



# THE FORUM

March/April 2018 • Volume 17, No. 2 • The Official Magazine of Collier County Medical Society

*Happy National Doctors' Day*  
*from CCMS!*  
March 30<sup>th</sup>

Thank you for your commitment to caring for our community,  
advancing medical knowledge, and promoting good health.

*In this issue:*

**Your Membership Dues at Work pg. 6**

Member News pg. 3; Message from CCMS President pg. 4; Changing the tide on Physician Burnout pg. 8  
CCMS Women's Health Forum pg. 10; PANIRA Healthcare Clinic pg. 12; Member Event Photos pg. 14

## CALENDAR OF EVENTS

Register at [www.ccmsonline.org](http://www.ccmsonline.org) or  
call (239) 435-7727

Wednesday, March 28, 6:00pm  
**CCMS Spring General Membership Meeting –  
Legal Updates**  
Saturnia Lakes Ballroom

Saturday, April 7, 5:30pm  
**CCMS & CCMSA Everblades  
Hockey Family Outing**  
Germain Arena  
\$40/person

Thursday, May 3, 6:00pm  
**CCMS Women Physicians Wellness Social**  
Garden of Hope and Courage

Saturday, May 19, 6:30pm  
**2018 CCMS Annual Meeting**  
Wyndemere Country Club  
Complimentary for CCMS members, \$25 for first  
member guest, \$125 for additional guests  
*Support opportunities at [ccmsonline.org](http://ccmsonline.org)*

Thursday, June 7, 6:00pm  
**CCMS After 5 Social**  
Radiology Regional Center North Naples

Friday, August 3 – Sunday, August 5  
**FMA Annual Meeting**  
Loews Sapphire Falls Resort at Universal Orlando  
[am.celebratemedicine.com](http://am.celebratemedicine.com)  
*featuring CME, House of Delegates,  
and inauguration of Dr. Corey Howard  
as FMA president*

Thursday, September 13, 6:00pm  
**CCMS Women Physicians Social**  
Naples Sailing & Yacht Club

## Premier Circle of Friends

**Markham Norton  
Mosteller Wright  
& Company, P.A.**  
*Certified Public Accountants / Consultants*

Contact:  
Karen Mosteller  
239-261-5554  
[markham-norton.com](http://markham-norton.com)



**Physician Wellness Program**

Featuring confidential, convenient, cost-free access to professional psychological services for CCMS members.

More Information:  
[ccmsonline.org/physician-wellness](http://ccmsonline.org/physician-wellness)

Appointment Line:  
239-208-3984

**Helping You Take Care of You**

## CCMS Board of Directors 2017-2018

**President**  
Catherine Kowal, M.D.

Vice President  
Cesar De Leon, D.O.

Secretary  
Rebekah Bernard, M.D.

Treasurer  
David Wilkinson, M.D.

Officer/Director at Large  
Alejandro Perez-Trepichio, M.D.

Directors at Large: Rebecca Smith, M.D.; Gary Swain, M.D.

Ex Officio Directors: Christina Freise, CCMS Alliance President  
April Donahue, Executive Director, CCMS

Views and opinions expressed in *The Forum* are those of the authors and are not necessarily those of the Collier County Medical Society's Board of Directors, staff or advertisers. Copy deadline for editorial and advertising submission is the 15th of the month preceding publication. The editorial staff of *The Forum* reserves the right to edit or reject any submission.



# MEMBER NEWS

## New Members:



**Suzanna P. Boka, M.D.**  
PANIRA Healthcare Clinic, Inc.  
5039 Tamiami Trl E  
Naples, FL 34113  
Phone: (239) 529-5580 Fax: (239) 280-0264  
Board Certified: Internal Medicine



**Deborah Z. Glick, M.D.**  
Florida Cancer Specialists  
681 4th Ave N  
Naples, FL 34102  
Phone: (239) 434-2622  
Fax: (239) 434-6876  
Board Certified: Oncology-Hematology



**Yashodeep Jadhav, M.D.**  
NCH Dept of Radiology  
350 7th St N  
Naples, FL 34102  
Phone: (239) 624-4446 Fax: (239) 436-5916  
Board Certified: Radiology, Neuroradiology



**Vava Y. Nyanudor, M.D.**  
Golden Gate Family Clinic  
5475 Golden Gate Pkwy #7  
Naples, FL 34120  
Phone: (239) 775-3100 Fax: (239) 775-3107  
Board Certified: Family Medicine



**Joseph J. Repay, M.D.**  
JP van Dongen MD, PA  
599 9th St N #308  
Naples, FL 34102  
Phone: (239) 643-7888 Fax: (239) 643-4744  
Board Certified: Internal Medicine

## Reinstated:

Charles Anderson, M.D., Internal Medicine  
Michelle Becker, M.D., Family Medicine Concierge  
Blane Mitchell Crandall, M.D., Obstetrics & Gynecology  
Jon Douchis, M.D., Orthopaedic Surgery  
Mark Josephson, M.D., Family Medicine  
Charles Kovach, M.D., Anatomic & Clinical Pathology  
Jesus Mendiola, M.D., Cardiology  
Sharla Gayle Patterson, M.D., Surgery-Breast  
David Pitts, M.D., Physical Medicine & Rehabilitation  
Julie Southmayd, M.D., Internal Medicine Concierge  
Shona Velamakanni, M.D., Cardiology

## Changed from Retired to Active:

Susan Cassidy, M.D., CriticalMD

## CCMS Physician Directory Notice:

Planning is underway for the 2018-19 CCMS Physician Directory. Members who have changes to their office information or new photos for the Directory should email updates to [info@ccmsonline.org](mailto:info@ccmsonline.org) by May 25th.

