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From the President

Happy Holiday Season!



Crisp crackly leaves, drizzly grey days, warm fuzzy socks, family and friends gathered around the table—the season for school starts, a sense of excitement for what is to come, and gratitude for what the year has held so far. That smell of new pencils still infuses the air—it must be back-to-school time!

Back-to-school excitement doesn't have to end when we graduate our formal education (can you tell I was one of those nerds who loved school supplies?). As we all know, one of the richest parts of medicine are the many opportunities we have to learn every day—from patients and colleagues, journals and conferences, family and friends. MOCMS hopes to make it easy to continue to learn in all of these ways.

Hit the books with the MOCMS Book Club! Our next book will be "Before We Were Yours" by Lisa Wingate. Come and discuss (even if you haven't read the book) on **January 10, 2020**.

The best way to learn is with new friends! Welcome our new members or greet some old acquaintances at the **New Member Meet and Greet on January 25, 2020 at Switchyard Brewing**.

Learning CAN be fun with the **Third-Annual Enigma Event** which has been moved to **March 10, 2020 at Upland Conference Room!** Join your colleagues as we puzzle over medical conundrums, nosh on some tasty refreshments and beverages, and always remember to include sarcoidosis on the differential diagnosis. Unleash your inner geek!

We continue to support education in our communities through our Healthy Schools Grants, wherein MOCMS donates money to schools who apply for activities that promote student health. These grants provide long-lasting changes for physical movement, increasing nutrition education, and opportunities for kids to learn about their bodies and health. Some of the executive committee look forward to awarding the Healthy Schools Grants all year!

Our own physical education continued on the road and in the ring! To many Hoosiers, September is synonymous with the very special Hoosiers Outrun Cancer event, and MOCMS has joined the spirit with its own team. See the enclosed article to read more. After the success of our August Self-Defense class, we created a December class so no one felt left out.

The Fall General Meeting at the Woolery Stone Mill provided one of the best learning opportunities of the year. Real-life medical superhero Dr. William Cooke encouraged us to nurture our empathy and advocacy for our patients, especially those affected with poverty and living with stigmatized diseases such as opiate addiction, HIV, and Hepatitis C. Dr. Cooke's retelling of his time as the only physician in Austin, IN during the HIV and Hepatitis C epidemic there was inspiring and taught much more than any article could. Greg May MS Ed.D, from Centerstone in Bloomington, helped us learn how to get care for our patients who want treatment for addiction. And last but not least, Jon Barada of the Bloomington Health Foundation showed us what far-reaching programs the BHF has created with community support. The evening was a powerful reminder that learning from our colleagues and patients can inspire and energize, even in challenging circumstances.

One area of medicine affected by stigma and a lack of education in formal medical training is medical cannabis. Dr. Clark Brittain, a long-time advocate of patients who use medical cannabis, has joined with MOCMS to create a **Medical Cannabis Task Force**. It is our hope that we can learn better about the pros and cons of medical cannabis, present the scientific evidence and education to our medical community,

(Cont'd on page 2...)

Welcome New Members

MOCMS would like to welcome the following new members:

Vijay K. Agarwal, MD

Internal Medicine

Michelle Baechtold, MD

Dermatology

Duangnapa S. Cuddy, DO

Vascular Surgery/General Surgery

Todd A. Eads, MD

Neurosurgery

Alexander P. Franko III, MD

Internal Medicine/Hospitalist

Brandon R. Hood, MD

Orthopedic Surgery

Jessica L. Horan, DO

*Neonatal/Perinatal Medicine/
Pediatrics*

P. John Konicki, DO

Emergency Medicine

Ivan Lupov, MD

Emergency Medicine

Edgar Martinez, MD

Anesthesiology/Pain Medicine

Kavitha Muruganatham, MD

Emergency Medicine

Kevin D. Neese, MD

Internal Medicine

Divya K. Nekkhalapudi, MD

Internal Medicine

David A Peterson, MD

Vascular Surgery

Roxanne Rajaii, DO

Dermatology

ISMA 50 Year Club Members

Congratulations to the following for having achieved membership in the ISMA Fifty Year Club:

M. Tim Dunfee, MD

Jim Ferguson, MD

Roger Reimers, MD

and create a plan to move forward with legislation at the ISMA General Assembly next fall. Please read more in the newsletter and contact the MOCMS director if you would like to join.

