Mid Year 2018

MESSENGER

Membership Newsletter for the Baltimore City Medical Society

PRESIDENT'S SPEECH – Padmini Ranasinghe, M.D.

(Given on Saturday, May 5 at the President's Gala, The Johns Hopkins Club)

I would like to welcome all of you again, to tonight's celebration of BCMS, the Baltimore City Medical Society.

In our over 200 year history, BCMS' mission has remained the same: helping physicians and patients, and serving the communities in the City of Baltimore; the City we call home in various ways.

BCMS, and MedChi, our State Medical Society, have been the leading force for advocacy, and for speaking on behalf of physicians and patients. And we are proud of our successes in giving a voice to physicians through all these years.

It is a great personal honor for me to be the 115th president of BCMS, this historic organization. I came to the United States 17 years ago as an immigrant. After my residency in New Haven, about 12 years ago, I joined the Johns Hopkins faculty and chose to live in Baltimore City.

Physician Wellness

Let's start with a little background. We live in a world that is changing at a faster rate than at any other time in human history. But some things have remained the same. Our health and wellness and the place we call home impacts who we are. The community in which we live makes a big difference in our own health, just as much as for everything else.

At BCMS, we are committed to serving our community. That means in recent years, we have had to focus much more on our own physician community.

I would like to quote a well-known ancient Buddhist saying: "Arogya Parama Labha." Translated, this means that the ultimate profit, or gain, that anyone can make is in one's own health and wellness.

For physicians, this literally can mean that investing in one's health could be the best investment possible.

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BCMS MEMBERS SERVE STATEWIDE AND NATIONALLY

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BCMS
Baltimore City Medical Society / 1211 Cathedral Street, 3rd Floor / Baltimore, MD 21201-5516
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CELEBRATING AN ILLUSTRIOUS HISTORY DATING FROM DECEMBER 15, 1788

BCMS
Baltimore City Medical Society

- Third largest component of MedChi, the Maryland State Medical Society (American Medical Association affiliate), professional membership organization of physicians
- Over 600 physician members representing numerous medical specialties and practice settings; outreach exceeds 1,000 physicians, physicians in training and medical students.

BCMSF
BALTIMORE CITY MEDICAL SOCIETY FOUNDATION

Physicians lending a helping hand"

- BCMS Foundation established in 1972 to advance philanthropic, education, research, and charitable endeavors

2017 Year in Review

BCMS Program Highlights

- 85 new/renew members
- Annual "Physicians' House Call on Annapolis"
- CME activities on 2017 legislative accomplishments and health care reform
- Half-day CME on physician wellness
- Physician referrals and practice assistance
- Physician-student exchange
- Second medical career pathways program
- Women in Medicine networking and educational program
- Special planning sessions with Past Presidents and 40-year members
- Annual President's event
- Holiday reception "Socs from Docs" collection
- Grant request for innovations in membership recruitment

BCMSF Program Highlights

- Completion of 2016-17 grant funded outreach on pain and opioid use
- Silent auction - gala event
- Reception and tour BSO Show House
- Selection of 2017-18 medical school scholars
- Patient newsletter on human trafficking
- Presentation on metabolic syndrome, leadership of National Coalition of 100 Black Women
- Grant request for community -based partnership to prevent chronic conditions
- Speakers' Bureau

Contact Information

Lisa B. Williams
CEO/Executive Director
Baltimore City Medical Society, Inc.
Baltimore City Medical Society Foundation, Inc.

1211 Cathedral Street, 3rd Floor
Baltimore, MD 21201-5516
Phone: 410-625-0022
Fax: 410-385-0154
info@bcmsdocs.org
www.bcmsdocs.org

BCMS 2018 PRESIDENT
DR. RANASINGHE ELECTED TO AMA COUNCIL

DR. PADMINI RANASINGHE is an Assistant Professor of Medicine in the Department of Medicine at the Johns Hopkins School of Medicine, and a member of the Hopkins hospitalist program. She holds board certifications in both Internal Medicine and Preventive Medicine, with an MPH from Yale School of Public Health. She is an elected fellow of ACP, ACPM, and SHM. At Johns Hopkins Medical School, she is part of the Osler Teaching Faculty, and in 2017 was elected to the Distinguished Teaching Society by her students. Her current research interests are in health and wellness of medical students, residents, and practicing physicians. Since 2009, Dr Ranasinghe has been the Principal Investigator of an ongoing longitudinal survey on medical student health and wellness at Hopkins. Dr. Ranasinghe joined the American Medical Association in 2007 after being awarded an Excellence in Medicine Young Physician Leadership Award by the AMA Foundation. She was the chair of AMA-IMG Section for 2013-14, and was on IMG Governing Council for two terms. At MedChi, the Maryland Medical Society, she is currently a member of the board of trustees, and an alternate delegate to the AMA. Dr. Ranasinghe is the president for Baltimore City Medical Society in 2018. She is married and the mother of two young daughters; the oldest will be in grade 1 this fall. She has lived in Baltimore City since 2007.