Reserve advertising space for the Physician Directory by May 15th. Rates start at \$425. The Directory is a great way to reach the community - 10,000 copies are distributed each fall throughout Collier County. Visit [ccmsonline.org](http://ccmsonline.org) or call the CCMS office, 239-435-7727 for details.



## CCMS Officer Nominations:

The deadline to submit candidates to the CCMS nominating committee for its 2018-2019 Slate of CCMS officers is March 19th. Members in good standing can email nominations to CCMS, [april@ccmsonline.org](mailto:april@ccmsonline.org).



## 2018 RCC Cards:

CCMS Members receive special \$10 pricing on the 2018 RCC Card, which provides discounts at restaurants and merchants. Order a card at [ccmsonline.org/membership](http://ccmsonline.org/membership) or call CCMS, 239-435-7727. Cards will be mailed to the office address on file unless otherwise specified.

## Foundation of CCMS Scholarships:

Do you know a deserving medical or healthcare student who is a Florida resident? The Foundation of CCMS is accepting applications through March 31st for medical students and students enrolled in or accepted to a healthcare degree program. The applications and eligibility details are available at [ccmsfoundation.org](http://ccmsfoundation.org).

## A Message from the President

Catherine Kowal, M.D., President, Collier County Medical Society



This is the height of SEASON for us all!! We have full office schedules “plus”, constant phone calls, increased demands from the office staff with constant EHR use and demands from family and community are all in high gear. What are we to do???? As per Dr. Howard’s article in this Forum we are being set up for Burnout! He describes what we can do to help manage, and what the Florida Medical Association and American Medical Association are doing to help. And stay tuned for more information on Dr. Howard’s inauguration as FMA President, coming up this August 4th at the FMA Annual Meeting. It will be fantastic to have him representing the needs of Collier County and Florida physicians at such a high level.

As you may recall, we also have our own CCMS Physician Wellness Program. CCMS members, whether retired, associate, active, or resident physician, all have access to six psychological sessions per year at no additional cost. Because CCMS is billed directly from the psychologist with de-identified information, and no EHRs or insurance are involved, these sessions are completely confidential. Now may also be a good time to look into the CCMS member discount on Collier

County fitness center memberships or joining a CCMS physician wellness/fitness group (such as running, tennis, dining out, discussion, fishing, etc.). Learn more at [ccmsonline.org/physician-wellness](http://ccmsonline.org/physician-wellness).

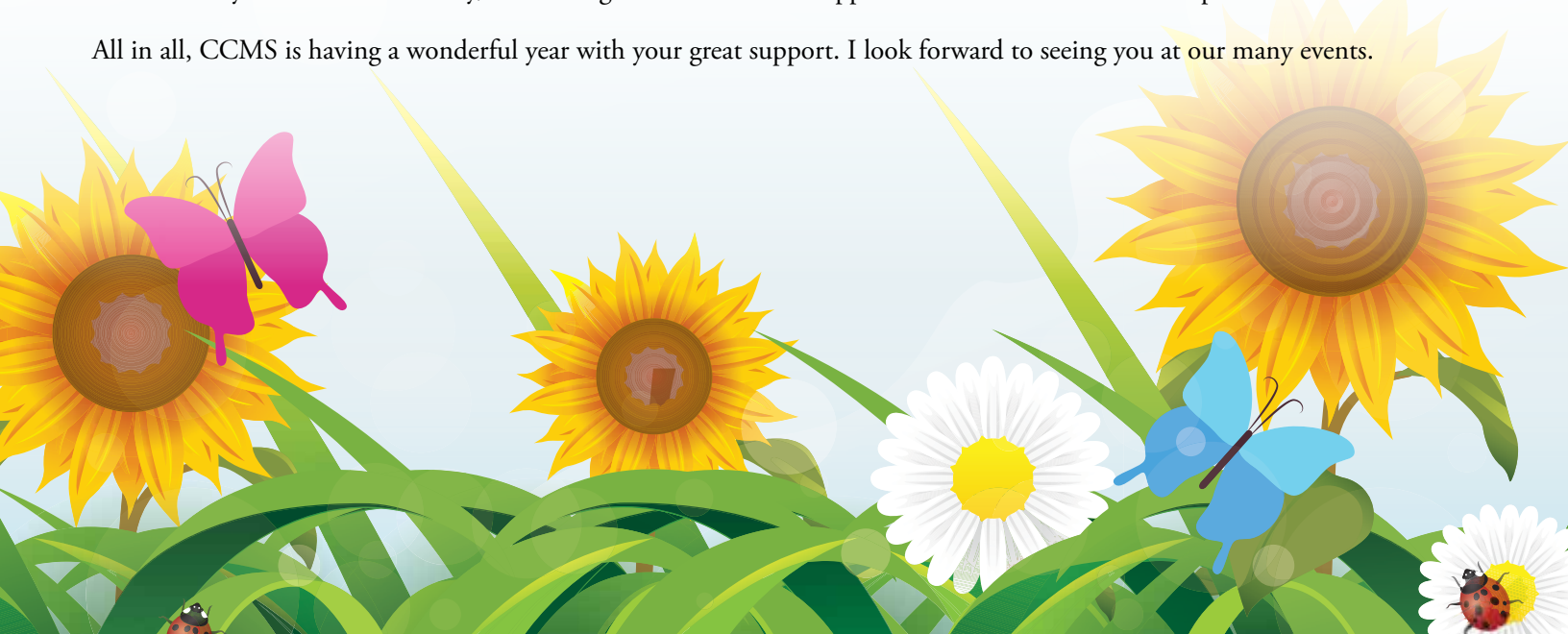
Another consistent item in our toolbox to help avoid burnout is socialization with others. Multiple reports have shown that being with other colleagues in the same situation can bring great camaraderie and alleviate some of our stress. CCMS has numerous events to help. We have After 5 Socials and dinner meetings and, in partnership with the CCMS Alliance, a family night at Germain Arena for an Everblades Hockey Game & “Tailgate” Dinner on April 7th. This is time to relax for a few hours with your family, friends, and CCMS peers. Women physicians should also mark their calendars for a CCMS Women Physicians Wellness Social on May 3rd at the Garden of Hope and Courage.

