

MSSC NEWS

Young docs meet, mingle and learn financial tips



General surgeon and financial lecturer Austin George, MD, summarized his findings when it comes to accumulating wealth the smart way for physicians.

George, who is an avid follower of physician financial advice website The White Coat Investor, shared his tips for financial success by looking at spending, saving and investment habits, retirement planning, and smart purchases such as disability and life insurance.

He underscored the importance of debt management – paying medical school loans as soon as possible should be a top priority – as well as “living like a resident” for as long as possible to get financially situated.

“There are no secrets to financial success – luck is rarely involved,” George said. “It takes a lot of planning, hard work, dedication and the support of your family.”

He said a physician’s goal should be building wealth, not accumulating stuff.

“Money doesn’t care or buy happiness, but it is less stressful when one is financially secure,” George said.

See page 2 for George’s top tips for wealth.

PLEASE SEE **WD<40** AND MORE PHOTOS, PAGE 2



WD<40
Wichita Docs Under 40

A LIVELY GATHERING: TOP PHOTO: MRS. BRITTANY GEORGE, LEFT, FEATURED SPEAKER AUSTIN GEORGE, MD, AND BECKY FOSTER, DO; LEFT PHOTO: KARISSA GILCHRIST, MD, AND CECILIA HINTON, MD.

A CLOSER LOOK

Spring heralds more sun, higher suicide rates

There is an average of 129 suicides each day in this country, making it the 10th leading cause of death in America, according to the American Foundation for Suicide Prevention (AFSP).

In Kansas, suicide ranks 15 in causes of death, costing more than \$510.4 million in combined lifetime medical and work loss costs, the AFSP reports. That’s an average of nearly \$1.3 million per suicide death in Kansas.

Its prevalence has earned it the month of September as national Suicide Prevention Awareness Month. So why are we talking about this in March? Despite persistent myths that suicides go up during the holidays (not even September is a high-risk month), it’s actually the spring and summer months where spikes in suicide are highest.

“I think you can look at seasonal affective disorder,” said Wichita psychiatrist Dr. Dwight St. Clair, DO. “In the spring, people tend to have more sleep issues, and, when you look at obvious stressors, taxes are due soon. For some people, it doesn’t take much.”

March typically ranks third in most suicide deaths per

PLEASE SEE **SUICIDES** PAGE 3

May 2019 membership meeting: Elections and a look at physician burnout

Please mark you calendars to attend our May 7, 2019, membership meeting at the Wichita Country Club.

This is an important meeting to attend, as it will feature the election of the 2020 MSSC board members.

In addition, Rick Kellerman, MD, and Samuel Ofei-Dodoo, PhD, of the University of Kansas School of Medicine-Wichita will present the results of a survey of MSSC members on physician burnout.

► MSSC Membership Meeting

WHEN: 6-8 p.m. on Tuesday, May 7

WHERE: Wichita Country Club,
8501 E. 13th St. N

RSVP: To Denise Phillips at
denisephillips@med-soc.org or call her at
(316) 683-7558



March
2019

*Physicians
who care for ...
our patients,
our community,
and our profession.*

MSSC
MEDICAL SOCIETY of
SEDGWICK COUNTY

www.mssconline.org
1102 S. Hillside
Wichita, KS 67211
(316) 683-7557

Strong response by MSSC physicians impacts legislative bills



Dr. Michael Lievens, MD
March President's Message

I would like to extend my thanks to all the MSSC members who responded to Dr. Kevin Hoppock's recent call to action and e-mailed state lawmakers about two bills before the Legislature.

MSSC and the Kansas Medical Society try to issue such calls sparingly – preferring to work behind the scenes whenever possible. But there are times when a strong response is needed. This was one of those times.

The two bills of concern were House Bill 2066, which would allow APRNs to practice outside the supervision of physicians and the Kansas Board of Healing Arts, and HB 2146, which would allow non-health care corporations to employ physicians to provide care to employees.

The APRN bill was amended on the House floor last week – lawmakers gutted the bill and replaced it with the contents of HB 2102, which would allow Medicaid expansion in Kansas. That bill was approved and sent to the Senate.

The corporate practice of medicine issue also has been in flux. A new bill, HB 2402, was introduced last week.

