



North Coast Physician



In This Issue:

CMA President Message, Theodore Mazer, M.D.	4
"P.H. Policy Should Not Be A Political Bargaining Chip"	
In My Opinion, Stephen Kamelgarn, M.D.	5
"North Coast Physician "Goes Green"	
CMA To Address Affordability of Health Care	6
Public Health Update, Donald I. Baird, M.D.	7
"Suicides Are Likely Under-Reported As Accidents"	
"New Study Shows Improvement Needed IN OP Prescribing"	
HDN Tattler	8
Social Calendar	8
Coming, Going and Moving Around	8
HSU PreMedical Society	9
Suicide Consolidated Risk Assessment Profile	11
CMA Defeats Dangerous Rate Setting Proposal	12
State Budget Includes 10 New CPT Codes Eligible for Payment	14
Health Net To Rescind Modifier 25 /Emerg. Serv. Payment Pol.	14
Have You Visited The Improved cmadocs.org?	15
CURES Duty to Consult	16
Continuing Medical Education / CME Calendar	18
Classified Ads	19

EDITORIAL & PUBLICATIONS COMMITTEE

Luther Cobb, M.D.
Jennifer Heidmann, M.D.
George Ingraham, M.D.
Stephen Kamelgarn, M.D. "Guru"
Scott Sattler, M.D.
Erik Weibel, M.D. - Webmaster

EXECUTIVE DIRECTOR

Penny E. Figas

CONSORTIUM COORDINATOR

Terri Taylor

EXECUTIVE BOARD

Kelvin Vu, D.O. PRESIDENT
Stephanie Dittmer, M.D. PRESIDENT-ELECT
Join Luh, M.D. SECRETARY/TREASURER
Timothy Dalsaso, M.D. PAST PRESIDENT
Tin Botzler, M.D. DIRECTOR
Jasen Christensen, D.O., DIRECTOR
Corinne Frugoni, M.D. DIRECTOR
May Hong, M.D., M.D. DIRECTOR
Courtney Ladika, M.D. DIRECTOR
Diana Yandell, M.D. DIRECTOR
Donald Baird, M.D. PUBLIC HEALTH OFFICER
Warren Rehwaldt, M.D. PUBLIC HEALTH OFFICER
Alison Palacios, D.O. EASTERN DISTRICT
Vacancy. NORTHERN DISTRICT
Corinne Frugoni, M.D. CMA DELEGATE
Join Luh, M.D. CMA DELEGATE
John Nelson, M.D. CMA DELEGATE
Stephanie Dittmer, M.D. CMA ALT. DELE
Courtney Ladika, M.D. CMA ALT. DELE
Dennis Wilcox, M.D. CMA ALT. DELE
James Cotter, M.D. CMA DIST. X TRUSTEE

The Editorial and Publications Committee encourages our member's comments for publication.

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

Cover Photo

"DUNE & BEACHGRASS"
Stephen Kamelgarn, M.D.

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: hdncms@sbcglobal.net Web page: www.hdncms.org

The Humboldt-Del Norte County Medical Society Executive Board and the Editorial and Publications Committee does not assume responsibility for author's statements or opinions. Opinions expressed in the *North Coast Physician* are not necessarily those of the Humboldt-Del Norte County Medical Society. Presence of an advertisement in the *North Coast Physician*, does not imply endorsement by the Humboldt-Del Norte County Medical Society

Public Health Policy Should Not Be A Political Bargaining Chip

Theodore M. Mazer, M.D.

President, California Medical Association



Public health should be a nonpartisan issue – off limits to corporate greed and free from political rhetoric. This was true of the recent discussion on the health impacts of separating children from their families in the ongoing immigration debate. And it is certainly true regarding the recent New York Times report alleging that the Trump administration used political threats against Ecuador over a World Health Organization (WHO) resolution encouraging breastfeeding around the world.

Peer-reviewed studies confirm the significant health benefits of breastfeeding infants, which include promoting infant health and development and reducing obesity. The California Medical Association (CMA) strongly supports the evidence-based health benefits of breastfeeding, and opposes any efforts to reduce that message at home or abroad. Decades of research result in no other possible conclusion. At the same time, CMA supports alternatives

to breastfeeding in circumstances where breastfeeding is not an available option for specific reasons, such as the health of the child or mother, malnutrition and poverty.

There are also reports that U.S. pressure last month, at the same WHO meeting, resulted in the removal of a recommendation from the WHO Independent High-Level Commission on Noncommunicable Diseases favoring taxation of sugary beverages as one measure to reduce premature deaths. Numerous studies confirm that the overconsumption of sugar-sweetened sodas leads to obesity, diabetes, tooth decay, heart disease and other negative health conditions. Around the world, reasonable soda taxes have dramatically reduced consumption of sugary drinks and improved public health, especially among children. That is precisely why California’s leading health care organizations are sponsoring a 2020 ballot initiative in California to implement a statewide tax on sugar-sweetened beverages.

