

Humboldt-Del Norte County Medical Society

North Coast Physician

NOVEMBER 2014



In This Issue...

- New Health Laws 2015
- Tick-Borne Infections In California
- Meet The New Members

and more.....



North Coast Physician



In This Issue:

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In My Opinion, Lee Leer, M.D.....	4
"Drawers"	
Open Forum	
"A Message From Michael", Michael Fratkin, MD...	5
"Opposing Sutter Health", Greg & Anne Duncan, MD's	6
"You May Be At Risk IF..." , Lee Leer, MD	7
Welcome New Members.....	7
New Health Laws 2015	8
"EMS for Children TACTICAL Program", Ken Stiver, MD	10
2015 Nominating Committee Report	10
Welcome Medical Students/Residents.....	13
HDN Tattler	13
"Tick-Borne Infections In California", Gary Green, MD	14
AMA Assembles Ebola Resources.....	17
Meetings, Seminars & Social Events	17
Blood Bank Audioconference Series	18
Renew Your Licenses EARLY.....	19
Continuing Medical Education/Grand Rounds Calendar	25
Classified Ads	27

Cover Photo

"AUTUMN WALK IN THE REDWOODS"

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.

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DRAWERS

Lee Leer, M.D.



The small bookshelf is filled with books, all of them about fly-fishing. Some are technical, some philosophical; many are personal or fictional literature. There is also a sizable collection of fly-fishing equipment: vices, old reels, and flies dating back at least 30 years. There are photos of children standing in the river smiling as they hold their recently caught trout for the camera. The bookshelf is in a small cabin just across the street from the Upper Sacramento River in Dunsmuir. It belongs to my guide. My wife and I are renting it for a long weekend. I call it heaven. She likes it well enough to humor me. We also have our bikes. As I said, heaven.

Unfortunately, we're in the second year of a sustained drought, and the river is low and clear. It's also been in the 90's off and on well into October. This apparently does things to fish that do not include inducing them to be more likely to take a well-presented fly (you'll just have to take my word for that latter bit). Nonetheless, this morning I was lucky. One 17 inch native trout spent a few disconcerting moments in my net. It reassured me, at least, that I was doing things correctly. Of course, the fact that I was standing in the middle of a beautiful river on a beautiful morning without another human in sight, while various bugs imitating fishing flies hovered over and on the water, should have been convincing enough.

That's where I am today. Last weekend I got to be in Santa Rosa, participating in a 102-mile bike ride with a few thousand of my best friends. We rode over King's Ridge, out to Jenner, south along the coast to Bodega Bay, then back inland to Santa Rosa. Again, global warming got in the way, in that the temperature hovered near 100 at its peak. But still. I felt so lucky. Not blessed, or special or any of that, because I don't believe in much besides luck. That, and making the best choices of the options

we have available to us.

It's been a year of deaths for me, as well as for many of you reading this. We've lost dedicated local physicians; my practice lost a dedicated nurse practitioner, who was also a dear friend of mine. My best friend's father died, killed by a young driver who ran a stop light and T-boned his car. And of course, patients have died, some of whom I'd known for over 20 years. Did these people all die because it was "god's" will, or because of fate, or karma, or anything else other than luck... and the fact that at some point we all die? I think not.

So, at times, this good luck of mine makes me feel a bit guilty... an emotion I'll admit I don't experience often. "Why me?" I ask myself. "Why do I get to enjoy these books, this river, this bike ride, this wonderful wife? What have I done right? And is it right to be able to appreciate and enjoy life so fully when others obviously haven't been able to?" Granted, some of my peace of mind has to do with cognitive dissonance. Were I to really focus on what the poor Syrian, or Iraqi, or Egyptian, or Liberian people are going through right now, I don't think I could honestly rationalize this pleasant, complacent life of mine. But, my point is not about global suffering, and my amazing ability to ignore it. That's perhaps an essay for another day.

Lately, I've been thinking of my mind, and how I organize it. Or, I should say, how it's come to be organized, because it hasn't exactly happened with practiced forethought. Metaphorically speaking, my mind contains a series of drawers - like a large cabinet. Into each drawer, I file a specific memory, or feeling, or thought. A friend dies: all the thoughts and emotions having to do with that event go into drawer "A." I catch a nice fish, or enjoy a wonderful weekend with family or friends, or riding my bike: that memory goes into drawer "B," and so on. I find myself occasionally opening those drawers, and exploring the pain or

the sorrow or joy associated with each one. But, basically, I try to not have more than one or two open at one time, and I try to live my life and keep my thoughts in the currently empty drawer that I'm working on filling with new experiences. Sometimes, however, several drawers spring open at once. This often seems to happen at night when I have more important things to do, such as sleep. But open they do, and then I'm flooded with a mess of contradictory and often painfully sad feelings. Occasionally, opening one 'sad' drawer seems to make a few others, containing similar feelings, slide open. Then, I experience - ever so slightly - what it must be like for people who don't have drawers, but instead have one big closet that everything gets thrown into in one big jumble. Some of these times, I get to experience the depression that is encoded in my genes. Fortunately this is not very often. Usually, I can look at a drawer, read its label, and choose to open it or not, though I'd prefer to have better control than I do. Once, while on an otherwise pleasant-enough fishing trip in Oregon, one of the drawers containing memories of my mother and her death flung itself open against my will. As I was alone at the time, and not catching fish at the moment anyway, I let myself wallow around in the drawer and have a good cry. Then I went back to the drawer I was hoping to put my next fish into.

For sure, I must have drawers that are locked and hidden away so that I can barely sense their existence. I imagine a few years of psychoanalysis could bring some of them to the forefront. But to what end? Honestly, I think I'm better here, in this cabin, hearing the river outside, dreaming of fish, and changing into my (somewhat embarrassing) spandex to go on what is likely to be a lovely fall bike ride with my wife. I'm truly enjoying filling this drawer. §

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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

EMPLOYMENT OPPORTUNITIES

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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.

MEDICAL OFFICE SPACE FOR SUBLEASE in McKinleyville. 700 sq. ft., 2 treatment rooms and waiting area. \$300/Mo. inc. utilities. Contact: AJ Eckert, D.O. (707) 362-5358.

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.

ACCEPTING PATIENTS

AJ Eckert, DO is now accepting patients for full spectrum osteopathic manipulative medicine (OMM). Tuesdays 8 am to 8 pm, with some evening and weekend appointments available. Call 707-362-5358 for an appointment. Visit ajeckertdo.weebly.com for details.

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.

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.

RITTER 355 SURGICAL LAMPS by Midmark (like new) \$100 each or OBO. Contact Dr. Davies, (707) 442-7979.

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