



**HUMBOLDT-DEL NORTE  
COUNTY MEDICAL SOCIETY**

# *North Coast Physician*

SEPTEMBER 2024



## In This Issue...

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Annual Call for Award Nominations.....	
CMA Praises Medical Board for Reducing Stigma Around Physician Mental Health.....	
New Local Physician Welcome Announcements.....	
	<i>and more.....</i>

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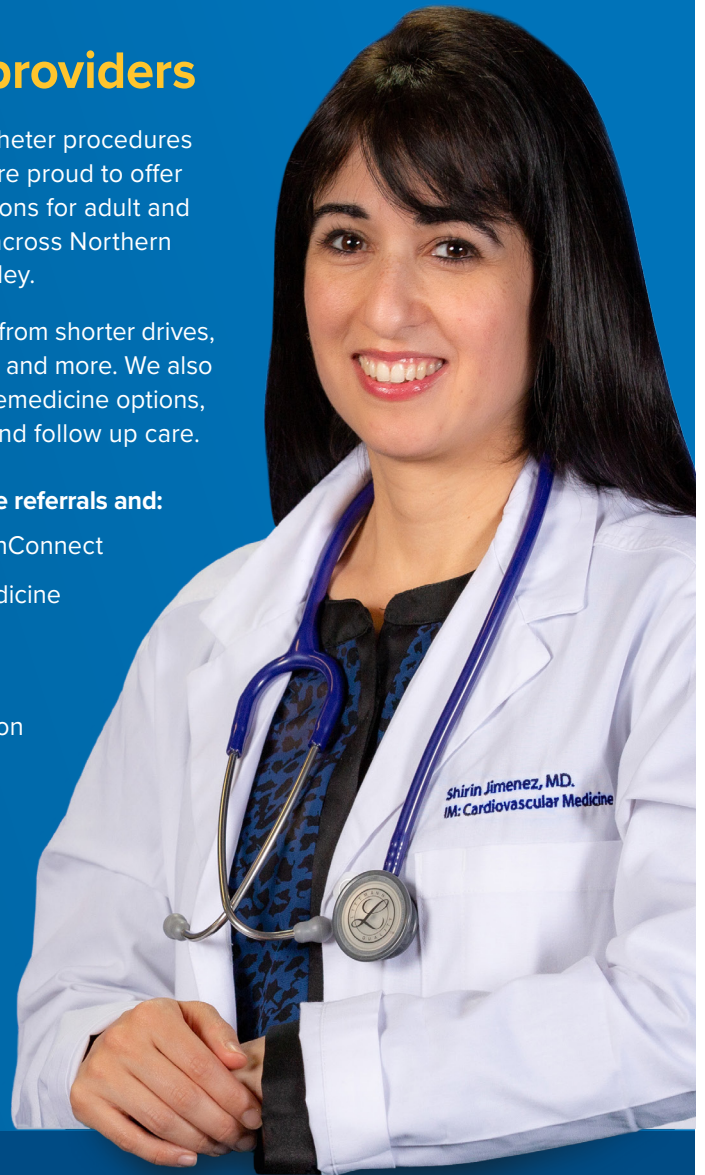
### Our physician referral liaisons are here to help navigate referrals and:

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- Assist with UC Davis Health clinical trials and telemedicine
- Keep you abreast of new services, providers and research programs
- Arrange meetings and webinars, and share information about CME and events

Your local Physician Referral Liaison:

Felicity Arain | 916-882-1606 | fcarain@ucdavis.edu

Shirin Jimenez, M.D.  
Associate Professor, Division of Cardiovascular Medicine  
Specialties: Cardiology, Advanced Heart Failure



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# North Coast Physician

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## In This Issue:

Call for Award Nominations.....4

CMA Praises Medical Board for Reducing Stigma Around Physician  
Mental Health.....5

HDNCMS Upcoming Events.....5

Providence Medical Group is Excited to Welcome Pulmonologist  
Robert Young, M.D.....6

Prop 35 Campaign Unveils New Action Center; Physicians  
Encouraged to Take Action.....6

North Pacific Dermatology Welcomes Justin D.Arnold, M.D.....7

HDN Tattler.....8

Coming, Going, Moving Around.....8

September Health Awareness Calendar.....8

Health Law Library.....11

Fall Family BBQ Invitation.....12

CMA Webinars Scheduled.....14

CME Calendar.....15

Classifieds.....16

## September Cover Photo:

*"Sun, Cloud and Dunes"*  
*Stephen Kamelgarn, M.D.*

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Web page: [www.hdncms.org](http://www.hdncms.org)

