



Bulletin

of the Mahoning Valley Medical Society
Fourth Quarter 2017

It's Time to Say Goodbye...

I know a lot of you are saying "I never thought she'd actually do it!", but I did! I am officially retired as the Executive Director of the Mahoning Valley Medical Society after 16+ years. And wonderful years they've been. While it's difficult to leave the best job in the world, it's time, and I am leaving the Society in good hands.

I can't go without thanking so many people: Dr. Ron Yarab for hiring me; Dr. Gene Potesta, my first president; all of my presidents - Drs. Marc Saunders, Charles Crans, Dean Ball, Tom Albani, Sean McGrath, Lyn Yakubov and Tom Traikoff; all the members of council over the years, and so many others. You have made this job a joy and a privilege.

Of course there have been some frustrations, but the highs outweigh the lows. One of the most rewarding and memorable events is our 2003 "Where Does It Hurt?" campaign addressing the medical malpractice crisis. Your new Executive Director, Marla Fraelich also worked on that campaign with us and it was wildly successful.

I cannot possibly go without thanking the members of the Alliance who have been so kind and generous to me, and so supportive of the Society. Thanks especially to Diana McDonald, Paula Jakubek, Shelley Duffett, Tammy Engle and Susan Yarab for your support and your friendship. I will cherish it forever.

There are many other people who have been there for me when I needed advice or assistance. I would be remiss if I didn't thank Ed Hassay from Huntington Insurance for answering the call when I approached him to offer our members a Med/Mal Insurance program. He is and always has been a champion for the physicians who are our members.

So, as I say "So long", remember I will still be around, so it's not really Goodbye!

P.S. Please treat Marla as well as you have treated me!

K

Hello...

My name is Marla Fraelich. For those that do not know me I would like to briefly share a little bit about myself. I am married to Mark, and we will celebrate 29 years of marriage this June. We have three beautiful children; ages 25, 21, and 16. We will soon have our first son-in-law, as our oldest daughter gets married this June. I have a degree in Education from Hardin-Simmons University in Abilene, Texas. While I love teaching, I also enjoy administrative work, and all that comes with running an office. I am an avid reader, love politics and am a HUGE Cleveland Indians fan! I enjoy traveling, but lately our trips always take us to Florida or New Mexico (where we have family).

As I finish my first few weeks of being the official Executive Director, I am thrilled to be back. I am excited to be on board as the new director of the society and I look forward to a long tenure with this organization. I bring previous experience to the table, as I was the Director for the TCMS from 2000-2009. Karyn and I trained on this job when we were both new to the societies and we feel like we haven't skipped a beat since that time.

I appreciate the support I have already had, from Alliance members and the Council members, and I know it will be a two-way street as we forge ahead together.

I look forward to meeting all of you at society events and I anticipate many good years with the MVMS.

Marla

Bulletin

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Calendar

March 9, 2018	Alliance Champagne Brunch & Fashion Show, Mr. Anthony's
April 13 ~15, 2018	OSMA Annual Meeting, Columbus Hilton Easton
April 20, 2018	Doctors' Day Celebration, Hollywood Gaming at Mahoning Valley Racecourse
May 1, 2018	MVMS Annual Meeting, The Lake Club
June 14, 2018	Canfield Fair Exhibitors Breakfast
June 19, 2018	John Fogerty & ZZ Top, Covelli Centre
June 22, 2018	Family Fun Night @ Mahoning Valley Scrappers
June 27- July 1, 2018	Cirque du Soleil, Covelli Centre
August 29 ~ September 3, 2018	Canfield Fair

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Pulpit Talk

I heard a homily at mass this weekend that really resonated with me. It was about bad things happening in this world. The deacon was noting that not everything we experience is good, but God does not wish bad things upon us. Bad things happen, but not as part of God's plan for us.

God tries to help us through the hard times, to essentially pick us up when we fall, but God doesn't push us down; we do that to ourselves or it happens through the natural course of living.

The deacon went on to say the worst thing he ever experienced in his years of being a hospital chaplain was when two fellow church members were visiting a couple that had just lost a child and told them that it was part of God's plan.

