



SPARTANBURG COUNTY Medical Society

www.spartanburgmedical.org

Spring 2011

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From The President...



Dear SCMS Members,

Change! 2011 should prove to be an interesting year for our medical community. If you like change, then as the saying goes "you've come to the right place". Some of the healthcare reform changes that are to begin this year include closing the Medicare drug coverage gap, increased funding for primary care physicians and general surgeons (in shortage areas) and the initiation of several grants to study issues like medical malpractice, chronic disease management and wellness programs. The effects that funding state health exchanges, covering more preventive services for seniors and several study panels is yet to be realized. On the down side there are new restrictions to Health Savings Accounts and payment for hospital-acquired infection will be prohibited. These and more changes face us this year. Even our own state faces a severe Medicaid budget deficit. Our goal, along with SCMA, is to keep you as informed as possible. Whether you are for, against or just neutral concerning these changes, we will all be affected. As you can see from the list above, many of the changes are a step in the right direction. Others will cause pain and consternation. But reform needs to start somewhere. The care of our Spartanburg County population should be front and center as we have opportunity to debate and eventually implement future changes.

With that in mind, I hope to lead our society toward two goals this year; Education and Service. The former will be facilitated through our various forums. We already had an excellent Legislative Meeting this past January. On March 31th, we will receive a report from the Dr. Tim Kowalski, Dean of VCOM – Carolinas Campus followed by an address on medical communities and medical schools from Dr. Charles Bryan, editor of The Journal of the SCMA. Our Evening with the CEOs in June should be informative as usual. Healthcare reform will be the topic of discussion in our September forum.

As far as service, the SCMS is encouraging all its members to become a part of AccessHealth Spartanburg. Volunteering through your office or St. Luke's Free Clinic, you remain the most important avenue to care for the uninsured of our community. Please thoughtfully consider the role you can play as we try to take care of those most in need. Already, over 150 physicians have joined the network. Are you on that list?

Change or Opportunity? Either way, I look forward to all that we can accomplish together this year.

See you at our next meeting.

Sincerely,
Rob McDonald, MD
President, SCMS

Don't Miss Our Upcoming Event!

UPSTATE MEDICAL SCHOOL FORUM

Carolina Country Club • March 31, 2011 • 6:30 p.m.

Spartanburg County Legislative Delegation

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An AccessHealth Spartanburg Story

A woman named Vicky (not her real name) came to AccessHealth as part of the original pilot group. As a referral from Spartanburg Alcohol and Drug Abuse Commission, the patient naturally had a past with substance use, but she was clean by the time she came to AccessHealth, and she was ready to get her life back in order.

Vicky was homeless at the time, which is not uncommon among AccessHealth clients. Because of her situation, she was very determined to get a home of her own so that she could win custody of her adolescent daughter. Unfortunately, her health was impeding her ability to advocate for herself. She had stomach ulcers that would give her pain enough to incapacitate her. When the pain flared she could not do anything, let alone get her child back.

Vicky was placed with a local safety net provider where a physician had volunteered to oversee her care, and she was signed up with the Welvista prescription assistance program. After getting access to a physician and medicines, her health problems slowly became less and less of a problem for her. Not only did this help her make a number of court dates continuing the battle for her daughter, but the medicines also helped to prevent a relapse into substance use. Because she had access to properly prescribed medications, she did not have to self-medicate herself anymore.

The Social Worker/Care Navigator at AccessHealth Spartanburg knew that Vicky wanted to work, and she knew that she was a capable and able employee. With a little bit of encouragement, Vicky was persuaded to begin applying for jobs again. Even though she was living in a shelter at the time, Vicky had come far enough that she was offered a position at a local restaurant. One month later, she was promoted to a position that would allow her more time in the evenings (for when her daughter was returned to her) and she would be eligible for health insurance after 90 days. The regular income from this job enabled her to move out of the shelter and into an apartment of her own. Moving out of the shelter was the final straw in her legal battle, and as of Christmas she will have custody of her daughter once again.

Without access to primary care and medications, none of this would have been possible. Simply by providing basic services to Vicky, her doctor was able to have a significant impact on the chain of events that led to her improved health and happiness. Due to Vicky's pending insurance, AccessHealth Spartanburg expects to graduate her in mid-March.