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# 2025 Call for Award Nominations

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## ANNUAL MEMBERSHIP AWARDS:

**#1. OUTSTANDING CONTRIBUTION TO THE COMMUNITY**

Presented to a physician whose work has benefitted the community

**#2. OUTSTANDING CONTRIBUTION TO LOCAL MEDICINE**

Presented to a physician who has improved local medical care

**#3. OUTSTANDING CONTRIBUTION TO HDNCMS**

Presented to a member who has served the medical society  
beyond the call of duty

**#4. OUTSTANDING CONTRIBUTION TO WORKFORCE DEVELOPMENT**

Presented to a physician who has gone above and beyond in promoting workforce development and pipelines into medicine

Awards will be presented at the Annual Membership Gala and recognized in the December newsletter.

Please e-mail nominations to [hdncms@gmail.com](mailto:hdncms@gmail.com) with name, award and explanation for the nomination.

**NOMINATING COMMITTEE:**

Join Luh, M.D.

John Mastroni, M.D.

Kelvin Vu, D.O.

George Zibilich, M.D.

# CMA Praises Medical Board for Reducing Stigma Around Physician Mental Health

The California Medical Association (CMA) issued the following statement on the Medical Board of California's decision to revise its licensure application to reduce the stigma around mental health for physicians.

"Physicians face unique stressors and challenges in their work that often lead to burnout, depression and even suicide," said CMA President Tanya W. Spirtos, M.D. "This decision by the medical board is a critical step to ensuring physicians can access critical mental health care without worrying about jeopardizing their careers."

"I know firsthand how important it is to seek out health care when you need it. Losing patients during my medical training was a deeply upsetting and traumatic experi-

ence, and I am grateful that my program encouraged us to seek out mental health support," said Sacramento-based hematology/oncology physician Dayna Isaacs, M.D. "By promoting a culture of understanding and support around physician mental health, the medical board is protecting the well-being of both physicians and patients."

CMA is currently sponsoring Assembly Bill 2164 by Assemblymember Marc Berman, which would prohibit the Medical Board of California and the Osteopathic Medical Board of California from asking invasive questions that stigmatize care on licensure applications. The bill advanced off the Senate floor yesterday and will next head to the Governor's office for signature.

The medical board's previous licensure application for physicians and surgeons may have inadvertently discouraged physicians from seeking mental health care. At its August 22 meeting, the medical board amended the application to make clear to physicians that seeking care is encouraged.

A 2023 survey by The Physicians Foundation found that nearly eight in 10 physicians, residents and medical students agree that there is stigma surrounding physicians seeking mental health care. By revising its mental health questions on physicians' licensure applications, California joins the more than 20 states that have taken similar steps. §

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## HDNCMS Upcoming Events

### **September:**

9/8/24 - Fall Family BBQ @ Sequoia Park 12:00-2:00PM  
9/18/24 - In Person Executive Board Meeting, 6:00PM social hour 7:00PM meeting

### **October:**

10/16/24 - Executive Board Meeting 7:00PM  
10/26/24-10/27/24 - House of Delegates, Sacramento

### **November:**

11/16/24 - Annual Membership Gala @ The Ingomar Club

# Providence Medical Group is Excited to Welcome Pulmonologist Robert Young, M.D.

Dr. Robert Young is an adult pulmonologist and intensivist with more than 25 years of experience. After undergraduate education at Stanford University, Dr. Young completed his M.D. and Ph.D. training at Washington University in St. Louis. He completed his residency in internal medicine at the University of Washington in Seattle, and his fellowship training in pulmonary and critical care medicine at the University of Colorado in Denver.

Following training, Dr. Young became a faculty member at

National Jewish Health and the University of Colorado before transitioning to a full-time clinical practice in the Denver metropolitan area. More recently, he served as the director of the cardiac intensive care unit at Intermountain Medical Center in Salt Lake City and then as a pulmonologist and intensivist with Bozeman Health in Bozeman, Montana.

Dr. Young has interests in early detection and diagnosis of lung cancer, interventional pulmonary medicine and critical care medicine. He and his wife, Cody, enjoy

spending time with their four adult children, grandchildren and chocolate lab, Tucker. Dr. Young also enjoys almost any outdoor activity, including running, skiing, hiking, camping and cycling.

