



North Coast Physician

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Cover Photo

"SEMIPHORE FLAGS"

Stephen Kamelgarn, M.D.

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Please submit electronically prior to the 15th of the month preceding publication. hdnccms@sbcglobal.net

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"DRUGS AND HISTORY"

Luther F. Cobb, M.D.



"He who forgets history is condemned to repeat it" Santayana

"History doesn't repeat itself, but it does rhyme" Mark Twain

I just finished a very interesting book, originally published in German by the investigative reporter Norman Ohler. It is now available in a paperback English translation, which is very readable and interesting.

Adolf Hitler campaigned as an ascetic, vegetarian, nonsmoking and nondrinking celibate who devoted himself solely to the welfare and future of his self-constructed Third Reich. But he had a longstanding problem with digestive complaints, thought by some to be due to his strict vegetarianism (he called meat eaters "corpse swallows", and worse). This probably resulted in increased bacterial metabolism in the gut and gas formation, but who knows? At any rate, in the latter part of the 1930's he happened to meet a physician who up to that time had specialized in dermatology and venereal disease. But Dr Theodor Morell also liked to give injections, and they made people feel better. This had a lot to do with the fact that German chemists had just synthesized a miracle "energy pill" that

could make people, especially soldiers, stay awake and alert, and aggressive, for days at a time. This miracle drug was available without prescription in pill bottles that looked like modern Life Saver rolls, except it was a hard pack, not paper. The drug was called "Pervitin". You can find pictures of the packaging and statistics about the fantastic volume of use with an Internet search, which I would encourage you to do.

his wonder drug was methamphetamine. It was even more effective if administered intravenously, which Dr Morell was particularly adept at. It was said that he could slip the needle in without any pain, and of course Der Fuehrer felt an immediate sense of strength, power, and omniscience; this feeling of course is well known to the "tweakers" that we see all too often.

Dr Morell was also ahead of his time with concepts of the microbiome of the gut; he gave Herr Hitler chocolate candies infused with the "bowel flora of a stout Bulgarian peasant", that is, stool, which was thought to have positive benefit. As he grew closer to the center of power, he became the one person who was in Hitler's immediate presence nearly every single day from their initial meeting to the final days of Goetterdaemmerung in the Fuehrerbunker in Berlin, when Hitler finally sent him away.

Hitler dismissed the good doctor because in the exigencies of the final stages of the Soviet over-running of Germany, supply of the drugs for the 20 or so injections he administered finally ran out despite the perquisites of being the maximum leader. The supply chain just could not keep up with the demand, similar to the condition of the army that Hitler stranded and permitted to be obliterated at Stalingrad.

One of the other favorite medications that Dr Morell administered was called Eukodal, which was a derivative the clever German pharmacological chemists produced from the basic codeine molecule. This, administered IV, had a very powerful effect on calming the leader's incessant gastrointestinal complaints. When he no longer had this soothing, calming restorative, he could not stand the onslaught of mental and physical decline that the the amphetamines had produced, not to mention the pain of his rotting teeth and the Parkinsonian tremors brought on by its neurotoxicity. And, of course, the paranoia (although by this point, he really did have a lot of enemies).

We know this drug today as oxycodone.

That's right, two of the most power-

"DRUGS", Continued on Pg. 19

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PHYSICIAN EDUCATION CALENDAR

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Physician Education Calendar has been posted on the Medical Society's Website - www.hdncms.org under "Events/Calendar" drop down menu. We will be posting community educational programs for physicians with details regarding date, time, location, target audience (*including if closed meeting*), agency providing CME Credit, RSVP and contact information. With the proposed increase in educational opportunities, we hope this real-time calendar will help avoid overlap of CME meetings. For more information contact: Terri Rincon-Taylor, CME Coordinator, ttaylor_hdncms@sbcglobal.net, (707) 442-2353.

"DRUGS": Continued from Pg. 5

ful drugs found in German chemistry labs have taken a strong foothold in contemporary America. Interestingly, one stereoisomer of methamphetamine has almost no CNS effect and is still available over the counter here as a nasal inhalant for congestion. The other, of course, is a powerful direct stimulant of CNS neurotransmitters, as well as an indirect agonist by releasing endogenous sympathomimetic transmitters, which then become depleted leading to a ferocious withdrawal syndrome of depression, and eventually, neurotoxicity and psychosis. All of which we all too frequently see in our ER's and clinics.

