

North Coast Physician

OCTOBER 2014



In This Issue...



- “Proposition 46 Isn’t the Cure(s)”
- “An Elemental Look At Life”
- In Memorium: David S. Gans, M.D.
- In Memorium: Matthew J. Miller, M.D.
- Meet The New Members

and more.....





North Coast Physician



In This Issue:

President Message, John Mastroni, M.D.....	4
"Proposition 46 Isn't the CURE(s)"	
In My Opinion, Scott Sattler, M.D.....	5
"An Elemental Look At Life"	
In Memorium: David S. Gans, M.D.....	6
In Memorium: Matthew J. Miller, M.D.....	7
Welcome New Members.....	8
HDN Tattler	8
Welcome New Physicians.....	9
Hydrocone Reclassified to Schedule II.....	10
Proposition 45 - the "Other" Trial Laywer Proposition	11
Mark Your Calendars - Social Events.....	11
Public Health News, Donald I. Baird, M.D.....	12
"Health Advisory: Enterovirus D68 (EV-D68)"	
Welcome Medical Students/Residents.....	13
HSU PreMedical Society.....	14
Emily Dalton, M.D./Kate McCaffrey, D.O.	
Call For Nominations - 2015 Nominating Committee	14
POLST in 2014, Michael Fratkin, MD/Karen Ayers...	15
NORCAL Risk Management Seminars.....	17
Blood Bank Audioconference Series	18
CMA Webinar Calendar	19
DocBooksMD	19
CME Educational Calendar.....	21
Classified Ads.....	23

EDITORIAL & PUBLICATIONS COMMITTEE

Emily Dalton, M.D.
George Ingraham, M.D.
Stephen Kamelgarn, M.D. "Guru"
Leo Leer, M.D.
Scott Sattler, M.D.
Erik Weibel, M.D. - Webmaster

EXECUTIVE DIRECTOR

Penny E. Figas

CONSORTIUM COORDINATOR

Terri Taylor

EXECUTIVE BOARD

John Mastroni, M.D. PRESIDENT
John Nelson, M.D. PRESIDENT-ELECT
Timothy Dalsaso, M.D. SECRETARY/TREASURER
Sandra Wilcox, M.D. PAST PRESIDENT
Courtney Ladika, M.D. DIRECTOR
Join Luh, M.D. DIRECTOR
Daniel Krauchuk, D.O. DIRECTOR
Kelvin Vu, D.O. DIRECTOR
Donald Baird, M.D. PUBLIC HEALTH OFFICER
Warren Rehwaldt, M.D., PUBLIC HEALTH OFFICER
Norman Bensky, M.D. EASTERN DISTRICT
Mark H. Davis, M.D. NORTHERN DISTRICT
William Carlson, M.D. CMA DELEGATE
Timothy Dalsaso, M.D. CMA DELEGATE
Mark Davis, M.D. CMA DELEGATE
Emily Dalton, M.D. CMA ALT. DELE.
Corinne Frugoni, M.D. CMA ALT. DELE
John Mastroni, M.D. CMA ALT. DELE
Stephanie Dittmer, M.D. SSGPF
Peter Bretan, M.D. CMA DIST. X TRUSTEE
James Cotter, M.D. CMA DIST. X TRUSTEE
Timothy Dalsaso, M.D., Y.P.S.
Courtney Ladika, M.D., Y.P.S.

Cover Photo

"AUTUMN VINYARD #2 - 2014"

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.

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

North Coast Physician **does not** assume responsibility for author's statements or opinions; opinions expressed are not necessarily those of North Coast Physician or the Humboldt- Del Norte County Medical Society.

AN ELEMENTAL LOOK AT LIFE

Scott Sattler MD



Back in the old days, before anyone knew anything about atoms, molecules or electromagnetic forces, the major cultures of the world sought to explain the phenomena of the life they knew by breaking the observed universe down into its most basic elements. These elements represented the simplest essential aspects of life and served as foundational to all phenomena of existence.

The Greek philosophers (Socrates, Hippocrates, Plato, Aristotle and Galen) saw the observable world in terms of 4 basic elements: Earth, Water, Fire and Air. Aristotle added the fifth element, (thus the word quintessential) of Ether, the non-material source of all the other elements. Interestingly, the Hindu culture evolved the same elemental system, referring to Ether by its Sanskrit name, Akasha. The Buddhist and Japanese cultures also acknowledged this same elementally structured system.