Up and coming also is the CCMS Spring General Membership Meeting featuring an update on medical/legal issues. We will discuss contracting with other physicians/groups, data breaches, and online/social media concerns in medicine. As we advocate for our members on these and similar issues, it is important to arm yourself with the tools to help protect you and your practice. Please attend if you are able. And of course, our biggest event of the year is the installation of the new officers on May 19th. I will be stepping down but will hand over the gavel to wonderful physicians to follow.

I must admit that my husband (a radiologist) and I years ago said since we work in medicine we wanted to socialize with non-medical friends. Well, in the last 25 years we have found our physician peers are the most fun since they are so diverse! Yes, physicians are musicians, actors, athletes, financial wizzes, and full of diversity! Also, beside that they understand last minute schedule changes and availability. So, my suggestion is to give physicians a chance to socialize with you and your family.

Lastly, in this issue of The Forum we also have an article on CCMS Membership Benefits. While you are a member and appreciate the benefits, please help spread the word to your colleagues who are not members. We are a great group of physicians who enjoy education, social functions, and advocating for the rights of physicians and their patients. We also help to promote a better lifestyle for our community, and through our Foundation support local students who want to pursue medical careers.

All in all, CCMS is having a wonderful year with your great support. I look forward to seeing you at our many events.





# 61<sup>st</sup> Annual Meeting

Saturday, May 19<sup>th</sup>

6:30pm Cocktail Reception • 7:30pm Dinner & Program

**Wyndemere Country Club**

Featuring the installation of the 2018-19 CCMS President & Officers;  
CCMS Physician of the Year Award Presentation; and  
guest Dr. John Katopodis, FMA President

Open to the public; complimentary for CCMS members  
First CCMS member guest \$25; additional seats \$125 each

Semi-formal attire • Valet parking included

Kindly RSVP by May 14<sup>th</sup>:

[ccmsonline.org](http://ccmsonline.org) / [info@ccmsonline.org](mailto:info@ccmsonline.org) / (239) 435-7727

Sponsor & exhibit opportunities still available, contact CCMS for details

## Presenting Sponsors:

**VITAS<sup>®</sup>**  
Healthcare  
SINCE 1980



**First Citizens Bank**

## Sponsors:

**Markham Norton  
Mosteller Wright  
& Company, P.A.**  
Certified Public Accountants / Consultants

**MILLENNIUM**  
PHYSICIAN GROUP  
Your Connection to a Healthier Life



**Exhibitors:** Radiology Regional Center, University of Miami "Expanded Testing Initiative"

## Your CCMS Membership Dues at Work

Collier County Medical Society

As a Collier County Medical Society member, you support our mission to “serve the needs of our members so they can better serve the needs of the community,” and in doing so, you exemplify what it means to be a physician and a leader.

As a member you have access to an extensive range of benefits including discounts on services, this magazine, and the CCMS Physician Wellness Program. More importantly, CCMS provides you and the medical community strong and effective representation. The Society’s focus is on supporting you as a physician, your practice, and maintaining the high standard of medicine we are accustomed to in Collier County.

The following benefits are designed to offer you a positive experience that will in turn, help you help your patients. The activities and programs are based on the CCMS core values: Collegiality, Professionalism, Leadership, Advocacy, Education, Communication, and Physician Wellness.

### ***Education***

CCMS provides frequent educational dinner meetings to members at *no additional charge*. Topics include CME, practice management, and personal finance. CCMS also offers all members a complimentary professional account with CE Broker CME tracking service. To enroll, contact the CCMS office, and see all events at [ccmsonline.org](http://ccmsonline.org).

### ***Social CCMS Events***

The Society hosts numerous social events each year, included with your membership. Members can enjoy “After 5 Socials”, women physician events, the new members welcome reception, an annual installation of officers dinner, and family outings to help you connect with peers. Register for events at [ccmsonline.org](http://ccmsonline.org).

### ***Advocacy***

CCMS sends a delegation to the FMA House of Delegates each year where FMA policy is formed and a strong legislative agenda is created, and frequently CCMS delegates participate on reference committees and draft resolutions that are passed by the HOD.

CCMS officers and legislative committee members meet regularly with local, state, and national legislators to advocate for members and their patients, on issues such as maintenance of certification and third-party payors. CCMS also provides critical commentary and information to the press. Members can voice concerns to the CCMS office and board members for action.



**“As a member of the CCMS, I am provided the opportunity to get to know and work closely with my colleagues. It is extremely rewarding to collaborate with my sub-specialists in delivering comprehensive quality medical care to our patients.” – Dr. Jose Baez**

### ***Political Action Committee***

The CCMS Political Action Committee (PAC) supports the campaigns of physician & patient-friendly candidates at local and state levels. Contributions from members have allowed the PAC to provide thousands of dollars in campaign support. To participate, contact the CCMS office. The suggested contribution is \$100 per member.

