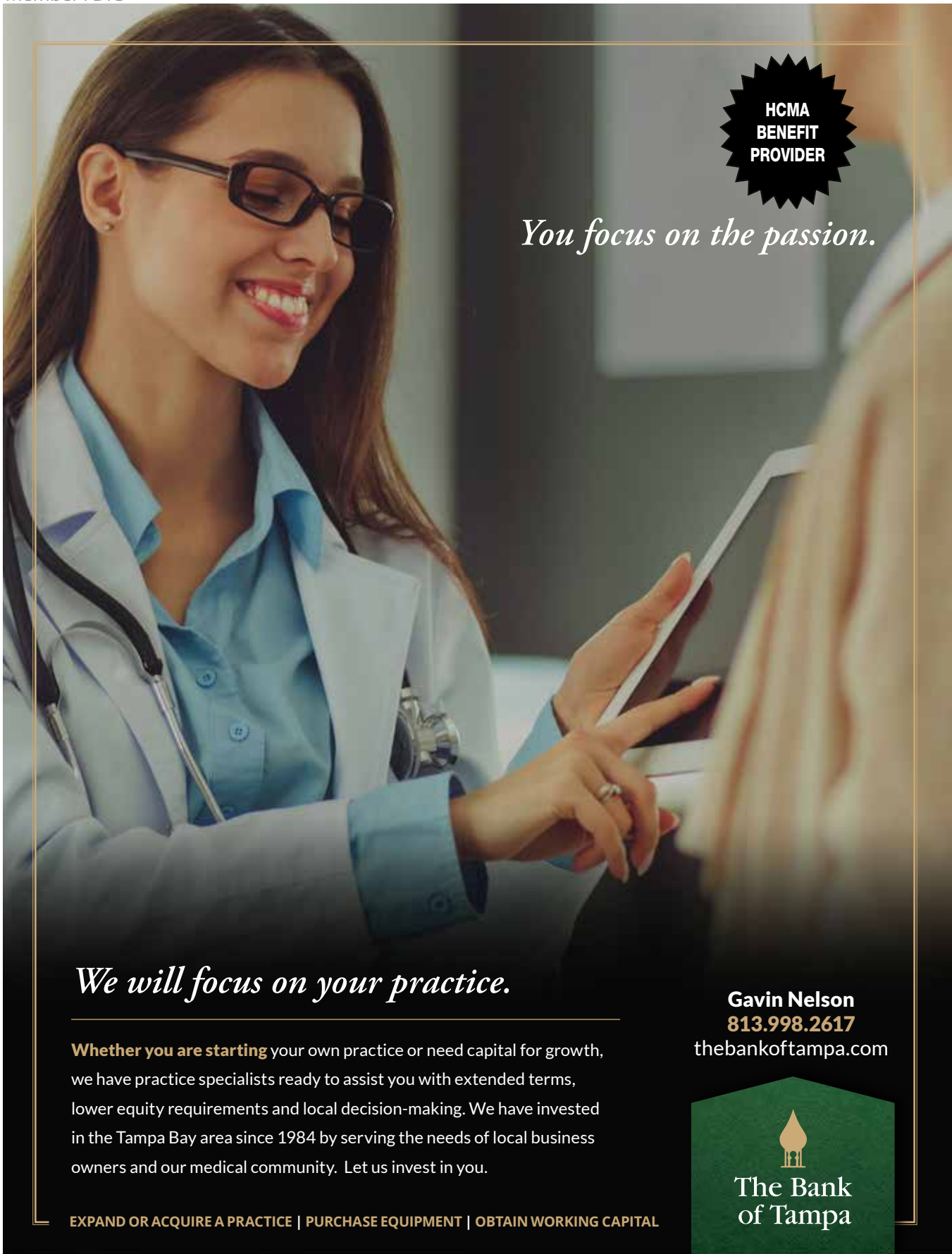




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OF THE HILLSBOROUGH COUNTY MEDICAL ASSOCIATION
Spring 2024



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Upcoming Events

**HCMA Foundation's
26th Charity Golf Classic**
TPC-Tampa Bay
April 4, 2024

HCMA Executive Council Meeting
6:30pm
May 21, 2024
August 20, 2024

HCMA Presidential Installation
Westshore Grand
6:15pm
May 7, 2024

Residents' Reception
Brio Italian Grille
6:30pm
June 27, 2024

Women in Medicine Social
Palma Ceia Country Club
6:00pm
September 26, 2024

FMA Annual Meeting
Hyatt Grand Cypress
August 1-4, 2024

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Got Something To Say?

To submit an article, letter to the editor, or a photograph for *The Bulletin* cover, please contact Elke Lubin, Managing Editor, at the HCMA office. All submissions will be reviewed by *Bulletin* Editor, David Lubin, M.D. We encourage you to review *The Bulletin's* "Article Guidelines" which can be emailed to you.

The Bulletin is YOUR publication. You can express your views and creativity by contributing.

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About the Cover

The cover photo was taken on his trip to Tanzania, by HCMA Past President, Dr. Bruce Shephard. This was the male leader of a pride of a half dozen lions. It was taken in the Serengeti National Park from a six-person jeep safari vehicle.

Editor's note: Congratulations to Dr. Shephard for completing his 79th country visited, Tanzania, at an equal age!



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HCMA Membership Dinner—February 13, 2024

What's it like to live in an underwater habitat for 100 days? If you were able to attend the February 13th HCMA Membership Dinner, you found out firsthand. Members were captivated by the presentation given by "Dr. Deep Sea," Joseph Dituri, PhD. Medical students, Jenna Marek and Pranit Singh received scholarships from the HCMA Foundation and HCMA/RGC. Many thanks to sponsors TGH Imaging, Trenam Law, and the USF Foundation and to all of our exhibitors. A special thank you to Ernest Aleman, EA Productions, and Michele Krohn, Full Circle PR, for volunteering their time and expertise in creating video content for our website and membership outreach. All photographs can be viewed by visiting the HCMA Facebook page /HCMADocs.



HCMA President, Dr. Michael Cromer, and Dr. Deep Sea, Joseph Dituri, PhD.



Dr. Hernan Leon, Dr. Hernando & Ellen Bernal, and Drs. Michael Yarnoz, and Jairo Parada.



Drs. Martha Price, David Tulsiaak, and Asma Al-Zougbi.

Dr. Michael and Cheryl Foley.



Dr. Bruce Shephard presented medical student, Pranit Singh, with the HCMA Foundation scholarship - with Dr. Michael Cromer.



