



North Coast Physician

In This Issue:

CMA Advocacy, Drs. Aizuss and Mazer	4
"Reducing Quality Should NEVER Be The Way We Expand Access"	
In My Opinion, Stephen Kamelgarn, M.D.	5
"The "S" Word"	
Physician Education Calendar	5
In Memorium: Paul W. Anderson, M.D.	6
New Law Requires Regulators to Review Physician Complaints	6
Welcome New Physicians.....	7
Open Forum, Denver Nelson, M.D.....	8
"My Word"	
Resident Corner, Courtney Ladika, M.D.....	10
"Do You Want To Teach?"	
Looking for Mentors, Speakers and/or Teachers.....	10
Public Health Update, Donald I. Baird, M.D.....	10
"Measles" Vaccine Recommendations	
HDN Tattler / Coming, Going, Moving Around	12
CMA Federal Update, Janus Norman/ Elizabeth McNeil	13
Welcome Medical Students	14
Resolutions Q3 Posted for Review/Testimony	14
Health Law Library : ADA /Discrimination.....	15
HDNCMS Future Physician Scholarship Fund	21
Continuing Medical Education/Grand Rounds Calendar	23
Classified Ads	24
Patient Information Insert: Parents Need To Know Abt Measles	

EDITORIAL & PUBLICATIONS COMMITTEE

Luther F. 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 Rincon-Taylor

EXECUTIVE BOARD

Stephanie Dittmer, M.D. . PRESIDENT
Join Luh, M.D.. PRESIDENT-ELECT
Courtney Ladika, M.D. SECRETARY/TREASURER
Kelvin Vu, D.O.. PAST PRESIDENT
Dipali Apte, M.D. DIRECTOR
Tin Botzler, M.D. , DIRECTOR
Kate Estlin, M.D., DIRECTOR
Corinne Frugoni, M.D. DIRECTOR
May Hong, M.D., DIRECTOR
Madeleine Ramos, M.D., DIRECTOR
Alison Palacios, D.O. EASTERN DISTRICT
Donald Baird, M.D. PUBLIC HEALTH OFFICER
Warren Rehwaldt, M.D. PUBLIC HLTH OFFICER
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

Cover Photo

"YELLOW FLOWERS"
Stephen Kamelgarn, 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.
hdncms@sbcglobal.net

Grass Roots Advocacy

"Bookmark"

www.cmadocs.org/HOD &

www.cmadocs.org/grassroots

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

The “S” Word

Stephen Kamelgarn, M.D.



For the past two years California, and to a lesser extent Oregon and Washington, have been at war with the federal government. Most of us don't realize it, but the criminal-in-chief that sits in the White House has been waging war on the three states that hug the Pacific Coast. Many of his policies and pronouncements, while embarrassing and detrimental to the country as a whole, have been directed expressly at us in the West.

California Attorney General Xavier Becerra has filed fifty lawsuits¹ against the Trump administration since 2017. The lawsuits range from fighting the diversion of emergency dollars to fund a border wall and environmental protection rollbacks, as well as contesting the dismantling of the Affordable Care Act and banning transgender people from the military.

Washington Attorney General Bob Ferguson has also filed thirty-four lawsuits against the administration,² including one protesting the “gag rule” that impacts federal funding for reproductive healthcare and family planning services. Washington was instrumental in filing the lawsuit against the federal government for the administration's policy of separating children from parents crossing the border illegally, one of the most inhumane and

draconian policies enacted in the last two hundred years.

Oregon has filed at least sixteen lawsuits against the Trump administration including suits challenging the crackdown on sanctuary cities, the elimination of a law that makes it easier for young immigrants to stay in the country, the travel ban and efforts to repeal the Affordable Care Act. In March 2019, Oregon led a national lawsuit against the Trump administration over a new "gag rule" that prevents family planning clinics from referring patients for an abortion.³

The record is impressive. The three West Coast States have been involved in almost one-hundred lawsuits against the excesses of the Trump administration.

The feeling of enmity is mutual. In his diarrheal tweets Trump loves bashing California--its “ridiculous” sanctuary cities, its “gross mismanagement” of its forests, even the “disgusting” streets of San Francisco. He also enjoys slagging California liberals, like House Intelligence Committee Chair “Liddle” Adam Schiff, House Financial Services Committee Chair “Low IQ” Maxine Waters, and House Speaker Nancy Pelosi, who “has behaved so irrationally & gone so far to the left that she has now officially become a Radical Democrat.”⁴

He has spouted his dislike of Califor-

nia and the liberal climate of our three states repeatedly in the past two years, and he has attempted to follow-up with legislation specifically aimed at California. After the devastating CAMP fire of November, 2018, he attempted to withhold FEMA funding for disaster relief for the victims, falsely claiming that “poor forest management” by the California Department of Forestry was responsible for the fire. On May 16, 2019, he pulled \$1 billion in funding for the high-speed rail project between Los Angeles and the Bay Area. Granted, the rail-line has been problem-plagued and way behind schedule, but I can't help but think that Trump's withdrawing the billion is motivated by malice.