### ***Physician Directory***

Each fall CCMS distributes 10,000 free copies of a Physician Directory to members, hospitals, clinics, libraries, community resource centers, and the public. Only CCMS members are listed in the Directory, which includes an index by specialty. Members can also buy advertising space in the publication. The public can also go to the online physician member directory at [ccmsonline.org](http://ccmsonline.org), or call the Society office. CCMS receives hundreds of inquiries each year from patients looking for physicians, and CCMS provides member practice information to these patients.

### ***Physician Wellness***

The Physician Wellness Program helps physicians take care of themselves, with features such as confidential, cost-free psychological services available to all members to help deal with stress and burnout, opportunities to join small, member physician fitness and discussion groups, and discounts at local fitness centers. A complimentary Employee Assistance Program is also available to practices who participate in the CCMS Guardian ancillary store. Visit [ccmsonline.org/physician-wellness](http://ccmsonline.org/physician-wellness) for details. CCMS events and advocacy efforts are also working hard to address the stressors members are facing.

### ***Email Alerts***

An e-newsletter, the “elert” is sent to all members every other week alerting them to key meetings and time-sensitive information. Event and member notices are also emailed to members to keep you up-to-date. Upon request, CCMS sends complimentary notices for new CCMS members and

*continued on page 7*



continued from page 6

relocation of practices. Open house and other practice notices can be emailed to CCMS members & office managers for a small fee. Contact CCMS for details. Please note: if you are not receiving emails about CCMS events and services, please call the CCMS office at 239-435-7727.

### **Magazine**

*The Forum*, a news and educational magazine, is sent to each member bi-monthly. The publication includes articles about the Society, its members, and issues affecting the practice of medicine. Contact CCMS to contribute articles and/or purchase advertising. Back issues are available for download at [ccmsonline.org](http://ccmsonline.org).

### **Group Insurance Plans**

CCMS member private practices can be part of a single, large, fully-insured entity under Florida Blue. Everyone benefits from large employer economies and flexibility with numerous cost-saving measures to better control long-term cost. A portion of the premiums can be returned to the plan in good years and used to further stabilize costs. Additionally, member practices are eligible to enroll in the Guardian ancillary store offering group rates for disability, life, vision, dental, and more. A complimentary EAP is included. Contact the CCMS office for more details.

### **Committees**

CCMS members are welcome to join CCMS committees that help plan Society services and activities, including: Legislative; Membership; Programs; Physician Wellness; Social Media/Website; and Women's Health Forum. To inquire about joining a committee, contact CCMS.

### **Community Outreach**

To promote good health in the community, each year CCMS holds a Women's Health Forum open to the public. CCMS physicians speak to approximately 400 women in the Collier County, and vendors exhibit their services for women. Speaker applications are distributed each fall to CCMS members. Plus, our speakers bureau is a great resource for media and groups looking for physician experts on important local medical issues. To be placed on the speakers bureau list to receive notification of speaking opportunities in the community, contact CCMS.

### **Affiliations**

The Foundation of CCMS ([ccmsfoundation.org](http://ccmsfoundation.org)) is a charitable organization promoting medical education and public health, including scholarships for healthcare students. CCMS also partners with the Physician Led Access Network (PLAN, [plancc.org](http://plancc.org)). Members are encouraged to volunteer to see PLAN patients in your own offices. You will receive sovereign immunity and participate in an organized system for serving



**“CCMS gives me the opportunity to meet and interact with other providers in the community, as well as opportunities for education on current issues in healthcare.” – Dr. Gary Swain**

indigent patients in your community. The CCMS Alliance ([ccmsalliance.info](http://ccmsalliance.info)) and its Foundation provide an additional network and activities for members' spouses.

### **Vendor Discounts**

The CCMS Circle of Friends program is open to businesses that show they can provide outstanding service and exceptional benefits for CCMS members. Vendors offer discounts on services such as financial, legal, insurance, medical supplies/services, marketing/IT, and more. Members can call the Circle of Friends vendors directly (listed at [ccmsonline.org/preferred-vendors](http://ccmsonline.org/preferred-vendors)) or contact CCMS for further information.

### **Learn More**

You are invited to be as involved as you can be in your CCMS, and to take advantage of these benefits included with your membership. As always, your suggestions and input are welcomed. Contact April Donahue, Executive Director, or Nancy Wood, Executive Assistant, at (239) 435-7727 or [info@ccmsonline.org](mailto:info@ccmsonline.org).



**“One of my favorite parts of attending CCMS meetings is finally putting the face of my physician colleagues to the name. I love to meet the specialists that I have been sharing patients with for years. It feels like I’m meeting an old friend for the first time!” – Dr. Rebekah Bernard**

## Changing the Tide on Physician Burnout

Corey Howard, M.D., FACP, President-Elect, Florida Medical Association; Chair, FMA Delegation to the American Medical Association; Past President, CCMS



Have you been overly frustrated at work recently? Emotionally exhausted? Have you thought “I am getting tired of taking care of sick people? Or, do you have a feeling that you have not done enough in your life and you diminish your personal and professional achievements? If you answered YES to these questions you are most likely burned out or well on your way.

There is no question that “burnout” is an alarming trend among physicians as it is in the rest of the U.S. as well. We are recognizing it now because of the alarming increase in physician suicide that is being attributed to burnout. You can hardly go a single day without hearing something about this and the causes and possible solutions. The focus has been on work life balance, too many bureaucratic tasks at work, electronic health records, low compensation, and decreasing respect for the profession in general. (See the next page for my report on FMA and AMA activities on burnout.)

