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From the President

Greetings fellow MOCMS members!

I wanted to take a few moments to provide you with a MOCMS update. Most pressing, our upcoming Fall General Meeting at Oliver Winery is fast approaching – **Thursday, September 29 at 7pm!**

Please join us for some long overdue social time with your local physician colleagues. I know we are all generally overcommitted but

physician comradery is more vital than most of us want to acknowledge. We are more than just names on our mutual patient's charts!

At our quarterly book club in June, we discussed "*Year of Wonders*" by Geraldine Brooks. This historical fiction selection explored the experience of the Plague on members of a small village outside of London in the 1600's. I was impressed by the various parallels we could draw with our own pandemic experiences – not exactly a light read but enjoyable nonetheless! Would you like to see a particular book discussed? Please let us know and join us! We take book recommendations and vote on what to read next! Our winter book selection and date are to be determined at this time – maybe it's time for you to share your ideas and join us!

The ISMA Convention took place in early September. It was my first experience as a delegate. The parliamentary process of the House of Delegates proceedings were all together new to me but quite fascinating. I was grateful to be in the company of MOCMS seasoned delegates Drs. Jim Farris, Clark Brittain, Carrie Davis, and Tashera Perry. Listening to our fellow physicians from around the state, it is quite clear that many issues are in the forefront impacting both practitioners and patients alike.

After the first of the year, we will be planning a Spring social event as well as a Women in Medicine event. Share with us your ideas if you have them! Stay tuned!

MOCMS wants to be beneficial and supportive to our physician members! We welcome your input, and hope you will reach out to us through email at director@mocms.org or call at 812.332.4033.

I hope you find the remaining newsletter content informative and relevant!

Take care and stay in touch!

Christal L. Greene, MD

President

Monroe Owen County Medical Society

New Members

MOCMS would like to welcome the following new members:

Yana Alekseeva, MD
Psychiatry

Akhilesh D. Dakwale, MD
Emergency Medicine

James A. Isom, MD
Anatomic/Clinical Pathology

John A. Lee, MD
Emergency Medicine

Austin S. Nielsen, MD
Family Medicine

Fan Wu, MD
Internal Medicine

Leaving Practice or Retiring Soon?

Please let MOCMS know where your medical records will be stored.

One of the most common phone calls received at the MOCMS office involves locating patient medical records for physicians who have moved or retired from practice. MOCMS keeps a database of that information for a number of physicians but certainly not for all former or current members. If your medical records are not housed at Storage Unlimited or with an ongoing practice from which you have retired, please contact the office to update that information for our database. You may email to director@mocms.org or call 812.332.4033. Thank you very much!

Spreading Sunshine

Dr. Cuddy's Humanitarian Award

“น้ำขึ้นให้รีบตัก” is a Thai proverb that translates to “When the water rises, hurry to get some.” You may know a similar saying: Make hay while the sun shines.

Opportunities are only as good as what you do with them, as one IU Health Southern Indiana Physicians vascular surgeon knows very well. Born and raised in Thailand to a family of farmers, Duangnapa Cuddy, DO, has seen what it's like to live without healthcare due to lack of access and funds.

Her humanitarian efforts to help others impacted by lack of healthcare were recently applauded by the American College of Surgeons (ACOS) as they named her their 2022 Humanitarian Award recipient.

Humbled by this recognition, Dr. Cuddy says it motivates and encourages her to continue her work, which all started when the shine of opportunity called in the form of moving to the United States. From there, she took her future in hand and went to school to become a doctor.

During her clinical training, Dr. Cuddy volunteered in rural community medicine in Arkansas and Virginia where she saw that significant discrepancies in medical distribution are alive and well, even in her new country.

Dr. Cuddy said, “We didn't learn that in medical school. So, once I did know the reality, it was implanted into my mind. It became a mission of mine that when I grew up, I wanted to bring this knowledge to help people in the rural area of the US as well.”

Since then, Dr. Cuddy has finished her education and continued her humanitarian efforts by volunteering in rural areas in Colorado, Minnesota, Florida, West Virginia, and Indiana. Globally, her medical and surgical mission work has taken her to Cambodia, Nigeria, and Mexico.

