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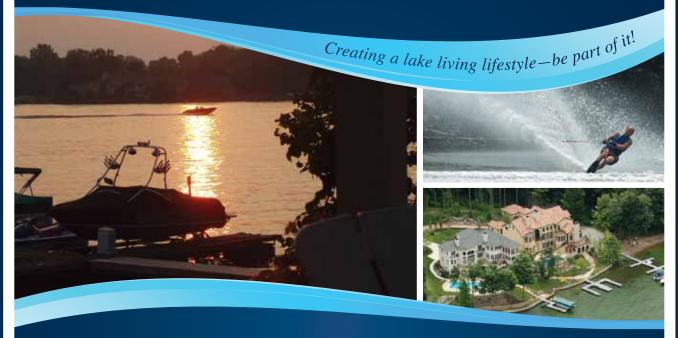


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Bulletin

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in this issue

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Departments



about our cover

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President's Page Stephen W. Perkins, MD

Longevity: Living Younger Longer

Dear Colleagues,

It may be all too common to read about New Year's resolutions related to our individual commitments to make improvements in our health. However, I think the "calling" is much larger than that. It involves not only our personal vows to improve our health, but also involves our commitment to improve the health of our patients. Improving the health of our patients will reduce the cost of healthcare over the long haul. I will tell you about a few of the things I do and have been involved in to try to live better as long as I can, to help educate you about concepts that can actually make a difference in your personal life but, most importantly, can make a difference in the health of your patient population. As physicians, the busyness of work and family, more often than not, seems to supersede the priority of taking time out for ourselves which is certainly also the case in many other professions, as well as, for many of our patients. If we spend some time taking care of ourselves and learn the habits of good nutrition, exercise, mobility and preventative healthcare, we will be in a better position to share these very things with our patients.

The future of medicine and the ability to afford the delivery of the best quality healthcare possible begins with wellness, lifestyle habits for prevention of medical problems and early diagnosis. We are all very aware that cessation of smoking or decreasing smoking will pay dividends for our individual patients, as well as, decreasing the costs of healthcare system-wide. This new era of e-cigarettes seems to sidestep the very issue of inhalation of toxic chemicals, even if it is supposedly "less severe" than smoking tar and nicotine. We are very aware that Indiana ranks among the highest in prevalence of overweight BMI's and obesity. This is partly due to our environment and partly due to our habits. Nutrition and exercise often take a back seat to an easy and convenient lifestyle.

"The doctors of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease." – Thomas Edison

While none of us realistically believe we will not be prescribing medicine for the best interests of our patients in the twenty-first century, we should look seriously at other issues we can "prescribe for our patients" that will better their health and maybe lessen or prevent diseases.

"I believe that how we eat is an important determinant of how we feel and how we age. I also believe food can function as medicine to influence a variety of ailments." – Andrew Weil, author of Eating Well for Optimum Health.

We are all very aware that there is a blossoming, yet possibly medically and scientifically unfounded field of preventative aging medicine flourishing around us. Some of it is legitimate and some

of it is "snake oil salesmanship." I think it is clear that what we eat, whether the type of food, the way it is prepared, the way it is engineered or the preservatives added, may have a profound effect on the health of our patients and the population in general. There are many things written about the longevity factor – about how to live longer. I am not a great proponent of believing we can actually, as human beings, live longer, but I am a proponent that we can live better, if not younger, for as long as we are here. According to Dr. Sanjay Gupta, The Longevity Factor, written by Joseph Maroon, MD, is "a guide book for longevity that is both audacious and achievable." Many longitudinal studies have weighed in on things we eat and why certain populations of patients live longer than others. I would refer you to at least one interesting study and book written by Joseph Maroon, MD, FACS, who studied medicine at Indiana University, as well as at Georgetown and Oxford. He is a world renowned neurosurgeon. As a lifelong athlete, he has competed in more than 50 triathlons, including three Hawaiian Ironman championship competitions. This puts him in a very small percentile among the rest of us 'normal humans.' However, he did a great deal of research on resveratrol which activates a specific set of genes in humans that promote a longer and healthier life. Of course, based on where resveratrol comes from, i.e., red wine, chocolates and green tea, consuming any of these in moderation may be of some benefit due to the benefits of resveratrol itself.