During the recently concluded meeting of the American Medical Association (AMA), Dr. Ranasinghe was elected to the AMA's Council on Science and Public Health. The Council "works to represent the AMA's core belief that scientific evidence is the basis for improving the quality of patient care, promoting medical progress and enhancing the health of the public." (see cover page for listing of BCMS members in leadership positions with MedChi, The Maryland State Medical Society and the AMA).

The President's Gala, honoring Padmini Ranasinghe, M.D., was held May 5 at The Hopkins Club. Special appreciation is extended to our event sponsors and supporters:

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Johns Hopkins Division of General Internal Medicine
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Joyce Duffy-Bilanow / Beadworkz
Anuradha D. Reddy, M.D.
Hiroshi Nakazawa, M.D. and Mineko Nakazawa
Susan R. Guarnieri, M.D. and Michael Guarnieri
Laurel G. Yap, M.D.
Henry H. Startzman, M.D.
Robbie's 1st Base (Sports Memorabilia)
Center for a Healthy Maryland

2018 LEGISLATIVE VICTORIES

Led by MedChi and its legislative team, BCMS and other component members worked to realize important victories during the 90-day Maryland General Assembly, highlights of which include:

1) defeated plaintiff's attorneys attempts to weaken Maryland's medical practice laws; their goal was to eliminate the "20% Rule", Maryland's long-standing law prohibiting "professional witnesses;"

2) secured additional funding for physician payments - preserved $17.6 million in Governor's budget for Medicaid;

3) supported creation of a "Pill Mill Tip Line" and enhanced crisis response systems;

4) protected and enhanced scope of practice for ophthalmologists and orthopedists;

5) ensured that patients can benefit from less expensive prescription costs; and

6) advanced public health initiatives - grant program to address youth homelessness; use of sunscreen at school activities; and personal products and medical services for women who are incarcerated.

For a complete report on the 2018 Session, visit www.medchi.org

Dr. Reed A. Winston (left) and MedChi CEO, Gene Ransom

Q&A WITH "DOC OF THE DAY"

In 2009, Dr. Reed Winston received one of MedChi's highest honors, the Henry and Page Laughlin Award for Distinguished Service, for his annual service as "Physician of the Day" in the first aid room of the State House, during the Maryland General Assembly. Dr. Winston was asked a few questions as he concluded another year volunteering in Annapolis on opening day of Session.

Q: How long have you served as "Doc of the Day"? When did you start serving on the first day of Session?

A: It's been over 20 years; I've lost track! The first day of the Session is upbeat with pomp and circumstance, so it's a great opportunity to meet everyone. I recall meeting Comptroller Louis Goldstein, the longest serving official in Maryland, and, probably, U.S. history. [Comptroller Goldstein was a legend; he handed out gold coins and was known for his signature saying: "God bless you all real good"!]

Q: Why do you volunteer?

A: It is an excellent way to learn the legislative process. And, you have access to the senators and delegates that you may not otherwise.

Q: What has been the most interesting "case" or any other general comments about the experience?

A: There are very few [visits] on the first day; no real emergencies. Some of the pages may come in for something for a cough or help with removing a splinter.

Q: What would you say to your colleagues to encourage them to volunteer?

A: I would encourage all members of BCMS and MedChi to volunteer [just one day each year]. It is an interesting process and you get to see it "up close."

BALTIMORE CITY MEDICAL POLITICAL ACTION COMMITTEE

Baltimore City Medical Political Action Committee (BCMPAC) is a committee of physicians and others cooperating in state and local political education and action in accordance with State and Federal laws.