We are thrilled to partner with Dr. Young as he shares his expertise in pulmonary health care and his passion for the community. He is now accepting referrals for new adult patients. The pulmonology office can be reached at 707-476-2940 and is located at 2773 Harris St., Suite D, Eureka, CA 95501.

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## Prop 35 Campaign Unveils New Action Center; Physicians Encouraged to Take Action Now

Prop 35, the November ballot initiative that would secure dedicated funding to keep hospitals, clinics and doctors' offices open, has launched a new Action Center to activate supporters.

Physicians are trusted messengers across regional and partisan lines and are important advocates to ensure California votes Yes on 35 to protect and expand access to health care. Visit the Action Center now to:

[Share Your Story](#): In your own words, tell us why you support Prop 35.

[Post on Social Media](#): Share with your friends and family why you

are voting #Yeson35.

[Order Campaign Swag](#): Request campaign materials for you to show your support.

[Email a Friend](#): Tell your friends and family why you support YES on 35!

[Download Materials](#): Get the latest campaign materials.

Why we need Prop 35

Critically, Prop 35 will prevent the state from redirecting revenues for non-health care purposes. Prop 35 will secure ongoing revenue – without raising taxes on individuals or increasing health care premiums – and dedicate these funds to protect and expand access to care for all Californians.

Our health care system is in crisis. Hospitals and maternity wards are closing – 46 California hospitals have closed their maternity wards since 2014. Emergency rooms are overcrowded with patients waiting an average of three hours, and patients often wait months to see a doctor.

California has dramatically expanded health care coverage and services, but care for 15 million children, seniors, disabled and low-income families with Medi-Cal coverage is significantly underfunded. Prop 35 will change that.

Visit [voteyes35.com](http://voteyes35.com) for more information. §



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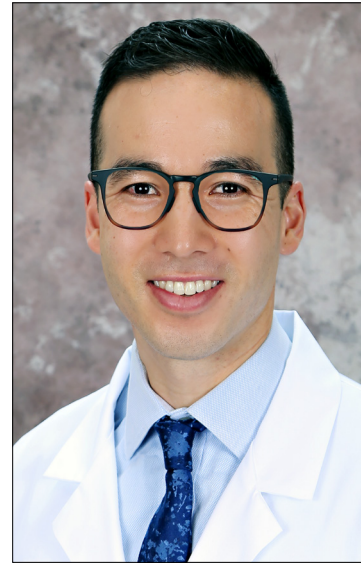
August 26th, 2024

Dear Colleagues,

It is with great enthusiasm that North Pacific Dermatology announces the arrival of Dr. Justin D. Arnold, who joins us as a medical and surgical dermatologist with a special interest in Mohs Micrographic Surgery and clinical research. Dr. Arnold comes to us with an impressive academic and professional background that promises to significantly enhance dermatologic care in our area.

Dr. Arnold obtained his Bachelor of Science degree from the University of California, San Diego, where he also performed biomedical research at the Salk Institute for Biological Studies. His commitment to patient care led him to pursue a Master of Medical Science degree from the Yale University School of Medicine. Following this, Dr. Arnold practiced for four years as a primary care physician assistant at a federally qualified health center in Washington, DC, gaining invaluable experience in patient interaction and care.

He obtained his medical doctorate degree at the George Washington University School of Medicine and Health Sciences, where he was inducted into the Alpha Omega Alpha Honor Society for graduating amongst the top of his medical school class. After completing this rigorous training, Dr. Arnold returned to California to perform his three year dermatology residency at the University of California, Irvine, where he distinguished himself as the cosmetic dermatology chief resident.



Dr. Arnold's contributions to the field extend beyond clinical practice; he has published extensively in esteemed journals, including the *Journal of the American Academy of Dermatology*, *JAMA Dermatology*, *JAMA Surgery*, and *Pediatric Dermatology*. His research efforts and dedication to advancing dermatologic knowledge are commendable and align perfectly with our mission.

As he embarks on this new role, Dr. Arnold looks forward to providing and expanding access to dermatologic care in Humboldt and Del Norte Counties. His passion for improving patient outcomes and his expertise will surely enhance the quality of care we provide to our community.

Please join us in warmly welcoming Dr. Arnold to the team! We are excited to have him with us and look forward to the collaborative efforts and advancements in patient care that lie ahead.