Work life balance should be called work life integration, since if you don’t love what you do you may have a mismatch between what you really want and what you are doing. This simple but powerful statement can also be looked at in a different way. We all have a map, a blueprint for our lives. It is your rulebook and your guiding force. Perhaps you have thought of this before or maybe not. In either event, it is true. You have a conscious or subconscious image of what you want, what you thought you were going to get and what you thought you were going to be doing for the rest of your life which started very early on. Through years of training and then more years of experience the rules you have in your mind may not be the rules of the profession and there is a mismatch.

In medicine, our ethics begin to limit us and force us to act in a specific way, our need for solid scientific research and double-blind, placebo-controlled trials in order to make a decision can limit us from thinking beyond what is known. Your basic needs for certainty, variety, significance, love/connection, growth and contribution may be forced instead of you realizing you can and must continually grow as a person and not just your knowledge base. And finally, we are limited in time because everything we do has a time basis and there is limited time in every day.

These factors essentially force us to be in a box. That metaphorical box holds us down and often prevents us from exploring and becoming the next version of us. The requirements in maintaining

certifications while learning new areas are in conflict at times because we are always learning for a test and not just to learn so we can do what we do better. Finally, we are told what to do, how to do it, how much we can make, and what we should study. That puts time constraints on our freedom, which is already severely limited. This is what leads to burnout.

The solutions proposed to date mainly focus on ways to meditate, find some hobby, talk to friends or seek professional help. I offer another solution that is empowering and can show you what you really want and how to get it. First, however, we need to open our minds and open our hearts to a different way to think. We need to understand why we want what we want and understand the needs that are being satisfied. For example: the drive for significance is often a top need for physicians. They need to be in charge, the one in the front, they need to have a sense of meaning. There is not much wrong with this, but it does affect other areas in your life.

When you decrease the need to be significant, it opens the possibility of more love and connection in your life as well as ways that you can give back without having to be recognized for it. Once you have a better understanding of your needs and what drives them you can begin to look at the real purpose of your life. Is that purpose being fulfilled by what you are doing right now? What needs to change for you to be fulfilled? What questions do you ask yourself every day (are you thinking about yourself or are you asking how can you make the world a better place)? What are your core values and the rules you create so that you can achieve the values?

Here is an example: If you value your health and you say I am healthy only when I eat perfectly and exercise to my maximum every day, it puts a limitation on you achieving health. Maybe there are days you don’t have enough time or days when you ate something that you know may not be the best for you but you did it anyway. On those days, does that mean you are not healthy? By being so strict you limit your success. Let’s reframe the value of health and say: “I move towards health any time I work out, eat healthy foods, believe in myself, do yoga or meditate.” In this example if you achieve any of those areas (even in a small amount) you can feel healthy. It’s easy. After you come up with the values and the rules in your life you place them in order of importance and have rules that lead you to success. Use this exercise to fully realize what matters to you and then look at what you are doing to see if they match up. If they don’t, then perhaps it is time for a change.

Determine what you want, what you value and then create the rules that give you ways to achieve them every day. This empowers you to make better decisions and it gives you a direction in your life that is limitless and energizing. At that point anything is possible.



## Organized Medicine in Action: Physician Burnout

Corey Howard, M.D., FACP, President-Elect, Florida Medical Association; Chair, FMA Delegation to the American Medical Association; Past President, CCMS

Burnout is a national crisis and physicians are committing suicide at an alarming rate due to burnout. The Florida Medical Association and the American Medical Association along with many other states and specialties are working on many projects and creating products that can be used right now to successfully identify at-risk physicians and begin to facilitate access to appropriate care. (American Medical Association, 2017)

The FMA has launched a new website that contains excellent resources for any physician to review: [fmedical.org/florida/Florida\\_Public/Resources/Physician\\_Wellness/Resources.aspx](http://fmedical.org/florida/Florida_Public/Resources/Physician_Wellness/Resources.aspx).

This brand-new site outlines what different counties in Florida are doing to combat burnout (CCMS is the first county mentioned). In addition to the information from many counties, there are other resources including current articles that explore many different aspects of burnout. The site also contains downloadable documents from the University of Florida on physician wellness and burnout.

The FMA webpage is a must read for every physician so that they can obtain a clearer understanding of this important topic. In addition to the website, the FMA has several educational efforts including incorporating a stress and burnout component presented by CCMS member Dr. Jerry Williamson in the Legal and Ethical Implications in Medicine course, they sponsored a weekend conference entitled "Work. Life. You: Healthy Living for Today's physician," and invited Dr. Carmela Sebastian (a

nationally known wellness educator) to speak at several FMA events.

The American Medical Association has launched a comprehensive program ("StepsForward" at [stepsforward.org](http://stepsforward.org)) that contains modules for physicians, groups, hospitals, or societies to use to aid physicians in this crisis. Presently, there are 50 separate modules with topics ranging from patient care to professional wellbeing. This site is an outstanding resource for every healthcare professional.

At the present time there are 5 policies specific to physician burnout created by the AMA House of Delegates. Some of these date back to 2007 when this topic was introduced in a CME report. It is from these policies that the StepsForward program was created. In addition to policies specific to burnout there are 474 policies regarding regulations, 54 specific to electronic health records, 194 specific to managed care, 212 on reimbursement, and 29 specific to satisfaction. There are many more that have been created that can benefit the profession as well.

Information regarding burnout is coming in from many sources. Policies, conferences and programs are being created to address burnout. While we are educating physicians, we are also engaged in solutions to prevent and even reverse this trend. It is up to all of us to share this information with all physicians so that we can heal each other and our profession.