BCMPAC :

- *promotes and works for better government by encouraging members and others to take an active part in governmental affairs;*
- *informs members and others of legislation and political issues affecting the medical profession*
- *informs members and others of the records of office holders and candidates for elective office; and*
- *supports and works to nominate and elect candidates for state or local public office representing the best interest of the public and the medical profession.*

BCMPAC

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BCMPAC dues are not deductible as charitable contributions for Federal Income Tax purposes.

PHYSICIANS SEEK ELECTION

Seven PHYSICIANS are candidates in the June 26 Primary Election for election for Senator or Delegate in the Maryland General Assembly?

The first two listed below reside in Baltimore City and are members of BCMS and MedChi; the others are members of other components and MedChi .

Richard Bruno, M.D. (Leg. District 41)
Nilesh Kalyanaraman, M.D. (Leg. District 43)
Jay Jalisi, M.D. (Leg. District 10)
Clarence Lam, M.D. (Sen. District 12)
Terri Hill, M.D. (Leg. District 12)
Paul Manicone, M.D. (Leg. District 23B)
Tim Robinson, M.D. (Leg. District 42B)
Esam Al-Shareffi, M.D. (Leg. District 17)

At our press time, news reports advised that final election results would be delayed until thousands of provisional ballots are counted.

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cover article continued

Today, more than ever before, physicians are affected by negative outcomes such as overwhelming stress, depression, and general dissatisfaction. Career related burnout is extremely high in students, residents, and physicians.

We know that the biggest drivers for physician dissatisfaction are social isolation, and lack of autonomy.

Some of the other known factors of stress are: the ever shifting health care reform landscape; confusing payment systems; difficult IT systems; all, factors you experience day to day. This is in addition to keeping up with the complex web of federal, state, and institutional regulations that don't add meaningful value to our work.

It is also known that 80% of physician burnout is due to system issues rather than individual factors. So, expecting individual physicians to manage their wellbeing all on their own is unrealistic, on many levels. As a result, doctors leave the profession, become part time, or change practices etc.

However, a single statistic has always stood out to me, that describes our current difficulties. Every year, about 400 physicians in the United States commit suicide. This is about the size of a medical school, 400 doctors, who for some reason, decide to end their own life. And we all know that this is only the tip of the iceberg. This is an unacceptable situation by any standard. And it is only getting worse.

BCMS and Physician Wellness

At BCMS, we are very aware of this. Last year we started a wellness initiative with the vision of establishing activities around physician wellness that will begin the task of touching physicians in every stage of their career. Our goal is to assist local hospitals and medical practices and become part of a community wide effort.

We have a Wellness Advisory Committee and several activities are planned for the coming years based on our collective vision that physicians who invest in their own wellness will become the true healers for everyone in the community.

Increasing Physician Engagement and Representation

We recently unveiled an initiative, **Clear Vision: Membership 2020**. The aim is two-fold: (1) identify ways that our members may benefit from professional organizations, like BCMS in the new healthcare environment; and (2) determine how we can better represent our collective voice as the physician community.

We will hold a series of focus groups, the first of which was held last week and conduct a survey of the entire membership. Thank you Dr. Edmondson for your leadership in this effort.

We all know Baltimore City has several ongoing challenges. For example, we had the highest per capita homicide rate in the nation last year. As physicians we have a much greater responsibility to acknowledge our local realities, and try to be an agent for change, given our unique position as a universally respected profession.

Today, more than ever, active involvement of physicians in organized medicine is critical. In our City, I can safely say that there is no better place for us to unite as doctors than through BCMS and MedChi -- regardless of our specialty or practice setting, BCMS is our professional home. Potentially, BCMS offers the most reach for physicians to engage with our common challenges.

The Future of Medicine

Next, I want to look a little towards the future, and add a few thoughts about how advancements in technology and medicine might affect the way we practice as doctors.

These days we are hearing a lot about what sounds like science fiction, but are in fact realities. Self-driving cars on the road, and super computers like Alexa, always listening in our bedroom. A few more buzzwords: artificial intelligence; precision medicine; tele-medicine & robotic surgery; and virtual reality and augmented reality

It is very hard to keep track because ever more amazing applications of these technologies are being unveiled every day. There is no doubt that if these advances continue at this rate, we will see dramatic changes in our day to day work as physicians.

Some functions of physicians can be easily done by computers, while some other core competencies, or soft skills, such as bedside manner, team dynamics, etc. will attract higher attention.

It is clear that we need to get our physicians ready for these transformations.