I agree with the deacon, God's plan is not merciless, angry, painful, or hurtful. I believe the plan is for peace, love, and happiness. You know, like a Beatles album! We can each either be a part of God's plan or not. We can participate in the helping, healing, and loving of one another or we can spread hate, deceit, and wrath. I hope we all choose to be part of a positive force in this world, to lend a hand, to care for a stranger, to build each other up, to look someone in the eye and say hello as we walk by them on the street or in the hallway. The little day to day activities are the ones that count the most, that mean the most, that uplift not only the people we interact with but ourselves as well.

Our world has essentially lost its way. We have too much anger, violence, and deceit. I can't fix the world, but I can work on myself a little each day. I can choose to make my world a happier and more welcoming place. I can be more open, more pleasant, less pessimistic, and control my anger and frustration better. I have to work hard at it, but the payoff is worth all the effort.

Please join me as the weather breaks and the sun comes out and the green colors return, as the grass and leaves grow, and let's GROW together into a better world. A better world for ourselves, our children, and our neighbors.

God Bless you and please take time to enjoy the beautiful spring season that is about to be upon us!

A handwritten signature in black ink, appearing to read "S. McGrath". The signature is fluid and cursive, with a long horizontal line extending to the right.



Thank you to C.J. Julius, MD for providing the following guest message.

The Gerber Baby-The Power of Images

Starting sometime in the 1920s, the Gerber Baby became a cultural icon of hand-drawn cuteness. In 2010, the baby food company started an annual photo contest for real-life Gerber babies. One hundred and forty thousand families entered the contest this year. The winner is Lucas Warren. Seeing his adorable grin, you will know why. But there is more to this story. Lucas is the first child with Down syndrome to be named the winner of this contest.

Good for Gerber! In most Western countries, including Iceland, France, and even the U.S., the vast majority of precious children with Down syndrome are targeted for extinction through selective abortion. Gerber's choice sends a crucial message, that children with disabilities are just as valuable as any other child. They bring love into their homes, communities, and churches that's second-to-none.

Down syndrome (or Trisomy 21) is a common genetic variation that usually causes delay in physical, intellectual, and language development. It is one of the leading causes of cognitive delay in the world. It is not related to race, nationality, religion, or socio-economic status. The effect is usually mild to moderate and is not indicative of the many strengths and talents that each individual possesses. There is a wide spectrum in behavior and physical development in individuals with Down syndrome. Each individual has his/her own personality, capabilities, and talents. Don't we all?!

The incidence of Down syndrome in the U.S. is estimated to be 1 in every 700 live births. While the likelihood of giving birth to a child with Down syndrome increases with maternal age, 80 percent of babies with Down syndrome are born to women under 35 years of age. After all, women in that age group give birth to more babies OVERALL.

Thirty to fifty percent of individuals with Down syndrome have heart defects; however, most of these are now correctable by surgery. Therefore, the life expectancy for individuals with Down syndrome is 60 years, up from 23 years in 1983.

People with Down syndrome attend school, participate in decisions that affect them, have meaningful relationships, work, vote, and contribute to society in many wonderful ways. Yet for many families, caring for special-needs children is extremely difficult—sleepless nights, exhausting days, and endless physical and emotional challenges. However, when surveyed, 88% of brothers and sisters said that they are better people because of their sibling with Down syndrome. Individuals with Down syndrome benefit from loving homes, early intervention, inclusive education, appropriate medical care, and positive public attitudes.

We can all promote these attitudes by observing the annual day of awareness on the first Wednesday of March. While most activities are centered on or near that day in March (or on 3/21 in some localities), people everywhere can help spread the word throughout their communities and schools year-round through pledge drives, online activation, and youth rallies (like the campaign Spread the Word to End the Word [*the R-word*]). The latter campaign, created by youth, is intended to engage schools, organizations, and communities to rally and pledge their support at www.r-word.org and to promote the inclusion and acceptance of people with intellectual and developmental disabilities.

