



Bulletin

of the Mahoning Valley Medical Society
First and Second Quarters 2016

CHARLES E. WILKINS, MD NAMED 2016 DISTINGUISHED PHYSICIAN

Doctor Charles E. Wilkins, MD, was named 2016 Distinguished Physician by the Mahoning Valley Medical Society and presented with a plaque commemorating the honor at the Annual Meeting of the Society on Tuesday, May 3, 2016, at The Lake Club in Poland. Presenting the award to Dr. Wilkins was Dr. Rashid Abdu. Dr. Wilkins was joined by his wife, Kathleen, and several other family members.

Dr. Wilkins graduated from South High School and received his B.S. degree from the University of Cincinnati where he received the highest academic achievement in organic chemistry. He also received his medical degree from University of Cincinnati College of Medicine as alpha omega alpha. Returning to Youngstown, Dr. Wilkins did his internship and residency in Internal Medicine at St. Elizabeth Health Center, where he later served as program director for eight years. He is board certified in Internal Medicine and Geriatric Medicine. In 1983 he served a Fellowship in Geriatric Medicine at the University of Glasgow, Scotland, the birthplace of Geriatric Medicine. Dr. Wilkins has been Director of Geriatric Medicine at St. Elizabeth Youngstown Hospital for the past 30 years, teaching medical students and residents how to care for the elderly, and the importance of house calls and bedside diagnosis. Among his patients was a 114-year-old lady, the oldest in the world at the time.

He is a member of the American, British and the Irish Geriatric societies, and a Fellow of the Royal College of Physicians of Glasgow. He pioneered the establishment of the first Alzheimer's Care units in Youngstown. His main interests are neurodegenerative disease and dementia.

Dr. Wilkins also plays the bugle and has played Taps at many military funerals and Civil War reenactments. Last year he was the recipient of the annual Heart of the Mission Award from the Humility of Mary Health Partnership Foundation.

Dr. Abdu commented that he has known Dr. Wilkins since his residency and has always known him to be "intelligent, knowledgeable, unassuming, soft-spoken and caring". "He is not enamored by wealth or fame" Dr. Abdu went on to say. "His mission in life is to provide the best care for his patients anytime, anywhere. If they can't get to him, he goes to them. He always treats them with respect, empathy and compassion. He never thinks of how much he can get, but how much he can give.

"He possesses all the virtues of medicine, but none of its temptations. He is a teacher and a healer, respected and admired by his peers, his students, and all his patients, especially the elderly."

The OSMA 50 Years in Medicine Awards were also presented at the meeting to the following physicians: Dr. Tejinder Bal, Dr. George R. Barton, Dr. Joseph Kavanagh, Dr. Bhoopalam Krishnasetty, Dr. Prabhudas Lakhani, Dr. James Lambert, Dr. Fun-cheng Lin, Dr. Nicholas Pappas, Dr. Morris Pulliam, Dr. Thomas Rawa and Dr. Jose Yap.



Dr. Rashid Abdu presents Distinguished Physician Award to Dr. Charles Wilkins



Dr. & Mrs. Nicholas Pappas



Dr. Eugene Potesta and 50-Year recipient Dr. James Lambert



L. to R. Drs. Anthony Deramo, Dan Barton, Roberto Bacani and Hai-shiuh Wang

Bulletin

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Calendar

June 30, 2016

Canfield Fair Exhibitors' Breakfast,
Colonial Inn Canfield Fairgrounds

August 12, 2016

Alabama, Covelli Centre

August 26, 2016

KISS, Covelli Centre

August 27, 2016

Lionel Richie, Covelli Centre

August 31 - September 5, 2016

Canfield Fair

September 13, 2016

Bryan Adams, Covelli Centre

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IS IT THE FOOD?

Why so many allergies? Why so much cancer? Why is illness rampant? What about obesity? Is it the food? I have myself fairly convinced we have a food problem in the USA. I think the FDA is doing a poor job of protecting us from illness and disease due to our food handling. Many other countries have much stricter limitations on additives and chemicals in their foods. I don't believe in a nanny state but I do think we need to improve our food source with use of knowledge of chemistry and human disease.

How many ingredients need to be in a tub of ice cream? How about in a jar of peanuts or jam? What should the animals we eat eat? What about hormones and antibiotics? Are we killing ourselves? These are the questions that I wonder about at the dinner table and in the grocery store. How do I avoid these things when they quietly reside on almost every shelf in the store and in my own pantry and fridge?!?

I wish for a group of individuals with knowledge and expertise to lead the conversation about our foods. We need a multidisciplinary team to deal with this issue. Doctors, farmers, chemists, botanists, and yes, politicians, need to come together and take action on this issue to effect a change in the current law and culture.