Steve Douglas (Rivero Gordimar & Co) presented medical student, Jenna Marek, with the HCMA/RGC scholarship - with Dr. Michael Cromer.



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Dr. Rolando & Catherine Sanchez, and Drs. Dariam Cardentey, and Louis Rucker.

Dr. Joel Silverfield and Dr. Edward & Sasha Podgorski.



Drs. Bruce Edson and Hardeep Singh.

Dr. Brandon Faza, Becky Eubanks, and Dr. Hunter Eubanks.



Photographs by Dr. David Lubin.

President's Message

Governmental Advocacy – A Reason to Join Forces

Michael Cromer, MD
drmcromer@gmail.com



Right after I joined the HCMA, I sat in on an HCMA Executive Council meeting that was held at the end of the 2016 Florida Legislative session. The members of the Council went around the table presenting the outcome of various legislative efforts supported by organized medicine. I still remember some of my thoughts of that day: 1) There are a lot of outside forces influencing the practice of medicine, 2) We must have a say in what happens to our profession, 3)

Legislation is a process, not an event, 4) You don't win them all, and 5) It certainly is worth trying. Since that day, governmental advocacy has been the central part of my involvement in the HCMA.

My first meeting with one of the Hillsborough County legislators was with Fentrice Driskell one week after she was elected in 2017. I gained respect for her due to her true interest in our issues. She took notes and asked clarifying questions. I have respect for all of our legislators for the work they put in away from their families and jobs, and for the knowledge they have on a variety of topics. Meeting with Rep. Driskell became a connection that I am glad the HCMA has. She has now ascended to Democratic Ranking Member of the Florida House of Representatives. She also sponsored me for Doctor of the Day at the Florida Capital building during one of the COVID years.

The Doctor of the Day program was founded in the 1960s by a former Florida House member, Representative Walter Sackett, M.D., from Miami. Representative Sackett encouraged the Florida Medical Association to bring a physician to Tallahassee each day of the regular session. This program, which is administered by the legislative clinic, delivers a vital professional service to the members of the Florida Legislature and all legislative employees. The physicians of Florida have provided this important voluntary public service each year since the program's inception.

I have served as Doctor of the Day during the Legislative session each year since 2017. While there, I attend to

various medical needs that come through the medical clinic when the nurses need a physician's assistance. I spend time in between clinic visits with as many of our Hillsborough County legislators as I can, informing them on issues and legislation that are important to the profession of medicine. If the House or the Senate are in full session during the day of my duties, they welcome me to the chamber floor, take my picture with my Legislator, introduce me to the members in the chamber and thank me for my/our service. It is a pretty neat experience and I encourage anyone who is interested to volunteer.

Over the last couple of years, the HCMA has sent a contingency of our leaders/members to Tallahassee on the day that I served as Doctor of the Day. It is a great way to get to know other members better and to learn how the legislative process works. This year we took 7 HCMA members on February 20 to the Capital. We started our day at 8 AM meeting with the CEO and Chief Counsel of the FMA, Chris Clark and Jeff Scott, to get a heads up on how certain bills were progressing through the committee process. Thanks to the hard work of HCMA Executive Assistant, Elke Lubin, the rest of the day was tightly scheduled as we tried to visit all of the legislators that represent Hillsborough County. We were welcomed into the legislator's office and were able to talk to them one-on-one concerning our legislative priorities. We also learned of the issues that were important to them and the status of the bills that they had sponsored. In the afternoon, we attended a committee meeting and then spent time observing the Senate, which was in full session. It was a great experience for all of us who went and one that I will continue to be involved with even after my presidency is over.

Some of you reading this may be thinking to yourself "does all of that stuff really matter?" I want to tell you that it does ... absolutely. First of all, if you don't know this by now, we are the ones who must stick up for our best interest: not other professions, not hospitals, not the government, and not our employers. It usually takes time, influence, momentum, and the right timing, but I have seen how the idea of one committed person has become FMA policy and led to legislative changes.

(continued)

President's Message (continued)

This year is a busy year for healthcare related issues in Tallahassee. The President of the Senate, Kathleen Passidomo (R – Naples), announced her primary agenda on the first day of the legislative session, the Live Healthy proposal. The Live Healthy package of legislation is designed to grow Florida's health care workforce, increase access, and incentivize innovation. "Access to health care is important at every phase of life. Insurance does not guarantee access, as even Floridians with great insurance face barriers to care. Live Healthy is a robust package of policy enhancements and strategic investments that will help make sure Florida's health care workforce is growing at the same pace as the rest of our great state," said President Passidomo. "Live Healthy will expand Florida's health care workforce with new opportunities for education, training and retention." There are many pieces of this policy on which the FMA and other physician groups have been asked to give input. We need to be present and have a voice to protect our profession and our patients.

We do not "win" on all of the issues that we bring forth. But when we do voice our concerns and priorities it is gratifying to see the results. In recent years I know that the influence of organized medicine has helped make \$16 million appropriated each of the last two years for student loan repayment for a multitude of primary care specialties whose physicians practice in underserved areas of Florida. Another area that I have been personally involved with over the last seven years has been the area of prior authorizations. There have been small victories along the way on the state level. But, this year the Federal government, after the final ruling by CMS, will hopefully pass the most meaningful legislation ever concerning PA through the Improving Seniors' Timely Access To Care Act. Mainly, through the efforts of the AMA, we hope to finally see a change in the reimbursement formula for physicians to finally take into account the increase in the cost of living. To facilitate these changes to the betterment of our profession we must have a seat at the table. Because if we aren't at the table we assuredly will be on the menu.

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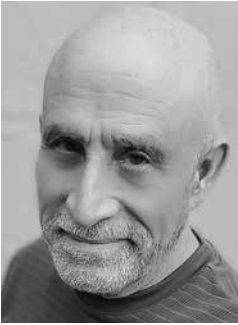


Editor's Page

This isn't about the birds and the bees

David Lubin, MD

dajalu@aol.com



We all do it...at some point in our lives. It's not what the birds and bees do though. It's not paying taxes and it's not dying. It's collecting things. The Chilean writer, Isabel Allende, who authored over 20 books and sold 65 million copies in 35 languages said, "You spend the first part of your life collecting things...and the second half getting rid of them." Amen! And thank

heaven for eBay.