Best regards,

Kelly A. Kinsley, M.D.  
North Pacific Dermatology  
707-822-3376

# HDN Tattler

## HAPPY BIRTHDAY WISHES IN SEPTEMBER TO:

**DRS: Agricola, Basch, Bauriedel, Bensky, Cadelago, Douglass, Drager, Fullerton-Nelson, Gibb, Goldberg, Greaney, Head, Heidmann, Holst, W. Hunter, B. Hunter, Kent, Kramer, Mahanes, McGraw, Meengs, Mnatsakanyan, Morden, Nelson, Palacios, Ramos, Sugiura, Vu, Weiner, Windham.**

.....  
• If you have any news you'd like to share with your colleagues: births, marriages, get well wishes, •  
• deaths, something you'd like to "brag" about or notify your colleagues of or thank them for, Please •  
• let us know so we can include it in the "HDN Tattler". •  
.....

## Coming, Going & Moving Around

### COMING/HERE:

Andrew Hunt, MD	Emergency	PMG
Elizabeth Flaherty, MD	Pediatrics	Open Door
Curtis Flaherty, MD	Emergency	PMG
Jessica Bradford, MD	Pediatrics	Kima:w
Jill Buller, MD	Family Med	Kima:w
Justin D. Arnold, MD	Dermatology	North Pacific Dermatology

### GOING:

### MOVING AROUND:

If you hear of someone coming, going or moving around please let the office know!

## Health Awareness Calendar

### September:

Blood Cancer Awareness Month	September 10: World Suicide Prevention Day
Childhood Cancer Awareness Month	September 13: World Sepsis Day
National Atrial Fibrillation Month	September 13: National Celiac Day
National Cholesterol Education Month	September 17: Get Ready for Flu Day
National ITP Awareness Month	September 18: National HIV/AIDS Day
National Sickle Cell Month	September 21: World Alzheimer's Day
Newborn Screening Awareness Month	September 25: National Women's Health and Fitness Day
Ovarian Cancer Awareness Month	September 28: World Rabies Day
PCOS Awareness Month	September 29: World Heart Day
Sepsis Awareness Month	
Prostate Cancer Awareness Month	
World Alzheimer's Month	



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FIRST FRIDAY OF MONTH 6-8 P.M.**

Please Contact the  
Medical Society at  
[hdncms@gmail.com](mailto:hdncms@gmail.com) if you are interested in hosting in 2025.



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# HEALTH LAW LIBRARY

The California Medical Association's (CMA) health law library is the most comprehensive health law and medical practice resource for California physicians.

The library contains nearly 5,000 pages of up-to-date information on a variety of subjects of importance to practicing physicians. It includes content from the

California Physician's Legal Handbook, as well as more specialized information on peer review, payor contracting and other topics. **Access is free to CMA members - [www.cmadoes.org](http://www.cmadoes.org)**

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## MEDICAL BOARD: DISCIPLINE AND LICENSING

- 2000 Grounds for Medical Board Discipline
- 2001 MBC Enforcement Authority
- 2002 Medical Board Investigations
- 2003 MBC Public Disclosure Program
- 2004 Sexual Relations with Patients: Sexual Misconduct
- 2050 MBC and NPDB: Reporting Malpractice Payments
- 2051 MBC and NPDB: Reporting Disciplinary Actions
- 2052 Federal NPDB Reporting
- 2053 MBC: Other Reporting Requirements
- 2054 MBC and NPDB Reports: Self-Query
- 2055 Reporting Incompetent/Impaired/Unethical Colleagues

## MEDICAL PRACTICE: PHYSICIAN PRACTICE MODELS

- 0300 Accountable Care Organizations (ACO's)
- 0301 CMA Principles and Guidance re ACO's
- 0304 "Specialty IPA": How to Form
- 0305 Legal and Practical Considerations Concerning Medical Foundations
- 0306 Medical Foundations: CMA Principles and Guidance
- 0307 Governance Issues for Physician Organizations
- 0309 Medical Partnerships and Corporations
- 0312 Physician Alignment Models
- 0317 Concierge (Boutique) Arrangements or Private Retainer Agreements
- 0318 Selling Your Practice to an Integrated Delivery System
- 0319 Applicability of Use Tax on Physicians

Legal Information Line  
 CMA Staff is ready to provide  
 information about laws related to the practice of medicine. Call the Legal  
 Information Line at (800) 786-4262

**Please Join Us this Fall for our Fall Family BBQ!**

We are delighted to bring back this fun family friendly event, and hope to see you there!