Heck, we not only add chemicals to our foods, but we use chemicals in the packaging and consuming processes. Heard of BPA (bisphenol-A)? It's in many plastic containers and a component of the epoxy in canned foods. It's been linked to a range of diseases from diabetes and cancer to obesity and ADD. Now the rally cry is to make the move back to glass and metal containers to reduce risk of exposure to BPA. So, the question is should we use cheap, recyclable plastics or go back to bulky, resource-consuming metal and glass. In a throw-away society, which we have become, it may be difficult to move backwards without excessive waste.

Over the last two years I have tried to change my lifestyle to be healthier and make better choices. It is difficult to make a change when we have little support from our own "powers that be" who oversee our food safety. I am by no means a food or chemistry expert. I am, however, educated to some degree in both, much more so than the average person. If I have trouble navigating my way through the grocery store, how the hell does anyone else even stand a chance?!?!

We spend each day working with patients to try to "heal" them of their ailments. We send them off for tests and physical therapy, we start them on medications or perform surgery to correct something that is wrong or deficient, and we even occasionally send them for nutritional counseling to educate them in appropriate choices. What we don't account for is the lack of safety in the food sources that are contributing to their diabetes, obesity, ADD, cancer, etc., etc., etc. Let's start to think about the simple things and begin to educate our patients. It's time to start talking about the food we eat, the water we drink, and the utensils we use to do those things.

A handwritten signature in black ink, appearing to read "S. McGrath MD".



ATTITUDE

An insightful quote from Charles Swindoll continues to ring true every day of life.

Attitude:

"The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts.

It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say, or do.

It is more important than appearance, giftedness or skill.

It will make or break a company . . . a church . . . a home.

The remarkable thing is that we have a choice every day regarding the attitude we embrace for that day.

We cannot change our past . . . we cannot change the fact that people will act in a certain way.

We cannot change the inevitable.

The only thing we can do is to play the one string we have, and that is our attitude. . .

I am convinced that life is 10% what happens to me and 90% how I react to it.

Consider that along with the pledge of Private Treptow, a young and obscure American private killed in France in World War I. Toward the end of his first Inaugural Address, President Ronald Reagan spoke of monuments to heroism and drew attention to: ". . .the sloping hills of Arlington National Cemetery with its row upon row of simple white markers. Under such a marker lies a young man, Martin Treptow, who left his job in a small-town barber shop in 1917 to go to France with the famed Rainbow Division."

"After Pvt. Treptow was killed, a diary was found in which he had inscribed the following pledge: 'America must win this war. Therefore I will work, I will save, I will sacrifice, I will endure. I will fight cheerfully *and do my utmost, as if the issue of the whole struggle depended on me alone.*' "

Now, what is your attitude to that everyday event itself, that issue or circumstance, the 10%? You cannot control it, never could, and never were meant to. But you can contribute to it! What do you do to *impact* even that 10%? Moreover, do you look at any event as depending on you, your efforts, and your sacrifice alone? If not, why not? Attitude adjustment needed here too?

So, the next time an event "happens" to you, start with the 90%--your reaction. What a head start! Then redouble your efforts (work, sacrifice, endure, and fight) to play a part in what happens in the future (the 10%)! You have been given gifts and blessings in order to be a blessing and in order to make a difference in this earthly life! What is your attitude toward what happens to you and toward what you can contribute to any future event?

Attitude is the key.

Lyn E Yakubov MD



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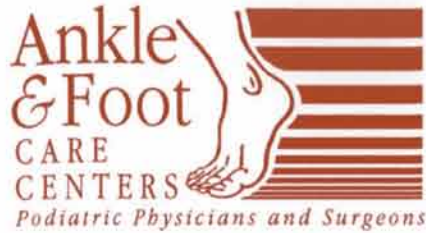
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18th ANNUAL Diabetes

GOLF BENEFIT

at
Pine Lakes Golf Club
Hubbard, OH



Friday, August 19, 2016

9:30 am
10:30 am

Registration
Shot-Gun Start

About the Event

Welcome to the 18th annual Diabetes Golf Benefit! Diabetes is a devastating disease that affects the lives of millions of people. Ankle & Foot Care Centers actively works with the American Diabetes Association, as well as the local Diabetes Partnership of the Mahoning Valley, to help those affected with diabetes.

Our event will be held at Pine Lakes Golf Club in Hubbard, Ohio. This beautiful course has undergone several renovations recently which have enhanced it both cosmetically and structurally.



The day will consist of 18 holes of golf, lunch and dinner, beverages on the course, merchandise prizes and skill contests.