I started at a young age. I remember my dad bringing home PEZ dispensers and boxes of PEZ candy. I had cigar boxes of marbles, some beautiful cat's-eyes and boulders... we used to have a depression next to a fire hydrant and played to wipe out the other guy's collection. You might say I had a collection of Slinkys, well, not really a collection, but, somehow, I would wind up stretching and uncurling the spring, and I had to replace them.

We all have photo albums from different periods in our lives. Kids don't have photo albums now; they have thousands of them on their parents' and grandparents' cell phones, and even on their own. Elke and I have a couple of walls of photo collections, but we are taking them down to make room for another collection...fine art...more on that later.

I collected baseball cards in my early years. Actually, had complete sets of the Topps 1959 and 1960 series. And then POOF! One day they're gone. I suspected the old "mother card caper," but she denied it till her nearly dying day, which I think I may have accelerated when she saw, before she lost her vision, my "I'd be rich today if my mother hadn't thrown out my baseball cards" t-shirt.

Collected stamps (later sold on eBay), and coins (actually collected a set of Mercury head dimes and then later upgraded, but later sold and split proceeds for my two daughters' investment accounts). Bought the Curb Your Enthusiasm DVD set (sold on eBay), the Seinfeld complete DVD series (trying to sell on eBay), and the Johnny Carson collection (think I'm stuck with that one).

I started reading MAD Magazine at a young age and saved them, later in life buying issues I was missing and then upgrading some of those I had, all the while getting a number of them signed by the artists who drew them, as well as those celebrities caricatured on the cover. Then there's the obligatory collection of MAD books and other MAD memorabilia, most of which I still have. I am trying to figure out what to do with my complete 550-issue set of the magazine. Either way, donating or selling, the interest is only in the first 100 issues, leaving me stuck with 450 of them.

I don't have many other books on my shelves. I have a few that I've read, but I have never been much of a reader. I read when I had to, but not for enjoyment. Just something I didn't like to do.

I have a scrapbook of some personal things while I was growing up to go along with photo albums too. Still have my birth certificate and the bill from the hospital for my mother's maternity care. Along with my personal scrapbook, I started one back in June 2001, when I scribed a column for the then Tampa Tribune on the Doctor-Patient Relationship and how managed care was ruining it...ironic, eh... STILL! In addition to columns I had published, I would include all my letters to the editor and published photos in it and had it on display in my waiting room--what amounts to dozens of photos, and hundreds of letters now.

And who doesn't have collections of travel memorabilia, or stuff from concerts and sporting events...T-shirts, coffee cups, shot glasses, game giveaways, bobble-heads, framed team photos with tickets (See 3 Stanley Cups and 1 Super Bowl), and signed photos of celebrities? Thankfully, Elke told me I could pitch old travel information from cruises we took in 2014 and 2015. We did make photobooks of the trips; we have a nice collection of those too.

Ever replace something and you get a small cellophane pack of screws and washers that you didn't use? Better save those 1" metal screws...you just never know. And thanks to Amazon, I have boxes all over my garage that might just come in handy one day, and sometimes they do, to mail off something I sell on eBay. Or when we need to wrap or send off a gift.

(continued)

Editor's Page (continued)

In 2005, when we were on a cruise, and I attended a Park West Gallery art auction, it was then that I really started to get interested in fine art. Years ago, we were invited to Dearborn, Michigan, and met Peter Max and since then have attended PWG gallery events as VIPs and acquired the art of Max, Romero Britto, Michael Godard, and others. I recently bought a Dali from the Divine Comedy series so that I could own a Master's, and so you see why we might be foregoing our family wall of photos soon. I've gotten a couple of books on Dali; now, there was a strange dude.

I have a set of my 28 Tampa Bay Events calendars, and digital file folders of vanity license plate photos, and bloopers that I have captured on TV. I also have a storage box of magazines and tear sheets from when I've had pictures published. I have a file box of cards given to me by Elke and my daughters. Oh yeah, and any Wordle that I do in two guesses...saved on my cell phone.

So, most of my collecting is over. Elke is my 3rd wife, but I don't think wives count as a collection, unless maybe you've had 5 or more. As I unload much of what I've collected over the years and now started on another (art), I'm reminded of the old phrase, "You can't take it with you," which was actually a play, written by Kaufman and Hart, that premiered on Broadway in 1936.

George Takei, who played Mr. Sulu in the Star Trek series, said, "My grandmother lived to 104 years old, and part of her success was she woke up every morning to a brand-new day. She said every morning is a new gift. Her favorite hobby was collecting birthdays."

I hope to add those to my collections too.

From: Barry

To: David Lubin <dajalu@aol.com>

Sent: Wednesday, December 20, 2023

Subject: letter to the editor from an online subscriber from Blakehurst, Australia

Congratulations on the Winter edition of the HCMA's "Holiday Travels and Dining" Bulletin, from the president's cruise article on the UK's NHS, the Executive Director's Alaska cruise and photos, and the editor's European travels, photos, and Tampa dining to "useful" tips on bowel issues. Most important of all is the 36 years of service by Elke. Well done!

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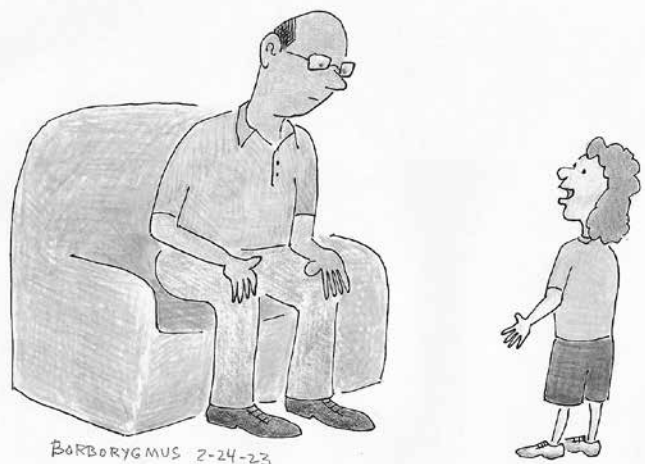
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Letters to the Editor can be submitted to:

David Lubin, MD
Dajalu@aol.com



Grandpa, what did people argue about when you were a kid ... before Republicans and Democrats?

Executive Director's Desk

Honoring the Physician Community Throughout the World

Debbie Zorian

DZorian@hcma.net



When saving lives is part of your profession, yours is the most exceptional job on earth.

On March 30 every year, National Doctors' Day is celebrated in our country to recognize the unique contributions and unwavering commitment physicians provide to their patients and those in their communities.