The status of bills can change quickly. We'll keep you informed through MSSC's Legislative Update emails.

Some of the other bills before the Legislature this session include HB 2082, which would allow pharmacists to administer drug injections that patients could self-administer; HB 2198, which would allow the use of expedited partner therapy to treat sexually transmitted diseases; and HB 2295, which would allow for the licensure of anesthesiology assistants. There also have been several bills related to medical marijuana.

Evaluating these bills and monitoring their status is a challenging job. We are fortunate to have a talented staff at KMS who know the ins and outs of the legislative process.

I also appreciate the many physicians who are engaged on these issues. MSSC and KMS have committees of physicians who discuss bills and debate strategies. Both committees are headed by Dr. Hoppock, who devotes a great amount of time to understanding the issues and developing relationships with lawmakers.

I'm also grateful for the many lawmakers who care about the concerns of physicians and want to make sure bills don't harm the practice of medicine or patient care. I particularly want to recognize Rep. John Eplee, a family physician and KMS member from Atchison.

KMS and MSSC do not expect to issue another call to action this session. But if we need to, it's great to know that so many physicians are ready to respond.

Physician ENGAGEMENT

This month, we capture physicians and guests at the March 21 WD<40 social gathering at Crestview Country Club

WD<40 CONTINUED FROM PAGE 1

Tips for building wealth

1. One spouse
2. One house
3. Live like a resident for two to five years after residency
4. Pay off all debts quickly
5. Save 20-40 percent of income
6. Max out your 401(k)
7. Max out your HSA, 529, Roth IRA
8. Invest in taxable accounts after loans are paid off
9. Have a goal for financial independence, a timeline of when you want to get there, and how much you want to have.

SOURCE: GEORGE AUSTIN, MD



A SOCIAL AND FINANCIAL EVENT: TOP LEFT: SAMANTHA BECK, MD, MR. KEEGAN MILLER, MR. MICHAEL FOWLER; TOP RIGHT: STEPHANIE SHIELDS, MD; MIDDLE PHOTO: JASON MCCLENDON, PHOENIX HOME CARE & HOSPICE, DR. BRADEN FOSTER, DO; BOTTOM ROW, FROM LEFT: FADI JOUDI, MD, ELLEN COOKE, MD, AND MICAH HALL, MD; LALITHA GOPINETI, MD, AND UNNATI DOSHI, MD; AND NATE TOFTELAND, MD.



Match Day places Wichita medical students in residencies

Fourth-year medical students eagerly anticipated Match Day on March 15 when they learned which residency program they were matched with, and what part of the country they will move to for the next phase of their training.

Of the 67 students at the University of Kansas School of Medicine-Wichita who matched, 24 will stay in Kansas for their residencies: 21 in Wichita, two in Salina, and one in Kansas City.

The remaining 43 students will travel to 23 other states to continue their medical education.

More than half of this year's graduates will go into a primary care field (family medicine, internal medicine, pediatrics), 11 matched to surgery, five to psychiatry and three to obstetrics and gynecology residency programs, according to KUMC.



Seasonal risk factors still unclear; physicians must stay alert

SUICIDES *CONTINUED FROM PAGE 1*

day, surpassed only by May and July, according to the Centers for Disease Control and Prevention.

Even so, a report by the Annenberg Public Policy Center at the University of Pennsylvania found that 64 percent of newspapers stories "recycle the myth" that suicide rates rise during the holiday months. That's why it's important for physicians to be even more vigilant as March heralds spring weather.

Psychiatrists and other researchers have wondered for years why the arrival of spring seems to usher in a rise of suicide rates. Studies show that it is global phenomena not specific to the United States.

A 2012 study published in the International Journal of Environmental Research and Public Health took a look at the seasonality of suicidal behavior and what environmental factors may influence it.

As with most studies into this phenomenon, conclusions are inconsistent and definitive reasons are still not widely understood. But the researchers did acknowledge that physical conditions (bioclimatic factors such as sunshine, temperature and rainfall), chemical conditions (pollutants), and biological conditions (viruses, bacteria, protozoa and allergens) all factor as potential triggers of suicidal behaviors in spring or fall.

