

# BULLETIN

of the  
MAHONING COUNTY  
MEDICAL SOCIETY

*Volume LIV*

APRIL, 1984

*Number 4*



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## 1984 - MAHONING COUNTY MEDICAL SOCIETY MEETINGS - 1984

Tuesday	Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Jan. 17	Mar. 20	May 15	Sept. 18	Nov. 20	Dec. 18

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## *From the Desk of the President*



### **USELESS BUREAUCRACY**

Self discipline is what the Japanese are reported to have now. We had it in the past. This, a professor recently stated on television, is the basic difference between their success and our lack of success in the competitive marketplace.

Self discipline, personal integrity and "personal best" — these are terms that aptly apply to the conscientious doctor who seeks to be the true advocate of his patient.

We physicians are being drowned in a sea of administrative red tape in the guise of quality care. Red tape cures no one and, indeed, can cause the patient to suffer; red tape such as stop orders. Stop orders apparently come from Joint Commission rules for hospitals and are passed through universally in our hospital — including intensive care and coronary care.

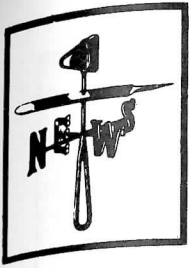
Reasoning professionals should not accept bad directives from on high. Stop orders have no place in intensive-care units and no drug should be stopped without consulting the physician involved.

We must also now all sign a legal statement that either our DRG diagnoses are correct or we go to jail and/or pay fines. This is ridiculous! Integrity is the basic tenet of medicine and the liar among can certainly have his license revoked without making all honest physicians sign such a degrading statement on each Medicare patient.

In essence, we are being treated like children by those who administer, and *our* administrators follow the dictates of the administrators on high.

Self discipline, personal integrity and "personal best" are all alive and well in the medical profession. *We* are the hospital committees. *We* are the medical staffs. *We* are the ones who should speak up against the numbing influence of useless bureaucracy!

Glenn J. Baumbblatt, M.D.



# BULLETIN

## of the Mahoning County Medical Society

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Number 4

The opinions and conclusions expressed herein do not necessarily represent the views of the Editorial staff nor the official views of the Mahoning County Medical Society.

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## Editorial

### CAN DO AND CAN'T DO

The doctors are being blamed for the across the board high cost of medical care — just because they order the tests and treatments. It is like blaming the housewife for busting the family budget just because she does the grocery shopping. The doctors are battling the rise of medical care cost on many fronts. The areas where they *can do* something, they are doing. But there are areas where they *can't do* anything because in these areas they have no control.

The doctors try to contain the costs by mandating attendance to continuing medical education credits. They learn what is the cost efficient method of diagnosis and treatments. So many strokes have been prevented it is hard to measure the magnitude of cost savings. A lot of money has been saved that would have been spent for managing the mobility of a stroke. There are many other examples.

One area where cost is being curtailed is procedures for diagnosis and treatments which are being done in offices, outside the hospital. A procedure done in the office does not include the overhead of a hospital setting. X-rays, laboratory tests, minor surgery, and noninvasive ambulatory procedures are just a few examples.

Self-monitoring of hospital care by physicians saves megabucks. It has curtailed the number of hospital days, unnecessary surgery, and is encouraging competence. One good example of cost saving is application of the 'sunset' rule in ordering treatments. Every order written in a hospital chart expires after a few days, thus forcing re-evaluation and preventing costly mistakes.

The practice of preventive medicine by physicians is the biggest cost saver. Promotion of health and monitoring of chronic diseases to prevent complications has had the biggest impact. But this has not been estimated.

The areas where eighty-one percent of the health dollar is spent should be the focus of attention in cost cutting. Physicians have little control on these costs.

The hospitals have high charges for everything. The reason is this: the big donations to the hospitals for expansion and renovation have dried up from the community, so they have to charge or borrow the money to do these.

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They have become very complex and need a 'fat' bureaucracy to cater to the space-age expectations of people using the facility. They have to charge for replacing rapidly outmoded machinery, maintaining emergency paraphernalia (even when it is not being used) among a lot of other items. The doctor gets blamed for the hospital costs because patients cannot get hold of anybody in the hospital to complain to, and doctors are easy-to-find, visible contacts. A patient just cannot ask the price for services in the hospital before buying them. He will be declared 'nuts'.