The first Doctors' Day observance dates back to 1933 when Eudora Brown Almond, the wife of a prominent Georgian physician, initiated the concept of dedicating a day to honor the medical profession by mailing greeting cards to physicians she knew and placing flowers on the graves of deceased physicians. The Barrow County Alliance in Winder, Georgia chose March 30 as the celebration day in honor of Dr. Crawford Long who is credited with the discovery of anesthesia. On that day in 1842, Dr. Long used an ether anesthetic for the first time. Long County, in southeast Georgia, is named in his honor, as was Emory Crawford Long Hospital (now known as Emory University Hospital Midtown) in Atlanta. Doctors' Day in our country remained a celebrated but unofficial holiday for 58 years!

After overwhelming approval by the U.S. House and Senate, President George H.W. Bush signed legislation in February 1991 designating March 30 as "National Doctors' Day." The official symbol, the red carnation, represents love, adoration, and sacrifice.

The date, however, varies from nation to nation depending on the event of commemoration used. I never thought much about the celebration as it pertains to other countries until I came across interesting details online.

Australia is the only other country that recognizes Doctors' Day on March 30. Kuwait, Venezuela, and Turkey recognize Doctors' Day on March 3, 10, and 14, respectively and for different reasons. Venezuela, for example, chose March 10 to honor the birthdate of Dr. Jose Maria Vargas who served as the first civilian President of Venezuela in 1835 and was considered an outstanding physician. During his short term as president, he continued to see patients on a medical basis, extended education to all minors, founded a

national library, and promulgated a new legal code.

Canada celebrates Doctors' Day on May 1. The date was chosen by the Canadian Medical Association in recognition of Dr. Emily Stowe, born May 1, 1831, the first female physician to practice in Canada. Dr. Stowe also helped found the women's suffrage movement in Canada and campaigned for the country's first medical college in 1883. She was an inspiration and champion for women in medicine and was inducted into the Canadian Hall of Fame in 2018.

On July 1, all across the country of India, Doctors' Day is celebrated in memory of Dr. Bidhan Chandra Roy who was born on July 1, 1882, and died on July 1, 1962. He was the Chief Minister of West Bengal from 1948 to 1962 and personal physician to Mahatma Gandhi. In 1961, he was awarded the Bharat Ratna, India's highest civilian honor.

China's first National Hygiene and Health Conference was held in Beijing on August 19, 2016. The conference was a milestone for the health cause in China. After support and approval by the State Council, China's cabinet, August 19 was chosen in 2018 to celebrate Doctors' Day.

Each year on August 23, Doctors' Day is celebrated in Iran in honor of Ibn Sina, born on August 23. He became the preeminent philosopher and physician of the Muslim world, flourishing during the Islamic Golden Age by serving in the courts of various Iranian rulers. Sina introduced systematic experimentation and quantification into the study of physiology and was known as the father of early modern medicine.

In Brazil, Doctors' Day is celebrated on October 18, the day the Catholic Church celebrates the birthday of Saint Luke. The apostle and Evangelist Saint Luke was referred to as a physician according to the practice of Greek medicine at the time. He was also the most literary of the New Testament writers and disciple of Apostle Paul.

October 24, 1950, is the birthday celebration of the Indonesian Doctors Association; thus, October 24 was chosen as National Doctors' Day in their country. Although the Association was formally established in 1950, its history dates back to 1911 when the colonial government created the Association of Indian Doctors.

Cuba celebrates Doctors' Day on December 3 to com-

(continued)

Executive Director's Desk (continued)

mensurate the birthday of Dr. Carlos Juan Finlay, a Cuban epidemiologist who was famed for his research on yellow fever, determining that it was transmitted through mosquitoes. After doubt and ridicule, it wasn't until 1900, nearly twenty years later, that his hypothesis was proven. He became Cuba's chief health officer in 1902 for seven years. Among other accolades, in 1962, the Revolutionary Government founded a medical museum in Dr. Finlay's honor and in 1981, he was commemorated on a Cuban stamp.

The date of January 11, 1912, marks the day when a small group of Jewish physicians gathered in Tel-Aviv and formed the Hebrew Medicinal Society of Jaffa, which eventually helped form the Israel Medical Association. Consequently, Doctors' Day is celebrated on January 11 in Israel.

Ecuador celebrates Doctors' Day on February 21 in honor of Dr. Eugenio Espejo, the first Ecuadorian physician, born on February 21, 1947. He was one of the most important figures in colonial Ecuador and was highly noticeable as an activist who inspired the separatist movement in Quito, the Capital of Ecuador. Since 2000, Dr. Espejo has been depicted on the face of Ecuador's 10 centavo coin.

On February 27, 1955, the President of Vietnam, Ho Chi

Minh delivered a letter to a conference of medical staff, praising them for their extensive efforts and ongoing dedication in saving a multitude of lives. In 1985, the Council of Ministers (now the Government) designated February 27 as the date to celebrate physicians who they referred to as "white coat" soldiers.

Regardless of what date Doctors' Day is celebrated, countries all over the world recognize physicians for the same reason. The annual observance honors the dedication, skill, and unwavering commitment of physicians.

Serving physician members since 1986, by way of the HCMA, has allowed me insight into their lives, the many challenges they face, and the crucial role they play in times of health uncertainties, that I would not have realized otherwise. Thank you HCMA members for your tireless efforts and lifelong pledge to provide invaluable care to your patients and society as a whole!

I would also like to take the opportunity to recognize Dr. Joel Silverfield, my personal physician for over 30 years, whose voice alone puts me at ease. His easy-going demeanor, professionalism, and kindness are unsurpassed. I am blessed to be under the care of such an outstanding physician.

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Bridging the Gap

County Health Insurance

Neil Manimala, MD

nmanimal@gmail.com



It's been almost a decade since the day I met a 40-something uninsured patient in the Tampa General ER. I was a young urology trainee with a full head of hair, and she was an immigrant mother who had come in for abdominal discomfort.

We were shocked to discover her scans showed an incidental kidney mass. It looked like cancer.

As I sat across from her delivering the news, a hundred thoughts raced through my mind. How was she going to follow up for the next steps in management? Were we going to be able to coordinate her treatment, which almost certainly will involve surgery? How were we going to get medical clearance for that surgery if she didn't have a primary care physician (PCP)? What would be the emotional and financial impact on not only her but also her husband and kids?

I saw a little bit of my own family in her face – glimpses of my own mom or auntie, in her composure amidst this seemingly devastating torrent of bad news.