I didn't study the Greek classics in university or med school, so my first encounter with an elemental structuring of the universe didn't occur until the summer of 1969 when I traveled as a medical student to China to do my OB/GYN clerkship in Hong Kong. I had just read about acupuncture anesthesia and, being a healing junkie at heart, while I was there I sought out a Chinese physician to teach me Chinese medicine and acupuncture. To make a long story short, he started his lessons by explaining the Chinese elemental worldview upon which all of Chinese medicine is based. Its elements were slightly different than the above, namely Earth, Metal, Water, Wood and Fire, but the thought process engendered by the analogous linking of these elements was a fascinating introduction to seeing the world through an elemental perspective.

My next exposure to an elemental-based system came about 15 years later

OCTOBER 2014

when I attended my first Universal Sufi camp (another long story....) and one of the teachers introduced the Greek/Hindu elemental system and spoke of how valuable using this system could be when 'thinking outside the box' problem-solving was needed. He gave practices that experientially showed how these elements formed not only the physical/material world, but how they were also reflected in the personality. Some people, like a German veterinarian friend of mine, intensely radiate the earth element in their being. Other friends here in Humboldt predominantly reflect the Air element. But I'm getting ahead of myself. Let's talk a bit about the elements and their characteristics. The elements are correlated to different emotions, temperaments, directions, senses, colors, tastes, body types, illnesses, thinking styles, and even the constellations of the zodiac.

There is a natural order of density in the elemental system. Earth is the most dense, least refined element. It represents the solid state of matter. Then come Water, Fire and Air. Ether is the least dense and the most refined element. It is not of the material plane and it can be described as the element of enlivenment, of creative force.

Each element has its own pattern of movement. The movement of Earth is one of spreading. Think of volcanic flow and river delta formation. The movement of water is downward. Think rain, snow, river and glacier flow. Fire moves upward. Air moves to and fro, topsy-turvy.

THE PHYSICAL HUMAN BODY:

The **EARTH** element is reflected in our boney structure and the solid physical mass of the body. It includes our joints and muscles, ligaments and tendons, hair, teeth, skin and organ tissues. We find the

presence of the **WATER** element in our blood, sweat, tears, bile, mucous, lymph, urine, phlegm. The **FIRE** element is seen in the body's mechanisms that produce physical warmth, circulation, ageing, digestion, electroconductivity of the heart and the nervous system. The presence of the **AIR** element is seen in our breath and the process of breathing in and out, transporting the gasses necessary for life.

AN ELEMENTAL LOOK AT LIFE:

■ Coming into our bodies

Here's an example of how thinking in these elemental terms might add a bit of a different dimension to a subject. I've been working with this paradigm for several years, and with the birth of our first grandchild a few months ago, the perceptive process jelled yet more.

It's wonderful to watch the birth and growth of an infant. In the Judeo-Christian tradition (Genesis 2:7 if I remember right) at birth the newborn is embreathed by the Divine and given the most refined of all the elements and the source of its personhood, its Akasha. Until this occurs it does not have the air element embodied, but this happens quickly as the infant shifts from maternal placental respiration to its own pulmonary respiratory drive. Sometimes it takes a while for the little one to gain personal control of this element, especially in cases of prematurity, birth stress or prenatal compromise. That's why nursery staff hook such kids up to apnea monitors which warn them if the infant's breathing drops below one breath every 15 seconds or so or if their blood is turning blue from lack of oxygen. Once the infant has good control of their air

"LIFE" Cont on Pg 20

“LIFE” Cont. From Pg. 5

element, all breathe a sigh of relief.

Over the course of the next 12-18 months (on the average) the infant gradually acquires control of its fire element. Usually the newborn needs an additional layer of clothing during this time. If you dress it to older child standards, it gets cold and will often shiver. If you put on two extra layers, it gets too hot and will sometimes develop that pesky prickly heat rash. One’s heart function, another manifestation of the fire element in this way of thinking, also takes a little while to settle down. It’s not unusual for a newborn to have a heart rate range from 70 to 190 or more beats per minute during the first month of life. By 12-14 months that range stabilizes to 80-130 bpm as they acquire more control of their fire element.

And now the maturation process turns to control of the water element. Studies show that toilet training takes an average of 29 months for girls and 31 months for boys. One of 4 kids still wets the bed at night at age 5. By the age of 6 years, 98% of children are in control of their water element during the daytime. Phew. As we know, individual performance may vary.