THE HUMBOLDT DEL NORTE MEDICAL SOCIETY INVITES YOU TO OUR ANNUAL

**FALL FAMILY BBQ**

SEQUOIA PARK PICNIC AREA  
SEPTEMBER 8TH | 12-2PM

★ ★ ★

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# CMA WEBINARS SCHEDULED

<https://www.cmadoocs.org/events>

**LOG INTO MEMBERS-ONLY SECTION.** Be sure to set up your CMA Web account if you have not already. There are many links to resources that are for “Members only”. If you need assistance with this, please reach out to the Medical Society.

[9/10/24 Virtual Grand Rounds: California’s Surgeon General on Strong Start and Beyond](#)

[10/1/24 Webinar: Patient Dismissal - The Last Resort](#)

[10/8/24 Virtual Grand Rounds: Caring for Youth at Risk for Suicide](#)

**CLICK ON THE LINKS ABOVE OR GO TO: <https://www.cmadoocs.org/events> to register**

## ON DEMAND PRE-RECORDED WEBINARS

Browse CMA’s extensive library of pre-recorded webinars, covering a wide range of medical practice and public health topics. <https://www.cmadoocs.org/webinars>

## Calendar of Local Education, Physician Meetings & Socials

(This includes recordings of all past CME grand rounds)

[http://www.hdncms.org/Physician\\_Educational\\_Calendar.html](http://www.hdncms.org/Physician_Educational_Calendar.html)

### PHYSICIAN SUPPORT COMMITTEE

*(aka: Physician Well Being Committee)*

**\*CONFIDENTIAL ASSISTANCE\***

*Physician-to-Physician*

Dr. Soper: 498-4291 \* Dr. Bayan: 834-8188 \* Dr. Chavez: 502-5360

Dr. Douglass: 786-4028 \* Dr. Frugoni: 845-0242 \* Dr. Heidmann: 362-6704

Dr. Hunter: 498-0607 \* Dr. Newdow: (916) 201-6078 \* Dr. Talbot: (707) 464-8813

**Confidential E-Mail: [hdnpwbc@gmail.com](mailto:hdnpwbc@gmail.com)**

Or contact a physician through CMA’s Physician Confidential Line at 213-383-2691

[Link to Physician Support Committee Informational-Brochure](#)

## ARE YOU A CONSORTIUM MEMBER?

Medical Society Members - \$150.00  
Non-Medical Society Members - \$250.00

A self-supporting committee of the HDN Medical Society, our Consortium for Continuing Medical Education is accredited by the CMA Institute for Medical Quality to plan and accredit local programs to meet the needs of our physicians. Credit is provided for Grand Rounds, Tumor Board, Cardiac Cath Lab, UCSF Case Conference, Neo-Natal Resuscitation, etc. In addition to coordinating programs based on the feedback we get from the membership, we also work with the Humboldt IPA, Hospice, Public Health and other local agencies in coordinating CME credit for physicians.

**HELP IDENTIFY LOCAL EDUCATIONAL NEEDS**

**HELP SUPPORT LOCAL EDUCATION - BE A CONSORTIUM MEMBER**

*NOTE: Consortium for CME is recognized as the “Education Committee” of the Hospital Medical Staffs.*

## THANK YOU TO OUR ADVERTISERS!

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## CME CALENDAR

### GRAND ROUNDS / CASE CONFERENCE CALENDAR

### SEPTEMBER - OCTOBER 2024

#### SEPTEMBER

- 9/5 (Thurs) "WOMEN'S HEALTH & DISEASE".....ZOOM: 12-1PM  
Speaker: Anita L. Nelson, MD
- 9/19 (Thurs) "SYNCOPE".....ZOOM: 12-1PM  
Speaker: Marc Gautreau, MD, MBA, FACEP, FAEMS

#### OCTOBER

- 10/3 (Thurs) "PAIN AND SUBSTANCE USE".....ZOOM: 12-1PM  
Speaker: Michael Weaver, MD, FASAM
- 10/17 (Thurs) "PITFALLS IN ANTICOAGULATION".....ZOOM: 12-1PM  
Speaker: Ian Jenkins, MD, SFHM

#### TUMOR BOARD

Tumor Board meetings will be by virtual format via Microsoft Teams. To join "Teams" meeting, email Jennifer Hooven at [Jennifer.Hooven@stjoe.org](mailto:Jennifer.Hooven@stjoe.org). Meetings beyond this time will continue to be re-assessed and either resume in-person participation or extend the virtual attendance via Teams. 12:00 - 1:00 p.m.

