at IU, and I started *Doc Leather Goods* to produce leather and beaded wrap bracelets. I do the leather and she does the bead accents. The bracelets will be for sale at the INDIEana Handicraft Holiday Exchange on Dec. 4th.

Dr. John H. Abrams



Top left: Bobbie Leonard & Dr. Abrams celebrating "Slicks" induction into the Naismith Hall of Fame. Top right, Dr. Abrams Leather Shop.



From left to right: Indy-Israel hamsa; Mrs. Abrams with buffalo hide purse; and Doc Bracelets.

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The **Health Care Heroes Awards** will honor companies, individuals and organizations for their contributions to improving health care in the Indianapolis metropolitan area including Marion and surrounding counties, and Madison County. Entries will be judged on documented accomplishments.

Recipients of the **Health Care Heroes Awards** will be profiled in a special supplement of Indianapolis Business Journal on March 7, 2016. They will receive their awards at a breakfast hosted by Indianapolis Business Journal in March 2016.

NOMINATION FORM

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Questions: Contact Patty Johns
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pjohns@IBJ.com

Nominations must be postmarked by January 8, 2016.

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Bulletin Board

On Tuesday, October 13, 2015, the White House, in conjunction with the United States Department of Transportation, recognized **Marilyn J. Bull, MD**, along with 10 others from across the country as Transportation Champions of Change.

Dr. Bull is the Morris Green Professor of Pediatrics at the Indiana University School of Medicine and Riley Hospital for Children at IU Health. She is a published writer and has spoken internationally on pediatric issues, specifically in the transportation safety arena. Among child transportation safety advocates nationwide, she is known for her work in improving transportation safety for children with special health care needs.

Allan M. Arkush, DO, received 2015 the Charles L. Ballinger Distinguished Osteopathic Surgeon Award at the Annual meeting of the American College of Osteopathic Surgeons in Chicago this past October. The award recognizes national leadership in surgery and education.

Mark M. Hamilton, MD, presented at the American Academy of Facial Plastic and Reconstructive Surgery annual meeting in Dallas, Texas October 1-3 during two seminars on Laser Resurfacing, one on Laser Resurfacing Case presentations and a second on Laser Complications. He also served on a panel discussing practice management for the Assistant's Program.

Theresa M. Rohr-Kirchgraber, MD, was recently chosen as an "Inspirational Woman" by the Women's Fund of Central Indiana and the *Indianapolis Star*. **Paul R.N. Kirchgraber, MD**, (no photograph available) and Theresa Rohr-Kirchgraber, MD, were guest speakers at the IUSM at West Lafayette on Negotiations and Gender.

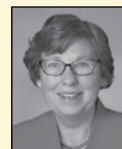
Steven F. Isenberg, MD, Founder and Director of Medals4Mettle, announced that Medals4Mettle awarded its 50,000th medal to a child on November 6, 2015, during the Expo of the Indianapolis Monumental Marathon held at the Indiana Convention Center. Medals4Mettle, a unique 501c3 charity that spans the globe with over seventy locations in the United States and several foreign nations, was founded by Dr. Isenberg in 2005 and has awarded medals to children and adults around the world. Numerous Medals4Mettle runners and volunteers visited Riley Hospital for Children at Indiana University Health, ran the Indianapolis Monumental Marathon on November 7, 2015, and celebrated the tenth anniversary of Medals4Mettle (www.medals4mettle.org).

News from Goodman Campbell Brain and Spine ...

Indiana University's Department of Neurological Surgery hosted its annual **Campbell Lecture Series** on October 28 at the IU Health Neuroscience Center. This year's presenter was L. Nelson Hopkins, MD, professor of neurosurgery at the University of Buffalo, who addressed "Innovation in Cardiovascular Disease and Stroke." A pioneer in endovascular neurosurgery, Dr. Hopkins has authored more than 400 publications on the prevention and treatment of stroke. The Robert L. Campbell Lectureship honors the group's co-founder and his decades' long leadership in neurological surgery.



Allan M.
Arkush, DO



Marilyn J.
Bull, MD



Aaron A.
Cohen-Gadol, MD



Mark M.
Hamilton, MD



Steven F.
Isenberg, MD



Paul R.N.
Kirchgraber, MD



Theresa M.
Rohr-Kirchgraber, MD



Thomas C.
Witt, MD

Aaron A. Cohen-Gadol, MD, and colleagues at Indiana University's Simon Cancer Center and the School of Medicine reported their work on developing novel therapies for treating glioblastoma multiforme (GBM), the largest group of brain tumors with very poor response to current therapies. Approximately 13,000 people in the United States die from GBM each year, and the average survival of GBM patients is only about 14.5 months. The team's findings appeared online ahead of print in the September 20, 2015, issue of the *Journal of Biomedical Research*.

Dr. Cohen-Gadol, MD, and coauthors investigated the interneural connections between the nervus intermedius and the adjacent nerves in the cerebellopontine angle. On 100 cadaveric sides, the researchers made dissections of the facial/vestibulocochlear complex in the cerebellopontine angle, and a nervus intermedius was identified on all but 10 sides. Histologically confirmed neural connections were found between the nervus intermedius and either of the facial or vestibulocochlear nerves on 34% of sides. The study was published online ahead of print in the October 15, 2015, issue of *Surgical and Radiologic Anatomy*.

