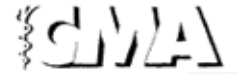




North Coast Physician



EDITORIAL & PUBLICATIONS COMMITTEE

Emily Dalton, M.D.
George Ingraham, M.D.
Stephen Kamelgarn, M.D. "Guru"
Leo Leer, M.D.
Scott Sattler, M.D.
Erik Weibel, M.D. - Webmaster

EXECUTIVE DIRECTOR

Penny E. Figas

CONSORTIUM COORDINATOR

Terri Taylor

EXECUTIVE BOARD

John Nelson, M.D.. PRESIDENT
Timothy Dalsaso, M.D. PRESIDENT-ELECT
Kelvin Vu, D.O. SECRETARY/TREASURER
John Mastroni, M.D. PAST PRESIDENT
Tin Botzler, M.D. DIRECTOR
Jasen Christensen, D.O.. DIRECTOR
Stephanie Dittmer, M.D. DIRECTOR
Join Luh, M.D. DIRECTOR
David Villasenor, M.D. DIRECTOR
Donald Baird, M.D. PUBLIC HEALTH OFFICER
Warren Rehwaldt, M.D., PUBLIC HEALTH OFFICER
Alison Palacios, D.O. EASTERN DISTRICT
Vacant. NORTHERN DISTRICT
William Carlson, M.D. CMA DELEGATE
Corinne Frugoni, M.D. CMA DELEGATE
John Nelson, M.D. CMA DELEGATE
Timothy Dalsaso, M.D. CMA ALT. DELE.
Join Luh, M.D. CMA ALT. DELE
Kate McCaffrey, D.O. CMA ALT. DELE
Melvin Selinger, M.D. SSGPF

James Cotter, M.D. CMA DIST. X TRUSTEE

In This Issue:

In My Opinion, Lee Leer, M.D.....	4
"Exam Rooms as Refuge".....	
Open Forum, Jennifer Heidmann, M.D./ Karen Ayers, ACNP	5
"New Law Expands Access to POLST"	
In Memorium: O. Brian Craig, M.D.	6
In Memorium: John Carolan, M.D.....	7
Welcome Medical Students.....	8
HDN Tattler	9
Social Event Calendar	9
Coming, Going, Moving Around.....	9
CMA Issues Guidance for End Of Life Option Act	12
2016 Physician Membership Resource Directory Updates	14
CME Education - Upcoming Webinars.....	16
Save the Date: CMA Leadership Academy	16
Continuing Medical Education/Grand Rounds Calendar	22
Classified Ads.....	23

Cover Photo
"POND AT ARCATA MARSH"
JEANETTE RICHARDS, M.D.

The Editorial and Publications Committee encourages our member's comments for publication. Please submit electronically prior to the 15th of the month preceding publication. hdcms@sbcglobal.net

North Coast Physician is published monthly by the Humboldt-Del Norte County Medical Society, 3100 Edgewood Road, P.O. Box 6457, Eureka, CA 95502. Telephone: (707) 442-2367; FAX: (707) 442-8134; E-Mail: hdcms@sbcglobal.net Web page: www.hdcms.org

North Coast Physician does not assume responsibility for author's statements or opinions; opinions expressed are not necessarily those of North Coast Physician or the Humboldt- Del Norte County Medical Society.

Exam Rooms as Refuge

Lee Leer, M.D.



The reality is that times have always been tumultuous. There's always been something that's taken the luster off of our American myth of greatness and exceptionalism, be it a war (Civil, World, Vietnam, Iraq), or turmoil on the home front (McCarthyism, entrenched racism, Dust Bowls, the entire Bundy family from Nevada). And the rest of the world has always had its problems (famines, genocides, religious wars, murderous dictators, genital mutilations, to name just a few).

However, I must say that current times seem particularly out of balance, what with climate change, the ongoing sectarian World War, and the particularly nasty way that the American political system has evolved.

At a time when we most need adults at the wheel, we're presented with the most scary, least qualified bunch of Presidential wanna-be's ever assembled on a single stage. All of whom appear to believe that America's greatest threat is not climate change, or wealth inequality, or lack of appropriate healthcare. No, America's greatest threat has to do with the fact that not enough of us are walking around carrying large caliber weapons in public. Willing, ready, and untrained to use them. Wow. And while one may briefly look to Canada to catch a glimpse of societal sanity with Mr. Trudeau's recent election, such sanity is unfortunately overwhelmed by Mr. Putin, our allies in Saudi Arabia, the psychopath in North Korea, and dismaying number of despotic leaders in multiple African countries.