Registration will be 9:30 am. Shotgun start at 10:30 am. Lunch will be served on the course with dinner at the pavilion immediately following the event. We look forward to seeing everyone again this year. Please join us for a fun-filled day of golf.

Sincerely,
The Doctors and Staff of
Ankle & Foot Care Centers

Golfers

The golf format is a four-man scramble. Skill, merchandise, and door prizes will be awarded. The fee is \$100 per player and includes 18 holes of golf with cart, entry into the skins match, one mulligan, lunch & beverages on the course, and dinner at the pavilion. If you have a preferred foursome, please list the names on your registration form. Individuals and pairs are welcome and will be accommodated into groups.

Sponsors

Please help support the event through a sponsorship.

Hole Sponsor - \$125: A custom-made sign with your company name will be placed on a golf hole.

Corporate Sponsor - \$300: Special recognition at the registration area and dinner pavilion, and custom-made sign.

Your contribution may be tax deductible.

Make Golf Outing Checks payable to:
Ankle & Foot Care Centers

**Deadline for Registration:
Friday, August 5, 2016**

Registration Form

17th Annual Diabetes Golf Benefit

- Yes, I want to sponsor a golf hole \$125
- Yes I want to be a corporate sponsor \$300
- Yes, I want to play as an individual in the golf outing \$100
- Yes, I want to enter a foursome in the golf outing \$400
- Yes, I want to make a donation to the event: \$ _____

TOTAL: _____

Contact Name: _____

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Players

1. _____
2. _____
3. _____
4. _____

Please detach this form and send with payment to
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Bits 'n' Pieces

ATTENTION TRUMBULL COUNTY PHYSICIANS

If you are a Trumbull County physician who has been a member of the county medical society in the past and wish to continue your membership with the Mahoning Valley Medical Society, please contact the society at 330-533-4880 for information and to be invoiced for 2017 dues. If you have never been a member of the county society and would like to take advantage of the many benefits of membership, you may do so by calling for an application. Members joining/rejoining now will not be billed for 2016 membership dues but can still take advantage of benefits such as the additional discounts offered on professional liability insurance for county members through Huntington Insurance/Ed Hassay, discounted rates on medical waste through Accu-Medical Waste Service, Inc. and access to events at the Covelli Centre.

COVELLI CENTRE TICKETS

Just a reminder that the society has Club Seats at the Covelli Centre which allows us to purchase up to 12 tickets for any event. Tickets are sold on a first-come, first-served basis, so if there is something you would like to see, please call the society office as soon as you hear the announcement. A limited number of parking and VIP passes are also available for those who buy tickets.

COMING SOON! NEW WEBSITE!

The society has recently engaged Prodigal to update our website. The project, expected to be completed this summer, will offer many enhancements to the website, including an updated and improved physician locator for the public to search for physicians, and a member portal to allow our members to access information and events available only to them. All current paid members will be notified when the website is available and given information on how to access the "members only" section.

MOVED

Dr. John Koval and Dr. Edward Miller have moved. Their new address is 7629 Market St., Suite 100, Boardman, OH 44512. Their new phone number is 330-965-4880.



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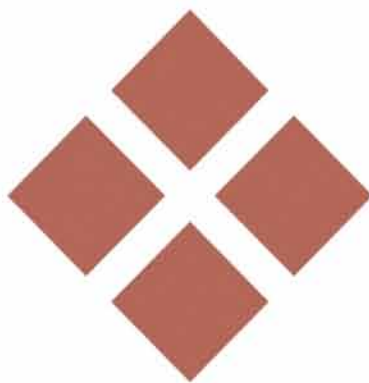
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Internal Medicine

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1280 Boardman-Canfield Rd. #1
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Medical Education: BJ Medical College, Ahmedabad,
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Internship: Brookdale Hospital, Brooklyn, NY
Residency: Northside Hospital, Youngstown, OH

COME TO THE FAIR!

This year marks the 170th Canfield Fair. It also marks the 66th year for the Medical/Health exhibit at the fair. In 1951, the Mahoning County Medical Society organized an exhibition at the Canfield Fair that included volunteer health agencies and members of the health professions. It was set up in a tent and the annual exhibit has continued till this day. It is one of the outstanding non-commercial things the fair has to offer. Since 1971, the exhibits have been housed in a permanent building -- one of the very few of its kind in the United States!

If you have never been to the Canfield Fair, or have never come to the Medical/Health Building, we encourage you to do so. Below are a few pictures of our exhibitors in 2015. MVMS physicians work in the "Ask the Doctor" booth each day of the fair, answering questions from fairgoers and talking about the pathologic specimens on display. (Yes, they are real!) There are still a few spots open for those members who wish to volunteer. Call the society at 330-533-4880 to see what times are available.



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Contact

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