There are many government laws which, although well intended, have contributed to the high cost of medical care. Take for example the patent law of medicines. It allows about 15 years for a drug company to hold the patent on a drug. As it works out, 5 years is the limit in which drug companies can recover their cost of research, production, and profit because the Food and Drug Administration takes 8 to 10 years to approve a drug safe and effective. The result is high cost of new medicine. The doctors have little control on this.

The cost of medical education has to be paid by the community wherever physicians are being trained. Their professors have to be paid. The net result is that the insurance premiums are higher in communities with teaching hospitals than those without. Physicians have little impact on this cost, but it is important to train new doctors.

Third-party carriers are another factor in the high medical care cost. They have to show a handsome rising profit for their shareholders. They have no method of controlling the cost of paramedical service and equipment costs. Many such health providers are in and more are clamoring to get in the medical field. This has and will further increase costs.

The physicians are continuing the cost containing part in areas where they can and have to be commended for it. They are responsible members of the community and most maintain high ethical standards and sincerely try to cut the costs. But there are facets of high costs over which they have no control on and should not be blamed for these.

—S. K. Mishr, M.D.

## **BENJAMIN S. BROWN, M.D.**

**1914 - 1984**

Dr. Benjamin S. Brown, 69, died February 26 in North Side Hospital of congestive heart failure. He was a radiologist.

Dr. Brown was born in Spangler, Pa., graduated from Portsmouth High School in Portsmouth, O., got his undergraduate degree from Ohio University and his medical degree from Western Reserve Medical School in 1942. He served his internship at Grady Memorial Hospital in Atlanta, Ga. and served with the Army Medical Corps in Europe during the Second World War, rising to the rank of Captain.

After the war, Dr. Brown served a residency in radiology at Cleveland City Hospital from 1945 to 1948. In 1949 he was certified as a diplomate by the American Board of Radiology and was made a member of the American College of Radiology in 1950.

Dr. Brown was named director of radiology at North Side Hospital in 1961 and became chief of the radiology division in 1968, where he served until 1974. He was on the YHA medical executive committee from 1963 to 1974.

A member of the Mahoning County Medical Society, Dr. Brown was also a member of the American Medical Association, the Ohio State Medical Association, The American College of Radiology, Radiological Society of North America, American Roentgen Ray Society, and the Ohio and Cleveland radiological societies. He was a member of Boardman United Methodist Church, Boardman Rotary Club and the Four Square Club.

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**PROCEEDINGS OF COUNCIL****March 13, 1984**

The regular meeting of the Council of the Mahoning County Medical Society was held Tuesday, March 13, 1984 at the Youngstown Club.

The meeting was called to order at 7:35 p.m. by Dr. Baumblatt. The minutes of the February meeting, having been read, were approved.

The treasurer's report listed current bills, status of the welfare fund, dues total collected, and membership report of 31 members still unpaid for 1984. A motion was made, seconded and passed to pay each bill.

The following application was presented by the censors:

ACTIVE: Frank H. Krautter, M.D.

The application was approved. The applicant will become a member of the Mahoning County Medical Society in the voted category 15 days after the printing of the name in the minutes of the March meeting that are mailed to all members unless objection is filed in writing with the executive director before that time.

Communications included:

A thank you note from Mrs. Arreina Neptune for the assistance provided by the Society.

An editorial from the Cleveland Plain Dealer newspaper deprecating the medical profession.

A letter from the Eastern Ohio Pharmaceutical Association concerning an article in *The Bulletin*. A motion was made, seconded and passed to invite the president of the EOPA to attend a Council meeting and inform the Council about the intent of proposed legislation concerning pharmacists.

A "Cancer Management Update" announcement naming April 2 as the date of the event.

A request from the Mill Creek Levy Committee seeking funds to pay for the promotion of the levy because tax funds cannot be used to promote a levy.

AMA "All Physicians Fee Freeze" request, asking all physicians to freeze their fees for the next year. The request elicited a considerable amount of discussion about the fact that most of the members of the Mahoning County Medical Society have either held the line on fees or had only minimal fee increases during the past one to two years. The Council unanimously passed a motion recommending that members of the MCMS concur with the request for a one-year freeze.

Committee reports included:

A constitution committee report that a member transfer bylaw addition will be submitted to the Society meeting.

A report that Gregory Absten of Cincinnati will be the speaker at the Scholarship dinner and he will talk about "laser."