We have so much to be grateful for this season, and so much to look forward to next year! I hope that MOCMS continues to foster the love of learning and personal growth that got us all into medicine in the first place, while adding the collegiality and opportunities to give back to our community that help us stay in medicine for the long run.

Sincerely,

Laura B. Knudson, MD

President

Monroe Owen County Medical Society

ISMA 2019 Annual Convention

By James V. Faris, MD

Delegates from the Monroe Owen County Medical Society (MOCMS) attended the 170th Indiana State Medical Association's Convention House of Delegates in Noblesville, Indiana. Your physician colleagues attending were: Carrie Davis, Clark Brittain, Tashera Perry, R. Daniel Lodge-Rigal, Brett Huber and Jim Faris. Forty physician originated resolutions were presented, discussed and voted upon. The results included 34 resolutions adopted, or adopted as amended, 4 were referred to the Board of Trustees for action, 1 was referred to the Board of Trustees for study, and 1 was rescinded by its author. The results of each resolution are reviewable on the www.ismanet.org website.

A summary of the results of interest are as follows:

1. Those adopted included Drug pricing transparency (Resolution 19-22) seeks the ISMA to support legislation to stabilize an individual patient's drug prices for each insurance plan year as well as to increase reporting of drug prices and how they are determined.
2. An important late arriving resolution (19-40) asks the ISMA to fully support state initiatives to reduce vaping, especially among Indiana's youth. This followed the Centers for Disease Control and Prevention advisory about an outbreak of severe pulmonary disease and deaths resulting from e-cigarette use (vaping) including 24 cases in Indiana and resulting in several deaths.
3. Truth and transparency in reporting Medical provider qualifications (19-07) asks the ISMA to support initiatives to provide clear, defined guidelines for truth and transparency in differentiating physician and non-physician practitioners and their roles in the health care arena.
4. The maintenance of the Doctor-Patient relationship was the subject of (19-17) and directs the ISMA to seek legislation to ensure that health systems and practices notify patients when their personal physician changes location or give the patient adequate information to find their physician upon the patient's request. Further, it sought legislation that would require a departing physician's approval of any communications the physician's former health system or practice sends to patients.
5. Mental Health Parity (19-03) suggests that ISMA support legislation to mandate parity of coverage for mental illness and substance use disorders as well as increase state-level accountability and enforcement of the Mental health Parity and Addiction Equity Act.
6. Resolution (19-05) asks that ISMA support several exemptions to any future e-prescribing mandate at the state level.
7. Resolution 19-10 asks ISMA to encourage and support legislation to facilitate access to care in Indiana and to provide fee schedule parity for physicians who treat patients through Medicaid and Hoosier Healthwise plans to match Healthy Indiana Plan (HIP) 2.0 commensurate with Medicare.
8. Resolution (19-18) wants ISMA to advocate for continuous lifelong learning educational standards for physicians and that until better evidence-based data is available, maintenance of certification should not be the sole criterion for hospital staff privileging and/or insurance reimbursement. Additionally, the resolution wants ISMA to support nationally determined

board certification that is evidence-based and has sole focus on what is best for patient care.

9. Resolution (19-24) asks the ISMA seek continued expansion and additional funding from the Indiana General Assembly for graduate medical education as directed by the Indiana Commission for Higher Education given the increased number of medical graduates each year in Indiana.
10. Resolution (19-33) was developed to help prevent neonatal abstinence syndrome by having the ISMA encourage the Indiana State Department of Health to promote and support contraception services for all interested fertile women who are on chronic opioid therapy.
11. Resolution (19-35) concerned protecting seniors from Medicare Advantage Plans and asked the ISMA to have the state attorney general and/or insurance commissioner scrutinize insurance companies offering Medicare Advantage plans for accuracy in their advertisements and clarity of their presentation to seniors and their family members. Additionally, ask the AMA, AARP, insurance companies and other vested parties to develop simplified tools and guidelines on how to compare and contrast Medicare Advantage plans.
12. Your colleague, Dr. Clark Brittain, submitted a late resolution calling for the ISMA to join the American College of physicians (PCP), the Institute of medicine (IOM) and many other organizations, encouraging legislation to allow Indiana licensed physicians to legally recommend medical cannabis to patients suffering medical conditions where in their medical judgment, it is the best therapeutic option for the patient. Unfortunately, the lateness of the resolution was voted to not have enough urgency to be accepted for presentation to the House of Delegates during the current session of the House.