Fortunately, this patient was able to eventually acquire care through the Specialty Center at the Tampa General Health Park, and she was only able to do so by enrolling in the Hillsborough County Health Care Plan (HCHCP) for insurance coverage.

Those early years of my training were my first experiences with seeing what the HCHCP does for patients in our county. As I started practice, I continued to see HCHCP patients in various settings.

It became clear to me that the HCHCP is a critical safety net, ensuring that Hillsborough County residents who would otherwise be uninsured have a means of obtaining medical care. To qualify, patients must have an income at or below 175 percent of the federal poverty line and cannot be eligible for other insurance plans such as Medicaid or Medicare. Once enrolled, they can select their PCPs within specific clinic networks, who can then refer them to specialists, from pain management to urology. Patients also have access to pharmaceuticals and mental healthcare.

The social determinants of health – those non-medical

factors that play an immense role in patients' well-being, including cycles of economic disadvantage – are inextricably relevant to any discussion of clinical outcomes within a large and diverse county such as ours. To understand these outcomes better and put efforts into addressing them in context, we must acknowledge the trajectory of the HCHCP and similar county resources from their inception to today.

In the 1990s, Hillsborough County faced compounding costs in providing care to uninsured patients. In response, the Hillsborough County Health Care Advisory Board proposed the HCHCP to the county commission. Local leaders subsequently asked the Florida Legislature to establish the groundwork for the present-day plan by levying a local half-cent sales tax to pay for it. The legislature agreed, and the HCHCP has been funded accordingly since 1991. (Harvard Ash Center: Hillsborough County Health Care Plan, n.d.; Tampa Bay Times Archive: Now is Right Time for Public Health-care Program, n.d.)

Over the years, the county commission has expanded the HCHCP, establishing the current income cutoff criteria in 2022. The number of eligible patients thereby increased to include many who were earning too high an income to qualify for Medicaid.

I've been inspired by this amazing work done within our county. Since July 2023, I have had the opportunity to serve as the HCMA representative on the Hillsborough County Health Care Advisory Board, which provides guidance to the county commission on the planning, funding, operation, and monitoring of the HCHCP and other county health resources. I've been grateful for the support of all members of the board, including chairperson Dr. John Curran.

Medicaid unwinding is an issue that our group has been working to address in the last year. The goal of the HCHCP is to fill the gaps in healthcare coverage for our community. The fruits of this vision have become increasingly obvious amidst the state government's rejection of the Affordable Care Act's expansion of Medicaid eligibility.

As a federal funding requirement, Florida had been able to temporarily expand Medicaid coverage during the COVID-19 Public Health Emergency, but this provision ended in March 2023. What this termination has meant is that from

(continued)

Bridging the Gap (continued)

April to October 2023, over 950,000 patients who had qualified for Florida Medicaid for the last three years have now lost that coverage. (Florida Health Justice: Status of Medicaid Redeterminations, n.d.; National Health Law Program: Problems with Florida's Medicaid Unwind, n.d.) In Hillsborough County, many of these people who would have fallen through the cracks are able to enroll in the HCHCP to obtain care again.

Currently, enrollment in the HCHCP is approximately 15,000 individuals. We're still trying to spread the word to ensure more eligible patients, including those affected by Medicaid unwinding, are aware of the plan. For eligible county residents to join the HCHCP, the application process is relatively straightforward, involving patients submitting proof of both income and assets via an online portal.

I still think about my kidney cancer patient from time to time. I'm glad she was ultimately connected to the resources she needed. But we know not everyone is this fortunate. Physician awareness and activism will be essential to get more

patients enrolled in the HCHCP and hopefully multiply the reach of county health programs in the years to come.

As doctors, we can be a powerful voice in service to those on the margins. More often than not, the uninsured and underinsured are the folks for whom we can be advocating the loudest.

If you're interested in learning more about supporting Hillsborough County's efforts for our most vulnerable neighbors, please don't hesitate to reach out. After all, no matter our cultural, racial, or economic backgrounds, we can always see a little of our moms, dads, aunties, and uncles in those faces sitting across from us. Let's never stop fighting for them, even beyond the exam room.

Dr. Neil Manimala is a urologist with Florida Urology Partners and currently serves as the Young Physician Representative for the HCMA.

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Travel Diary

An Epic Tennis Match and the Big 5!

Bruce Shephard, MD
shephardmd@verizon.net



One day late last November my son, Carl, made me an out-of-the-blue offer I couldn't refuse. It seems he was short-staffed for an upcoming Africa tour and needed me to help lead his team during the 10-day adventure at no cost. Three days later my wife, Coleen, and I were on a 30-hour multi-leg flight to Kilimanjaro Airport, located at the base of the Serengeti Desert in Tanzania.

Carl's travel company, Insider Expeditions has hosted over 500 "curated travel experiences" through seven continents. This one had been planned for well over a year.

The group of 80 travelers had signed up for more than your African game-drive safari. The adventure also featured a first-ever tennis match between the famed McEnroe brothers using an artificial-surface tennis court constructed in the middle of Africa's most traveled space—the Serengeti National Park. The event, complete with sponsors including KLM and the Tanzania Tourist Board, was intended to raise awareness of tennis in the region, as well as to help fund local projects creating greater access to the sport amongst Tanzanian youth.



And who better as headliners for this trip than 17-time Grand Slam champion John McEnroe along with ESPN tennis commentator and former U.S. Davis Cup captain, brother Patrick (pictured) Tampa's own Gigi Fernandez, herself winner of 17 major doubles titles, rounded out the trio of tennis all-stars.



The trip featured 6 game drives in two venues—the Serengeti National Park and the Ngorongoro Crater, the latter reached by small, chartered planes midway through the trip. Guests were thrilled to see abundant wildlife including all the

Big Five: the African elephant, Cape buffalo, leopard, rhinoceros, and lion. Several times the well-constructed six-person jeeps stopped while herds of wildebeest or families of elephants passed by only feet away. Afterward, we retreated to five-star hotels such as the Four Seasons.



But the featured storyline for the trip was the Epic Match, where the McEnroes squared off in a brother v. brother dual that ended with John winning 5 games to 2. Some theatrical antics were typical of John, who once served from a kneeling position. Good-hearted Patrick claimed the rain-shortened event occurred just when he was "going to make a comeback. That's my story and I'm sticking to it" he chortled to an appreciative crowd. At other times, some guests who had shelled out a little extra, participated in McEnroe clinics which were divided into 3.0 and 4.0+ skill levels.