**MAKE YOUR MONEY WORK**  
BETTER FOR YOU OR YOUR BUSINESS

> Open a New CD or Money Market Account TODAY!

**Certificate of Deposit\***

15-Month CD

**2.00% APY**

**Money Market Account\*\***

New Accounts Only, Fixed for 12 Months

Opening Deposit \$1,000

**1.30% APY**

**Don't Wait – This Offer Ends March 15!**

625 9th Street North  
Naples, FL 34102  
239-687-5239

**Mutual of Omaha Bank** 

[mutualofomahabank.com/depositspecial](http://mutualofomahabank.com/depositspecial)

APY (annual percentage yield) effective 2-5-18. Please contact a personal banker for further information about applicable fees and terms. Rates subject to change. Limited time offer – ends 3-15-18.

\*Minimum opening deposit \$1,000 required to open Certificate accounts. Minimum collected balance of \$1,000 required to earn interest. Penalties may be imposed for early withdrawal. Maximum deposit \$10,000,000.

\*\*Minimum opening deposit \$1,000 for Money Market accounts to obtain disclosed APY. Fixed Premier Money Market account is effective for 12 months after account opening. After 12 months, your account will convert to a variable-rate Premier Money Market account. At that time, the interest rate and APY will be a variable rate and may change. Your interest rate and APY will be based on the balance in your account. Minimum collected balance of \$1,000 required to obtain disclosed APY. Maximum collected balance to obtain the disclosed APY is \$10,000,000. Fees could reduce earnings. New money only (money not currently held by Mutual of Omaha Bank).

348000

Member FDIC

# 10th Anniversary Women's Health Forum Educates over 400 Women

Collier County Medical Society

As part of its ongoing efforts to be a resource for residents and visitors in Collier County, Collier County Medical Society and the Foundation of CCMS were pleased to host the 10th Anniversary Women's Health Forum, a free health education event for the public, on Saturday, February 3rd.

The forum, with the theme "Your Health, Your Future" was held at a new host location, Naples United Church of Christ, due to hurricane damage at the previous location. From 8:30am-12:30pm, more than 400 women enjoyed breakout sessions with educational talks from 25 CCMS member physicians, an exhibit hall with 25 vendors that provide services for women, and healthy refreshments. More than 20 volunteers staffed the event.

While CCMS has hosted health symposiums for many years, it was in 2008 when women physician members launched the first official Women's Health Forum, which was originally billed as Women Doctors talking about Women's Issues. It took place at the Department of Health with 16 speakers and a handful of vendors. The event has grown steadily in size and scope, and now includes male physician members in the program.

Topics of discussion included healthy heart, osteoporosis, dermatology, vein disease, dementia, gastroenterology, fitness & exercise, and more. Each session allowed time for attendees to pose questions to the physician presenters, who volunteered their time to educate attendees.

The success of the event allowed CCMS to donate \$5,000 to the Foundation of CCMS, to help provide scholarships for future medical professionals and funds for local healthcare programs in need. An onsite raffle raised nearly \$300 for the Foundation from attendee donations.

The Women's Health Forum was made possible with the support of presenting sponsors Physicians Regional Healthcare System, Vein Specialists, and VITAS Healthcare. Major sponsors were 21st Century Oncology, Doctors Hearing, eBella Magazine, and Millennium Physician Group.

Photos from the event are available at [facebook.com/ccmsonline](https://www.facebook.com/ccmsonline).



Dr. Bert Mausby and Dr. Bob Meli



Julia Czyz and Dr. Rhena Ruiz Novero



Jose Gutierrez and Dr. Andrew Yin




Sherri Kubesh, Dr. Elizabeth Arguelles, and Dr. Catherine Kowal

Thank you to our 2018 CCMS  
Women's Health Forum Presenting Sponsors

**VITAS**<sup>®</sup>  
Healthcare  
SINCE 1980



 **PHYSICIANS REGIONAL**  
**HEALTHCARE SYSTEM**

**WE CAN'T DIAGNOSE  
YOUR PATIENTS**

*However, we  
**CAN** diagnose  
the health of  
your practice!*

*Our strategic healthcare  
consultants have proven  
methods that will  
help your practice run  
smoothly, sharpen your  
competitive edge, and  
increase profits.*



**Markham Norton**  
**Moseller Wright**  
**& Company, P.A.**  
Certified Public Accountants / Consultants

5185 Castello Dr., Suite 4, Naples, FL 34103 — 239-261-5554  
[www.markham-norton.com](http://www.markham-norton.com)



**PANIRA**  
Healthcare Clinic  
Keeping Our Community Healthy

5039 Tamiami Trail E,  
Naples, Florida 34113  
(239) 529-5580

Seeking Part-Time and  
PRN Medical Professionals to Join Our Team!

- Family Practice Physicians, Board Certified
- ARNP and PA-C positions available

Email your CV to [legger@PaniraHealthcareClinic.org](mailto:legger@PaniraHealthcareClinic.org)

[www.PaniraHealthcareClinic.org](http://www.PaniraHealthcareClinic.org)



**Nella DeCesare**  
Managing Director

6214 Trail Boulevard  
Naples, FL 34108  
[wbn-marketing.com](http://wbn-marketing.com)

Office: 239.592.0060  
Direct: 239.919.0933  
[Nella@wbn-marketing.com](mailto:Nella@wbn-marketing.com)



## Local Clinic Provides Opportunities for All

PANIRA Healthcare Clinic and Dr. Suzanna Boka

Are you looking for an opportunity to do something to help those less fortunate? The opportunity may be closer to home than you'd think. It is reported that 18.7 percent of the population in Collier County is uninsured, and therefore unable to access healthcare. Many in our own community do not have the opportunity to access healthcare when they need it because it is out of their reach.



