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Bulletin



*Susan K. Maisel, MD,
143rd President of the
Indianapolis Medical Society.*

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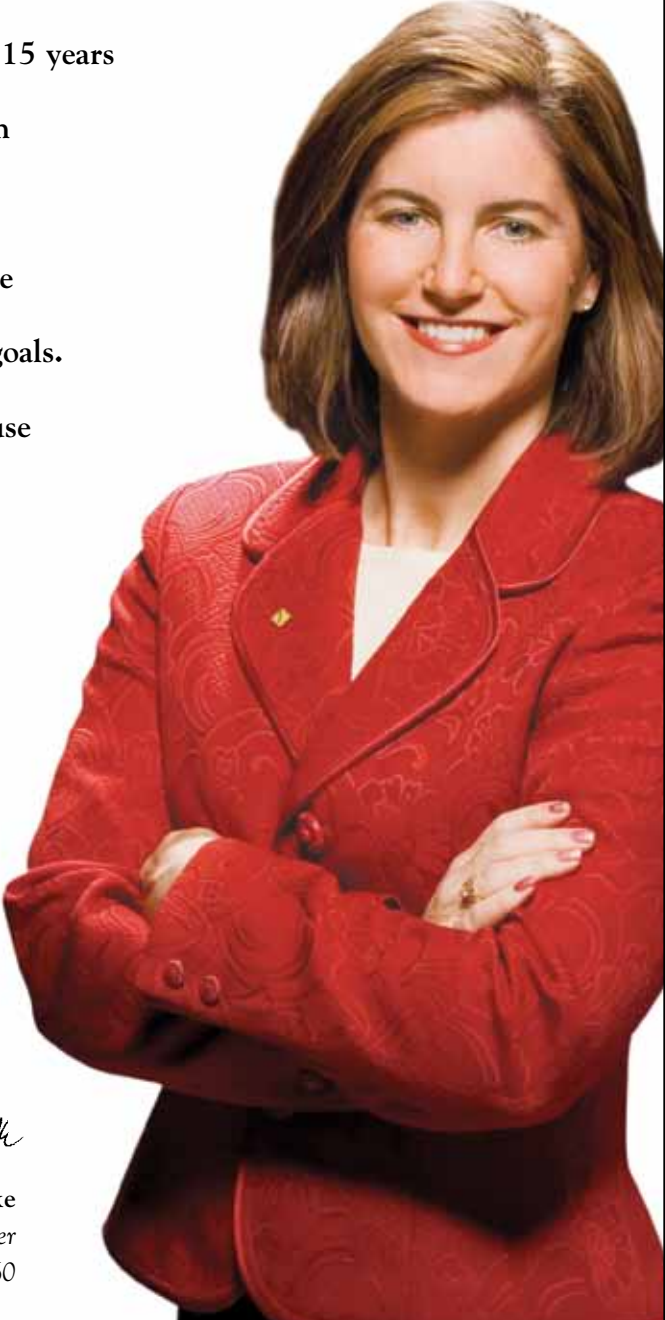


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We like to feature photographs or other artwork shared by IMS members on the cover of *The Bulletin*. Submit photographs, artwork, etc., to Beverly Hurt at the Society Office, bhurt@imsonline.org.

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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about our cover

On our cover:

The Indianapolis Medical Society celebrates Susan K. Maisel, MD, as the 143rd President of the IMS.

Dr. Maisel is board certified in

Pediatric Gastroenterology and practices at St. Vincent Pediatric Gastroenterology. She is a graduate of the University of New Mexico, Albuquerque.

Photography by Debbie Winchester

IMS Suggestion Box @ imsonline.org

Dr. Maisel welcomes suggestions from physicians, IMS Members and non-members.

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Great Expectations

It is with great expectations of effecting positive impact in this ever-changing medical environment that I enter this year as President of the Indianapolis Medical Society. My most important focus will be in searching how to make the Medical Society more relevant and responsive to the needs of today's physicians. To accomplish this I intend to reach out to members and non-members individually to engage in this mission.