#### SEPTEMBER

- 9/4 (Wed) TUMOR BOARD PSJH
- 9/11 (Wed) TUMOR BOARD PSJH
- 9/18 (Wed) TUMOR BOARD PSJH
- 9/25 (Wed) TUMOR BOARD PSJH

#### OCTOBER

- 10/2 (Wed) TUMOR BOARD PSJH
- 10/9 (Wed) TUMOR BOARD PSJH
- 10/16 (Wed) TUMOR BOARD PSJH
- 10/23 (Wed) TUMOR BOARD PSJH
- 10/30 (Wed) TUMOR BOARD.....PSJH

- The target audience are Physicians in Humboldt and Del Norte Counties. Advanced Practice Clinicians, RN's, RD'S, and
- Pharmacists are also invited to attend. Please contact Terri Rincon-Taylor, CME Coordinator at (707) 442-2353 or
- [hdncme@gmail.com](mailto:hdncme@gmail.com) if you have any questions.

Please contact the office if you have not received a statement for your 2024 CME dues and would like to join or renew your CME membership for 2024. [hdncme@gmail.com](mailto:hdncme@gmail.com)

**YOU MUST BE MEMBER OF THE CONSORTIUM FOR CME TO CLAIM CREDIT**

**PLEASE HELP IN IDENTIFYING LOCAL EDUCATIONAL GAPS**

**Suggestions for strengthening our local CME Program are always welcome -  
We encourage you to get involved. Sign up to give a lecture.**



The Humboldt-Del Norte Consortium for Continuing Medical Education is accredited by the California Medical Association and ACCME to provide continuing medical education for physicians.

The Humboldt-Del Norte Consortium for Continuing Medical Education designates this live activity for a maximum of 1.0 hour of AMA PRA Category 1 CME Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# CLASSIFIED ADVERTISEMENTS & BULLETIN

## CLASSIFIEDS:

Members wishing to place a classified ad :  
 Please contact the medical society office at  
 hdncms@gmail.com.  
 Free to members for first 6 months

## DID YOU KNOW.....

The Medical Society receives many calls from your offices and the public looking to find copies of medical records from physicians who have retired, moved out of the area, etc. The Medical Society tries to keep a list of where to refer for those records. Physicians relocating out of the area or retiring, please let us know.



**Save-The-Date**  
**Annual Membership Gala**  
*November 16, 2024*

**Interested in helping to build our medical pipelines locally? Get involved with HUM-PET and help inspire local students to pursue careers in medicine!**

Click on the link below to take a short survey to let us know that you're interested in getting involved!

[HUMPET SURVEY](#)

"We at NCP are always happy to receive photos of local scenery by our member physicians who would like to have their art displayed on the cover of the North Coast Physician. However, we have certain requirements before we print. At a minimum, please send you photos as a JPEG with minimal compression (level 8 or higher). Also please size the photo to 6 inches on the "short" side at a screen resolution of 125 dpi. If you're looking for total file size for email submission we would like something of at least 0.25 MB (250 KB) up to 2.5 MB. This gives the best screen resolution plus it provides adequate resolution for anyone who wishes to print out the cover. We will also accept TIFF or PSD files, although we prefer JPEG. If you need assistance, please let us know and the editor will be more than happy to work with you in obtaining the appropriate resolution."

## Display Advertising Rate Schedule

<u>SIZE</u>	<u>MONTHLY</u>	<u>SIZE</u>
1/4 Page	\$140.00	8.00 (w) x 2.50 (h)
1/2 Page	\$160.00	8.00 (w) x 5.25 (h)
1/3 Page Vertical	\$150.00	3.00 (w) x 10.50 (h)
Full Page	\$200.00	8.50 (w) x 11.00 (h)
Full Page/Special Placement	\$275.00	8.50 (w) x 11.00 (h)
Business Card Ad	\$65.00	Copy Ready 3.50 (w) X 2.00 (h)
Classified Ads	\$5.25 per line	

*DEADLINE: 15th day of the preceding month to be published*