I have read two books written by Henry S. Lodge, MD, FACP, an internist, in combination with his aging patient, Chris Crowley, who is now 80 years of age - Younger Next Year, for men originally, about the chronologic aging of Chris Crowley, who started at age 74, and was functionally healthier by age 80; and then, Younger Next Year for Women. The information in the books was also shared by Gail Sheehy, who has written many things about the benefits of running and has been involved multiple times in the Boston Marathon and the Boston Medical Athletic Association. Another book they wrote was Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy. They look at the science of how anyone 50 years or older can become functionally younger every year for the next 5-10 years and then maintain that degree of youthfulness as they continue to age chronologically. All of these things take time, thought, education and effort.

"Knowing is not enough; we must apply. Willing is not enough; we must do." – Johann Wolfgang von Goethe

"In all human affairs, there are efforts, and there are results, and the strength of the effort is the measure of the result." – James Allen

Continued on page 9.

Senior/Inactive - December 1, 2015



William H. Dick, MD

Speaker: Suzanne Stannis – Indiana Courthouses

Suzanne Stannis earned her degrees from Hanover College and IUPUI. She works for Indiana Landmarks. Indiana's prestigious Historic Preservation organization. Suzanne has been the Director of Heritage Education for Indiana Landmarks for the past 29 years. She is also the creator of continuing education courses, teacher workshops and children's camps.



Ms. Stannis also supervises the Indiana Landmarks architectural program, the Morris-Butler House Museum and the Indiana heritage tourism division. She has researched and nominated over 15 buildings and neighborhoods to the National Register of Historic Places.

Indiana Landmarks is the largest private historic preservation organization in the U.S. It was founded in 1960 by Eli Lilly, the Indianapolis pharmaceutical executive. Indiana Landmarks, with eight statewide offices, is a private nongovernmental organization with nearly 11,000 members and an endowment of over \$40 million. Medical device maker Bill Cook and his wife Gail, pledged \$7 million 2010 to renovate the former Central Avenue Methodist Church at 12th Street and Central Avenue into the State Headquarters for Indiana Landmarks (pictured above).

Most of Indiana's 92 courthouses date to the 19th Century or the early 20th century. Many started as log cabins, then to wood structures and then lastly to stone or brick buildings. Eight structures have been lost, seven to demolition and one to a tornado. The courthouses in Cass, Clark, Crawford, Delaware, Floyd, Madison and Marion counties have been replaced. White County lost their building to a tornado. Marion County had built their original courthouse for \$1.4 million in 1876 and the new one in 1960 cost \$25 million.

Many courthouses sit on the town square. Courthouse squares are common mostly in the Midwest: Tennessee, Kentucky,

Indiana, Illinois, Iowa and Missouri. There are three different designs of the squares, depending on how the street merges with the square. There is now a Courthouse task force to study maintenance issues and plans for repairs. Many courthouses have lost their towers.

Some courthouses are not courthouses anymore; a new courthouse has

replaced them. Adaptive uses have been found for the old buildings. They have been turned into offices, shops and museums. Allen County has had their old courthouse named a National Historical Landmark, the only one in the State.

Decatur County still has the tree on the top of the courthouse, though it has been replace several times.

Annexes, renovations and expansions have been done on many courthouses. The oldest continuous courthouse in use in Indiana is in Ohio County, with its Greek revival style.

Suzanne took us on a tour of every courthouse in the State. She challenged us to name the city in each county that contains the courthouse. Some of the physicians learned the name of each county in grade school. But few learned the county seat city. Most physicians could name only 15-20 of the towns which serve as the county seat.