Announcement that the program committee has invited Robert Holcomb of OSMA to speak at the May meeting of the Society on the topic "Marketing In Medicine."

Sixth District Councilor J. J. Anderson, M.D. gave a report on legislative matters on the State level and reported all pertinent legislation is closely monitored by OSMA staff members.

Under Unfinished Business:

The PR committee noted the recommendation for a pull-out section in *The Bulletin* has been complied with and the section is in the March issue. It is to be placed in the physicians' waiting rooms and can be copied if additional copies are wanted or needed. The Committee reported two other recommendations are still in the process of implementation.

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Attention was called to the fact that the "Rostenkowski Amendment", calling for assignment acceptance on Medicare cases, has been withdrawn from HR 4170 and will probably be tacked onto other legislation. Announcements included:

Society meeting Tuesday, March 20 with Youngstown Mayor Patrick Ungaro as the speaker.

Scholarship Dinner slated for April 12 at the Youngstown Club will honor 48 area students and will be hosted by members of the Society and their wives.

Robert B. Blake  
Executive Director

---

## SUMMARY OF ANTITRUST DECREE

On January 22, 1982, Federal Judge Thomas D. Lambros in Cleveland adopted a Consent Order agreed to by the State of Ohio, the Mahoning County Medical Society (the "Medical Society") and other medical defendants in the case entitled *State of Ohio ex rel. Attorney General vs. Mahoning County Medical Society*, Case No. C76-168Y (U.S. District Court, N.D. Ohio).

The Consent Order relates to Health Maintenance Organizations (HMO's) and Prepaid Plans, that is, plans which are designed to provide health care services by arrangements with a limited number of doctors or hospitals.

The Order protects the rights of physicians and the public to choose HMO's and Prepaid Plans if they so desire, and also protects the rights of physicians and the Medical Society itself to express their views, both pro and con, relative to HMO's and Prepaid Plans. It prohibits, however, physicians and the Medical Society from trying to stop, delay or hinder the development or operation of HMO's and Prepaid Plans. Individual doctors and the Medical Society are entitled to express and act in accordance with their own opinions about HMO's and Prepaid Plans, so long as they respect the right of others to do the same.

Specifically, the Consent Order permits each doctor *individually* to decide whether or not he or she will affiliate with an HMO or Prepaid Plan. At the same time, the Order prohibits *two or more* doctors from agreeing with each other that they will not affiliate with an HMO or Prepaid Plan. Thus, for example, it is perfectly legal for an individual physician to decide that he will not work for an HMO, for whatever reason. It would, however, be illegal -- and a violation of the Consent Order -- for an individual physician to agree with one or more other physicians not to work for an HMO. In short, *individual* decisions are permitted, while *collective* decisions or agreements are not.

Similarly, the Order prohibits *collective* efforts by physicians or the Medical Society to prevent or interfere with the development or operation of HMO's or Prepaid Plans by, for example, attempting to prevent or otherwise interfere with efforts by physicians, customers, suppliers, or others to deal with HMO's or Prepaid Plans.

It is the fundamental intent of the Consent Order to reflect the basic free market principle that physicians, hospitals, and the public are free to select any lawful method available of organizing and paying for hospital and medical services.

The Mahoning County Medical Society does not oppose competition between Prepaid Plans and the fee-for-service method of health care delivery, and members of the Medical Society are free to support, assist, or contract with such plans as they individually see fit, without fear of sanctions or otherwise, from the Medical Society, although they are not required to do so.

## "TEN COMMANDMENTS"

*"May I live for 100 years,  
May I hear for 100 years,  
May I be able to speak for 100 years,  
May I not be poor for 100 years."*

So goes a sanskrit saying, wishing for a healthy, functioning body until the age of 100 years. Before one can expect to live for 100 years, one has to wish to live for 100 years and then work at it.

The human unit consists of the body, mind, and the spirit. In order for the whole unit to be healthy, one has to actively take care of the three elements of which the body consists.

### B O D Y

1. Food is an important element deciding the health of your body. Some say that you are what you eat. You have to eat a nourishing, adequate diet which means that you have to maintain proper growth of the body in the growing years and maintain ideal body weight commensurate with height, age, and gender.

One should strive to reach and maintain the ideal body weight which, in most cases in this country, means cutting calories and creating a self-awareness that you eat to live and not live to eat.