Her goal for this work is to give others some sunshine through her medical expertise.

When speaking about her first international humanitarian mission in Cambodia, Dr. Cuddy said:

“When I was there, it was the first time I completely detached from all self-concerns and fully dedicated myself to other people. To experience that kind of feeling and the reciprocal kindness and appreciation from the patients—was beyond what I was expecting. It was divine, enlightening, and transcendent. Whenever I have some difficulty in life, I always go back to that moment.”

And her work does more than treat specific ailments or diseases. It inspires young people in the community to reach for their dreams.

“If you have your intention, you can always follow your dream,” said Dr. Cuddy. “You can achieve your dream, and once you do that, don't forget to bring it back to the community, to the people.”

When she's not helping with humanitarian efforts around the globe, Dr. Cuddy works as a vascular surgeon at IU Health Bloomington in Bloomington, Indiana.

“She is very dedicated,” said Brandi Young, RN. “She loves her work, and it shows.”

(Cont'd on page 3.)

(Cont'd from page 2.)

Young noted the surgeon puts time and effort into working with patients on conservative treatment plans instead of jumping straight to surgical options. And with her team, Dr. Cuddy is all about helping them grow.

"It's definitely like, 'I want you to come beside me. I want to teach you. Ask questions if you have questions,'" said Young. "It's been a blessing to work with her."

Young described Dr. Cuddy as very generous and always wanting to help others, which reflects in her continued humanitarian efforts. Comparing her volunteering to smaller pieces of a more significant humanitarian effort, Dr. Cuddy encourages others to help make a difference where they can.

"You may think, 'Oh, this is not significant,'" Dr. Cuddy said. "But every single piece of the puzzle is important."

And these efforts are offering sunshine to new generations.

"Eventually, the world will be a better place."

Monroe Owen County Medical Society invites you to join your colleagues and friends at the

Fall General Meeting/Meet and Greet

Members and Spouses/Partners

Thursday, Sept. 29, 2022 | 7:00 - 9:00 pm

Oliver Winery

Wine and Hors d' oeuvres at 7:00 pm | Short Program begins at 8:00 pm

John Ruckelshaus, ISMA Vice President of Governmental Affairs, will give a recap of the 2022 Indiana State Medical Association Convention and a review of the 2023 legislative session.

Thank you to this year's event sponsor:

HURLOW WEALTH MANAGEMENT, INC



Indiana University Health

The Monroe Owen County Medical Society Newsletter is designed and printed courtesy of Indiana University Health Bloomington. The Society extends our heartfelt thanks to IU Health Bloomington for their support and assistance.