The health care community is rightly concerned at any attempt to politicize or weaponize health care issues for political gain, especially when blocking measures proven to benefit public or individual health. Using health care as a political football rather than as a tool for improving wellness presents enormous challenges to implementing effective and scientifically based health care policies. There is no moral or scientific reason to oppose policies that encourage breastfeeding or decrease the overconsumption of sugary beverages.

The public must also be vigilant and stand up when health care decisions are being made for political rather than policy reasons, demanding that proven beneficial health measures be the foundation of government actions that impact each of us and our communities. §

Join the Fight to Protect Medicine

Your voice is key to our success. All you need is the desire to make an impact, and CMA will give you the rest. Join CMA's Physician Advocate Program today! Learn more at www.cmadoocs.org.



**ECONOMIC ADVOCACY
CMA REIMBURSEMENT
HOTLINE: (888) 401-5911**

Grass Roots Advocacy

“Bookmark” - www.cmanet.org/HOD

&

Bookmark: www.cmanet.org/grassroots

North Coast Physician “Goes Green”

Stephen Kamelgarn, M.D.



The Medical Society Executive Board recently voted to suspend print operations for the *North Coast Physician*. This edition will be the last print edition and starting in September we will go to electronic distribution only. There are two reasons for this:

1. Too many trees have died in use of print media and this is our attempt to decrease the use of paper products.

2. It currently costs us \$6,000./year in printing costs and that is money we can no longer afford.

The *North Coast Physician*, the house publication of the society has been noted to be extremely good at tracking the changes in the practice climate in Humboldt and Del Norte counties and it continues to be an effective organ of communication among the physicians in the community, and we hope that you will continue to read it, even in electronic format.

You will be receiving your new edition as a .pdf attachment in your email. We will be using the same format as the print edition so if you wish to print out the .pdf on your home/office printer, it will look exactly like what you get in the mail. The times are moving to everything in the world going electronic and it's time for us to get on the band wagon.

We regret any inconvenience this may cause you, but in the long run it will ensure better use of your membership fees and it's better for the environment.

If any of you have any ideas or leads to improve our advertising revenue, we will consider all proposals. If you know of a business that's just dying to spend some advertising money, please send them our way.

We are also desperately seeking new members for the committee. Of our current five members, three of us are retired and this leads to a certain stagnation of thought. When we're out of the day-to-day grind we lose touch with the immediate concerns of physicians in active practice. We need new, working members to stimulate new thoughts and new means of communication with our fellow physicians. The time commitment isn't much, for those of you who are worried about getting sucked into a new job. If you like to write, this is the committee for you—it's one that allows you plenty of room to exercise your writing muscles.

Even if you don't wish to join the editorial committee, but like to write, please submit something—anything--no matter how seemingly tangential to the practice of medicine. Personal reflections, fiction, political or social rants, pet causes (although

you can't directly solicit for funds), we'll print virtually anything.

And last, but certainly not least. If any of you have any photos of you or your colleagues “in action” and would like to see them published, please send us a JPEG or TIFF format photo. The photos can be of anything—life in the office, coaching a kid's soccer team, running a marathon, hanging out at one of the Friday night “rounds.”

REMEMBER: this is **YOUR** publication that allows you to keep up to date with your community and communicate with your local colleagues.

The editorial staff of the *North Coast Physician* will always strive to reflect your views.

SOMETHING ON YOUR MIND? WANT TO SHARE YOUR THOUGHTS WITH YOUR COLLEAGUES? PLEASE SEND THOSE THOUGHTS FOR PUBLICATION IN THE NORTH COAST PHYSICIAN OR IF YOU'RE INSECURE ABOUT YOUR ABILITY TO WRITE - LET US HELP YOU.

PHYSICIANS WELL-BEING COMMITTEE

CONFIDENTIAL ASSISTANCE

Physician-to-Physician

Dr. Soper: 498-4291 * Dr. Bayan: 834-8188 * Dr. Dennis 786-4028

* Dr. Frugoni: 845-0242 * Dr. Hunter: 498-0607

* Dr. Rehwaltdt: 464-3513 * Dr. Rydz: 616-3522

Confidential E-Mail: hdnpwbc@gmail.com

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



Larissa Nellesen Conlin

Realtor BRE# 02061699

Mckinleyville Office

Cell: 707.834.0935 Fax: 707.839.8466

Email: larissasells76@gmail.com

1807 Central Avenue Mckinleyville, CA 95519