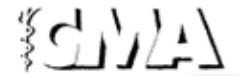




North Coast Physician



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Cover Photo
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 ROBERT SOPER, 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.

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Shape Up or Ship Out!

Emily Dalton, M.D.



We are coming to the end of the first year of the Affordable Care Act (ACA). Although the ACA ushered in an era of improvements, we still have a long way to go. Devin Miller, Washington correspondent for the American Academy of Pediatrics, optimistically reports that more children that ever are currently insured, thanks to the ACA, Medicaid, and the Children's Health Insurance Program.¹ He reports a 25% reduction in the number of uninsured Americans, which should be great news. My question is, what does "being insured" mean? In my experience, the new Covered California plans generally have a large deductibles, sizable co-pays, restrictive formularies accompanied by many exclusions. If you can still go bankrupt from medical bills while insured, how much good has this done? We are happy that many more people have insurance now, but that needs to translate into good medical care for policy-holders. If the insurance industry does not step up and become a good partner in the health care system, in my opinion, this legislation is sunk.

Now that everyone at or above a specific income level is obliged to pay for health insurance (or pay a fine), the insurance industry has been considerably strengthened. Those of us who qualify for private insurance have placed our health in the hands of enormous corporations whose primary goal is to make money for themselves and their shareholders. In 2013 Joseph Swedish, CEO of Wellpoint (AKA Anthem) "earned" \$17,000,000. That's

right--8 figures. This was topped only by Mark Bertolini of Aetna who raked in a sound \$30,700,000. That translates into \$90,029 per day, or about \$11,254 an hour, assuming an 8- hour workday. To further extrapolate, that comes to \$188 a minute, or slightly over \$3 per second. If insurance companies are allowed to raise premiums, increase co-payments, deny coverage, fail to provide adequate networks of providers, and underpay the workforce of physicians and healthcare providers, the ACA is going to fall apart. The conservatives that hate "Obamacare" will joined by the liberals who hate the insurance industry's greedy profiteering and the law will be so unpopular there will be a groundswell of opposition.

The insurance industry has a choice to make in 2015: They can choose to a good job for their patients and for medical care providers by promoting good, comprehensive health care, or they can continue to overcharge, deny care, hassle patients and chisel and grind the doctors. They can choose to be good partners to those of us that are in the trenches actually doing the work, or they can continue to hassle and underpay us. In its heart of heart, the insurance industry knows that it provides no true or meaningful service. It is an expensive, expendable intermediary, and many argue that it should be disposed of altogether. MediCare operates well without Anthem; Medicaid runs smoothly without United HealthCare. The VA system runs just fine without Blue Cross or Blue Shield. The

entire country of England operates without Aetna. Canada does just fine without HeathNet.

I challenge the insurance industry to step up and become good partners before it is too late. I ask the insurance industry to make the following commitments:

1. No one in an administrative position will ever, ever make more than one of the physicians working in the system.
2. Spend the majority of premiums you collect paying for medical care. MediCare spends 2% on administration, --surely a private company can do better than any government-run organization?
3. Answer your phones within 5 minutes, and put someone on the line that can actually address my needs when I call.
4. Change your disclaimer to state: Clarification of benefits IS an authorization of payment; rest assured that we will take care of you
5. Pay claims without hassling patients or providers.
6. Beef up your outreach and preventative medical endeavors.
7. Do what it takes to help our country achieve a sensible, caring, comprehensive health care system---or get out! Remember, we don't really need you at all!

1. Washington Report, AAP News, Volume 35; number12; Dec 12014 §



IN MEMORIAM



CHARLES E. RIGNEY, M.D. (1947-2014). Charles, or Buzz as his friends knew him, was born to Hilda Gandour and Charles Rigney. He was raised in Sacramento, CA and attended schools there graduating from Christian Brothers high school in 1965. He continued his education at University of California Santa Cruz (B.S. in Biology 1969) and the University of California at Davis (M.S., Human Anatomy 1973). After this, he taught for three years in the science department at Cabrillo College in Aptos, CA. He realized that his real love was medicine and left academics to further his education. He attended medical school at George Washington University, Washington D.C. (M.D. 1980). For the first six years of his career in medicine, Dr. Rigney served his country in the US Army Medical Corps: Presidio, CA (Letterman Army Medical Center, Internship), Fort Bragg, North Carolina, Fort Ord California (Silas B. Hayes Hospital), and Fort Sam Houston (Brook Army Medical Center), San Antonio, TX. He had previously served in the US Army reserves from 1969-1975, a total of twelve years' service. Buzz left the military in 1986 and entered into a Family Practice Residency at University of Texas, San Antonio. In 1988 he became board certified in Family Practice, and moved to Scotia, CA where he practiced for the next 24 years, the first 10 in partnership with Rodney Cade, M.D., then as a solo practitioner. In 2012 Dr. Rigney left his practice and moved to Del Rio, TX. He had never forgotten his time in Texas and made the decision to go back and reconnect. He began work with Amistad Medical Professionals. From June 2012 until December 2014 he saw patients at the Bedell Ave clinics and at the Val Verde Regional Medical Center in Del Rio, TX. Throughout his career he strived to make each and every patient he saw feel important, and that there was not a time limit on their encounter. He loved his patients and it showed in how he valued each and every one of them. The doctor was also a family man. He leaves behind his wife of 35 years, Kay (Harden), sons Colin (Jessica) of Mesa, AZ, and Rex (Heather) of Fortuna, CA. He will be especially loved and missed by all of us. Buzz had a particular affinity for West Texas, and has chosen to be inurned at the Langry, TX cemetery. Dr. Rigney encouraged all of the young ones he knew to further their education. In accordance with his wishes, an account has been established for the purpose of awarding annually a scholarship to a graduating high school student who plans to pursue a college education. In lieu of flowers or other remembrances, the family prefers a donation to this account: "The Dr. Charles Rigney Memorial Scholarship" fund, c/o Redwood Capital Bank, 1075 South Fortuna Blvd., Suite A, Fortuna, CA 95540.