Dr. Wrasse Memorial Bike 4 Fitness

The 2nd Annual Dr. Wrasse Memorial Bike 4 Fitness was held on August 6, 2022, at Switchyard Park in Bloomington. Over 200 people gathered to bike, walk, and raise funds for Riley Children's Fund of Bloomington in honor of late pediatrician, Dr. John Wrasse. Dr. Wrasse began practicing at Southern Indiana Pediatrics in Bedford in 2008 and a few years later moved his practice to the new Southern Indiana Pediatrics/Riley IU Health clinic on Arlington Road in Bloomington. Dr. Wrasse touched thousands of lives in the community before he passed suddenly from unknown heart disease in 2021. Dr. Wrasse was very passionate about bicycling for health and family fun. Dr. Wrasse's family, friends, and colleagues created the Dr. Wrasse Memorial Bike 4 Fitness to carry out Dr. Wrasse's long held desire for a community bike ride to benefit Riley Children's Fund of Bloomington. The first Bike 4 Fitness was launched just six months after Dr. Wrasse's death. The 2nd Annual Dr. Wrasse Memorial Bike 4 Fitness was held on what would have been Dr. Wrasse's 55th birthday. This year's event was held at Switchyard Park's outdoor stage and featured musical entertainment by Bridges Musical Arts Youth Organization orchestra, guitarist Steve Sobiech, and singer-songwriter Anna Wrasse. To promote safety and heart health, Bloomington Riley clinic physicians and staff volunteered to fit children with free helmets, take blood pressure, staff the emergency tent, and share information about the IU Health GOAL (Get On Board Active Living) program. Bubble machines for the kids and cheerleaders from Bloomington High School North added to the fun and festive atmosphere. Over 150 cyclists and walkers of all ages completed the two mile loop around Switchyard Park, and close to 30 cyclists finished this year's new 11 mile loop, led by members of Bloomington Bicycle Club. In addition to meeting this year's fundraising goal of \$10,000 for Riley, Bike 4 Fitness 2022 also raised nearly \$2,000 in donations to Dr. Wrasse's Memorial Scholarship endowment at the IU School of Medicine. Clinical teaching was another of Dr. Wrasse's great joys and this scholarship was created to aid students returning to study medicine after some time away from college, as Dr. Wrasse did. Dr. Wrasse was thankful that scholarship dollars allowed him to pursue his dream of practicing medicine. He wanted to pay that forward but his time was cut short. Through the memorial Bike 4 Fitness and scholarship, Dr. Wrasse's family, friends and colleagues hope to continue in some small way the work Dr. Wrasse would surely be doing if he were still with us. The 3rd annual Bike 4 Fitness is scheduled for August 5, 2023, at Switchyard Park in Bloomington and all proceeds will again benefit Riley Children's Fund of Bloomington. Donations to the John D. Wrasse, MD Memorial Scholarship are gratefully accepted at any time and are tax deductible. Links to the scholarship and Bike 4 Fitness are posted at 4DrWrasse.com.



MOCMS Healthy Schools Grants 2021-2022 Outcomes

Since 2011, The Monroe Owen County Medical Society, has awarded grants to Monroe and Owen County elementary, middle schools and high schools for promoting healthy lifestyles among students. More than \$25,000 has been awarded to schools in Monroe and Owen Counties since that time. Schools will receive the applications and guidelines the end of September. The deadline to submit the applications is November 11, 2022. Grant recipients will be notified the middle of December. The applications may be found on the MOCMS website, www.mocms.org.

Since receiving the MOCMS Healthy Schools Grant **BATCHELOR MIDDLE SCHOOL** has had a multitude of opportunities to use their new pickleball equipment with their students and staff. The nets were first put to use during the Pickleball Unit in Physical Education in February. Additionally, they were able to use the new nets to modify volleyball. They used the nets to play seated volleyball with a class that contained a student who is wheelchair-bound. This created an inclusive environment where the student expressed his enjoyment as well as an appreciation from his peers.

Since the conclusion of the Pickleball Unit, they have regularly played Pickleball on the second and fourth Wednesday of each month. Students have the opportunity to sign up for enrichment opportunities during Discovery and the Pickleball sessions get filled to the maximum capacity in minutes. The staff has noticed that the students are discovering new ways to add intensity to their game and are learning how to serve in a more challenging way and how to put spin on a return hit.

“Batchelor Middle School is grateful for the complete funding of our Pickleball equipment and the social, emotional, and physical benefits of coming together to play!”

BLOOMINGTON HIGH SCHOOL SOUTH would like to thank the Monroe Owen Medical Society for granting the funds this school year to purchase three new portable Bownets for their Physical Education department. They have had to make several changes to their PE curriculum this year to allow for more social distancing. They decided to teach and play more racket sports (Pickleball, Badminton, Tennis and Squash) because it would allow for more distancing. Plus, many of the students had never played these sports. These units have been a HUGE hit with their students. Next year, they have tripled the number of students who will sign up for the PE elective: Racket Sports. BHSS PE classes had big numbers (40-60 students) this year, so they had to have more nets to accommodate these big classes. Over the course of the school year, they have found so many new ways to use the Bownets and play different games. The PE teachers especially thank MOCMS because the nets are easy to break down and they are not heavy. BHSS students have been able to use them both inside and outside this year.