Physicians, then, should key in on the potential uptick of depressive and possibly suicidal patients they see throughout the year, particularly as March ushers in spring.

In fact, researchers of a study published in The Primary Care Companion to the Journal of Clinical Psychiatry found that active knowledge of high-risk factors help make primary care physicians more effective in identifying vulnerable patients.

"Physicians should be more on alert," St. Clair said. "Be on the lookout for symptoms like anxiety, which (researchers) feel is the best short-term predictor of suicide. Ask about feelings of hopelessness, feeling overwhelmed."

PCPs should look for these high-risk factors for suicide

High-risk factors in assessing suicide risk:

1. Past suicide attempts
2. Seriousness of previous attempts
3. Family history of suicide
4. Feelings of hopelessness
5. Substance abuse
6. Social isolation
7. Personal or family history of psychiatric disorders
8. Burden of physical health problems
9. History of loss
10. Preoccupation with death

SOURCE: "MANAGING SUICIDE ATTEMPTS: GUIDELINES FOR THE PRIMARY CARE PHYSICIAN," THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY (2003).

MPR finalist for Small Business Award



MPR A WINNER: VICKI BOND, CEO OF MPR, LEFT, AND GARY PLUMMER, PRESIDENT AND CEO OF THE CHAMBER.

Medical Provider Resources was selected as a finalist in the Wichita Regional Chamber of Commerce's 2019 Small Business Awards program.

Nine finalists were chosen out of 25 applicants, who showcased their products and services at an event March 5 at Newman University.

The nine finalists will make presentations at the Chamber's April 18 Sunrise Scrambler and the winners in each tier will be announced on May 23.

► **RELATED:** University of Kansas School of Medicine alumni and faculty provide research in breakthrough treatment of depression, page 4.

In Brief ▶▶▶

New and noteworthy

Wichita doctor saves a life on airplane

Wichita doctor P.J. Reddy, MD, responded to the proverbial "is there a doctor in the plane?" call for help during a recent flight from Dallas to Dubai on his way to Hyderabad, India, for his medical class reunion and to visit family.

A passenger had exited the restroom and became unconscious, Reddy said. After a flight attendant administered oxygen, Reddy said he checked for a pulse.

"I couldn't feel his pulse," he said. "I immediately started CPR by chest compressions. In a minute or two, he started waking up. I checked his pulse. I could feel it. Then I checked his blood pressure. It was OK. The flight attendant and, later on, the passenger thanked me. I am glad I was able to save his life in the airplane."



Ethics Conference meets on March 27

The Kansas Healthcare Ethics Conference "Conversations in Ethics: The Difficult, Diverse and Rewarding" will be held on Wednesday, March 27, at the Hughes Metroplex, 5015 E. 29th St. N. This annual symposium brings to Wichita an outstanding group of national and local speakers in the area of ethics. Topics include:



- Ethics of Opioid Use Disorders
 - Ethics in Caring for Victims of Human Trafficking
 - Practical Ethics in Elder Maltreatment
 - Seniors and the Information Gap
 - The Digital Patient, Ethics on Health Information Technologies and Shared Decision Making
 - Community Conversation: Advance Directives
- Cost is \$90 or \$100 for walk-ins. Lunch is provided.

Online registration is at www.wichitamedicalresearch.org.

Kuhlmann part of Leadership Kansas

Dr. Zachary Kuhlmann, DO, residency program director for the University of Kansas School of Medicine-Wichita, was one of eight Wichita leaders chosen for the Kansas Chamber's 2019 Leadership Kansas class. A total of 40 participants around the state were selected.

Participants will meet with community leaders and experts during the six-month program, tackling issues such as business, education, agriculture, public policy, public health and development, economics and government.



Jager Club to gather on March 28

Medical history social group Jager Club will hold its final meeting for its 2018-19 season on Thursday, March 28, with featured speaker Jerry Harper, an attorney and historian. He will talk about "The Amazing J.R. Brinkley: The Milford, KS, 'Goat Gland' Doctor." The social begins at 6 p.m. with the presentation at 6:30 p.m. and dinner at 7:15 p.m. at the Wichita Marriott, 9100 Corporate Hills Drive. Cost is \$35 a person.