White Coat Wednesday

Dr. Steve Singleton, Dr. Shannelle Campbell and Dr. John Brooks all attended "White Coat Wednesday" on February 9th at the State House. They met with Spartanburg Delegates to discuss tort reform, Medicaid reimbursements and scope of practice issues. They attended both house and senate sessions and were recognized by both. Great job! SCMS thanks you for representing us.



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Spartanburg County Medical Society

Membership Update

SCMS membership is growing. We increased membership in 2010 by 26%. This allows us to continue our movement of taking care of Spartanburg County patients, protecting the physician profession, providing scholarships to students in medical school and nursing programs, giving back to the community and providing for the many social and educational events that we hold throughout the year. You can be assured that your voice is being heard in both state and federal healthcare issues. Your board works hard to make sure this happens.

We will be mailing a second notice to all physicians that we've not heard from. Please be on the lookout for this correspondence.

Our membership data base is always in need of updating. We will send invoices, invitations, newsletters, etc. to your preferred address. Please forward any new addresses, potential new members, email addresses, communication, thoughts or ideas to rconner@spartanburgmedical.org at anytime. We love to hear from you.

Thanks for your continued support of the Spartanburg County Medical Society.



Robert Conner
Executive Director

Playing it Safe: Reducing the Risk of Sports-Related Injuries

Steven B. Singleton, MD, FACS

As the school year athletic year continues, many children and adolescents are actively involved in a variety of competitive team sports. Baseball, basketball, track and field and other sports are in full swing. With the number of young people treated for sports injuries growing each year, the importance of proper safety precautions should never be overlooked. All of us in our respective fields of interest will see, at least periodically, various sports related injuries.

Even with precautions, sports-related injuries are not always avoidable. There are two general types of injuries: acute and chronic. Acute injuries occur as a result of a specific instance such as fall or a collision with another player. These injuries include sprains, lacerations, strains, fractures, and bruises. Medical treatment of these injuries should begin immediately. Chronic injuries happen over time and typically occur as a result of repetitive training, such as running or overhand throwing. Stress fractures, tendonitis, or growth plate overload injuries are examples of chronic injuries. If left untreated, chronic injuries may worsen so appropriate treatment is important.

When considering treatment of a sports-related injury, it is important to distinguish between soreness and pain. Experiencing temporary soreness after team practice is normal, but if the discomfort persists as a result of chronic pain, it must be addressed. If the pain continues for over a week and worsens, one should stop playing whatever sport has caused the injury and see a physician.

Depending on the underlying problem, treatment may consist of rest, modalities, rehabilitation, medication, or even surgery. Often, rehabilitation programs are available to provide athletes with an opportunity to safely

stay in shape and prepare for a healthy return to athletic activity. To play sports safely from start to finish, remind your patients of these tips:

- See a physician. Before beginning any sport, consult a physician for a complete physical exam.
- Drink plenty of water. Children are at higher risk for dehydration than adults and can become dehydrated even in cool weather or while playing indoor sports.
- Wear safety gear. Use safety gear that is appropriate for the sport of choice and wear a helmet when participating in contact sports.
- Treat injuries appropriately. Young athletes may need to seek medical attention following an injury, in some cases even immediately. If he or she experiences sports-related pain that continues and intensifies for more than a week, consult a physician.
- Let injuries heal. Although athletes both young and old may be resistant to the idea of sitting on the sidelines, leaving an injury untreated can have dangerous short and/or long-term effects.

By taking appropriate safety measures before beginning a sport and by properly treating sports-related injuries, all athletes can enjoy a fun and safe sports season. If you are looking for a physician for your athlete, or if you're a weekend athlete yourself, call (864) 530-Bone-(864) 530-9150.

SOURCES:

WebMD: www.webmd.com
Mayo Clinic: www.mayoclinic.com
American Academy of Orthopaedic Surgeons: <http://orthoinfo.aaos.org>
Kids Health: www.kidshealth.org
Sports Medicine: www.sportsmed.org



Upcoming Events

Mark Your Calendars!