We should be more than happy to praise Gerber, but we should not praise them for the wrong reason. Gerber did the right thing, but children with Down syndrome aren't valuable because they're cute or even because they often bring so much love and happiness to their families, although both of these are true. Lucas, like every human being, is valuable (whether he is cute or not; both when he brings happiness and when he doesn't) because his value is intrinsic, not derived from a utilitarian calculation. He is made in the image of God. Aren't we all? (Gen 1:27)

We can champion the dignity of every life in both word and deed, the cute and not-so-cute, at both lovely and unlovely moments, as parents and sibling and families, as church and as community. We can support, pray, love, care, and otherwise live as if EVERY life matters. Because, of course, it does!

The power of images is huge. They can make us think and so reshape our assumptions. May Lucas be an ambassador, not just for Gerber, but for the joy that comes from welcoming all lives into this world.

Thomas J. Traikoff DO

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From Their View

This is a new feature of the Bulletin which will appear from time to time recounting medical experiences from the patient's viewpoint. The following was submitted by Makenna McGrath, daughter of Dr. Sean McGrath.

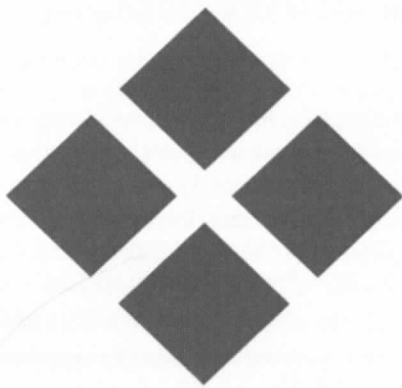
My name is Makenna. A few months ago I herniated 2 discs, I have one bulging disc, and I have a pinched nerve. I have gotten multiple opinions and all of the doctors just tell me the same thing over and over again, "You are young, you will turn out fine." This is very aggravating because I'm 13, I am a volleyball player and a swimmer, and nobody gets what's happening. People think they understand, they try to reassure me but they don't help sometimes, they make it harder. This is my reality I will have to live with this injury for the rest of my life, some people just herniate discs as an injury once. Mine is forever. I love playing volleyball, But now I can't play for 6-12 months but I have also been told that I might never be able to play again. When I first got hurt we thought I just stunned something in my lower back but that wasn't the case. I had started going to therapy before we knew that I herniated discs, and honestly I think that what we did in that period of time made it worse, I was doing all of the things I can't do anymore, jumping, running, flexing my back. I have to be so careful now with what I am doing. When I go to therapy now, they try to make it fun. We play games for example we play would you rather a lot when the patients are doing their exercises. On the second day of our school year, I had to go get an MRI after school. When I got there I was okay, I was a little upset that they still thought there was something wrong even though I felt really good in the past week. Then I walked into the room with the machine in it everybody had told me it was small but I didn't expect it to be this small. I was really scared. We got my results back but nobody would tell me what was wrong, or even that anything was wrong. But the doctors were very easy to read. As soon as I looked at them I knew that something was wrong, my heart dropped then he started to talk, but I don't even remember what he said I was so scared and caught up in my own what ifs. And what I ended up learning was worse than I could ever think. People though don't get what is happening they ask me when I'm going to be able to play again almost everytime I see them. My therapist tells me that I will probably have to get a surgery or two by the time I am 21. One of the worst parts about this injury is that I don't know what's going to happen. I could feel completely fine one day then not be able to stand the next without it hurting. Then there are days I can't sit down I have to stand up all day long. I don't know if I will have to get surgery in the next few months. We don't know anything. I have to try to keep getting better but it's hard, if I drop a pencil in a class I have to get out of my seat and squat down to get it I can't just bend over to pick it up. This goes for everything I do. I was 12 years old when I got hurt, and it was at the very beginning of the volleyball season, a month and a half before the first swim meet of the swim season. I wish I could go back and figure out how I got hurt and prevent it from happening but you can't do that so I now have to live with it it's hard but I'm pushing through to play for my high school team next year.

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Professional Liability Insurance Comments when selling your practice.....

The most common question first asked is what tail coverage is going cost. The formal name is an extended reporting endorsement and the endorsement considered should be indefinite in nature.