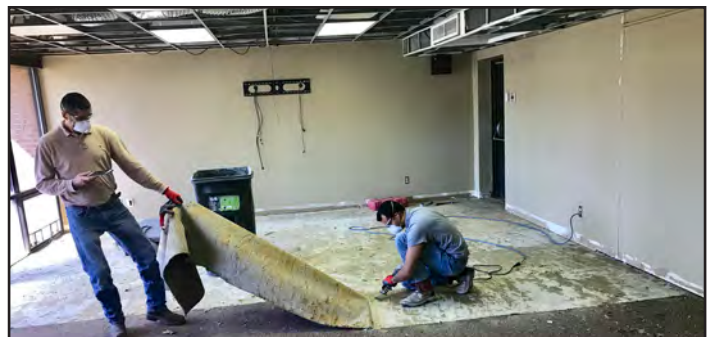
For more information, or to register in advance, please call Hope Kessinger at (316) 293-3594 or e-mail the club at jagerclub@kumc.edu

Family medicine symposium April 5

The Family Medicine Spring Symposium will take place on Friday, April 5, at the National Center for Aviation Training, 4004 N. Webb Road. The Family Medicine Spring Symposium is designed primarily for family physicians, though registration is open to physicians in all specialties.

This symposium will feature topics related to geriatrics with goals for improving physician knowledge, skills and competence. The registration fee includes a course syllabus, refreshments and lunch. Sponsored by the KUMC-Wichita Department of Family and Community Medicine, physicians may register online at www.eeds.com/live/998707. CEUs are available. For more information, please call (316) 393-2607 or (316) 293-3533.

Leadership Room undergoes remodel



Work has begun on a planned remodel of the Leadership Room at the MSSC offices. Changes include a new conference table and chairs, carpeting and painting, and new countertops in the adjacent kitchen. "The Leadership Room was showing its age, with mismatched, banged-up furniture and spotted carpeting," said MSSC Executive Director Phillip Brownlee.

The remodeling is being underwritten by ProviDRs Care in honor of its longtime board president, Dr. Terry Poling, MD, who recently resigned his role as an AMA delegate.

KUMC played role in drug approval

The U.S. Food and Drug Administration on March 5 approved esketamine as a breakthrough treatment for people with major depressive disorder.

"Breakthrough means it is a new treatment with a new mechanism for a major untreated medical need," said Sheldon Preskorn, MD, professor in the Department of Psychiatry & Behavioral Sciences at the University of Kansas School of Medicine-Wichita. "I believe esketamine is the first psychiatric treatment to receive this FDA designation."

Preskorn is one of three physicians with ties to KUMC in Wichita and Kansas City who have played important roles in moving this drug toward FDA approval. The research he completed at the medical school in Wichita stimulated interest in the glutamatergic mechanism of action and recognized that one of three patients with major depressive disorder did not adequately respond to biogenic amine antidepressants. Intranasal esketamine is the first non-biogenic amine antidepressant approved in the world.

The drug will appear under the brand name Spravato. The nasal spray will be administered under medical supervision and can only be used in a certified doctor's office or clinic.

MEMBERSHIP

Members of the Society who know a good and sufficient reason why any of the following applicants are not eligible for membership are requested to communicate with the Medical Society of Sedgwick County, (316) 683-7557.

Key: [BC] Board Certified [F] Accredited Fellowship [R] Residency [AT] Additional Training [F*] Unaccredited Fellowship

NEW APPLICANTS

Lindsay J. Byrnes, MD

[BC] Pediatrics
[BC] Internal Medicine
KUSM – Wichita Pediatric Hospitalist
OFF: 962-7422
FAX: 962-7805
550 N Hillside Bldg 1 6th Floor, 67214

ELECTED TO PROBATIONARY



Khalid Afaneh, MD

[BC] Hemopathology
[BC] Anatomic & Clinical Pathology
[F] Selective Surgery Pathology
Heartland Pathology
OFF: 636-5666
FAX: 636-2777
9300 E 29th St N S-208, 67226

Medical education obtained at Jordan Univ. 9/2002-6/2008; Residency in Family Medicine at Jordan Univ. 7/2009-6/2012; Residency in Anatomic and Clinical Pathology at Albany Medical Center 7/2012-6/2016; Fellowship in Hematopathology at Washington Univ. 7/2016-6/2017; Fellowship in Selective Surgical Pathology at Washington University 7/2017-6/2018.