Upstate Medical School Forum

Carolina Country Club
March 31, 2011 – 6:30 PM

Dancing with the Stars

Spartanburg Memorial Auditorium
April 8, 2011 – 7:00 PM

Dinner with the CEO's

Coming in June

Family Cookout and Social

Cleveland Park
August 21, 2011 – 3:00 PM

Healthcare Forum

Country Club of Spartanburg
September 22, 2011 – 6:30 PM

SCMS Holiday Gala

The Piedmont Club
December 2, 2011 – 7:00 PM

dancing with the stars

The Cancer Association of Spartanburg and Cherokee Counties will be hosting its third "Dancing with the Spartanburg Stars" on Friday April 8th at the Spartanburg Memorial Auditorium. SCMS is proud to be a sponsor of this year's event. Dr. Fritz Butehorn has been selected as one of the stars and we look forward to seeing what he can do. We have been well represented in the past by Dr. Steven Corso and Dr. James Bearden. Dr. Butehorn is dancing to honor his patients whom are battling cancer and in memory of his mother.

You can vote for Dr. Butehorn, obtain tickets or table sponsorships by going to <http://www.dancingwiththespartanburgstars.org>. A vote is a \$10 donation. Unlike most elections, you may vote as many times as you would like. It is tax deductible and the cancer patients that receive the supplies, medications and services are the true benefactors. Plan to come on out and support Fritz and the Cancer Association. We look forward to seeing you there.

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MARY BLACK MEMORIAL HOSPITAL

SCMA District 9 Trustee Report for SCMS Messenger-

March 1, 2011

I have genuinely struggled over what to write to you all for this report. We physician families are at a genuine crossroads in our history here in America. An election change has brought fresh intent for the reform of our health care industry. We read all that we can in order to keep up as best we can, and yet it never seems to be enough, does it?

We make every effort through SCMA and our fine staff to impact policy and the political landscape in Columbia, and often we are told by our state's elected leaders that we must be satisfied with less when we feel we can offer no more. So it is with the very recent move in the SC Legislature to cut Medicaid rates despite trusted-source communications to us that our elected leaders intended to allow this devastating and unfair address to be handled by Mr. Tony Keck, Governor Halesy's Louisiana recruit designated to handle the affairs of the Department of Health and Human Services. This would have been a bit uncharacteristic for our Legislature, bent as it always is on upholding the decentralization of executive power provided by our Constitution of 1895, but it would have delayed this ill- advised move until at least August. I guess that was just a bit too much for our respected political proponents of "all South Carolinians must share in the pain we now face" to handle.

I have a message for those nice 'political folks': our SC physician families have been sharing in the pain long before most of the rest of our state's productive citizens, and we will assuredly be asked to do so much longer than any of the rest. And it is simply not fair or right to ask us to do so again. When Medicaid rates of reimbursement are fair and equitable in and of themselves: that is, when the disparity of reimbursement between that rate

offered the private physician and that provided the federally- funded rural or urban health care clinic or federally- subsidized health care organization (hospital or non- hospital) is made far more equitable and fair, only then will we physician families attempt to believe that we should consider sharing your financial pain as our own.

Until then- and until our respected philosophers in the SC Conservative movement study up a bit and understand the health care benefit to our state's population of a 3 for 1 match in federal dollars – I believe we should be accorded the financial respect physician families are due for the devotion only we show our patients every day. These Medicaid rate cuts are a travesty, and you and I must hold our Legislators- no matter how much we may like and respect them as individual citizens- directly accountable as our elected representatives.

Your SCMA and your AMA- the latter now more than in many years firmly lead by an able, straight- shooting chairperson of intelligence and common- sense political acumen- need your help more than ever. You are fighting for your very right to earn a living for your family in something close to the manner you once dreamed of. Step up now and walk together- support our professional organizations and join them if you are not currently a member. Let your Legislators know of your personal displeasure with them, and don't stop until you've won the day. And remember that to win this day or any other you must take the field. Join and support your AMA and SCMA.

See you in Greenville at our SCMA Assembly! LW

SCMS Legislative Forum

January 31, 2011



Progress!

Go to VCOM's Website

vcom.vt.edu

and click on the sketch of the building that will access their webcam and give you a look at the ongoing construction of our new D.O. medical school.



Spartanburg County Medical Society Gala

December 3, 2010



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