Dr. Suzanna Boka and a PANIRA patient

PANIRA Healthcare Clinic, located in East Naples, is working on closing the access gap and promoting health equity amongst our most needy. Founded in 2016 by husband and wife team, Lawrence Egger and Geneve Mongene Egger, the clinic's mission is to provide quality healthcare and equal access to anyone in the community, regardless of age, gender, race, ethnicity, income, education, geographic location, disability, or sexual orientation in a manner that is comprehensive, current and culturally appropriate.

PANIRA provides primary care, urgent care, health fairs, screenings, blood pressure and blood sugar monitoring, along with scheduled appointments to those needing medical care. PANIRA makes a special effort to help patients from other cultures feel accepted, welcomed, respected, and valued in the clinic. In January 2017, PANIRA began providing a monthly free clinic on the second Wednesday of each month. This free clinic provides access to healthcare for patients of all ages who are uninsured and who cannot afford the sliding scale fees charged by the clinic.

CCMS member Dr. Suzanna Boka, Internal Medicine, joined the clinic's practice because she really liked what they were doing. Born in Budapest, Hungary, Dr. Boka moved to the United States to practice medicine. After more than 30 years of private practice and public health in Budapest, Philadelphia, and New York, she retired in 2016 and moved to Collier County with her husband. However, Dr. Boka could not stay

inactive; she wanted to get involved in the community. When she learned about PANIRA Healthcare Clinic's mission and the dedication of the founders to the underserved and uninsured, she wanted to join the cause.

"When I learned about the clinic, I discovered it would be different than my involvement in other medical practices," said Dr. Boka. "They are providing services to those who would otherwise go without care, the uninsured, the under-insured, and those who may find navigating the healthcare system challenging," she shared.

Coming out of a full-time medical practice, Dr. Boka says the clinic afforded her an opportunity to join the medical staff with the flexibility she was looking for. She practices there part-time and treats a range of complicated and complex diseases, as well as volunteers on free clinic days. Dr. Boka is very happy to be a part of carrying out the mission.

"It's so rewarding when I see a patient and can provide them with information on their condition," says Dr. Boka. For example, she shared that a recent patient came into the clinic not feeling well, and after a blood test she determined the patient was diabetic. She went on to say that others present with uncontrolled hypertension, and she feels that she can easily make a positive impact to their health and reduce the risk of complications.

Dr. Boka says she also sees patients with complex medical co-limitations. She is hoping to have access to a broader network of specialists to address special needs. Additionally, she has a priority on promoting continuity of care by ensuring an effective health information exchange when patients are transitioning from healthcare settings, or seeking consultations with specialists.

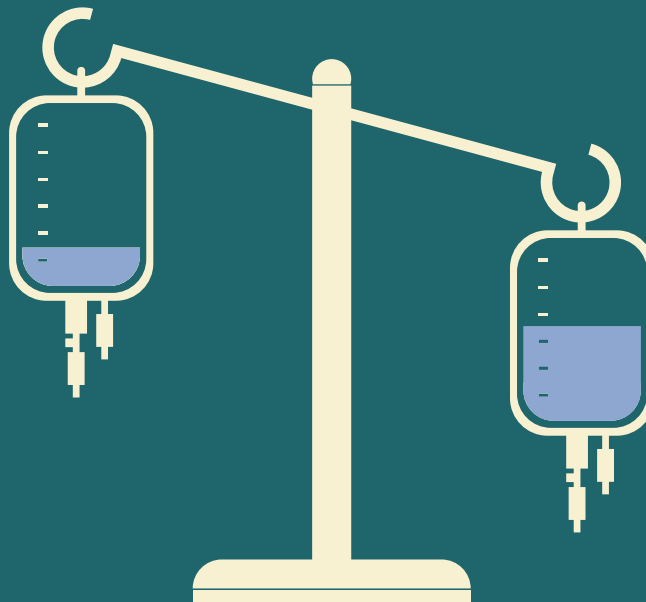
Plans are in motion for expansion of these essential services, and offering a second free clinic each month. The clinic is looking to add to the medical staff, seeking to bring onboard more physicians who are board certified in Family Practice, as well as advanced practitioners. For those looking to contribute to a purpose driven practice, this is a place to consider joining.

For more information, visit their website, [panirahealthcareclinic.org](http://panirahealthcareclinic.org), or inquire at [legger@panirahealthcareclinic.org](mailto:legger@panirahealthcareclinic.org).

## Working continuously to balance the **SCALES OF JUSTICE.**

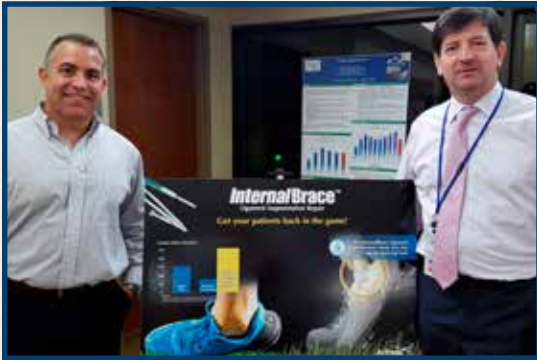
### **We're taking the mal out of malpractice insurance.**