The local ethnic group known as the Maasai was an important part of this trip including talks with local tribal leaders and a visit to their nearby village. The Maasai people have

(continued on page 19)

Reflections

History of Medicine, William Osler, MD, and Physician Mentors

Richard F. Lockey, MD

rlockey@usf.edu



Richard F. Lockey, MD

I attended Temple University College of Medicine in Philadelphia. During the first semester, Fred Bacon Rogers, MD, Professor of Preventive Medicine, taught the course “History of Medicine”. He published a book for the course entitled “A Syllabus of Medical History”, January 1962, still available on the Internet. Once weekly, on Saturday mornings, he lectured about the history of medicine and its scientific advancements, the latter mainly made by a single research investigator. Examples include Edward Jenner (1749-1823), who discovered a vaccine for smallpox, Ignas Semmelweis (1818-1865), who promoted hand washing and aseptic care, and Luis Pasteur (1822-1895), who invented pasteurization. Other names include William K. Roentgen (x-ray); Harvey Cushing (neurosurgery); Robert Koch (bacteriology); Hans Krebs (Cycle); and Phillip S. Physick (surgery).

Dr. Rogers’ class was one-of-a-kind. He was an extraordinarily kind individual who not only taught us the history of medicine, but weekly reassured us about our ability to make it through the first very difficult year of medical school. “Work hard, you will prevail”, he would say. He was the initial mentor of our class because of his personality and reverence for medicine and physicians, great and small, present and those who came before us.

My greatest hero from the course, and Dr. Rogers’ teachings, was William Osler, MD (1849-1919), the “Father of American Medicine”. Dr. Osler, born in Canada, first studied ministry and then medicine, the latter at the Toronto School of Medicine. He finished his education in Medicine at the McGill University Faculty of Medicine Montreal and then became Chair of Clinical Medicine at the University of Pennsylvania School of Medicine in Philadelphia in 1884. On moving to Baltimore in 1889, he became Physician-in-Chief at the new Johns Hopkins University Hospital. At Hopkins, he wrote “The Principles and Practice of Medicine” and helped lead Johns Hopkins to become America’s premiere model for educating physicians.

Notable Osler quotes include “The practice of medicine

is an art, not a trade; a calling, not a business; a calling in which your heart will be exercised equally with your head.” Another — “Medicine is learned by the bedside and not in the classroom. Let not your conceptions of the disease come from the words heard in the lecture room or read from books. See and then reason, compare, and control. But see first.”

I considered this medical history course to be an extension of my liberal arts education at Haverford College, Haverford, PA. It made sense to me. After all, how can you know about art, music, dance, or any other subject without knowledge of its history? What did this wonderful course teach us? First, it gave us knowledge about the history of medicine over the previous 2000-plus years and a unique perspective on becoming a physician. Second, it made us aware of the importance of mentors. We learned that physician mentors would become very important as we progressed through medical school and residency. “Emulate those who are the best,” Dr. Rogers would say.

Today, a course on the history of medicine is lacking in the curriculum of most medical schools, including the University of South Florida. The reason for this deficiency is uncertain, but some of it is certainly due to the fact that today’s medical schools put so much emphasis on how their students perform, first on the Medical College Aptitude Tests (MCATs), and subsequently on the United States National Medical Licensing Examination (USMLE), steps 1, 2 and 3. step 1 examination is taken after the second year, step 2 during the latter part of medical school, and step 3 during the 1st or 2nd year of residency.

Our generation also had to pass standardized tests to be admitted to, and throughout, medical school and residency, but the emphasis was on passing; these tests were not perceived to be the single most important criteria to judge the quality of a medical school as they are today. Knowledge of science and medicine, not very commonly combined with a broad-based liberal arts education, is the rule not the exception for medical students today.

Likewise, mentoring in today’s medical education seems to be much less important and prevalent. Our generation of physicians spent three-month rotations during their sopho-

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Reflections (continued)

more, junior, and senior years on inpatient medicine, surgery, pediatrics, and OB-GYN, sometimes on subspecialty rotations, as I did on orthopedics. During these times, physician mentors were identified by each of us; it became our goal to emulate these physician teachers.

William Osler, even to this day, remains an important mentor to me. I have a picture of him in my office with his famous quotation, pertinent to today's medicine. It reads "The practice of medicine is an art based on science." Two of my most outstanding mentors include Felix Cotez, MD, a pulmonologist while attending Temple University School of Medicine in my senior year and first year of internal medicine. He mentored me in my first research project. Another, Samuel C.

Bukantz, MD, was the first director of the USF Division of Allergy and Immunology. "Dr. B," as he was known, was always present to help determine the most appropriate course of action in both medicine and life.

Today's medical students seem to be less broadly educated, primarily tuned into science and medicine, which changes so rapidly that what you learn today is often outdated within several years. A liberal arts education, of which the history of medicine is an extension, as well as mentors, stays with you for life. The latter type of education gives you a sense of social responsibility, a broader concept of the world with its trials and tribulations, and keeps physicians "well."

Travel Diary (continued from page 17)

a long history in the region having lived for decades as pastoralists raising cattle, sheep, and goats near many of the game parks of Tanzania and nearby Kenya. The Maasai, while once numbering 400,000 in 1989, now have reached a population of well over one-million inhabitants. This has created tension in the regions resulting from the competing needs of the pastoralist people and that of the large animals who retreat from encroaching human populations. In 1960, when the Serengeti National Park was formed and human habitation was not allowed, the Maasai were relocated willingly to a region known as the Ngorongoro Crater, a place formed from a dramatic volcanic eruption two million years ago. Tensions between the government—hoping to grow tourism in the region—and the local people is still a work in progress.

My takeaway from this visit is a very positive one. While cost and distance are challenges at any age, especially those of us at or near retirement, the broad educational and cultural rewards of travel to some distant lands make the journey worth it. This was one of them.



Damian Caraballo, MD

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Physician Family Alliance

Reflecting on 2023 & Welcoming a New Year

Livia Restrepo

HCMAPhysicianFamilyAlliance@gmail.com



As we usher in the new year, the HCMA Physician Family is reflecting on a wonderful 2023! The Alliance, comprising physicians' spouses, partners, and family members, enjoyed a successful year, adding more than 20 new families to its membership, and an exciting holiday season.