It is acknowledged that the availability of Pervitin to Heinz Guderian's Panzer drivers was the essential ingredient in the Blitzkrieg that overrun France, where the defenders just simply could not keep up with the troops assaulting them relentlessly, and remorselessly, for days at a time. When that level of pressure could not be kept up at the end of the Russian campaign, the beginning of the end was at hand for the Eastern Front.

There are numerous other examples of medical problems in world leaders leading to important changes in history. It is pretty clear that Woodrow Wilson, during the discussions in Versailles following World War One, came down with influenza (although great pains were taken to conceal the fact). This most probably led to a whole series of decisions that have consequences up to today, in particular in how the Middle Eastern remnants of the Ottoman Empire were carved up. Just look at Iraq, Israel, Saudi Arabia, and North Africa as a few examples, with many more in the Balkans and elsewhere. Wilson's physical decline continued until he had his famous stroke while campaigning for his per project, the League of Nations, the failure of which was yet another precipitating cause to the subsequent World War, and of course beyond.

There is also the example of George H.W. Bush's decision not to proceed on to Baghdad after the 100 hour Gulf War One. It was later

evident that he was in a thyroid storm at the time, and there was something about the elegance of winning a war in just 100 hours that impelled him to quit and take his winnings; leading of course to George W. Bush to take it upon himself to complete the unfinished task, a decision we live with today, and for a long time in the future no doubt.

Another, final example is Franklin Roosevelt's poor condition at the Yalta Conference at the final stages of WW2, where he clearly was not in command of his faculties and made several decisions that led to the Soviet occupation and domination of Eastern Europe for another couple of generations, and which may yet recur; who knows?

The point is that drugs and medical conditions affect national leaders the same way they affect all of us too. And, the drugs that we struggle with today in the US are the same old ones that were a problem when first discovered. Purdue Pharma tried to have us believe that they had "tamed" oxycodone by making it a time release medication, but that obviously is not working out as intended, other than to accrue to the family that owns the company vast wealth (which may be wrested away finally, due to the many lawsuits aimed at the company).

I'm not sure what to make of all this, and many other examples, other than just to wonder at the serendipity and randomness of it all, at least at times. That's why I guess I find reading history such a fascinating pastime. §

"Off Call", Continued from Pg.

his practice, then establishing their own practices in the vibrant medical community of Eureka. Included among these were Dan Tenenberg, William Ashley, Larry Hill, Allan Goodman and Preston Smith.

Through the auspices of Stanford

Medical Center, Ted monitored several Physician Assistant candidates in his practice and, about 1991, he began serving as Medical Director for Family Recovery Services, continuing in this capacity for several years.

Following his semi-retirement in 2000, Ted periodically worked as a contract physician with Pelican Bay. He soon tired of being away from home and living in motel rooms for a week at a time, so he left that position to work part-time at Pacific Heart Group until 2013 when he retired completely.

In his long career as a physician, Ted repeatedly spoke of how he enjoyed talking to and caring for his patients, many of whom became good friends.

Ted and his wife Sharon had a son in 1970, and Ted adopted Sharon's two sons from a previous marriage, bringing the grand total to eight, seven sons and one daughter. It was a big joke for years even a license plate saying eight was enough.

Sharon said Ted loved camping and water skiing with the whole crew and patiently helmed the ski boat.

Ted was an avid reader and often recommended books and enjoyed discussing them. He also loved music and had a marvelous deep bass voice. He performed with the HSU Chorale and California Redwoods Chorale. He toured in Europe and the British Isles with the CRC. He and his wife Sharon had common love of music.

During my last lunch with Ted he spoke of how much he liked his fellow doctors and how much he had benefited from their care. He mentioned so many and I want them to know and hope I do not miss any. In case you do not see your name due to my poor memory just know how much he appreciated you.

He was especially thankful to Dr. Beth Abels his internist -- Robert Lock and David Ploss his cardiologists--- Ed Emmons his orthopedist back surgeon --- Donald Iverson neurology ----- Michael Palmer surgery. §

St. Joseph Hospital Family Medicine Residency Program Announces First Class of Residents

Inaugural class of six physicians will start in July

The St. Joseph Hospital of Eureka Family Medicine Residency Program, a medical training alliance between St. Joseph Hospital and Open Door Community Health Centers, announced today it “matched” all six of its available resident physician training positions to applicants seeking residency in the brand new program scheduled to begin in July of this year. Five of the six residents matched are from California, including physicians from Humboldt and Sonoma Counties.