Rachel M. Brown, MD

[BC] Child & Adolescent Psychiatry
[BC] Psychiatry
KUSM- Wichita
OFF: 293-2647
FAX: 855-476-0305
1001 N Minneapolis, 67214

Medical education obtained at Guy's Hospital Medical School, London 9/1974-6/1980; Internship in Family Medicine at St. Albans City Hospital, UK 8/1980-7/1981; Residency in Psychiatry at Bethlem Royal Maudsley, London 10/1982-4/1986; Residency in Child & Adolescent Psychiatry at Bethlem Royal Maudsley 4/1986-3/1988; Fellowship in Child & Adolescent Psychology at Univ. of Alabama at Birmingham 7/1996-6/1998.



Megan Dingwall, MD

[BC] Internal Medicine
CarePoint
OFF: 962-2030
FAX: 962-7100
550 N Hillside, 67214

Medical education obtained at Univ. of Kansas School of Medicine- Wichita 8/2009-5/2013; Residency in Internal Medicine at Univ. of Kansas School of Medicine- Wichita 7/2013-6/2016.



Cynthia Hayek, MD

[BC] Neonatal-Perinatal Medicine
Pediatrix Medicine Group
OFF: 962-8580
FAX: 962-8581
550 N Hillside, 67214

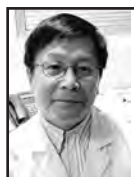
Medical education obtained at Lebanese Univ., Beirut 10/2002-5/2009; Residency in Pediatric at Lebanese Univ. 10/2009-6/2011; Residency in Pediatric at Kansas Univ. Medical School 7/2011-6/2014; Fellowship in Pediatrics-Neonatal-Perinatal Medicine at Univ of California 7/2014-6/2017.



Phuong "Mike" V. Nguyen, DO

[R] Emergency Medicine
Vituity
OFF: 268-5757
FAX: 291-7496
929 N St Francis, 67214

Medical education obtained at Arizona College of Osteopathic Medicine 8/2009-5/2013; Internship in Rotating Intern at St. Mary Mercy 7/2013-6/2014; Residency in Emergency Medicine at St. Mary Mercy 7/2014-9/2018.



Shiwen Song, MD

[BC] Pathology
Heartland Pathology
OFF: 636-5666
FAX: 636-2777
9300 E 29th St N S-208, 67226

Medical education obtained at Weifang Medical College 7/1980-7/1986; Residency in Internal Medicine at John H Stroger Hospital of Cook County 7/2005-6/2008; Residency in Clinical Pathology at Univ of Southern California Medical Center 7/2008-6/2009; Fellowship in Selective Surgical Pathology at Univ. of Southern California Medical Center 7/2009-6/2010.

ROSTER UPDATE

ELECTED TO ACTIVE

John M. Donovan, MD
Elizabeth Flax, MD
Lalitha D. Gopinetti-Lokanathudu, MD
Richa Lakhotia, MD
Joseph N. Meouchy MD
Giao A. Pham, MD
Tara L. Richardson, MD
Bart J. Winter, DO

REINSTATE TO ACTIVE

Theodore M. Parsons, MD
James T. Prescott, MD
Daniel Rivera, MD

CORRECTIONS:

Le-wen Liu, MD
No Fellowship in Molecular Genetic Pathology

Travis Stembridge, MD
FAX: 609-2346

CHANGES

Jennifer Callison, DO
BC- Family Medicine
Antioch Med
OFF: 350-8008
FAX: 350-8020
1126 S Clifton, 67218

Sounida Douangpraseuth, MD
Wichita Ambulatory Anesthesia Providers, LLC
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330 W 2nd St #3358 67201

Bart J. Winter, DO
[BC] Family Medicine
Robert J. Dole VA Hospital
OFF: 685-2221
5500 E Kellogg, 67218

DROPPED

Dian Feng, MD
Rajoo Thapa, MD – moved out of state
Johnathan Baalman, MD

MSSC NEWS

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