Goodman Campbell Brain and Spine's Inaugural Brain Bolt 5K run/walk was held October 11 on the campus of Marian University and attracted more than 200 participants including patients, members of the community, and the Goodman Campbell team. Sponsors donated more than \$36,800 to support the Brain Aneurysm Foundation and the Neurosurgery Foundation at Goodman Campbell. Total money raised from team and individual racers is still being tallied.

Thomas C. Witt, MD, and coauthors explored the functional connections between synchronized dynamics of cortical areas and synchronized dynamics of subcortical areas in Parkinson's disease. Ten patients with Parkinson's disease who underwent microelectrode-guided implantation of deep-brain stimulation electrodes in the subthalamic nucleus were included in the study. The results were published in the September issue of the *European Journal of Neuroscience*.

To submit articles, Bulletin Board items, CME & events, opinions or information, email ims@imsoline.org. Deadline is the first of the month preceding publication.



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Jon D. Marhenke

Delegates to the State Convention, September 24-25, 2016, Sheraton Indianapolis Hotel at Keystone at the Crossing

The year shown in parentheses indicates year in which the term expires following the conclusion of the ISMA Annual Convention.

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C. William Hanke (2018)
David H. Moore (2018)
Robert B. Pauszek, Jr. (2018)
David M. Ratzman (2018)
Steven L. Wise (2018)
Caryn M. Vogel (2018)

Alternate Delegates to the State Convention, September 24-25, 2016, Sheraton Indianapolis Hotel at Keystone at the Crossing

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Andrew A. Johnstone (2016)
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Charles W. Coats (2018)
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Thomas R. Mote (2018)
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Timothy H. Pohlman (2018)
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H. Jeffery Whitaker (2018)

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Peter L. Winters, 1997-1998
William H. Beeson, 1992-1993
George H. Rawls, 1989-1990
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Alvin J. Haley, 1980-1981

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In Memoriam



Linda Lou Stropes, MD, 1946 - 2015

Linda L. Stropes, MD, 68, Indianapolis, passed away October 19, 2015 of natural causes.

Dr. Stropes was born on November 23, 1946 in Decatur, Indiana. Her family moved to Muncie in 1953. She graduated from Royerton High School in 1966 and was honored with the Storer Scholarship for academic achievement. Dr. Stropes graduated from Washington University in St. Louis in 1969 with a Bachelor's degree in Physical Therapy. She then went on to earn her Medical Doctorate Degree from Indiana University in 1976.

Dr. Stropes served her internship and residency in Internal Medicine at the Indiana University Hospitals from 1976 to 1979. In 1994, she received additional qualifications in Geriatrics and became a certified Medical Director. She was a charter member of the American Medical Directors Association (AMDA).

Dr. Stropes also participated in many medical missions to Peru with her daughter Erin.

President's Page

(Continued from page 7)

of your employees or, worst case scenario, malicious intent by one of your employees. There is a significant risk of employee negligence or actual malicious insiders using our databases either for their own personal gain or various types of fraud for monetary gain. A former employee of a major New York healthcare system was indicted, along with seven others, for stealing personal data of 12,000 patients and selling it for a large financial gain. The US Department of Health and Human Services reported that Columbia University and New York Presbyterian Hospital paid 4.8 million dollars in HIPAA settlement after patient data went up on Google®. As we all know, in February and March of this year, hackers went after healthcare plans of Anthem, compromising the healthcare data of 79 million of Anthem customers. Here, in Indiana, many of us were notified, as policy holders of Anthem insurance that our data was stolen and they offered "free credit and identity theft protection services."

"The significant problems we face cannot be solved at the same level of thinking we were at when we created them."

– Albert Einstein

I have outlined a few things we can personally do and watch out for in our personal lives and in our practices to insure the privacy of our medical data and personal information. One service that has been offered to all members of the Indianapolis Medical Society (which is a practice we should be utilizing at home and in all of our offices) is shredding documents. Members have a 10% discount for member onsite shredding, including hard drive destruction, locked security containers, and monthly services to purge and clean electronic data (All-Shred is a company that will provide this discount to our members. They can be contacted at their website, www.ripped2shreds.com or at 317.782.9328. This will help you and your practice to do shredding on a very large scale.) We do this at our office on a fairly regular basis, even though we have smaller shredding machines in the office.

Becoming and remaining a member of the IMS, ISMA, and AMA is critical to all of us working together to manage the changing healthcare environment and dealing with the massive changes in healthcare technology.

Sincerely,
Stephen W. Perkins, MD

We, as physicians, love what we do.

"You got to like your work. You have got to like what you are doing, you have got to be doing something worthwhile so you can like it – because it is worthwhile, that it makes a difference, don't you see?" – Harland Sanders



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Ofc – 338-7761*
Obstetrics & Gynecology, 1997, 2015
Maternal & Fetal Medicine, 1999, 2015
Indiana University, 1990

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Obstetrics & Gynecology
Indiana University, 2012

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Pediatrics, 2012
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Web – www.jwmneuro.com
Neurology
Indiana University, 2010



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Web – www.jwmneuro.com
Neurology
Sleep Medicine
Government Medical College
Baroda University, India, 2002

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Emergency Medicine
Chicago College of
Osteopathic Medicine, 2012

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46205-2373
Ofc – 475-9066
Family Medicine, 1984
Indiana University, 1981



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Ofc – 883-4736*
Fax – 884-0732
Pediatrics
University of Health Sciences,
Kansas City, MO, 1996

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