The slides from Indiana Landmarks depicting the courthouse of each county were excellent. There are so many beautiful styles. Once again, an attempt has been made to summarize a presentation of over 100 slides with mere words. We invite you to attend the Retired Physicians Meeting so that you can enjoy the photos with your friends!

You can view Indiana courthouses online by searching for: *Indiana's Historic Courthouses, Re-Investing in Community Treasures.* This is a book that was a report to the Indiana General Assembly in August 2011. It contains the most beautiful photos of all 92 Indiana courthouses.

President's Page (Continued from page 7)

I only use these quotes to bring to the forefront and make you aware of the concepts that are prevalent and that our patient population is looking for. There is no "fountain of youth," but the next best thing is to learn how to eat nutritionally, responsibly and to add mobility in our lives. Studies upon studies have shown that staying physically active, including strength training, aerobic exercise and mobility, will keep us living younger longer.

As many of you know, one of our distinguished members, Dr. Steve Isenberg, has been a strong proponent of his personal marathon training. Through his program, Medals4Mettle, he provides an opportunity for endurance athletes and runners to gift and award earned metals to others who demonstrate similar mettle, or courage, as they battle life-threatening illnesses and severe disabilities.

Variously, throughout my life, I have run several marathons. I quit only when distance running was actually tearing my body down, creating back issues that I was unable to manage until I balanced my exercise approach with strength training, stretching and improving my core strength. Fifteen years later, I resumed long distance running and, besides helping me manage my weight, running more has made me feel better by far than in the interim period when I was much more sedentary. For those of you who cannot run, or have ailments with ankles, knees, hips, etc., doing some kind of aerobic exercise in combination with strength training will still pay similar benefits. It requires a commitment to doing so and scheduling time for this as a priority. If we do this for ourselves, we will not only be better functioning doctors, we will be better for our families and better for our patients. We will maintain our strength and enthusiasm to care for them and impart similar knowledge for them to improve their overall health and well-being.

The challenge is that it requires committing ourselves for a period of at least 6-8 weeks to some type of consistent training program, either strength training and/or in combination with aerobic training. Most of us make New Year's resolutions, and many people do, as evidenced by a rapid rise in memberships at local health clubs and fitness centers in early January. The problem is sustaining this commitment and creating a habit of exercise and a good, healthy lifestyle. It takes 6-8 weeks to break a habit and a similar length of time to develop a good habit. One of the many ways to commit to doing this very thing is to start with a fitness center and sign up for a program. In my case, I began working with Steve Hoffacker, of Hoffacker Health and Fitness, who performs a complete fitness diagnostic workup and creates a fitness training program for each of his clients individually. He has several locations and has trainers who work for him and can manage either small groups or individuals personally. If you are interested in contacting his business to start with your evaluation, please call his facility at (317) 849-4130.

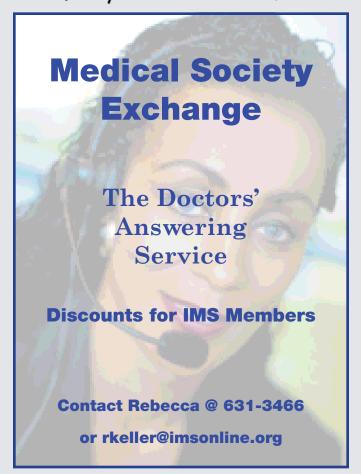
Indianapolis became known as the Amateur Sports Capital of the World due to the efforts of Mayor Hudnut many years ago. Few of us know that the American College of Sports Medicine (ACSM) has its international headquarters here. Through the work of the ACSM, they have started a promotional philosophy that 'exercise is medicine.' They have worked on numerous occasions with branches of the YMCA of Greater Indianapolis, getting people started in exercise programs or fitness programs

to begin these healthy habits. They have done studies showing that people are 72 percent more likely to begin an exercise program, and continue one, if their physician recommends it. We must begin with ourselves, and we can recommend it to our patients.