It requires that you eat at least three times daily. That means eating breakfast even when you are not hungry. One should half-fill the stomach with food, one-fourth fill it with liquid, and leave one-fourth empty. This will help prevent the accumulation of extra weight.

The conventional American diet contains too much animal fat. The emphasis on the animal fat, which comes along with the emphasis on eating meat, has to be reduced. Actually, the greater emphasis should be on more roughage and increasing fruits and vegetables in the diet. This will help prevent sickness later on.

2. One should not take anything or should reduce the amount of substance that can affect the mind. For example, do not take alcohol, smoke cigarettes, chew tobacco, or take non-prescribed drugs. All of these are habit-forming substances and it is very hard for people to decide what is too much and when to hold back.
3. The body requires adequate rest. One should ensure at least eight hours sleep a day. Sleep, a lot times, gives time to rest the body and helps the mind get unwound. One should try to establish sleep patterns and stick to them because then sleep comes easier.
4. Making a regular routine for day-to-day activities helps improve your will-power. There is a lot of sickness the human body goes through because the human mind has no will-power. Poor will-power causes excesses of various types that are bad for your health.
5. Exercise and being more active has to be encouraged because it helps tone your heart, muscles, bones, and digestive tract and keeps the body functioning regularly. Regular exercise also relieves mental tension. Check with your physician about it.
6. See your doctor regularly. The human body is a complex machine going through constant wear and tear. It is a wonderful machine that can repair its damage within reasonable limits but, as time goes on, the process of wear and tear exceeds the process of repair. So, see your doctor regularly so he can try to nip the problems in the bud.

7. Prevention of accidents — Read instructions before you use any machinery and do just what you are supposed to do when using machinery. This will reduce the risk of accidents. Try to follow all the laws which relate to the use of machines. This prevents unfortunate accidents that could injure your body or terminate your life prematurely.

#### M I N D

8. Mental health. Proper mental attitude is very important. It is the mind which decides the happiness of your body. One golden rule about proper mental health is to do just what is expected of you. Keep an unflappable mind whether you get a reward or punishment. Solve the problems, don't postpone them because they only multiply and cause more worries. A life of moderation is a great virtue.
9. Education — Keep learning from your mistakes and from others mistakes. Keep an open mind, let all the windows of the mind be open so knowledge can ventilate into it.

#### S P I R I T

10. A spiritual health. For proper spiritual health it is important to pray regularly and follow the moral code expected of you.

---

### FOCUS: MS

An update program on the current research, diagnosis and long-term nursing care of the person with multiple sclerosis is being presented Thursday, May 3 from 8 a.m. to 3 p.m. at Kingwood Manor, 1601 Motor Drive Inn in Girard.

Sponsored by the Mahoning Shenango Area Health Education Network and the Tru-Mah-Col Chapter of the Multiple Sclerosis Society, the program will be aimed at physicians, nurses and other health-related professionals, persons with multiple sclerosis and their families.

Speakers at the program will be Caroline Whitacre, Ph.D., of the Department of Microbiology, Ohio State University; Robert Gilliland, M.D., Chief of Neurology, St. Elizabeth Hospital; Jan Yanko, R.N., M.D., Neurological Surgical Clinical Specialist, Youngstown Hospital Association.

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F. E. Shaw  
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- April 24**  
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M. S. Hashmi  
R. W. Parry  
J. P. Shah
- June 11**  
J. Giannini
- June 12**  
J. H. O. Bleacher  
T. S. Bal  
K. T. Oh
- June 13**  
J. G. Guju  
R. L. Jenkins, Jr.  
R. Nath  
F. A. Resch
- June 14**  
R. R. Fisher  
R. G. Spratt
- June 15**  
U. H. Boening  
A. R. Cukerbaum  
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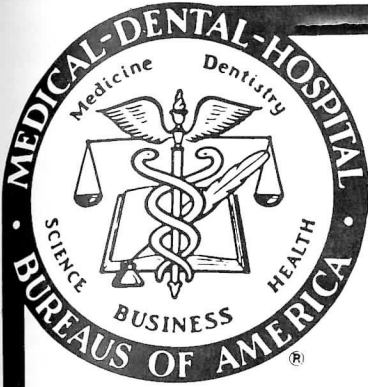
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Lois Moss, Manager

# From the Bulletin

## FIFTY YEARS AGO — APRIL 1934

The Medical-Dental Bureau came into existence that month and this is how it was started. The younger, progressive element in the Society wished to start a service agency to handle the business of the members. Dr. R. B. Poling was chairman of a committee working on it. The older conservative members were strongly opposed to anything but educational activities and the Society was split wide open.