Save the date for the 171st Annual ISMA Convention and House of Delegates September 11-13, 2020 at the Embassy Suites in Noblesville, Indiana. Monroe Owen County Medical Society members are needed to complete our alternate delegate slots which are intended to help us have a full set of delegates at the convention. MOCMS, based on our membership of 342 active or retired physicians, is allowed eight (8) delegate slots to vote at the House of Delegates. Remember, that any ISMA member physician is eligible to draft a Resolution to be considered by the House of Delegates. A successful resolution affects ISMA policy as well as potentially AMA policy and could even result in changes in Indiana or national laws affecting our practices and our patients.

ISMA Resolutions Timeline

One of the many benefits of being an ISMA member is the opportunity to use your voice at the annual ISMA convention every September. Every year members can send resolutions to the annual convention. This provides a voice on medical issues to protect you, your profession and your patients from harmful legislation. The deadline to submit these resolutions to ISMA is **July 15** of every year. However, if you have a resolution to submit and would like the support of your local Monroe Owen County Medical Society, there is a timeline to follow. **May 1, 2020** is the deadline for you to submit your resolution to the MOCMS Executive Committee. The committee will then send the resolution out to the general membership and ask for comments. The resolutions and comments will be reviewed at the **June 9, 2020**, Executive Committee meeting. At that time, a vote will be taken as to whether the committee will endorse the resolution on behalf of the entire society. In the spring 2020 MOCMS newsletter, we will include a note as a "call-out" to members to be thinking of resolutions. Remember that resolutions can always be sent to ISMA before **July 15**, BUT if a member wants the support of the MOCMS executive committee, this timeline will be followed.

ISMA Group Nights with the Indiana Pacers

As a member of ISMA, you are invited to participate in your choice of group night(s) and receive discounted ticket prices!

Be the first to order tickets to select games listed below and have the opportunity to participate in special group experiences!

ISMA Group Nights:

TUESDAY, DEC. 17, 2019

VS. LA LAKERS - 7PM TIP-OFF

First (25) to purchase tickets will have the opportunity to participate in the Player Intro Flag Fan Experience!

FRIDAY, JAN. 17, 2020

VS. MINNESOTA TIMBERWOLVES - 7PM TIP-OFF

Join us after the game on the main floor to shoot (1) free throw!

FRIDAY, FEB. 7, 2020

VS. TORONTO RAPTORS - 8PM TIP-OFF

Each ticket purchased will include a Private Pregame Viewing pass to watch the players warm up before the game in courtside seats!

WEDNESDAY, FEB. 12, 2020

VS. MILWAUKEE BUCKS - 7:30PM TIP-OFF

First (20) to purchase tickets will have the opportunity to participate in the Pacers Halftime Tunnel Club Fan Experience!

TUESDAY, MAR. 10, 2020

VS. BOSTON CELTICS - 7:00PM TIP-OFF

First (20) to purchase tickets will have the opportunity to participate in the Pacers Halftime Tunnel Club Fan Experience!

FRIDAY, MAR. 27, 2020

VS. HOUSTON ROCKETS - 7:00PM TIP-OFF

To order your tickets, visit

pacersgroup.com/ISMA

Ticket orders should be placed 30 days in advance of game to guarantee seats. Tickets purchased through this offer have no additional fees.

All tickets will be mailed to the address you provide. Any tickets ordered less than 7 business days before your game will be left at will call.

Questions? Contact Steve Miknis at 317.917.3081 or smiknis@pacers.com.

SAVE THE DATE

Book Club

FRI, JAN. 10, 2020

Before We Were Yours, by Lisa Wingate

Women in Medicine Annual Retreat

FRI, JAN. 17 - SUN, JAN. 19, 2020

West Baden Springs Hotel and French Lick

New Member Meet & Greet

WED, FEB. 5 6:30 - 8:30PM

Switchyard Brewing Company
419 N. Walnut St.