One of my goals during my presidency year for the Indianapolis Medical Society is to help sponsor and promote a 5K run/walk for our Members, for the community, and for the benefit of healthcare organizations here in Central Indiana. I have been completing the arrangements to work with Todd Oliver who took over Ken Long and Associates' responsibilities a few years ago. He is the organizer of the Carmel Marathon to take place April 16, 2016, and has agreed to help us tag along, so to speak, with an Indianapolis Medical Society 5K run/walk, or the choice of an 8K run, half marathon or full marathon. We will have our own tent and those who register will have IMS colored bibs, identifying that we, as a group, are doing this for a good cause. We can incorporate our friends, family and patients in this effort. Pending the Board decision, any funds generated from this will be distributed to our local free medical clinics and possibly the Juvenile Diabetes Association. You will hear more about this in the coming weeks. I encourage you to take part in the promotion of health and well-being awareness, and raising money for the care of our community.

Here is to a healthier New Year and to the health of our patients!

Sincerely, Stephen W. Perburs M.D.



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Bulletin Board

Edward B. Aull, MD, presented at the CHADD 27th Annual International Conference in New Orleans, November 14, 2015. He spoke on "Medication Management of Side Effects When ADHD Patients are Comorbid for Asperger's Syndrome or Anxiety Disorders." This was Dr. Aull's 18th appearance as a presenter at the international meeting.

A paper co-authored by Rick C. Sasso, MD, was presented at the North American Spine Society (NASS) annual meeting in Chicago, Illinois. This was a study regarding anterior cervical spine surgery, "Efficacy of novel synthetic small peptide in anterior cervical arthrodesis: A randomized, controlled, multicenter study with 24-month follow-up."

Paul A. Flamme, MD, has joined JWM Neurology. Dr. Flamme received his Medical Degree from Indiana University School of Medicine, Indianapolis in 2010. He completed his Neurology Residency at University of Iowa in 2014. He then completed a Movement Disorders Fellowship at IU School of Medicine in July of 2015. Dr. Flamme sees patients with all neurologic conditions. He specializes in Parkinson's Disease and other movement disorders as well as Deep Brain Stimulation and botulinum toxin for Dystonia and Spasticity.

Stephen W. Perkins, MD, of Meridian Plastic Surgeons recently was a Key Guest Invited Faculty member at the Global Aesthetics Conference in Miami Beach, Florida. His lecture topics included eyelid surgery, mid-face rejuvenation and stateof-the-art facial resurfacing.

Robert I. Prince, MD, has joined the Center for Pain Management as Medical Director for their new office at 533 East County Line Road, Suite 201, Greenwood, Indiana. Dr. Prince can be reached at 317-706-7246.

News from Goodman Campbell Brain and Spine ...

Goodman Campbell Brain and Spine is proud to announce that Jodi L. Smith, MD, and Amy D. Leland, MD, were elected to the Indianapolis Medical Society Board of Directors. Dr. Smith is a pediatric surgeon with GCBS and Dr. Leland is the practice's only physiatrist.

Laurie L. Ackerman, MD, and Daniel H. Fulkerson, MD, recently received news coverage when their patient, 11-yearold John Rogers, began walking again after a horrific three-car automobile accident in June that caused "internal decapitation." John underwent multiple spine surgeries and months of rehabilitation. "Many people do not survive these types of injuries and some never walk again," Ackerman and Fulkerson said to the media. The story was featured in the *Indianapolis* Star and USA Today as well as on numerous television news broadcasts on November 4-5, 2015.