UNIONVILLE ELEMENTARY SCHOOL received a grant from MOCMS to purchase supplies to support their school gardening initiatives. They were excited to share that they were able to successfully start over 200 lettuce plants from seed. The students in the gardening program were able to grow their own plant, first under a grow light inside, and finally in the ground in raised beds on their playground. Each student was able to taste the microgreens. The students enjoyed tasting food they had a hand in growing or making. The staff at Unionville Elementary feels strongly that the gardening experience and those to come will increase the likelihood of students developing a lifelong healthy relationship with food.



Monroe Owen County Medical Society Needs YOU!

Would you like to be involved in your Monroe Owen County Medical Society? MOCMS is looking for some physicians to fill the roles of outgoing Board of Director members.

MOCMS BODs are elected by the MOCMS general membership for specific terms of service to the organization. In this elected capacity, they will attend bimonthly MOCMS BOD meetings, vote on the issues presented at the meetings. Currently the BOD meetings are at 7:00 pm at the Bloomington Country Club. BODs actively participate in Medical Society events and activities.

As an MOCMS BOD, you would be involved in identifying areas of interest or concern for physicians in Monroe and Owen Counties and assist in making decisions in these areas. BOD also decide on general meeting topics and speakers, and physician forum themes and venues.

Most business is conducted during the bimonthly meetings, which occur on the second Wednesday of the even months, February, April, June, August, October, and December.

If interested, please email director@mocms.org, or call 812.332.4033 and leave a message.

IU School of Medicine News

IU School of Medicine Evidence Based Medicine Session - 2022

First year IUSM students participated in an evidence-based medicine program April 27, 2022. Many relevant topics were presented, these included patients suffering from urologic cancers, end-stage renal disease, peritoneal dialysis, and hemodialysis. Pediatric topics included neonatal RDS, appendicitis in pediatric patients, and COVID in young patients. Oncology topics included treatments for CLL, lifestyle factors that may influence the prevention or treatment of cancer and palliative care options in patients with pancreatic cancer. In mental health topics, factors that reduce or increase risk of suicidal behavior and how physicians can improve their abilities to recognize patients at risk of suicidal ideations. In women's health, how do vaccinations given to pregnant patients affect the fetus, what effects does birth control have on future fertility and what are best practices in breast cancer screening.

Among the objectives learned included how current evidence informs best practices in medicine and health care and identifying ways in which evidence can be integrated into personal practice. See below for 2023 EBM session.

IU School of Medicine Evidence Based Medicine session - 2023

By Evan Foster Barnett, Second Year Med Student of IU-B, Class of 2025

IU School of Medicine Bloomington campus will be holding a CME session on evidence-based medicine this coming spring. On April 26th from 8am-12pm first year students will be giving presentations on clinical questions as part of their Foundations of Clinical Practice class. The students will be asked to produce clinical questions, gather research, and generate both a presentation in response to their clinical question. The principles of evidence-based medicine will be highlighted throughout the event and various topics will be covered based on the student's clinical questions. Attendees of the event will earn CME credits. More details will be provided on the content of the event in the future.

ISMA News

ISMA members qualify for exclusive savings on tickets to select Colts games this fall. Each ticket to see the Colts play the Jacksonville Jaguars on Cancer Awareness and Healthcare Appreciation (Crucial CATCH) Day (Sunday, Oct. 16) comes with a free Colts hat! Purchase tickets at www.coltsgroups.com/ISMA

ISMA ONLINE / ISMA MOBILE LEARNING

The updated ISMA Online™ mobile app is an easy, convenient way to complete CME and other educational courses at home, at work and everywhere in between. You'll find courses on opioid prescribing and abuse, billing and coding, COVID-19, and many other important topics. In addition, each webinar in our archived Opioid Series catalog will count toward the two hours of CME required to obtain or renew a Controlled Substances Registration in Indiana.

ISMA HOD Considers 99 Resolutions during In-Person 2022 Convention

By Luke McNamee, JD, ISMA Deputy Director of Policy

The 2022 House of Delegates convened over the weekend of Sept. 9-11 to elect officers and AMA delegation members, to set organizational policy, and to celebrate the “homecoming” of our first in-person convention since 2019. The HOD considered 99 resolutions on topics such as scope of practice, access to contraception, and public health issues. Forty resolutions were adopted, 34 were adopted as amended, seven were referred to the Board of Trustees (BOT) for study and three were referred to the BOT for action.