Despite his loathing for the West Coast, the three states are thriving.⁵ Yes, we have lots of problems, especially in California, with sky-high housing costs and attendant homelessness. Our taxes are high, and we don't necessarily get that much bang for our tax dollars, but we outperform the rest of the country, and are possibly the envy of the world.

Sacramento is projecting a \$24.1 billion surplus this year. Part of the surplus will be used to improve healthcare funding

“Word”, Continued on Pg. 19

PHYSICIAN EDUCATION CALENDAR



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.

“Word”, Continued From Pg 5

and expand the number of people eligible for state funded medical care. Governor Newsome also plans on expanding early childhood education.⁶

Contrast this to what we see in other parts of the country—the new push in the Deep South and Midwest to deny women their Civil Rights, as well as their Reproductive Rights – more denial of medical care to the underclass and declining state revenues. The Trump administration is working to undermine one of the pillars of ACA, no discrimination for “pre-existing conditions,” while the three Pacific Coast States are working to expand medical coverage.⁷ Welcome to the tax-cutting Welfare to the Rich State.

Of course, there’s going to be tension between California and the rest of the country. Are we surprised?

When I look at the antagonistic postures between the West Coast and the

rest of the country, I feel that it is time, perhaps, to mention the “S” word—Secession. Perhaps, it is time for Washington, Oregon and California to form our own country—we can call it Cascadia. The United States has gotten so large and so polarized that it may be time to break up the country into smaller, more manageable political units, and one natural unit is our three states.

We feed more money into the federal coffers than we’ll ever get in return. We’re subsidizing states like Alabama and Kansas who are the beneficiaries of our largesse. Yet these states continue to pass ever restrictively strict legislation – rollback of abortion and reproductive rights, voter restrictions, etc. I feel my federal tax dollars are being fed down a rat hole to subsidize everything I’m against. I ask, why don’t we cut the apron strings tying us to a dysfunctional government in Washington DC, and go

it alone?

We are well-positioned to become a self-governing nation, free from the craziness coming out of Washington DC. California alone has the fifth largest economy in the world, and when added to Oregon and Washington I suspect we would raise to the fourth largest economy. Our three economies are well balanced between agriculture, aerospace, high-tech and other industries. Of the six largest university research institutions in the United States, four of them are in California (Stanford, UC Berkeley, UCLA and UC San Diego).⁸

When I mention secession, I’m not talking about the type of secession we had with the Old South in 1860 and ‘61– for that way lies civil war. I’m talking about a negotiated “divorce” from the United States ala Brexit, but handled much better. We can call it “Calexit” or “Cascadiaexit.” We

“Word”, Continued on Pg 22

Lung cancer acts fast. Act faster.



Early Lung Cancer Detection Saves Lives

Lung cancer is not only treatable, but potentially curable when diagnosed early. That’s why St. Joseph Hospital in Eureka proudly offers the most advanced technology for early detection: Low Dose CT (LDCT) Lung Screening.

Studies have shown that LDCT Lung Screening can lower the risk of death from lung cancer by 20 percent in people who are at high risk.*

Patients over the age of 55 and with a history of smoking at least an average of 1 pack a day for 30+ years, need to get screened. It’s their best defense.

If cancer is detected, patients have the peace of mind knowing the Cancer Program at St. Joseph Hospital in Eureka’s multidisciplinary panel of medical experts provides personalized and innovative treatment plans that save lives.

*National Lung Screening Trial (NLST, 2011)



Patients can schedule their low cost Low Dose CT Lung Screening by calling their primary care provider and asking them to complete an eligibility form. If they do not have a primary care provider, they can contact the Priority Care Center at (707) 442-0478.



“Word”, Continued From Pg 19

would still maintain close ties with the other forty-seven states, but we would be our own nation, exempt from the capricious whimsy of our current crop of national leaders. We can set our own immigration and healthcare standards. We can work without federal interference to work at combating global climate change.

Let’s face it; the rest of the country hates us. How many cracks have you heard about “Californication” or “California, the land of fruits and nuts?” Most of Red State American wants no part of us. And, truth be told, I’m not real fond of Red State America. We’ve been “married” to the US for almost 170 years. I think the marriage has gone stale, and it is time for some changes. Like any marriage gone bad I say it’s high time we negotiate a divorce – amicable and fair, hopefully; but a divorce nonetheless.