Match Day, the term used to describe the day graduating medical students from across the United States find out where they will continue their medical careers, is a culmination of extensive interviews for both applicants and residency programs. The St. Joseph Hospital of Eureka Family Medicine Residency program reviewed approximately 700 applications and conducted over 100 interviews.

“As someone who personally experienced the anticipation and excitement of Match Day, I can relate to the emotions our new residents are feeling today,” said Roberta Luskin-Hawk, M.D., chief executive, St. Joseph Health, Humboldt County. “We are thrilled at the response we’ve received and feel confident that it is indicative of our

dedicated leadership, passionate faculty and trusted partners responsible for educating the next generation of primary care providers.”

The family medicine residency program represents a transformational moment for the medical community on the North Coast. Core faculty from Open Door Community Health Centers, specialists from St. Joseph Health Medical Group, select independent physicians affiliated with St. Joseph Hospital and hospital leaders, will collaborate to educate the new physicians.

The program will have a holistic primary care focus, with an emphasis on rural family medicine. Residents will have a unique opportunity to immerse themselves in rural medicine, and live as an integral member of the community.

In addition to experiencing the full spectrum of family care, residents will receive training in complex, hospital-based medical care and will also work with community based services, including, home health, hospice and support services.

During their training, resident physicians will be available to see patients under the supervision of the faculty, and after their three years of training, national statistics suggest many will stay within 50 miles

of their residency location. By 2021, the program will feature a total of 18 residents in training.

“We see this program as not only a critical way to build the ranks of our local physician population, but an opportunity to leverage the exceptional professional experience of local physicians and teach the next generation of physician leaders in Humboldt County,” added May Hong, MD, program director, St. Joseph Hospital of Eureka Family Medicine Residency Program.

About the St. Joseph Hospital of Eureka Family Medicine Residency Program The St. Joseph Hospital of Eureka Family Medicine Residency trains residents to treat individuals in a way that recognizes their needs a whole person, and as a community member. We accomplish this mission by teaching residents how to address the unique challenges of a rural, underserved community. St. Joseph Hospital of Eureka residents learn to be resourceful, autonomous providers and leaders in family medicine. The St. Joseph Hospital of Eureka Residency is a brand new, unopposed 6-6-6 residency program welcoming its first class of six residents in July 2019.

Physician Wellness Initiative Announced

CMA has announced a new initiative collaborating with physician wellness experts from the Stanford Medicine WellMD Center: Tait Shanafelt, M.D. and Mickey Trockel, M.D. Under the leadership of CEO Kathleen Creason, CMA's Physician Wellness Services will be the most comprehensive effort in the country to increase physician wellness as a vehicle to improve the quality of care they provide patients. The program will utilize a population health framework to address systemic contributors to physician burnout, along with providing tailored support for physicians at increased risk or experiencing specific challenges. In addition to creating tools to support changes that the health care system can make to increase physician well-being, the program will assist those already expressing signs of burnout.

HDNCMS will be working in partnership with CMA's Physician Wellness Program and developing local resources to support the physicians of Humboldt and Del Norte County.

-SAVE THE DATE: April 18, 2019 6:30 - 8:30 p.m. for presentation regarding the program

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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

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OFFICE SPACE FOR LEASE. 4,000 sq. ft. medical office space to lease on the Mad River Hospital campus in Arcata. Contact John Biteman, MD (707) 499-0398.

OFFICE SPACE FOR SALE. The former home of Eureka Pediatrics is now available. 3,592 sq ft building has 24 total rooms currently configured to accommodate multiple exam rooms, provider offices, lab, lobby, receptionist area, and billing office. Contact: Dave Wells. Wells Real Estate. (707) 832 9121

FOR RENT. "Executive, fully furnished, new appliances, open space layout apartments in Friendly Fortuna. \$1800/month includes all utilities, wifi, and cleaning service. Prefer 3 month minimum, month-to-month thereafter. Contact Arlene Guccione 707-834-2400 or heberhouse1@gmail.com

FOR RENT. Charming second story private, safe pet-friendly finished studio above garage available in EU-REKA CA. \$800 includes utilities, WiFi, shared kitchen and bathroom. Available May 1st, 2019 for traveling professionals. Please email or call for additional information. Kate McCaffrey DO kmccaffrey123@gmail.com 707-599-7832

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