See invite included on page 6 of this newsletter.

Third Annual Enigma Program

TUES., MAR. 10

Upland Conference Center

See invite included on page 5 of this newsletter.

IU School of Medicine Alumni Weekend 2020

FRI, JUN. 12 - SAT, JUN. 13, 2020

Join us for a jam-packed weekend to celebrate the anniversary of your graduation from the Indiana University School of Medicine. Reconnect with classmates, visit your old stomping grounds and reminisce about your days as a medical student.

This year we celebrate the classes of 1955, 1960, 1965, 1970, 1975, 1980, 1985 1990, 1995.

For information, contact Ryan Bowman, director of alumni relations, at rsbowman@iu.edu or 317.278.2123.

Medical Cannabis

By Clark Brittain

Medical Cannabis is used in 33 states and supported by over 70% of Hoosiers. We as a medical community have an opportunity to help our patients with access to a currently forbidden medication, if we can pull together and provide the ISMA with a coherent plan to help our patients.

I am seeking members who would be willing to be part of a task force to study the pros and cons and come up with a potential plan for the ISMA assembly next fall and offer them guidance on how to approach the state legislature in order to help our patients .

Please contact Susan Geyer at director@mocms.org if you would be interested to be a part of this exciting opportunity for our patients.

Women In Medicine Self Defense Seminar

Several Women In Medicine members recently attended a 2-part seminar to learn useful self-defense tips including how to secure your home, how to properly use a weapon, dealing with a potential attacker and what to do if you are attacked.



MOCMS Presents the Third Annual Enigma Program

Special event for physicians only.

Have some fun with your colleagues. Help unravel challenging and fascinating cases presented by your fellow physicians.

Why? To remind us why we do what we do! Enjoy sharpening your clinical acumen with good company, food and drinks.

Rediscover the Art of Medicine

TUESDAY, MAR. 10

**UPLAND BREWING – CONFERENCE CENTER
350 W. 11TH ST, BLOOMINGTON, INDIANA**

- 6:00 pm - Social time with Hors d'oeuvres, Beer and Wine
- 6:30 pm - Program
- 2 CME Credits

Sponsored by Monroe Owen County Medical Society. RSVP by Tuesday, Feb. 25 to director@mocms.org or 812.332.4033.

MOCMS-Fall General Meeting



The Monroe Owen County Medical Society Fall General Dinner Meeting was held at the new Woolery Stone Mill venue on Tuesday, October 15, 2019. This event was well attended by many physicians, spouses, and IUSOM medical students. The focus of this get-together was a discussion of the solutions to the opioid crisis. Featured guest speakers were Dr. Will Cooke of Austin, Indiana, and Dr. Greg May of Centerstone. Jon Barada, MBA, CFRE, Bloomington Health Foundation opened the program with comments on the many contributions the BHF has made to our community, specifically in their support of the opioid crisis. We want to thank Jon Barada and the Bloomington Health Foundation for their sponsorship of this event. Below are some key take-aways of this event.

William Cooke, MD, FAAFP, AAHIVS, has been practicing family medicine in Austin, Indiana, since 2004. Because of the opioid epidemic and Austin's geographic location, the community had become the epicenter of the country's most serious drug-related HIV outbreaks. Interstate 65 from Chicago to Louisville goes through Austin, making this small rural town the crosshairs of two deadly epidemics. Members of the community were dying of overdoses and suffering dire consequences of sharing dirty needles. As these issues raged, Dr. Cooke welcomed all people to his clinic who needed his attention, regardless of their illness or ability to pay. Dr. Cooke shared that people who use drugs or do not take their Hep C or HIV meds, are often accused of being lazy, criminal or unintelligent. However, he found that these people are no different than any of us, and he treats them as equals. Dr. Cooke said, "We must stop

(Cont'd on page 6...)

MOCMS Book Club Update

Written by Dr. Christal Greene | December 2019



The MOCMS Book Club has been well received thus far. The number of attendees at each allowed for meaningful conversation and interaction for sure. Although, I assure you, there is definitely room for growth for those who are on the fence about attending. For one of our selections about a third of the doctors didn't complete the book, but we were still happy to have them show up and enjoy our time together regardless.