When I first entered medical school in 1981, we were instructed in the altruism of the medical profession, in the honor and privilege of caring for patients, in the satisfaction and rewards of collegiality, in the social responsibility that came with the honor, and especially in the autonomy of managing our patients and our practices. Autonomy?? Autonomy no more, for better or worse! As I recently heard at a leadership institute, as physicians we are no longer "captains of our ships," we are part of a dance of entanglement that involves team care, federal and state governmental regulations, insurance companies directing care, prior authorizations, medical device and pharmaceutical companies, hospital associations and restrictive non-compete covenants. It is sometimes so overwhelming that we forget that we still have a voice in the dance. With the day-to-day frustrations of denials and appeals, federally mandated EMR, cuts in reimbursement, it is hard to feel appreciated, respected, and valued - we become apathetic.

If we don't act now, then when? Putting blinders on, like horses being led down the path, will only take us where others lead us. We did not get to, and through, medical school, then residency, by being followers, by being led. In our own ways we forged paths through fierce competition and adversity. We experienced great camaraderie with our peers in advocating for better teaching and residency environments, we pushed the envelope in discovery, diagnosis and treatment of our patients and in advocating for their care when the establishment of regulations and PA's and lack of funding were against us. We were invigorated by the Eureka of self-discovery and empowerment we felt in our new roles. Together, we moved mountains! We made

a difference! I long for those days. We all long for those days. How do we get that back?

The Indianapolis Medical Society has the potential to resuscitate and bring us back. But, it is only as effective as its parts. In today's world, numbers mean everything. Members mean everything. To physicians, camaraderie and collegiality bring validation, new discoveries

and countless opportunities. To change the "medical world" we have to start somewhere, we have to become engaged again, we

EMPOWERMENT!

have to dance at the table; we have to dance with the (government, insurance and corporation) wolves. Where better than starting at the local level with our city, county and state medical societies where we can, with numbers, effect a change. Remember the "old days" where we gathered in the physicians' lounges and hatched and developed ideas for better patient care and practice environments, and then moved mountains. Never has the time been more urgent, never has it been more important for us to gather, us the grassroots, into a cohesive voice! Nobody else will take the responsibility for the well-being of our profession. Nowhere else are we able to gather and act upon the interest of independent, employed, academic and administrative physicians, across all fields, under one roof, other than our local medical societies. I challenge every member to bring at least one new member into the Society this fall, double our numbers, and then double our numbers again. Give memberships as a tax-deductible birthday gift, as a welcome present to new staff! I challenge all of us to organize grassroots gatherings at the local level (offices, physician lounges, ball games, restaurants and yes, even golf courses) to brainstorm on every aspect of the future of medicine, on our futures. Let the Medical Society play the ideas forward. Let us be examples and mentors to the physicians of tomorrow. Make our numbers count. Make a difference. Make the Indianapolis Medical Society a vehicle for our voices, for activism and for change.

I look forward to the challenges of the coming year!! You will be hearing from me!

Past President's Opinion



IMS President 2015-2016, Stephen W. Perkins, MD

It's Been Quite a Year!

Dear Colleagues,

Thank you very much for the honor and opportunity to serve you and the Indianapolis Medical Society as your President this past year. I truly have strived to initiate some positive energy and help the membership re-engage with each other and the Society itself. I am convinced more than ever that we need to remain a viable, functioning and active organization on behalf of our community of doctors in central Indiana.

What has transpired this year?

1) Fortunately, we completed the sale of our building in November 2015 with a win-win closing contract. We were able to negotiate staying in our same location with a five-year lease in the very front offices of the building, including housing and maintaining the Medical Society Exchange!

2) Since we realized a significant investment return on our decision to have purchased the building several years ago, we have taken our appropriate, diligent and fiduciarily responsible time this year deciding how to manage the money for the best short and long-term interests of the Society. The Executive Committee, working with the approval of the Board and assistance from our legal counsel, has temporarily hired an investment advisor, developed a new and updated investment policy which includes social responsibility, and is finishing interviewing investment firms interested in meeting our mission and objectives. Our objectives involve keeping three years of operating funds available and investing the remainder in appropriate ways to maintain and even grow the fund balance.

3) Unfortunately, we have continued to lose dues-paying members despite all of our attempts, as well as my letter directly to the membership outlining the substantial "add-on value" that each member receives. We have a tremendous, hard-working staff who work with dedicated loyalty to serve each and every one of our members, yet we have had to take several steps to reduce expenses, including staff reductions. Despite this, we are still losing money and need to reverse the trend of members deciding to stop paying dues. Recruiting new members, maintaining existing members, and even convincing some who have stopped paying dues to rejoin are crucial for our Society to continue functioning and serving members in the next two-to-three years.