Standard professional policies contain language that offer the tail acquisition free of charge if needed because of death, total disability or complete retirement from medicine after meeting the requirements of the policy (usually five concurrent years of coverage with the same carrier). The sale of a practice and the requirement by the organization purchasing you to acquire tail, however, requires a very expensive purchase.

The tail coverage offering is an automatic part of the standard professional policy. Stipulated in the contract is the extension of coverage after the policy ends and the length of time the insured has to notify the carrier that the policy is to be discontinued (based on the date the new policy will start), that tail coverage is requested and the date payment (in full) is to be made. This generally comes in a formal offer once the carrier is notified that you will be discontinuing your claims made policy.

The insured should know that there are alternative tail offers that may be available by competitive, A rated carriers. In many cases, there are substantial savings to be had. Coverage is underwritten just as a regular professional policy is, but the effort is often worth the trouble. Most specialties are able to competitively shop this coverage.

How coverage will apply to certain **professional employees**, ie CRNAs, PAs, NPs and others, should also be discussed. Unless individually insured, many times, coverage has been added for them under endorsements to the entity policy issued to the corporation, LLC or other (if one exists). Prior contractual arrangements may hold you responsible for providing ongoing coverage for them.

Important: If, and this sometimes occurs, the acquiring carrier has agreed to pick up the prior acts from your former carrier, the tail coverage will then not be needed. All prior professional liability is then entertained by the acquiring entities carrier. It is extremely important that any known reported claim, incident, or most anything that might even remotely end up in an action be reported to your current carrier **BEFORE YOU CANCEL YOUR COVERAGE**. If unknown by both, the carrier you are leaving can deny a claim as they were not notified while you were currently insured with them (required by the policy) and the new carrier can deny because the claim occurred prior to their insuring you! Additionally, in that all your prior liability is now going to be insured by the acquiring entity, many may want to know about the new carrier. Things such as whether it is a standard, US domiciled carrier, if it's a self insured program, a risk retention group, or some other form of non standard setup may be very important to you.

If an occurrence policy has been maintained, all the insured need do is to notify their carrier that they will be terminating their coverage. All prior liability stays with the prior carrier.

The best suggestion is to begin the process early. Confidentiality of course, is a must.

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Give a Gift to Honor or Remember

The Mahoning County Medical Society Foundation has recently taken steps to change the medical student loan program that has existed for many years to a scholarship program for medical students from the Mahoning Valley. The criteria for these scholarships remain essentially the same as the loan program. They are:

1. Resident of Mahoning or Trumbull Counties
2. Completion of two years of medical school, in good standing.
3. Nomination by the dean of the medical school, or equivalent.
4. Need, as determined by the dean and the Foundation Board.
5. Scholastic achievements, leadership, and community service.

Each nominee will be interviewed by the Foundation Board. Letters will be sent to all Ohio and Western Pennsylvania schools of medicine and osteopathic medicine asking for nominations. It is hoped that the Foundation will be able to award two scholarships in 2018 for \$10,000 each. Recipients will be invited to the MVMS Annual Meeting in May to receive their awards.

To fund this scholarship program, the Foundation will solicit donations from Medical Society members with the Foundation Honors program, connect with local community foundations, and enlist the help of the MCMS-Alliance to hold fundraisers for the Foundation. Please use the form below to send your tax-deductible contribution in honor of or in memory of a physician or family member. *Thank You!*

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Bits 'n' Pieces

2018 Membership Dues are past due. Past due invoices have been sent. Any members not paid by March 1, 2018 will be removed from mailing list and referral list. Please call the society with any questions.

Mahoning County Medical Society Foundation will be awarding two scholarships of \$10,000 each this year. Letters have been sent to all Ohio medical school deans asking for recommendations of students who meet the criteria for these scholarships. We plan to honor the recipients at the Annual Meeting on May 1.

Check the Calendar of Events in this issue! We have begun planning for this year, including the Doctors' Day Celebration at the Mahoning Valley Racecourse on April 20, the Annual Meeting on May 1, and Family Fun Night at the Mahoning Valley Scrappers on June 22. You won't want to miss these events!

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