Our first Annual Winter Holiday Party was a hit in December, at the Culture Club in South Tampa. Drawing over 100 attendees, physician families enjoyed a hot cocoa bar, mimosa station, and live music. Kids enjoyed holiday activities including making Christmas ornaments, crafting reindeer food, creating and painting popsicle-stick Stars of David, and decorating cookies. Adding to the excitement, Santa himself made a special appearance! Children of our members had the chance to share their holiday wishes with the big guy and received professional photos as keepsakes.

Membership-Application. As a member, you will be part of a supportive community that understands the demands and joys of physician family life and values the importance of connecting beyond professional responsibilities. We host fun events [for adults and families of all varieties – no kids required!], provide relocation support, offer local recommendations, extend holiday hosting opportunities, and collaborate on volunteer initiatives.

A special thank you to our generous sponsors, who all serve physician families in our community – Nightcap Social, Hendrickson Interiors, Lauren Swoboda with Compass, Jen Facini with Brighton Jones Wealth Management, and Amerant Mortgages with a focus on Physician Home Loans.

In this issue, we highlight Hendrickson Interiors, a full-service interior design firm creating elevated spaces in the Tampa area designed for comfortable everyday living. Check out these beautiful spaces, designed for physician families!



In the midst of the demanding holiday work schedules, we hope that our physician families found time to savor precious moments with loved ones and uphold cherished traditions during the holiday season.

If you haven't already, we invite you to consider joining the HCMA Physician Family Alliance at <https://hcma.net/>



The Great Florida Outdoors

Bird Migration (and Reflections on Medicine)

Robert Norman, DO
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In June of this past summer, we downsized and moved up to our new digs in Starkey Ranch, leaving our home on the water for a smaller abode with a backyard on conservation land. Bluebirds, palm warblers, and Swallow-tailed Kites replaced skimmers, pelicans, and gulls. Vultures, hawks, and eagles populate both locations.

Whenever I have free time away from my office, I try to get out in nature and explore the surroundings. Early one evening I noted a lilting Swallow-tailed Kite flying overhead, carrying sticks to build a nest. This bird has been called “the coolest bird on the planet.” With its deeply forked tail and bold black-and-white plumage, it appears to fly with barely a wingbeat and maneuvers with twists of its incredible tail, chasing dragonflies or swooping down to pluck frogs, lizards, snakes, and nestling birds from tree branches. The kite uses its tail as a rudder to maintain its flight path, circle, or veer sharply.



By late August I did not see the Swallow-tailed Kites anymore. What happened? I began to research the species and its migratory patterns and this led me on a whole new quest to learn more about bird migration.

Why and when did migration first begin millions of years ago? How do the birds know when to push off and migrate? If all the species of one bird are spread out all over Florida, such as Swallow tail Kites, do they all leave at the same time? Do they join up? Do certain birds fly alone and others in

massive groups? How many kinds of migrations are there?

Not all migrations are the same. Complete migration is the one that most people think about when it comes to migration. It’s a population of complete migrators where generally all the birds go perhaps thousands of miles between summer and winter locations at certain predictable times each year.

One of the great long-distance migrating birds is the Red kKnot. It is a medium size shorebird that sports rusty, red breeding plumage, and a winter plumage of gray and white. After it breeds in a large area of the high Arctic, it migrates all the way down to the southern tip of South America for the winter.



The Red Knots (pictured above) make stops at Delaware Bay along the New Jersey coast to feed and rest. Many of these birds continue to the western side of Florida, where they spend the winter around the Gulf of Mexico. I have seen a number of these wonderful birds at Fort De Soto Park.

Other red knots leave Delaware Bay to take a long flight over the Atlantic Ocean to reach the eastern coast of South America in Brazil. Here they feed and rest and continue on to South America’s southern tip of Tierra del Fuego to spend the winter. They travel more than 9000 miles one way during migration.

Short-distance migrators, such as the eastern bluebird and the American robin generally migrate shorter distances, sometimes only a couple hundred miles.

Why do some birds stay put? Over many years of evolu-

(continued)

The Great Florida Outdoors (continued)

tion, many species of birds adapt to seasonal changes. They can survive both good and bad times and these non-migrators have physical traits that help these birds to stay and live in extreme weather conditions, traits not found in species that migrate. For example, non-migrators grow 2/3 more feathers during the fall molt than migrators.

What are external and internal cues as to why birds migrate?

External cues include changes to the amount of daylight, the availability of food and changes in the weather. They tip the bird off to when it's time to feed for the trip and later to fly and migrate.

Internal factors include specific genetic aspects that can best be noted when you look at a species that has individuals living in different regions. For example, the peregrine falcon that nests in the southern regions don't migrate. If they live in the far north, for example, the Alpine tundra, they migrate to spend the winter farther south, so they respond to these external factors along with their genetic programming.

What happened to the part about "Reflections on Medicine?" Here it is.

Every time I am out in nature, I see and learn something new, an original observation followed by investigation. With an open mind, on every day in medicine and life, we can do the same.

Heraclitus, the famous Greek philosopher, once said, "No man ever steps in the same river twice, for it's not the same river and he's not the same man." The quote carries profound meaning and significance. Heraclitus asserts that both the river and the person are in a perpetual state of change, making it impossible for any encounter to be exactly repeated. He emphasizes the dynamic nature of life. Every moment is unique and cannot be replicated. When a person steps into a river, the

flowing water is never the same as before. The river constantly moves, transporting new water and experiencing various changes, such as temperature and speed. Likewise, the person who steps in the river is also never the same. We are constantly evolving, and experiencing new thoughts, emotions, and perspectives. The river, metaphorical for life, and the individual, both undergo continuous transformations. (www.socratic-method.com)

An open mind, every day in medicine, when observing nature—our fellow humans--can also bring on new thoughts and ideas and revelations. When I was at my Riverview office last week, I had three students surrounding me and we saw an unusual case of a young teenager that had a rash around both his mouth and his eyes. This pattern occurs, although not commonly, with perioral dermatitis. Each day we may experience new patterns of familiar diseases, unexpected biopsy findings, and efficient new ways to treat patients.

It is the same thing that happens when I'm out hiking in the woods. I'll find a fungus or a mushroom that I have never seen before and it may only be there for a day or two and perhaps not in the expected location. Or I will spot a tiny, ephemeral pond in which water has been collected on the trail only for a short time, but already tadpoles are swimming around inside it. It may disintegrate within a couple of days. Or a thousand other examples--new flowers that I have never seen or perhaps a fox squirrel hopping along the trail or black-bellied whistling ducks flying overhead in a particular orientation.