Stephen Tharp, MD, and Thomas Vidic, MD, were honored with resolutions of appreciation for their contributions to ISMA, the AMA and the physician community. Three deceased members of ISMA were honored with memorial resolutions: Kenneth Bobb, MD; Helen Czenkusch, MD; and Donald Rogers, MD. And former state Sen. Kevin Boehnlein received the ISMA Legislator of the Year Award.

Members continue to utilize the ISMA Pulse to share unofficial preliminary feedback on resolutions before convention. This year, the Pulse also allowed members to reply to each other, which created a robust virtual dialogue. In total, we saw a 77% increase in member participation between 2021 and 2022 (from 85 members to 152 members); a 147% increase in overall engagement (from 1092 engagements to 2,693 engagements); and a 180% increase in responses per resolution (from an average of 10 in 2021 to 28 in 2022)!

Several resolutions addressed abortion services and access to contraception, and many proposed similar or overlapping policies. The HOD ultimately chose to consolidate portions of several of them. The result was that ISMA established policy in support of access to safe medical abortions in instances of rape, incest, threat to a mother’s health or life, and lethal fetal anomalies – conditions which, in reasonable medical judgment, are incompatible with sustained life outside of the womb.

The HOD also adopted or adopted as amended several resolutions regarding scope of practice, health care, public health funding and initiatives, and provider reimbursement:

- **Resolution 22-35** instructs ISMA to seek legislation that requires greater involvement from out-of-state physicians who collaborate with non-physician practitioners.
- **Resolution 22-40** amends ISMA policy on the appropriate tasks and procedures for non-physician practitioners in collaborative practice with physicians of a particular specialty.
- **Resolution 22-31** calls on ISMA to advocate for additional public health spending, a timely directive considering Gov. Eric Holcomb and the legislature’s recent focus on improving Indiana’s public health infrastructure.
- **Resolution 22-77** established ISMA policy that county health officers and the state health commissioner should remain physician-only positions.
- **Resolution 22-66** directs ISMA to support legislation to mandate and enforce a minimum annual cost-of-living increase in payments from private health insurance companies to small group practices.
- **Resolution 22-81** calls on ISMA to advocate for removing budget neutrality for Medicare physician payments and to work with the AMA to accomplish this.

Watch for the complete 2022 Actions on Resolutions, memorial resolutions and resolutions of appreciation to be posted at www.ismanet.org/resolutions.



PLEASE KEEP US UPDATED

In our increased effort to “go green”, MOCMS is hoping to communicate with you through email. If you would like to help MOCMS use less paper, please be sure we have your updated email address by sending an email to director@mocms.org and check that your spam blocker will allow communications from MOCMS.

MOVED LATELY?

Please forward your new address for your **home** and/or your **practice** to MOCMS right away. You may call MOCMS at 812.332.4033, write to us at PO Box 5092, Bloomington, IN 47407-5092 or email: director@mocms.org. Please help us keep your information current/correct in the MOCMS database, Physician Directory and on our website at www.mocms.org.

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The Monroe Owen County Medical Society (MOCMS) Newsletter is published each spring, summer and fall by approval of the Executive Committee. The MOCMS Newsletter accepts submissions of articles, announcements, obituaries, and editorials related to the interests of our members. Materials submitted for consideration should be typed as a Word document. The MOCMS reserves the right to edit all articles submitted. MOCMS retains final editorial judgment regarding newsletter content. It reserves the right to reject articles, announcements, letters, advertisements, and other items that do not correspond with the goals and purposes of the organization.

The information contained in the newsletter is believed to be correct and accurate. Unless specifically stated otherwise, the opinions expressed in any article, advertisement, or column are those of the individual author and do not represent an official position of, or endorsement by, the Monroe Owen County Medical Society, its officers, Executive Committee, or the newsletter staff.

Approved by the Executive Committee on June 5, 2007.

P.O. Box 5092, Bloomington, IN 47407

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