No progress was being made when a fireball named McGhee who was running the Akron Medical Bureau came over here and offered to help. Why he came or for what reward, we never determined but all he ever got was free food and entertainment, the last item quite extensive. His plan was simple and workable: Set it up outside the Society, invite the dentists to join and limit membership to those in good standing in their respective Societies. That gave it respectability and freedom to manage its own affairs. Thirty of us put in ten dollars each at a meeting down at the Rip Tavern (these were depression days and ten dollars meant something). Later forty-five more joined which gave us enough capital to start an office with three telephone girls and a telephone switchboard.

Those of you who take for granted a smoothly operating Bureau do not know of the long hours spent to get it going. McGhee would come over from Akron every Saturday afternoon and the Board (J. B. Nelson, McCurdy, Skipp, Hayden, Hathorn, Poling, Chessrown, Fuzy and J. L. Fisher) would meet with him at the Tod Hotel in sessions that would break up on Sunday morning.

That got the thing going and soon had a full time manager. There is not a better Medical-Dental Service Bureau now in Ohio, or anywhere else.

## FORTY YEARS AGO — APRIL 1944

The Youngstown Municipal Hospital for Contagious Diseases was closed. President Elmer Nagel was plugging to have it re-opened as a mental hospital.

Major Walter Tims wrote from England. He was afraid the British Isles would sink from overcrowding. There was to be a great exodus in June, but he did not know that.

O. M. Lawton was promoted to Commander, David Brody and Robert Heaver graduated from field service school at Carlisle Barracks. Ray Hall was home on sick leave after ten months in North Africa where he worked with Wm. McElroy caring for casualties from the Tunisian battlefield.

## THIRTY YEARS AGO — APRIL 1954

The Mahoning Academy of General Practice sent notices to all the laboratories requesting that they make no laboratory tests on private patients without a requisition from the physician. This was done to stop the practice of taking premarital blood tests by the laboratories.

Robert Tornello and David Brody were certified as Fellows of the American College of Surgeons.

From an A.M.A. Symposium: "And now abideth knowledge, a bedside manner and a good Secretary, these three -- but the greatest of all is a good Secretary".

## TWENTY YEARS AGO — APRIL 1964

President of the A.M.A., Edward Annis, that silver-voiced orator was announced as a speaker for next month and everyone was agog with expectations, especially our President Schreiber who also had earned a national reputation as a speaker on medical socio-economics.

An old member wrote in to the Editor (Warnock) urging that wives

should be invited to our cultural and scientific meetings. They were invited and still are.

New members were: John J. Buckley, Clyde Laurence Bell Jr., Demetrio M. Josef and Kenneth M. Lloyd. Sandy Gaylord was elected a Fellow of the American College of Physicians.

David Earl Montgomery died at the age of 74. He was an outstanding G.P. and Surgeon in the days when most every doctor did some family practice. Paul Leimbach of Greenford passed away. He was said to be the last of the "County Doctors" who started out making the rounds by horse and buggy.

The Polio Committee (Kurt Wegner) reported that there had been no cases of Polio during the past year but urged the doctors to be vigilant in immunizing children with O.P.V.

Only twenty years ago we fought Social Security and Medicare with all our might. Now they are facts of life and we can live with them but we have more pressing problems.

Remember that your Medical Society and the A.M.A. have been in there pitching and fighting for you for more than fifty years. They may not be able to stop the trends that affect private practice of medicine but they do change and modify the rules.

### TEN YEARS AGO — APRIL 1974

President John Melnick protested in his President's Message, the Increasing Federal and State control of the practice of Medicine. Such proposals were being put forward by the Governors' Task Force on Health Services, such as a recommendation to merge the seven Ohio Blue Cross plans into one organization *under state control*.

Another was the "Certificate of Need" to be obtained from the state before a group or individual could open an additional office in a community.

Dr. Melnick quoted President Wilson's observation, "The history of liberty is a history of *limitation* of government power -- never the increase of it."