4) At the request of the Board, I formed a task force to review the ISMA's plan to change their governance and redistrict the entire State. The State Medical Association has already passed a policy de-linking State dues with our Society dues. This has caused a significant number of physicians in the surrounding counties who are members of the ISMA, receiving all the benefits of our well run central ISMA organization, to drop their dues to the IMS. However, new proposals for redistricting made by the ISMA that are to be discussed and voted on at the upcoming meeting in September may involve the collective group of counties in central Indiana being in one organization which likely will be administered by the current IMS staff office.

5) I would like to take this opportunity to thank and commend the entire staff of the Indianapolis Medical Society. Our staff, headed by the Executive Vice President, Beverly Hurt, is incredibly devoted to all members of the Society. They work diligently and with dedication to make sure each and every one of the members is

served and receives the benefits they so deserve. Bev Hurt provides a tremendous amount of expertise, history and administrative abilities and has made my job even doable. She does this nonstop for the Executive Committee and the Board as well. Marcia Hadley, who manages our Bulletin, has been a tremendous help to me with each of the monthly addresses. Becky Collis, Receptionist and Referral Secretary, is also a valuable asset to the Society and helped me effect and carry out the first ever Team IMS 5K Run/Walk for the benefit of the Gennesaret Clinic last April. Ann Knight, our Business Administrator, and Tyna McCauley, our Membership Secretary, and all other staff truly are committed to the success and viability of our Society and to maintaining and developing our membership. We owe a huge debt of gratitude to all of them. Fortunately, our Medical Society Exchange is still running and fulfilling a significant membership benefit role for many of our members.

6) This was a bit of a landmark year in that, with great help from enthusiastic volunteers from the Board, I was able to effect and carry out the "resurrection" of the Medical-Legal Committee group and put on an annual dinner for all of our members and members of the Indianapolis Bar Association. Initially, our dedicated volunteer task force met multiple times with the Indianapolis Bar task force, headed by Bill Winningham, and supported by Robyn Moberly, their President, to choose an appropriate speaker and organize a dinner meeting which was held in April. It was a resounding success and everyone in attendance enjoyed listening to Dr. Terry Trammell speak on "The History of Motorsports Medicine." This combined collegiality and opportunity for our members to socially interact and network with each other was fantastic. We all want to continue this and, in fact, we will probably even have small seminars from time to time run by this ongoing effort of the IMS and the IBA.

All these things that we were able to accomplish this year were through a group effort with the expert guidance of my predecessor, Dr. David Diaz, and the enthusiasm of the incoming President, Dr. Susan Maisel, in combination with the other officers of the Executive Committee. It has been a very positive year. We, the Board of Directors, along with officers who have now been working at the Indianapolis Medical Society, will move forward, always trying to learn how to better serve our members and survive as a Society within a restructured ISMA. It is crucially important and vital to all doctors that we stay committed and joined as a doctors' medical group. We need each other and we need organization to help better our practices and allow us to provide the best care possible to our patients.

"Coming together is a beginning; [working] together is progress; [keeping] together is success." – Henry Ford

With Sincere Appreciation,
Your now Past-President

A handwritten signature in dark ink that reads "Stephen W. Perkins, M.D." The signature is written in a cursive, flowing style.



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Bulletin Board

In April, **K. Donald Shelbourne, MD**, was a Guest Lecturer at the University of Arkansas Medical School, Orthopaedic Surgery Residency Program. He lectured on the History and Rationale for Accelerated Rehabilitation with ACL Reconstruction. Dr. Shelbourne was also a Guest Lecturer on the topic of "Patellar Instability – Lessons Learned over a Career," at the Pediatric Orthopaedic Society of North America's 2016 Subspecialty Day, April 29, 2016.

He spoke in May to the attendees of the From Pain to Performance 2016 Meeting in London, UK. His topics included "Nonoperative treatment and Pre- and Post-op treatment for TKA patients," and "History and rationale for accelerated rehabilitation program for ACL reconstruction."

At the 2016 Knee Update Meeting in Gelsenkirchen, Germany, on June 3-4, Dr. K. Donald Shelbourne was a featured presenter.

Dr. K. Donald Shelbourne, a Community Health Network orthopedic surgeon and former Indianapolis Colts' team physician, was inducted into the American Orthopaedic Society for Sports Medicine's (AOSSM) Hall of Fame on July 8, during the society's annual meeting in Colorado Springs, Colorado.

Stephen W. Perkins, MD, Meridian Plastic Surgeons, was recently a Key Invited U.S. Guest Faculty at the Mexican Rhinology and Facial Plastic Surgery Society's Symposium in Mexico City. He presented the keynote speech on his perspective of "33 Years of Performing Rhinoplasty: Long-Lasting Results". Dr. Perkins presented 9 talks on the topics of Endoscopic Forehead Lifting, Rhinoplasty, Neck and Facelift and Blepharoplasty. He also presented 3 videos on the topic of Rhinoplasty and participated in round table cases on Blepharoplasty, Brow Lift and Rhinoplasty.

Richard D. Feldman, MD, has been reappointed as a lay member of the Indiana General Assembly's Interim Study Committee on Public Health, Behavioral Health and Human Services.

Dr. Feldman is director of the Franciscan St. Francis Health Family Medicine Residency Program, which he has headed since 1981. He also directs the hospital's medical education program. He has held several elected appointments with the Indiana Academy of Family Physicians (IAFP), the Indianapolis Medical Society and Indiana State Medical Association.

Tod C. Huntley, MD, of the Center for Ear Nose Throat & Allergy has been selected as principal investigator for an FDA Pivotal Trial of a new hypoglossal nerve stimulator implant for obstructive sleep apnea. The device is manufactured by ImThera Medical, based in San Diego, and is implanted in a roughly one hour outpatient surgical procedure. There is no cost to study subjects, who must be CPAP-intolerant moderate to severe sleep apneics (AHI 20-65) and have a BMI < 35 kg/m². Dr. Huntley is one of three surgeons worldwide who has been involved as a clinical investigator for not only ImThera but also Apex Medical and Inspire Medical for their FDA clinical studies of upper airway neurostimulation for OSA. For further information on ImThera's Targeted Hypoglossal Neurostimulation Study #3 (THN3), you may contact Dr. Huntley at thuntley@centadocs.com.

Neurologist **Matthew G. Gentry, MD**, joined JWM Neurology. Dr. Gentry is originally from Marion, Indiana and received his Medical Degree in 2011 at Indiana University School of Medicine, Indianapolis. He completed his Neurology Residency in 2015, also at IU School of Medicine, where he was Chief Resident. Dr. Gentry then completed a Fellowship in Clinical Neurophysiology with an emphasis in EEG and Epilepsy at IU School of Medicine. He sees patients with all neurologic conditions and has special interests in the areas of Epilepsy, EEG, neuromuscular conditions and EMG. For more information call 317-308-2800.

Rick C. Sasso, MD, presented at the Spine Technology and Educational Group Organization, State of Spine Surgery: A Think Tank, 13th Annual Symposium, June 30 to July 2, 2016 in Los Cabos, Mexico. He served among the faculty of distinguished guests who explored "current and controversial issues in spine care."

He lectured on Patient Selection in Outpatient Spine Surgery and was involved in a debate about L5-S1 Isthmic Spondylolisthesis and moderated the session on Cervical Myelopathy.

Dr. Sasso served as a faculty member July 21-23 at the 23rd Course – "Advanced techniques in Cervical Spine Decompression and



Nicholas M. Barbaro, MD



Aaron A. Cohen-Gadol, MD



Richard D. Feldman, MD



Matthew G. Gentry, MD



Tod C. Huntley, MD



Jean-Pierre Mobasser, MD



Stephen W. Perkins, MD



Rick C. Sasso, MD



Mitesh V. Shah, MD



K. Donald Shelbourne, MD



Derron K. Wilson, MD

"Stabilization" which was held at the Practical Anatomy and Surgical Education facility at the Saint Louis University School of Medicine. He lectured on "Cervical Pedicle Screw and Lateral Mass Fixation." and taught the hands-on cadaver module on Anterior Cervical Spine Anatomy and Surgical Approaches.

Earlier in the month, Dr. Sasso served as a faculty member for the Scoliosis Research Society's 23rd Annual International Meeting on Advanced Spine Techniques (IMAST) which was held July 13-16, 2016 in Washington, DC. He lectured on Cervical Myelopathy and the optimal treatment when it is associated with a Cervical Kyphotic Deformity. Dr. Sasso also contributed to a debate regarding the optimal surgical approach for Cervical Radiculopathy. In addition, he moderated the scientific session titled "Innovative Methods in Spine Surgery."

News from Goodman Campbell Brain and Spine ...

Mitesh V. Shah, MD, and **Nicholas M. Barbaro, MD**, were presenters at the 69th Annual Meeting of the Neurosurgical Society of America held in Wicklow County, Ireland, on June 19–22. Dr. Barbaro participated in a symposium on "Advancing Outcomes: Clinical Trials in Neurosurgery." Dr. Shah was a participant in the abstract presentations for his work "Facial Nerve Outcomes as a Function of Degree of Resection in Large Vestibular Schwannomas."

Nicholas M. Barbaro, MD, was also an invited guest lecturer at Oregon Health and Science University's 4th Annual Portland International Neuroscience Symposium that was held July 22–24 in Portland. Dr. Barbaro lectured on the "Advances in the Surgical Treatment of Epilepsy." He also gave the Festschrift celebration keynote address on "Leadership in Functional Neurosurgery" in honor of Dr. Kim J. Burchiel.

Derron K. Wilson, MD, an interventional pain management physician, taught a course on "Dorsal Root Ganglion (DRG) Stimulation" for St. Jude Medical that took place on May 20–May 21 in Dallas, TX.

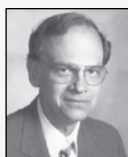
Aaron A. Cohen-Gadol, MD, along with fellow co-authors, recently published his research paper titled "Modified skin incision for avoiding the lesser occipital nerve and occipital artery during retrosigmoid craniotomy: potential applications for enhancing operative working distance and angles while minimizing the risk of postoperative neuralgias and intraoperative hemorrhage." The study appeared online in the July 7 issue of the Journal of Clinical Neuroscience.

Aaron A. Cohen-Gadol, MD, is also a co-author of the recently published work titled "Disseminated choroid plexus papillomas in adults: A case series and review of the literature." It was published ahead of print in the June 29 issue of the Journal of Clinical Neuroscience.

Jean-Pierre Mobasser, MD, served as guest lecturer at the 23rd Advanced Techniques in Cervical Spine Decompression & Stabilization: Hands-On Cadaver Course, held July 21 in St. Louis, MO. Mobasser's session focused on "Image Guidance in Cervical Spinal Surgery."

IMS

In Memoriam



Karl "Buz" M. Koons, Jr., MD
1916 - 2016

Dr. Karl "Buz" M. Koons, Jr., Indianapolis, Indiana passed away July 21, 2016.

Dr. Koons graduated from Broad Ripple High School in Indianapolis and Northwestern Medical School in Chicago, Illinois. He interned at Chicago Wesley Memorial Hospital and completed his surgical residency at Northwestern University.

A veteran, Dr. Koons served in the US Army as a Captain.

Dr. Koons served the Indianapolis Medical Society as a member of the Board of Directors (1976-1979), Delegate to the State Convention (1972-1975, 1994-1997), Alternate Delegate to the State Convention (1976-1979, 1997-2003) and as Chairman (1983-1984) of the Membership Committee.

We extend our sympathies to the family of these members. The IMS was recently notified of the passing of these two Members:



Robert Howard Furman, MD
October 23, 1918 - May 31, 2013



Henry George Stein, MD
July 30, 1930 - May 22, 2015

IMS Events/Meetings

- Sept. 13 Jim Baize, Iwo Jima Survivor
Senior/Inactive Luncheon Meeting, 11:30 AM,
Knights of Columbus, 2100 E. 71st St., Indpls.
- Sept. 20 IMS Board, 6:00 PM, Social; 6:30 PM, Dnr/Mtg.
Dr. Susan K. Maisel will be installed as 143rd IMS
President, Holiday Inn, 251 E. Pennsylvania Pkwy.
- Sept. 23 IMS Advisory Breakfast (Le Peep's), 7:30 AM;
ISMA BOT, 9:00 AM @ Headquarters
- Sept. 24-25 ISMA Convention, Sheraton Indianapolis Hotel,
Keystone at the Crossing
- Oct. TBD ISMA's Fall Legislative Dinner, Downtown Marriott
- Oct. 18 Executive Committee, Society, 6:00 PM, Sandwiches
- Nov. 15 IMS Board, Society, 6:00 PM, Social; 6:30 PM,
Dnr/Mtg., Holiday Inn, 251 E. Pennsylvania Pkwy.
- Nov. TBD IMS Advisory Breakfast (Le Peep's), 7:30 AM,
ISMA BOT, 9:00 AM, @ Headquarters
- Dec. 13 Senior/Inactive Luncheon Meeting, 11:30 AM,
Knights of Columbus, 2100 E. 71st St.
- Dec. 20 Executive Committee, Society, 6:00 PM, Sandwiches

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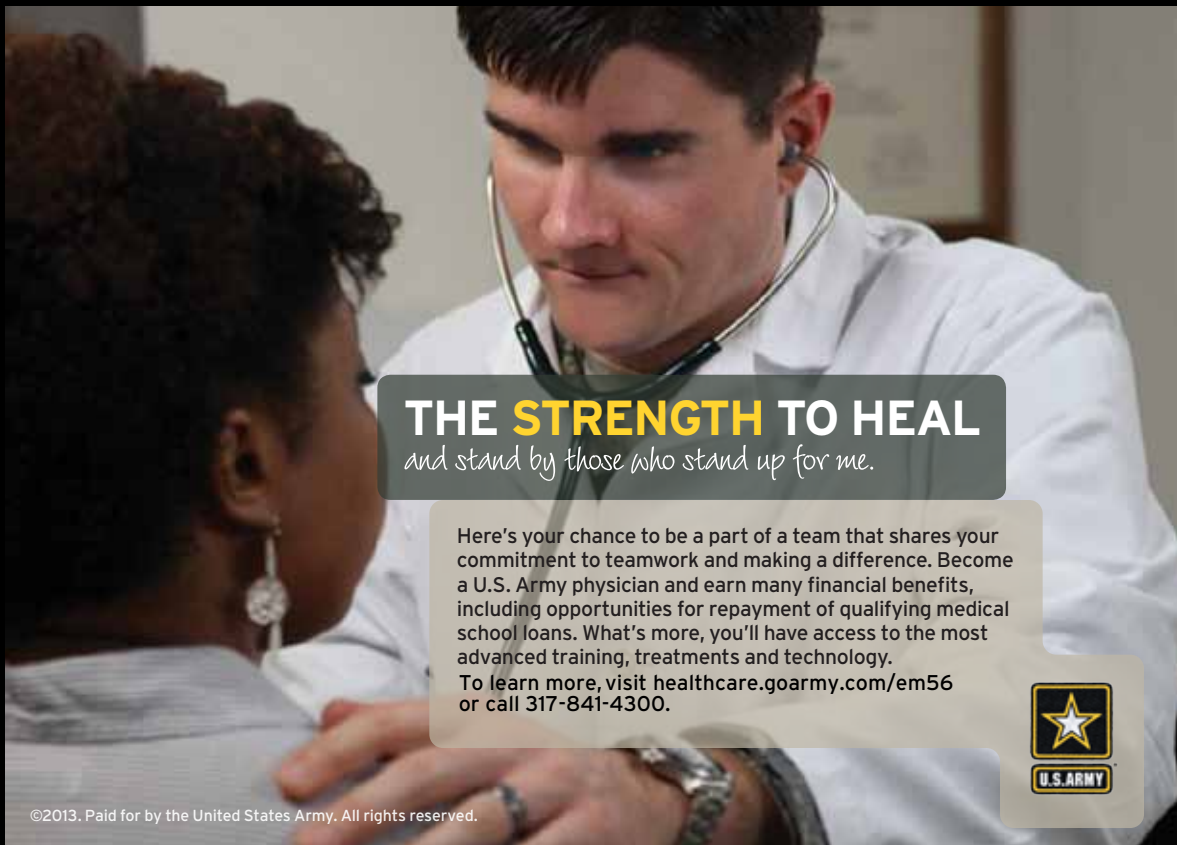
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Ofc – 328-5050
Fax – 328-5053
Diagnostic Radiology
Musculoskeletal Radiology
University of Iowa, 2010

Barnett, Mary Beth, MD

Resident – Franciscan St. Francis Health
5230 E. Stop 11 Rd., #250A
46237-6398
Ofc – 528-8921
Fax – 528-6916
Email – mbbarnet@iupui.net
Family Medicine
Indiana University, 2016

Best, Amy R., MD

Resident – IU School of Medicine
Otolaryngology
Indiana University, 2012

Carvell, Carly A., MD

Resident – Franciscan St. Francis Health
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Indiana University, 2015

Crews, Jonathan W., DO

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Ophthalmology
Other Specialty
Chicago College of
Osteopathic Medicine, 2012

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Kansas City, MO, 2016

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