So, it's times like this that I particularly relish being able to retreat into the little fantasy world I call "work." For the greater part of each weekday, I get to meet with people and work with them as they struggle to make their lives better and healthier. It's

funny, as I look back at my career. There have been periods when work seemed like the most stressful part of the day: too many patients, many of whom seemed to not really want anything I had to offer, coupled with business concerns having to do with survival of the practice and whatnot could lead to a long day indeed. I'd get home mentally and emotionally exhausted. I'd struggle to hold onto the memory of the two or three patients that day who really needed to see me, and who really benefitted from my ministrations. I'd struggle to keep from getting too angry about bureaucratic hassles, Medicare forms to sign repeatedly--all the usual. But lately, though I'm seeing as many patients as ever, and goodness knows, bureaucracy hasn't diminished, I'm at peace with it all. Helped I'm sure by the fact that the business part of the practice boat is floating well and has been doing so for some time, and helped too I presume by whatever passes for maturity and personal growth in my case. Whatever the cause, the upshot is that work is comfortable now, and it makes sense, and it reminds me that humans can indeed interact with one another during stressful situations with respect and kindness, and mutual understanding.

Unlike what I see on TV, read in the papers, or experience on Facebook before and after work, where people seem to be doing their level best to prove that evolution can grind to a halt and go in reverse. At work now, I can fully appreciate those moments when a long time patient finally quit smoking, or began exercising, or accepted that he might have needed antidepressants and is, in fact, benefitting greatly from them. I can share the victories with my geriatric patients whose med lists I've helped whittle down to a safer, more comfortable level; my patients

who have successfully weaned off of narcotics; the worried well who are a bit less worried than they used to be; the people facing the ends of their lives learning to understand and talk about the changes they're facing. At this point I've been doing this long enough that many of my patients and I have known one another for over 20 years. If not old friends exactly, we certainly share an easy familiarity that is quite pleasant. And, though I don't take on new patients very often, I still see some, and thoroughly enjoy the challenge of piecing together a new patient's medical and personal histories and developing a therapeutic relationship with them.

At fifty-seven, I usually don't feel that old. Certainly not old enough or burned out enough to be either interested in or thinking about retirement. So it amazes me when people ask, as happens, it seems now, on at least a weekly basis, when I'm retiring. Or, more interestingly, when they tell me they've actually heard I'm retiring in the next few months. Sure, the time will come and I know I'll be ready for it when it hits. But for now, and the foreseeable future, I am grateful to my practice and my patients for providing me this island of functional human interaction in what, in the world writ large, can feel like pure mass Homo sapiens insanity.

Indeed, many of the people with whom I have very engaged, meaningful interactions on a daily basis are quite far from me politically, or religiously. Amazingly, they don't seem to care. They don't make me pass a political or social litmus test before accepting me as their physician, nor do I before accepting them as my patients. I'm

"Opinion", Continued on Pg 17
North Coast Physician

“Opinion”, Continued From Pg. 4

sure the medical encounter is not unique in this way, but it is one place where we, as humans, strive to rise above our tribal nature. A venue where we successfully find and develop common ground. Given how well this strategy of finding common ground works, it amazes me that what passes for political strategy these days seems to be the deliberate and uncompromising effort to avoid anything in common with one’s rivals. This is the approach too of the Fox News crowd on one side and the Amy Goodman Democracy Now crowd on the other. Each is strident, humorless, and eager to demonize those who disagree with the party line. And neither, fortunately, gets past the doors of my exam rooms. It saddens me that I need to retreat from the cacophony of human society in order to regain and sustain my faith in the basic goodness of humans. But for those exam rooms and those patients with whom I get to share them, I am eternally grateful. §

**PRE MED STUDENT
SPEAKING / SHADOWING**

Looking for physicians interested in speaking to the HSU PreMed Society students at their meetings:

Interested in working with PreMed Students in shadowing opportunities?

Please contact the Medical Society - hdcms@sbcglobal.net / (707)

PHYSICIANS WELL-BEING COMMITTEE

CONFIDENTIAL ASSISTANCE

Physician-to-Physician

Dr. Soper: 498-4291 * Dr. Bayan: 407-8753 * Dr. Dennis 725-6101
* Dr. Frugoni: 822-3141 * Dr. Hunter: 498-0607 * Dr. Rehwaldt: 464-3513
* Dr. Michaels: 267-0880

Confidential E-Mail: hdpwbc@gmail.com

Or contact a physician through CMA’s Physician Confidential Line at 650/756-7787

**Why choose
Elite
Caregivers?**

We are committed to providing highly skilled, ethical caregivers who work in coordination with your medical care team.