Mastery of the Earth element, however, takes yet longer. Maximum coordination and strength of the physical body, in my opinion, is best exhibited by the Olympic talents of the female gymnasts. They routinely fling their bodies off a 4-inch

wide balance beam that’s 4 feet up in the air, performing a combination of leaps, handstands, somersaults, rolls and even back handsprings with outstanding precision. Their floor exercises are a marvel of anti-gravity maneuvering. The physical body of these human beings has reached a stage of maximal strength, balance and function. Since 1976, the average age of the Olympic female all-around gymnastics champion has been 16.9 years old.

■ **HANGING OUT WITH OUR BODIES:**

For most folks, the next 10-20 years is the time of maximal physical body mastery. Enjoy it while you got it!

■ **THE WEARING OUT OF OUR BODIES:**

Unfortunately humans become gradually less fit with age. The reality of apoptosis, the programmed cell death inherent within all the cells of our bodies (blame the telomeres) begins to manifest. Our **EARTH ELEMENT** is usually the first component of our elemental makeup to become compromised as we age. By our early 40’s we can’t run as fast or jump as high or carry as heavy a load as we could when we were younger. Osteoarthritis shows its face. But we still have control of our other elements!

Well, maybe for a while that’s true, but then as we get a little older we often begin having problems with our **WATER ELEMENT**. For women, especially those who have given birth, coughing or sneezing can be

embarrassing as gravity acts on the tissues of the lower pelvis and retention of urine becomes more problematic. For men the issue often involves enlargement of the prostate and its subsequent altering of urinary flow. For whatever reason, as we continue to age into our 6th and 7th decades, as a species we often experience progressive loss of control of our Water element.

It shouldn’t come as a surprise, then, when with further ageing we begin to notice that we feel a lot more comfortable when we wear one more layer of clothing than our younger colleagues wear, for if we don’t we tend to feel a little chilly. And adding two extra layers makes us sweat. Heart issues often arise, frequently presenting as irregularity of our heartbeat. Our **FIRE ELEMENT** is ageing as well.

But we still have the capacity to maintain our **AIR ELEMENT**... right up to the final moment of our lives. Given the privilege of being present at the bedside death of patients, I have experienced their final surrender of control of this element, and in the words of this elemental analogy, have witnessed the part of them that is their unique being, their soul, dissolve back into the Akasha. §

**NEED HELP WITH
NEGOTIATING CONTRACTS?**
CMA’s contracting toolkit, Taking Charge, which can be downloaded at no charge from the CMA website (in the Members Only section). www.cmanet.org/ces.

2015 PHYSICIAN MEMBERSHIP RESOURCE DIRECTORY

We’re in the beginning stages of updating the annual directories.....PLEASE advise of any upcoming changes that should be made to your listings in both the Physician Membership Resource Directory and Residence Directory. Please also review for any updates information regarding your practice, physician-extenders (NP/PA’s), corrections in Useful Numbers, etc. Thank You!

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

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.

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.

**INTERESTED IN RECEIVING
NORTH COAST PHYSICIAN
ELECTRONICALLY?**

Members have an option of receiving the North Coast Physician by e-mail. Please let us know if you're interested.

*Send an e-mail to:
hdncms@sbcglobal.net*

NURSE PRACTITIONER / PHYSICIAN ASSISTANT NEEDED

Arcata Sports Medicine:

Contact: Debbie Mitchell 822-7220

Eureka Family Practice (Full Time).

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

Eureka Internal Medicine (Full Time)

Contact: Bill Stiles (707) 268-2618 bills@eimdoc.com

Fortuna Family Medical Group: Contact:

Donna: 725-3334 donna_lyon@ffmg.org

E. Teresa Marshall, M.D. 445-5900

send/drop off resume: 3020 H Street, Eureka

North Coast Surgical Specialists

Contact: Melody: 443-2248

Occupational Environmental Medicine (Part Time)

Contact Dee: (707) 499-1681 joandee@sbcglobal.net

Redwood Family Practice: Contact: Debbie Lee

dlee806245@aol.com

Six Rivers Medical Clinic:

Contact: Debbie Mitchell 822-7220

Southern Humboldt Community Clinic:

Contact: Dee Way dway@shchd.org

MISCELLANEOUS

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

Haikucard@yahoo.com

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.

Display Advertising Rate Schedule

SIZE	MONTHLY	SIZE
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