We are attempting to alternate fiction and nonfiction while continuing to choose selections that will most likely spark engaging discussion amongst most physicians who serve in this area. For our next selection, I chose to send out a survey monkey and have past attendees rank a few book selections I thought reasonable to consider. However, I look forward to having more input from attendees about which books we choose to discuss.

Our selections thus far have included *In Shock* by Dr. Rana Awdish, *Cutting for Stone* by Dr. Verghese, and *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. Our next selection for January will be *Before We Were Yours* by Lisa Wingate. Below, see details of our next Book Club, January 10, 2020. Hope to see you there!

- **When:** Friday, January 10, 2020, 6:30 pm to 8:30 pm
- **Where:** Sherwood Green Clubhouse, 985 E. Buckingham Dr., Bloomington, IN
- **Who:** Open to all MOCMS Members, Physicians Only
- **Book:** *Before We Were Yours*, by Lisa Wingate

MOCMS Meet & Greet

MOCMS members and spouses/partners are cordially invited to meet our new members!

Over 30 new members have joined MOCMS in 2019 and the numbers keep growing! Stop by to meet our newest members and help us give them a warm welcome to the Monroe Owen County Medical Society!

**WEDNESDAY, FEB. 5
6:30 - 8:30PM**

**SWITCHYARD
BREWING COMPANY
419 N. WALNUT ST.**

- Appetizers and beverages will be provided.
- Street parking is available. Or, the parking garage is only a block south.
- Please RSVP by January 31 to Kim at mocms2@gmail.com or Susan at director@mocms.org.

**DON'T BE LATE...
DOCTOR'S ORDERS!**

believing some people are intrinsically defective and begin defending the intrinsic value of every person. We must not banish broken people, but the broken culture that forbids vulnerability.” Members of Dr. Cooke’s clinical team were sent to training sessions in Indianapolis. In addition, Cooke and his staff participated in in-service training sessions with experienced clinicians to improve staff understanding of, comfort level with, and capability to care for people living with HIV. Cooke also started a needle exchange program in his community. Dr. Cooke found that when they focused on a patient-centered approach to the problems in Scott County, a “beautiful thing happened”. In just four years, the number of people in recovery has increased by 1000% and nearly all of his HIV patients are virally suppressed. As of today, 76% of Cooke’s patients with HIV have undetectable viral loads and are therefore unable to spread the disease to others. That compares to 49% nationally. Also, there is a 95% decline of new HIV cases from 2015 to 2018. Ending an HIV epidemic is possible when you pull together resources throughout the community. Dr. Cooke refuses to accept that access to being healthy is a privilege. He believes that we must put an end to stigmatizing and marginalizing people. Patients must come before policy. Because of his response to the community need, Cooke became a nationally certified expert in the treatment of HIV and board certified in addiction medicine. Cooke’s unrelenting commitment to his patients, as well as his many successes, have earned him national recognition by the American Academy of Family Physicians as the AAFP’s 2019 Family Physician of the Year.

At the end of his presentation, Dr. Cooke challenged the physicians present to recapture the passion that made them decide to become physicians. He added that physicians should insist on recognizing the intrinsic value of every single life and that they continue to provide compassionate care that patients deserve to ensure long-term good health. Dr. Cooke has written a book, *Canary in the Coal Mine, At the Crossroad of a Syndemic*, which should be available the beginning of 2020.

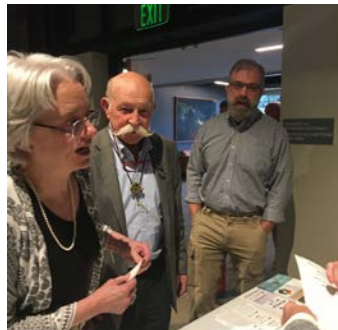
Greg May, MS, EdD serves as Centerstone’s Administrative Director of Adult and Family Services and is responsible for overseeing cross-functional grant teams including criminal justice initiatives as well as business practice alignment for a twenty-county area. He has strong ties with state and local leaders and community stakeholders. He has direct treatment experience facilitating individual, group therapy, and educational lectures. