

IMS
Indianapolis
Medical Society
1848

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March 2017 • Indianapolis, Indiana

Bulletin

Happy Doctors' Day

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

Saturday
April 22, 2017

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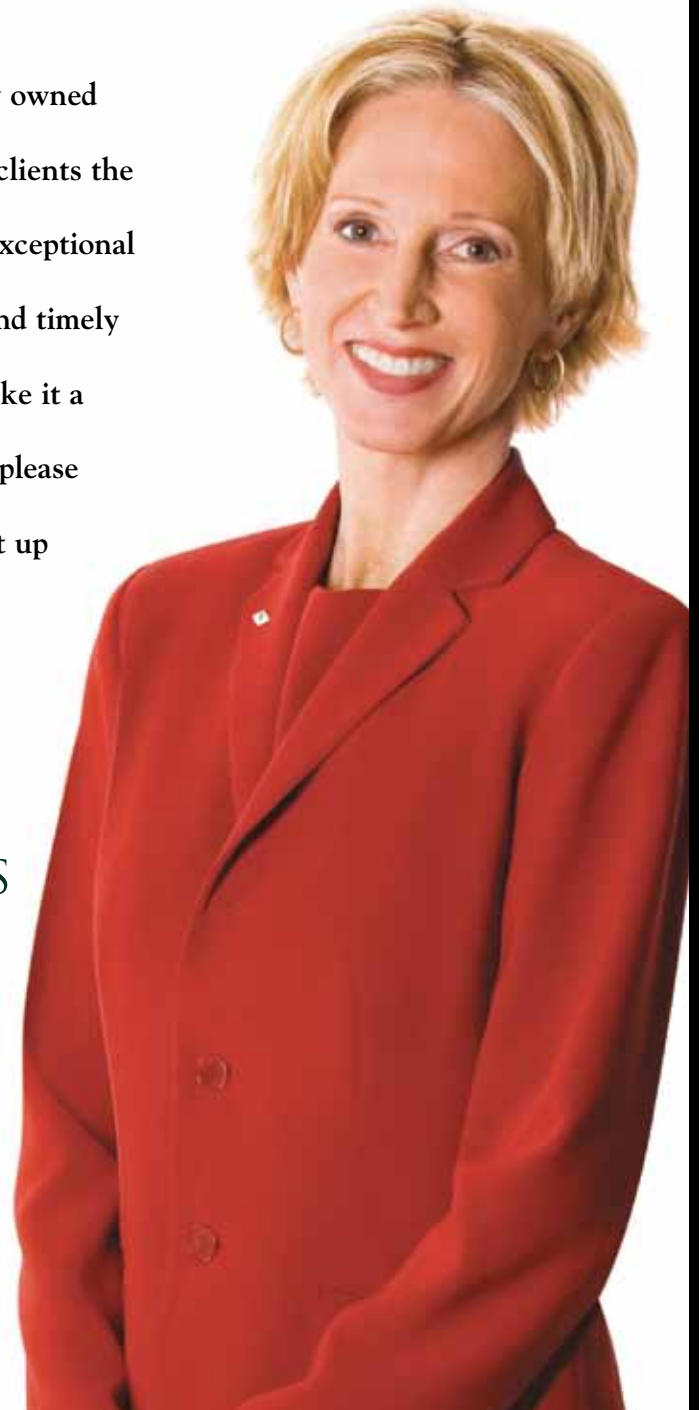
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NMLS #473835



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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.

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about our cover

On our cover: *Happy Doctors' Day*, March 30, 2017! The Red Carnation is a symbol for this national recognition of the contributions made by physicians.

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."

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President's Page *Susan K. Maisel, MD*

“the other side of the exam table, vulnerable, frightened, looking for direction and help.”

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 Fort 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 carmelmarathon.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



Use this form to register for the Carmel 5K Team IMS.

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

1. SELECT EVENT

Check one:	Fee from now-12/31	Fee from 1/1-3/31	Fee from 4/1-4/16	Race Week Fee 4/17-4/21
<input type="checkbox"/> Marathon*	\$75	\$85	\$90	\$95
<input type="checkbox"/> Half Marathon**	\$55	\$60	\$70	\$75
<input type="checkbox"/> ISG8K	\$30	\$35	\$40	\$45
<input type="checkbox"/> Carmel 5K – Team IMS	\$25	\$30	\$35	\$40
<input type="checkbox"/> 13 & Under 5K	\$15	\$20	\$25	\$30



*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: M F Date of Birth: ____/____/____ Age on 4/22/17 _____
(circle one) MM DD YYYY

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

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 _____ 3 or 4-Digit Security Code

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.

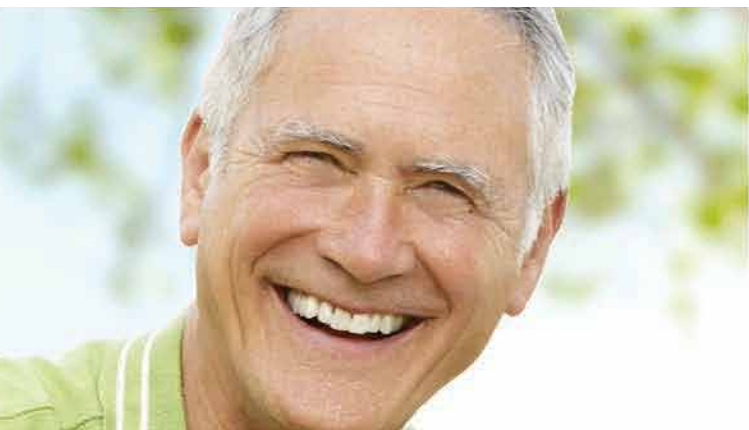
CANCELLATION POLICY: The participant acknowledges that the registration is only a license to participate in the event. There is no guarantee as to quality or any element of the scheduled event. The scheduled event may be cancelled, shortened or altered due to weather, other acts of God, terrorism, or for any other reason or reasons within or not within 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 conditions 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 completely 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 wheelchairs 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 news media. 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") for and from 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 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

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Bulletin Board

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 Wever, MD, a colleague and Facial Plastic Surgeon from the Netherlands. Dr. Perkins is the president of this organization and spoke on the topics of "Facelifting-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



Laurie L.
Ackerman, MD



Nicholas M.
Barbaro, MD



Aaron A.
Cohen-Gadol, MD



Andrew J.
DeNardo, MD



Daniel H.
Fulkerson, MD



Andrew H.
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Paul R.N.
Kirchgraber, MD



Troy D.
Payner, MD



Stephen W.
Perkins, MD



Theresa M.
Rohr-Kirchgraber, MD



Rick C.
Sasso, MD

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."

Troy D. Payner, MD, and **Andrew J. DeNardo, MD,** recently collaborated on a new study that was published in the Journal of Neurosurgery. "Comparison of endovascular and microsurgical management of 208 basilar apex aneurysms," appeared online ahead of print on January 13, 2017.

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box icon and

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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
Friday North Forum
Reilly Board Room; 12:00 - 1:00 p.m.

Every Other
Month Psychiatry Grand Rounds
7250 Clearvista Dr.
4th Thursday Multi-Service Rms. 1 & 2, 7:30 - 8:30 a.m.

Community Heart & Vascular Hospital

First
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.



How to Get Paid for Your Healthy New Year's Resolutions

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.

IMS

President's Page

(Continued from page 7)

At that point, without money or ID's, we stood in the lobby of the hotel, traumatized, sickened by the reported deaths and injuries, grateful to be alive, but in need of answers and help. We felt exposed, vulnerable and scared, as I now reflect, much as our patients do when they arrive to our offices with unexplained symptoms. My family will be forever grateful to those who took a chance and offered us shelter in their businesses, and then at the hotel. They listened to our story, empathized with us, gave us transportation, food and shelter, and helped us come up with strategies for coping and for retrieving our lost, checked and unchecked items — over 35,000 items were collected from Terminal 1, warehoused and then catalogued over the next week, before an arduous redistribution of items to passengers, the majority without ID's with which to make the claims. What our "first responders" did for us was the equivalent of what we do for our patients everyday — I am now so aware of my importance to and impact on my patient's concerns and fears during their short visit — I am inspired to make a difference for them in the same way — listening, empathizing, guiding, dispelling fears and rumors.

As an epilogue, after 12 chaotic hours, the rumors of more shooters and planted bombs were debunked. The problem stemmed, in part, from the arrival of over 40 police departments, as well as, National Guard and Army units, with no central command or group information text system in place. Some of the police units were detonating suspicious packages in the terminal (the explosions), without communication to the other responders, and many showed up without uniform, with other responders thinking they were "shooters." Again, another medical corollary — the importance of communication between physician and patients, PCPs and subspecialist, administration and staff, and the importance of our profession in debunking internet rumors." I sign off thankful for a healthy and alive family, thankful for the honor of paying forward to my patients what others did for us that second week of January.

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
Neuroradiology, 1998, 2009
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) 355-2960
Fax – (317) 355-7784
Web – www.ecommunity.com
Otolaryngology, 2013
Indiana University, 2005

Lee, Jiwon, MD
Northside Anesthesia Services, LLC
Anesthesiology, 2016
Ross University, Dominica, 2011

Scott, Kenneth G., MD
Radiology of Indiana
7340 Shadeland Station, #200
46256-3980
Ofc – (317) 579-2150
Fax – (317) 579-2130
Diagnostic Radiology, 2002, 2012
Indiana University, 1997

Smith, Kenneth L., DO
Resident – IU School of Medicine
Psychiatry
Edward via Virginia College of
Osteopathic Medicine, 2013

Smith, Kimberly N., DO
Resident – St. Vincent Hospital
Family Medicine
Edward via Virginia College of
Osteopathic Medicine, 2014



Thiel, Garrett J., MD
Northside Anesthesia
Services, LLC
St. Vincent Hospital
2001 W. 86th St.

46260-1902
Ofc – (317) 407-2277
Fax – (317) 823-6453
Anesthesiology
Indiana University, 2012

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

In Recognition of William Dugan, MD



*William
Dugan, MD*



*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!



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