As a relentless champion for the practice of good medicine, we continually track, review, and influence federal and state bills on your behalf. All for one reason: when you can tip the scales in favor of the practice of good medicine, you get malpractice insurance without the mal. Find out more at [thedoctors.com](http://thedoctors.com)





## CCMS Emerging Technologies Seminar CCMS Alliance Fashion Show Fundraiser CCMS After 5 Social



Albert Valdivia and Dr. Richard de Asla



Dr. Kendall Wise and Dr. Marilyn Varcoe



Dr. Gary Swain, Dr. Sharla Patterson, and Gary Tomcik



Dr. Anne Marie Tremaine, Julie Wasserman, and Deborah Tremaine



Dr. Jeffrey Craig, Dr. Marc Colton, Dr. Gary Swain, and Dr. Rafael Haciski



Dr. Heather Pontasch and Karen Eilers



Dr. Prathima Moorthy and Marisol Baez



Sean Conley, Mark Matos, Nick Bello, Clay Bello, and Dr. Jose Baez





## PHYSICIAN ASSET PROTECTION PLANNING SEMINAR

### Learn How To Help Protect Your Assets From Lawsuits And Creditors (Updated and Revised Topics for 2018)

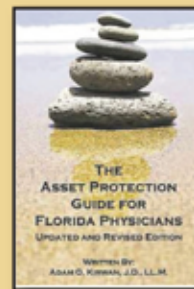
How the new "TAX CUTS AND JOBS ACT OF 2017" has changed the landscape (in a positive way) for Asset Protection Planning.

Funding trusts to accomplish asset protection and estate planning has just gotten a lot easier thanks to this new legislation. This change in tax code is not permanent and will sunset in 2025, however it could be subject to change much earlier than this pending the outcome of the Presidential election in 2020.



Adam O. Kirwan, J.D., L.L.M., Attorney and author of the books *The Asset Protection Guide for Florida Physicians* and the *Asset Protection Guide for Florida Residents*, will present on the following topics:

- Learn how the new Tax Cuts and Jobs Act of 2017 can help you potentially protect assets from current creditors without violating the Fraudulent Conveyance Statute.
- The negative impact and risks that the 2014 Florida Supreme Court Case ruling of (Estate of McCall v. United States) has on Florida Physicians facing lawsuits for medical malpractice.
- How to use trusts and other legal entities to help protect your assets.
- What assets are exempt from your creditors and how to use them to help protect your wealth.
- How to use wage accounts to help protect your earnings from garnishment.
- Why the "P.A." is the worst legal entity to house your medical practice and what you can do to fix the "P.A. Problem".
- How Florida's revised Limited Liability Company Act may impact your asset protection.
- And much more.



Market update and economic commentary by Dan Shannon Managing Director of the Meridian Financial Group.

Hosted by: Dan Shannon (This seminar is entirely free!)

RSVP: 239.690.9820

Date: March 29, 2018

Time: 6:00 p.m. – 8:00 p.m.

Location: Naples Grande

475 Seagate Drive • Naples, FL 34103

Complimentary Wine Tasting  
and Hors D'oeuvres



Securities and Investment Advisory Services offered through M Holdings Securities, Inc.,  
A Registered Broker/Dealer and Investment Adviser, Member FINRA/SIPC.  
Meridian Financial Group is independently owned and operated.

Adam O. Kirwan is not affiliated with Meridian Financial Group. 0264-2018

# THE FORUM

Cesar De Leon, D.O., Editor  
Rebekah Bernard, M.D., Associate Editor  
1148 Goodlette Road North  
Naples, Florida 34102  
Ph. 239-435-7727  
Fax 239-435-7790  
E-mail [info@ccmsonline.org](mailto:info@ccmsonline.org)  
[www.ccmsonline.org](http://www.ccmsonline.org)

PRSRT STD  
US POSTAGE  
PAID  
FT MYERS FL  
PERMIT 569

## CCMS Member Dues

Don't lose your CCMS member benefits! The 2018 CCMS member dues deadline was December 31, 2017. Members (or their groups) can pay online today at [ccmsonline.org/membership](http://ccmsonline.org/membership). Printed dues invoices will also be mailed directly to members who pay individually, or to practice administrators for group payment.

We are pleased to announce the addition of 4 exceptional radiologists to our Radiology Regional Center team!



### **Eric E. Vensel, MD**

#### *Fellowship in Interventional Radiology*

- BS - Trinity College - Biology
- MD - University of Miami School of Medicine
- Internship - General Surgery - Shands Hospital, UF
- Residency - Diagnostic Radiology - Shands Hospital, UF
- Fellowship - Interventional Radiology - Shands Hospital, UF



### **Michael R. Theobald, MD**

#### *Fellowship in Neuroradiology*

- BS - Georgetown University - Biology
- MS - Georgetown University
- MD - Georgetown University School of Medicine
- Residency - Diagnostic Radiology - Allegheny General Hospital, Pittsburgh, PA
- Fellowship - Neuroradiology - Barrow Neurological Institute



### **Jason D. Hamilton, MD**

#### *Fellowship in Musculoskeletal Radiology*

- BS - University of FL - Microbiology
- MD - University of FL College of Medicine
- Internship - Transitional - Riverside Regional Medicine Center, Newport News, VA
- Residency - Diagnostic Radiology - Shands Hospital, UF
- Fellowship - Musculoskeletal - Shands Hospital, UF



### **Theresa Vensel, MD**

#### *Women's Imaging*

- BA - University of Virginia - Chemistry
- MD - University of Miami, School of Medicine
- Residency - Obstetrics and Gynecology - Shands Hospital, UF
- Residency - Diagnostic Radiology - Shands Hospital, UF