You may see a patient once and then not again for five or ten more years. We see our own forms of migration among our patients in Florida, with patients and "snowbirds" coming and going.

We are fortunate to be able to study both the common findings and idiosyncrasies of Nature when it comes to our patients. You never know what the next day will bring.

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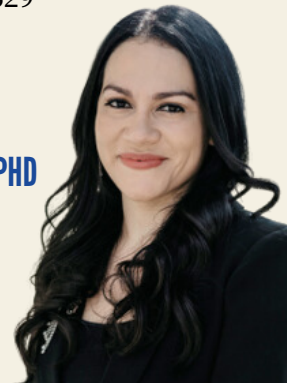
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HCMA Holiday Social

December 5, 2023

Dr. Michael and Carol Cromer opened their lovely home to host the last event of the year - an HCMA Member Holiday Social. SGP Advisors and Physicians Wealth Planning were co-sponsors of the gathering. HCMA Past Presidents were honored, there was music and dancing, and a whiskey tasting conducted by Roxy! It was a beautiful evening on Lake Magdalene. All photographs can be viewed by visiting the HCMA Facebook page /HCMADocs.



Holiday Social hosts - The Cromer Family: Dr. Michael Cromer, Carol, Drew, Chelsea, and Lance.



Dr. Ed Farrior, Dr. Harrison and Megan Bartels, and Dr. Michael Cromer.



Dr. Nam Tran, Dr. Stacie Wenk, and Steve Makhecha.



Dr. Cromer receives a spirited gift to go along with his whiskey (or is it "whisky") tasting!



Drs. Bill Davison, Damian Caraballo, Jay Rao, Mohan Rao, and Radhakrishna Rao.



Dr. Jorge and Francisca Inga and Dr. Hernan and Esperanza Leon.



Past Presidents, Drs. Thomas Bernasek and Joel Silverfield with Nancy Silverfield.



The lovely ladies from SGP Advisors, a co-sponsor of the event. Danielle Schmidt, Talyn Guercio, Patricia Thompson, and Samantha Vergara.



Drs. Damian Caraballo (President Elect) and Chris Pittman (2013 President).



HCMA Past Presidents were honored! Drs. Robert Isbell (1983), Joel Silverfield (2021), Hernan Leon (1991), William Davison (2012), Hunter Eubanks (1992), Edward Fariior (2003), Thomas Bernasek (2018), Eva Crooke (2022), Jay Rao (2019), Ron Seeley 1980), and Michael Cromer (2020 & 2023).



Dr. Maulik Bhalani is flanked by Vera Aiello and Shaeela Hawkins.



HCMA administrative staff and volunteers...Asta, Elke, Jean, Samantha, Anni, Kay, and Debbie.



Dr. Arun and Nataliya Kalava.

Photographs by Dr. David Lubin, Debbie Zorian, & HCMA staff.

Personal News



In Memoriam

Barry B. Bercu, M.D. died on Friday, November 24, 2023. Dr. Bercu, a pediatric endocrinologist long associated with the University of South Florida, was internationally recognized as a visionary pioneer for his breakthrough research and discoveries related to human growth hormone and the causes of, and treatments for, certain epidemic and pandemic-prone endocrine and viral diseases. He improved the lives of thousands of children and families, including the thousands of patients for whom he provided medical care.

Dr. Bercu's academic medical career was defined by his commitment to improving children's lives through science and innovation. He held seven patents (five U.S., two foreign), published nearly 200 articles and book chapters, edited seven books, and served as guest editor for several journal publications, editorial board member of eight peer-reviewed scientific journals, and reviewer for 35 journals. He was part of the landmark group of academic pediatric endocrinologists who created the original clinical biosynthetic human growth hormone protocol for the first biosynthetic recombinant DNA products. He also was first to demonstrate that chemical substances outside the hypothalamus can potentially regulate pituitary melanocystimulating hormone — a breakthrough discovery in neuroendocrinology. In addition, Dr. Bercu was recognized for identifying what has become known in the scientific literature as the "Bercu patient" — a discovery providing unprecedented insights into an unusual inherited thyroid disorder. Lastly, he also was first to clinically describe (and coin the term) Growth Hormone Neurosecretory Dysfunction.

To read Dr. Bercu's full obituary, please visit: <https://www.dignitymemorial.com/obituaries/silver-spring-md/barry-bercu-11551687>



In Memoriam

After a long and recurring illness, Heidi Kristine Curran, daughter of HCMA Past President Dr. John Curran and wife Christine, passed to be "Safe in the Arms of Jesus" on January 13, 2024, in the family home. She had lived there for the last two and a half years while fighting her illness.

Her trials are over, and at last, she is at rest forever. She had many accomplishments in her short life.

She was born in Tampa, on May 28, 1974, the second of the Currans' children, and grew up in Parkland Estates with a very happy childhood with family and close friends. She was a gradu-

ate of the Palma Ceia Methodist pre-school and attended St. Mary's Episcopal School in South Tampa where she was an honor student. She then went to Tampa Preparatory School and graduated as Valedictorian in 1992 with participation in tennis (State Ranked along with her friend, Margaret), basketball, and volleyball as well as the recipient of multiple honors. She matriculated at Harvard University in 1992 and earned her B.A in Russian History, cum laude. She was actively engaged in many other activities including "The Hasty Pudding Theatricals," residence in Adams House, and a myriad of activities that she loved as well as the many enduring friendships she made. Post graduation, she traveled throughout Europe meeting friends along the way in France, Spain, Norway, Finland, Greece, Turkey, Romania, Yugoslavia, Czechoslovakia, and Berlin Germany after reunification ended in Italy (Venice, Florence, and Rome), She loved to travel with her family particularly in the United Kingdom and Ireland and in California and Colorado.

She is now at peace and will be greatly missed by her parents, her sister and brother-in-law, her aunts and uncle, her cousins and their families, as well as Beauty, her cat. She loved her close Tampa friends and loved her community and neighbors.

In lieu of flowers, the family kindly requests that memorial donations for Heidi Curran be directed to USF Health's Ybor Youth Clinic whose Mission is: "Helping youth live healthy lives." Online donations can be made at usf.to/yyc or by check payable to the USF Foundation, indicating Ybor Youth Clinic, fund # 250196 on the memo line; USF Foundation, Attn: Donor Relations, 4202 E. Fowler Ave., ALC 100, Tampa, FL 33620

Please read the full obituary which includes Heidi's many accomplishments at: <https://www.dignitymemorial.com/obituaries/tampa-fl/heidi-curran-11628866>



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