References

1. For 50th time, California sues the Trump administration — ‘That’s a lot of lawsuits’” *The Sacramento Bee* May 13, 2019
2. “Washington AG brings new lawsuit against Trump Administration” KXLY.com Feb 25, 2019
3. “Oregon leads lawsuit against Trump administration over new abortion ‘gag rule’” KDRV.com March 4, 2019
4. “Trump’s War on California” M. Grunwald, *POLITICO Magazine* Feb 21, 2019
5. “Revenge of the Coastal Elites” T. Egan *The New York Times* May 10, 2019 January 10, 2019
6. “California Governor Offers \$144B Budget, Sees Big Surplus” KPBS.org January 10, 2019
7. “Trump’s Talk On Preexisting Conditions Doesn’t Match His Administration’s Actions” S. Luthra *Kaiser Health News* May 16, 2019
8. “China’s Science Boom” *National Geographic Magazine* p. 26 May, 2019

“Federal”, Continued From Pg 18

ity. These are extremely complex rules that impact the way data is exchanged between patients, providers, payers, technology developers, and health information exchanges. There is a significant paradigm shift that all patient information MUST be shared with many entities for a variety of purposes could present a challenge for physicians. There are many positive changes in the proposal such as, an increase in ONC’s direct oversight of EHR vendors; increased penalties on vendors for data blocking; creation of a vendor condition of certification for information blocking; limitations on the fees vendors can charge physicians; real-world testing of EHRs; modernized interoperability standards; removing vendor gag clauses; and expanding the data EHRs must provide to physicians and patients. However, CMA and AMA are extremely concerned that physicians may find it difficult to navigate these new rules, particularly related to disclosures of patient information. Physician compliance could be burdensome as well. AMA has formed a work group with CMA to respond to the regulations.

HHS Request for Information on Allowing Insurers to Sell Insurance Across State Lines

While CMA supports increased competition and choice in insurance markets, CMA opposes proposals that would allow insurers to circumvent California’s strong body of health plan and insurance laws that protect physicians and patients, such as the prompt pay laws, independent medical review, and patient grievance procedures.

Like to Write?

Editorial and Publications Committee is looking for members who are interested in writing and helping to develop Medical Society member communications, directories, etc. Meetings are held quarterly at the Medical Society office. PLEASE let us know.

Sign Up to Subscribe to several CMA Updates & Stay Informed

- *CMA Newswire
- *CPR Practice Resources
- *CMA Press Clips
- *CMA Legal Case List
- *CMA Legislative “Hot List” OMSS Advocate

go to www.cmadoes.org - sign into members-only website and go to the Member Dashboard to subscribe <https://www.cmadoes.org/profile-update/gt/>

ATTN. YOUNG PHYSICIANS

Members who are under forty (40) years of age or within the first eight (8) years of professional practice after completion of formal training programs shall be eligible for membership in the Young Physicians Section.

Are you interested in helping to coordinate a local Young Physicians Committee or Group?

Please contact the Medical Society office, hdocms@sbcglobal.net - (707) 442-2367

North Coast Physician

CLASSIFIED ADVERTISEMENTS & BULLETIN BOARD

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

PROPERTY FOR SALE/ RENT/

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.

FOR RENT. New spacious, modern fully furnished apartments in quiet Fortuna neighborhood. Open layout creates airy and bright surroundings. Available 3,6,12 month lease also month-to-month contract. \$1200-\$1700/month depending on apartment. Call Arlene 707-834-2400 or aguccione@sbcglobal.net

FOR RENT. Charming second story private, safe pet-friendly finished studio above garage available in Eureka. \$950.00 includes utilities, WiFi, shared kitchen and bathroom. Bedroom also available in main house - \$750.00. Available on-going for traveling professionals. Please email or call for additional information. Kate McCaffrey DO kmccaffrey123@gmail.com 707-599-7832

MISCELLANEOUS

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

Grass Roots Advocacy

“Bookmark” - www.cmadoes.org/HOD &
Bookmark: www.cmadoes.org/grassroots

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.

THANK YOU TO OUR ADVERTISERS!

Broadway Medical
Cloney's Pharmacy
Coast Central Credit Union
Elite Caregivers
Janssen Law Firm
Jonathan Rutchik, M.D.
Norcal Mutual Insurance Company
Southern Humboldt Healthcare District
St. Joseph Health, Humboldt County

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"
Full Page/Special Placement	\$275.00	7.45" x 9.95"
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