Drs. Nicholas M. Barbaro, Eric M. Horn, and Richard B. Rodgers participated in the "CNS Brain Injury and Repair," symposium hosted by the Indiana University Center for Spinal Cord and Brain Injury Research on November 21. Dr. Barbaro offered opening remarks to the nearly 60 attendees. Dr. Horn presented during a session on "Clinical Trials in SCI" and Dr. Rodgers discussed "Clinical Neurotrauma."

Aaron A. Cohen-Gadol, MD, and Mitesh V. Shah, MD, and fellow co-authors conducted a retrospective review to evaluate



Laurie L. Ackerman, MD



Paul A. Flamme, MD



Jean-Pierre Mobasser, MD



Edward B Aull, MD



Daniel H. Fulkerson, MD



Stephen W. Perkins, MD



Nicholas M. Barbaro, MD



Aaron A. Cohen-Gadol, MD



Horn, MD









Amy D. Leland, MD



Robert I. Prince, MD



Richard B. Rodgers, MD



Rick C. Sasso, MD



Mitesh V. Shah, MD



Jodi L Smith, MD

the factors associated with tumor control in clival chordomas. The researchers included data from 39 patients who were treated with surgery and proton therapy for clival chordomas between 2004 and 2014. The findings were published ahead of print on August 7 in the International Journal of Radiation Oncology, Biology, Physics.

Jean-Pierre Mobasser, MD, participated in the Society for Minimally Invasive Spine Surgery (SMISS) Global Forum held in Las Vegas on November 5-7. He presented on "Oblique Lumbar Interbody Fusion" and "Synergy OLIF Procedure." Dr. Mobasser also served on the Global Forum's Scientific Committee.

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As always, your Indianapolis Medical Society dues are 100% tax deductible as a business expense.

In Memoriam



Edward Joseph Berman, MD, 1924 - 2015

Edward Joseph Berman, MD, 91, Indianapolis, passed away November 8, 2015. A lifelong resident, he was born on August 3, 1924. He was a graduate of Shortridge High School, Indiana University, and the IU School of Medicine. He interned at IU Medical Center and completed his residency at Presbyterian

Hospital, Chicago and at Indianapolis General Hospital.

Dr. Berman served as a captain (1947-1949) in the Army Medical Corps before establishing his surgical practice and later becoming the first board certified pediatric surgeon in Indiana. Dr. Berman also published many papers in several surgical publications.

He was a member of the Indianapolis Medical Society/ISMA 50-Year Club (1997), American Pediatric Surgical Association, American College of Surgeons, Western Surgical Association and the British Association of Paediatric Surgeons (BAPS).

Toner Morton Overley, MD, 1928 - 2015

Toner Morton Overley passed away unexpectedly on Sunday, November 29th from an unknown heart condition.

Dr. Overley was born in 1928 in Indianapolis, Indiana. He received his undergraduate and medical degrees from Indiana University, where he was a member of the Delta Tau Delta Fraternity. He was a member of the varsity men's

Dr. Overley entered the surgical training program at Western Reserve University, was drafted into the U.S. Army serving two years in the Army Medical Corps before his return to I.U. School of Medicine to complete his residency in Psychiatry in 1961.

Dr. Overley joined the faculty of the Medical School in 1961 and became a National Institute of Mental Health Special Research Fellow. In the same year, he became the first Chief of the Psychiatric Liaison – consultation service, a position that he held until he left the University in 1983. As a Clinical Professor he specialized in the research and teaching of psychosomatic disorders, eating disorders and pain syndromes. He continued his studies and research through his private practice located in Indianapolis from 1983 until his passing.

He devoted fifty-four years practicing medicine on the staff of several local hospitals, including Indiana University Hospital and St. Vincent Hospital where he served as Medical Director of the St. Vincent Stress Center.

Honor Your Colleagues

Make a contribution to Indianapolis Medical Society Foundation and help the IMSF continue its good works in our community. Phone Beverly Hurt, EVP, at 639-3406

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CME & Conferences

Community Hospital East

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

Community Hospital North 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

In aging 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) First Wednesday

HVC Kokomo, 7:00 - 8:00 a.m.