Editor Lou Bloomberg, on a similar note, reminded all of us that the Federal Health Programs (proposed under the Nixon administration) were calling for an expenditure of \$64 billion dollars which was going to have to be paid for by increasing our taxes and increasing the cost of living since the plan proposed that the employer pay two-thirds of the premiums. It all added up to more inflation and more government control by an administration whose platform included a plank that the government must be returned to the people, who have been relying too long on the Washington bureaucrats to take care of every need.

The Corydon-Palmer Dental Society was celebrating its 60th year. The Mahoning County Tuberculosis Sanatorium was closed and put up for sale. It is still there, staring windowless as the world passes it by. The Nurses' Home at the TB Sanatorium became a home for runaways, manned by the Youth Service Bureau.

The Women's Auxiliary put on a dinner-dance on April 20 at the Squaw Creek Country Club with the theme "You've come a long way, Doctor." Proceeds from the dance were to go to the Scholarship Fund of the Auxiliary. Co-Chairpersons were Mrs. Sanford R. Weiss, and Mrs. Paul E. Ruth.

New members that month were: Active - Richard W. Juvancic, M.D., Milton Paige, M.D., and Vinod K. Sethi, M.D. Associate Members were Thomas F. Barrett, M.D. and Alfred Reed Hoffmaster, M.D.

Dr. Jack Schreiber was elected President of Youngstown Hospital Assn. Staff, succeeding Dr. Robert Jenkins. President-Elect was Dr. Andrew Detesco and Secretary-Treasurer was Dr. Dean E. Stillson.

Dr. Leonard P. Caccamo was elected Chairman of the Mahoning, Shenganga Area Health Network. Dr. Robert Wiltsie was the first Vice-Chairman.

Robert R. Fisher, M.D.

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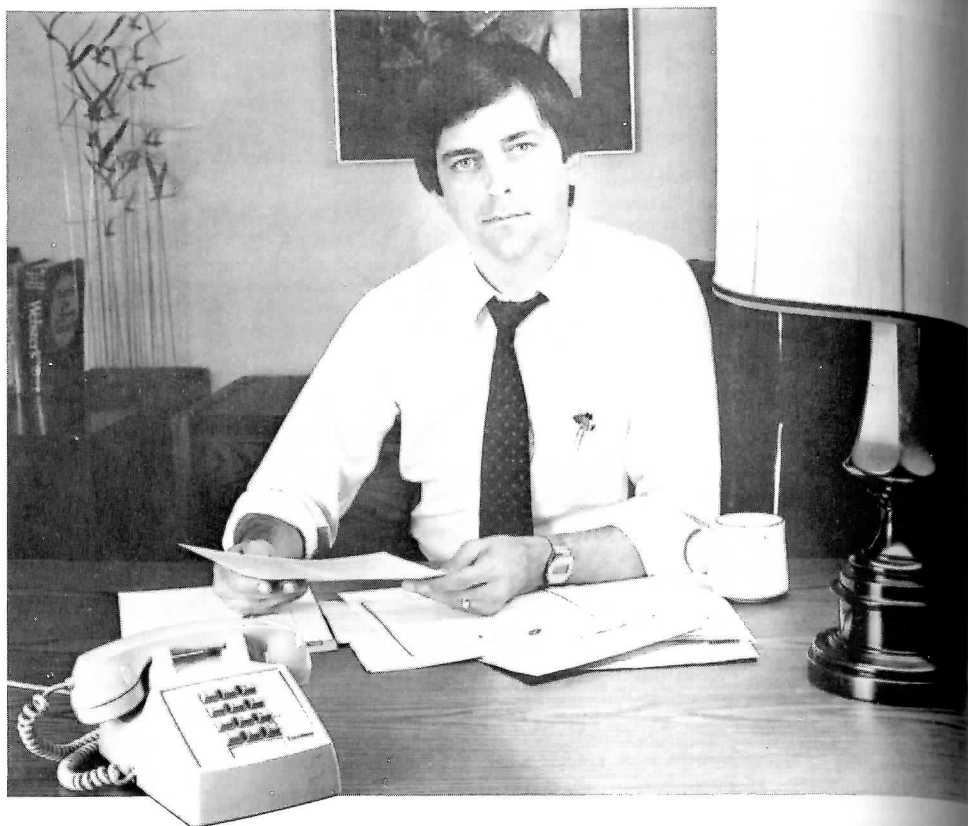
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