Elite Caregivers Provide

- Registered Nurse Support
- Certified Nurse Assistants
- Personal Attendants w/extensive background checks

Use Current Technologies

- HIPAA Compliant
- Web-based scheduling
- Life Alert® 24-hour monitoring
- 24-hour emergency call line

Competitive Pricing



Where Compassion Meets Care



*Serving Humboldt, Del Norte
and Shasta counties*

**Services
We
Provide**

- Individual Case Management
- Medication Management
- Bedside Care
- Meal Planning & Preparation
- Physical Therapy
- Light Housekeeping
- Shopping & Errands
- Personalized Care
for Body, Mind & Spirit

**Family owned & operated
by John and Laura Neely**

Licensed, bonded & insured

Call us today at 1-707-496-8499 • www.elite-caregivers.com

CLASSIFIED ADVERTISEMENTS

PRACTICE OPPORTUNITIES

Refer to Practice Opportunities on our website for a list of Practice Opportunities for Physicians. Separate listing for Advanced Practice Clinicians is also posted. Recruitment Brochure & Video; Links to Local Recreation; Links to Loan Repayment Programs; Norcal Medical Partners Facebook, and more....
www.hdncms.org

PHYSICIAN ASSISTANT NEEDED. Busy Arcata primary care practice. Benefits provided. Contact Connie Cartwright, ccartwright@madriverhospital.com (707) 825-4917

PHYSICIAN /APC NEEDED United Indian Health Services, Crescent City & Klamath Clinics. Contact: Katie Terra, MD, katie.terra@CRIHB.org

PHYSICIAN /APC NEEDED for established practice. Contact Debbie at (707) 443-4593 dlee806245@aol.com

NP/PA NEEDED - Join Redwoods Rural Health Center's team in beautiful Southern Humboldt. 4-day work week, loan repayment & sign-on bonus available. Contact: *Tina Tvedt*, ttvedt@rrhc.org.

PNP WANTED for busy pediatric practice. Salary based on experience; full benefits. Please send cover letter and resume with references to: Emily Dalton at 2800 Harris Street Eureka, CA 95503

NP/PNP NEEDED PART TIME for busy pediatric practice in Fortuna. Resumes may be e-mailed to: kidscare@suddenlinkmail.com or mailed to Redwood Pediatric medical Group, Attn. Vicky Donahue, 3305 Renner Drive, Fortuna, CA 95540.

PHYSICIAN/LEAD APC - Eureka Health Center, Planned Parenthood Northern California. Send CV and Cover letter to careers@ppnorcal.org

Did You Know....

Members may run classified ads in *North Coast Physician* at no charge for the first six months for business-related ads and ½ price for personal ads (*on space available basis*).

MISCELLANEOUS

EXAM TABLE. Ritter 104 with stirrups and a light. Very good condition. Mauve top. Asking \$200.00. Contact Kate, 443-3557 OR northcoastwomenshealth@yahoo.com

MEDICAL STUDENT HOUSING available for all rotating students. Affordable. Furnished. Eureka. Call or text Dr. McCaffrey at (707) 599-7832

FIREWOOD for Sale. Contact Lee: (707) 499-2805

MEMBER BENEFIT

Members can request a Job Announcement be sent out to the Office Manager distribution list to announce their staffing needs. Contact the Medical Society Office for more information.

E-Mail Address Updates? Allied Health Practitioner Updates? Find information published in the Directory that needs to be updated? Please let the Medical Society know so we can keep records as up-to-date as possible.

Display Advertising Rate Schedule

<u>SIZE</u>	<u>MONTHLY</u>	<u>SIZE</u>
1/4 Page	\$140.00	7.45" x 2.61"
1/2 Page	\$160.00	7.45" x 5.23"
1/3 Page Vertical	\$150.00	2.37" x 9.95"
Full Page	\$200.00	7.45" x 9.95"
Inside Cover/Full Page	\$275.00	7.90" x 10.40"
Business Card Ad	\$65.00	Copy Ready 2" x 3.5"
Classified Ads	\$5.25 per line	

DEADLINE: 15th day of the preceding month to be published