Third

Ken Stanley CV Conference CHVH MCV Boardroom Videoconference to HVC Anderson Office, HVC East Office BR (Ste. 420) HVC South Office CR (Suite 2400) Wednesday

HVC Kokomo, 7:00 - 8:00 a.m.

Fourth Disease Management Conference: Wednesday

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 East General Cancer Conference - CHE
Thursday Ste. 420, 12:00 noon to 1:00, lunch provided

East Multidisciplinary Breast Cancer Conference - CHE Ste. 420, 7:00 to 8:00 a.m. Fourth

Tuesdav

Community Hospital North

North Multidisciplinary Breast Cancer Conference - CHN 8040 Clearvista Parkway, Suite 550 First & Third

Tuesdays

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 North Multidisciplinary Gynecologic Surgical

Friday

Oncology Conference - CHN 8040 Clearvista Parkway, Suite 550

7:30 to 8:30 a.m.

North Chest Cancer Conference - CHN 8040 Clearvista Parkway, Suite 550 First Wednesday

7:00 to 8:00 a.m.

Third Melanoma Cancer Conference - CHN 8040 Clearvista Parkway, Suite 550 Wednesday

7:30 to 8:30 a.m.

Community Hospital South
Second
Wednesdays
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.

South GYN Third

Wednesday Community Cancer Center South,

1440 E. County Line Rd., Community Room

12:00 to 1:00 p.m.

Fourth South Thoracic

Wednesday

Community Cancer Center South, 1440 E. County Line Rd., Community Room

7:00 to 8:00 a.m.

South Multidisciplinary GI/Colorectal Oncology Conference 1440 E. County Line Rd.
Community Cancer Care, Community Room 12:00 to 1:00 p.m. First

Tuesday

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

Indiana University School of Medicine/ Indiana University Health

IU - Methodist - Riley

Online CME Activity

HPV Documentary, Someone You Love: the HPV Epidemic

http://cme.medicine.iu.edu/hpvdocumentary

2016

Jan. 15 Musculoskeletal Ultrasound Beginner Level Course Indiana University School of Medicine-South Bend

Building Comprehensive HIV Care Capacity in Indiana Jan. 21 St. Mary's Medical Center-Evansville Campus

Practice Pearls General and Community Pediatrics Jan. 23 Riley Outpatient Center

Jan. 30 Breast Cancer: Year in Review Indiana History Center

Feb. 4 Building Comprehensive HIV Care Capacity in Indiana IU Kokomo Campus, Kelly Student Center

Advancing the Medical Role in Child Protection Feb. 16 Anderson, Indiana

Building Comprehensive HIV Care Capacity in Indiana Feb. 26 IU Southeast Campus, University Center North

RESPECT Conference - Let's Talk Palliative Care March 6 Ritz Charles Banquet Facility

Mar. 10-13 AMWA 101st Meeting Miami, Florida

Bloomington Pediatric Medical Weekend Apr. 15-16 IU Health Bloomington Hospital

4th Annual International Health Services Apr. 18-20 Research Symposium Health Information and Translational Science

Building (HITS)

Apr. 23 Practical Pearls General and Community Pediatrics Riley Outpatient Center

19th Annual IU Gastroenterology/Hepatology Update May 6

Indiana History Center

May 10-11 51st Annual Riley Hospital for Children's Pediatric Conference Sheraton Indianapolis Hotel at Keystone Crossing

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.

JWM Neurology

"Neurology Connection 2016: Useful Advances and Important Updates" Seminar for Physicians

Saturday, March 5, 2016

Marten House Hotel and Conference Center

This half-day course covers 9 topics relative to neurologic conditions and sleep disorders. For more information contact JWM Neurology at 317-806-6905.



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MRI with contrast	\$4,575	\$700	85%
MRI without & with contrast	\$4,775	\$800	83%
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