We need to support every generation of doctors to help them succeed, including those still in medical school, because we cannot afford not to.

I think we are very fortunate in this regard because we find ourselves among the best in the world. BCMS has proven itself over the last 200 years, and with world class institutions like Hopkins and Maryland in our neighborhood, we have the potential to be a greater catalyst for change in healthcare and in our communities.

(Read the entire speech at www.bcmsdocs.org)

2017-2018 NECROLOGY

Mustafa Onal, M.D.	November 20, 2010 (notified 2/6/17)
Lydia Pauli, M.D.	December 21, 2016 (notified 2/21/17)
John T. H. Johnson, M.D.	April 3, 2017
Ajaib Sidhu, M.D.	April 10, 2017
Salvatore J. DeMarco, III, M.D.	March 2, 2017
Daniel B. Harris, M.D.	May 22, 2015 (notified 5/1/17)
Stephen P. Cohen, M.D.	June 29, 2017
Srebro Davidovski, M.D.	July 10, 2016 (notified 7/1/17)
Salvatore Raiti, M.D.	July 26, 2017
Hilbert M. Levine, M.D.	August 7, 2017
Feodor "Ted" Caguin, M.D.	September 9, 2017
Boris L. O'Mansky, M.D.	September 14, 2017
Thomas E. Hunt, Jr., M.D.	December 24, 2017
Stanley N. Yaffe, M.D.	June 6, 2018
Pedro S. de Borja, M.D.	June 7, 2018

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*A special **THANK YOU** to our BCMS Foundation donors for financial and in-kind contributions (May 2017 to June 2018)*

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Note: We are grateful to all BCMS members and friends who support BCMS and BCMS Foundation programs with financial contributions. We endeavor to present accurate lists, however, if we erred in listing or not listing your name, please let us know immediately. Thank you!

IN MEMORIAM – Thomas Edward Hunt, Jr., M.D.

On December 24, 2017, Baltimore City Medical Society and MedChi, The Maryland Medical Society, bid farewell to Thomas Edward Hunt, Jr., M.D., the consummate physician, citizen and friend.

He was a retired private practice orthopedist, having graduated from the University of Maryland Medical School, and completing his residency at Johns Hopkins. He was a past president of BCMS, the Maryland Orthopedic Association and the Medical Alumni Association of the University of Maryland. He was considered our unofficial historian of Maryland Medicine, and, in 2008, his friends created the Thomas Hunt Lecture, to honor him, and to help fund presentations on contributions to medicine in Maryland.

He was humbled by this recognition, one of many bestowed upon him. He received the University of Maryland Alumni Distinguished Service Award , and the Community Service Award of the Baltimore City Medical Society Foundation. He was a recipient of the Christopher Spirit Award for Community Service. His over 40 years of service to the Allegany County League for Crippled Children was duly recognized as a Health Care Hero by the Daily Record.

To many others, Tom was a role model. He was described as a "quiet, wise, and unprepossessing man, who was also devoutly religious." He was devoted to his family; deceased wives, Mary Genevieve Maley Hunt, Amy Glenn Angell, and later companion Mary Catherine Cole. He was proud of his children, Mary Anne Kowzan, Angela Hunt, Kathleen Pandolph, Thomas Joseph Hunt and James Hunt; step children, Elizabeth Angell League, and Robert Angell. He was grandfather of nine and great-grandfather of five. He relished time spent with his extended family and friends.

The 2018 Thomas Hunt Lecture will be presented later in the year.

Submitted by: Allan D. Jensen, M.D.

BCMS
Baltimore City Medical Society
1211 Cathedral Street, 3rd Floor
Baltimore, Maryland 21201-5516

PRACTICE NOTES

- New Medicare cards are being mailed between April and June 2018 and have new identification numbers; Social Security numbers are no longer being used.
- ePrep, the new Medicaid on-line portal for physicians to enroll or revalidate, may be accessed via https://eprep.health.maryland.gov
- As of July 1, 2018, controlled dangerous substance prescribers and pharmacists are required to use the Maryland Prescription Drug Monitoring Program (PDMP). For information, call PDMP Use Mandate Call Center 1-800-492-1056, ext 3324 or 410-878-9688, during the hours 8:00 a.m. until 6:00 p.m.
- Contact Keith Mathis/MedChi Insurance Agency for your “no obligation” review at no cost to you 1-800-543-1262, ext 4422 or kmathis@medchiagency.com