JOHN L. TILSTRA, M.D. a retired anesthesiologist, died December 7, 2014 in Collegedale, Tennessee where he had been living in retirement the past ten years. Dr. Tilstra's death was a result of multiple strokes and diabetic complications. He was born to missionary parents in Indonesia, January 7, 1930. As Dutch citizens in Indonesia, John and his family were interned by the Japanese as prisoners of war during World War II. John, his brothers, and father survived the war but his mother died of starvation and dysentery in the prison camp. After the War, the United States became his beloved adopted country. He completed high school and college at La Sierra University in Riverside, CA. He graduated from Loma Linda University School of Medicine in 1964. Dr. Tilstra practiced medicine for forty years, the last thirty-two at Mad River Community Hospital in Arcata, California. He was a lifelong member of the Seventh-day Adventist Church. Dr. Tilstra is survived by his wife Margaret, his children Marie Aldinger, Daniel Tilstra and Douglas Tilstra, eight grandchildren, one great-grandchild, one brother, numerous nephews, nieces, and a multitude of friends.



JAMES P. VANWAGNER, D.O., age 59, former football running back and orthopedic surgeon was sidelined for the last time on Nov. 29, 2014, at home in Grants Pass, Oregon, with his family by his side.

Jim was born May 3, 1955, in Ann Arbor, to Jack and Marilyn (Parker) VanWagner. He started his football journey in Novi, then off to Michigan Tech, graduating in 1976, where he still holds records to this day and was inducted into the Hall of Fame. Jim was drafted by the San Francisco 49ers and traded to the New Orleans Saints.

Jim's knee injury on the field didn't sideline him, it just changed his direction to sports medicine. He graduated from Michigan State University in 1986 with the Degree of Doctor of Osteopathy. His hands that held a football were transformed into the hands of a surgeon. Dr. VanWagner ran MVP Orthopedics in Traverse City. Jim was a jock to the core, active with community youth sports and the Detroit Red Wings.

On Nov. 13, 2004, Jim married Kelley Peters. In 2008 they moved to the West Coast for a new chapter in life. He was sidelined again in 2009, diagnosed with early onset Alzheimer's. He fought the fight with strength, grace and bravery.

In addition to his wife, survivors include his mother, Marilyn; a brother, Thomas VanWagner; children, Elizabeth, Michael, Joseph and Jennifer; stepchildren, Steven Hardy and Alexander Hakes; and grandchildren.

CLASSIFIED ADVERTISEMENTS

PRACTICE OPPORTUNITIES

Refer to Practice Opportunities on our website for an extensive list of Practice Opportunities for Physicians; Recruitment Video; Links to Local Recreation; Links to Loan Repayment Programs; Norcal Medical Partners Facebook, and more....
www.hdncms.org

PHYSICIAN WANTED for new Arcata primary care office. Contact Lorraine at (707) 443-8335, lgomes@efpdocs.com

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

NURSE PRACTITIONER / PHYSICIAN ASSISTANT NEEDED

Arcata Sports Medicine:

Contact: Debbie Mitchell (707) 822-7220

Eureka Family Practice (Full Time).

Contact Lorraine (707) 443-8335 lgomes@efpdocs.com

Fortuna Family Medical Group: Contact:

Donna: (707) 725-3334 donna_lyon@ffmg.org

North Coast Surgical Specialists

Contact: Melody: (707) 443-2248

Redwood Family Practice: Contact: Debbie Lee

dlee806245@aol.com (707) 443-4593

Six Rivers Medical Clinic:

Contact: Debbie Mitchell (707) 822-7220

EMPLOYMENT OPPORTUNITIES

EXECUTIVE DIRECTOR. Hospice of Humboldt is seeking an Executive Director to lead its home care services soon-to-be-completed Ida Emmerson in-patient facility. To learn more or apply, please visit www.hospiceofhumboldt.org

FURNITURE & EQUIPMENT WANTED

NEW MEDICAL OFFICE looking for office furniture and medical supplies: Exam table(s), Autoclave, Mayo Stands, Exam Lamps, Microscope, Exam stools, Waiting room furniture, small refrigerators, microwave oven. Please call: (707) 499-2180.

EQUIPMENT WANTED. Local medical office looking for used autoclave. Please contact the Medical Society, hdncms@sbcglobal.net

PROPERTY FOR SALE/ RENT/ LEASE

FOR LEASE: Join our new professional medical facilities near Mad River Hospital. Build to suit in new Planned Unit Development. 1200 - 4000 sq. ft. spaces. Contact Mark , 707-616-4416 or e-mail: Jones202@suddenlink.net.

MISCELLANEOUS

HAIKU-CARDS featuring Stephen Kamelgarn, MD's artwork is now available at local gift shops - be on alert!
Haikucard@yahoo.com

20ft REDWOOD TREE SLABS for tables (Unfinished) , \$800. Can be split into 10ft. Contact Lee (707) 499-2805.

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).

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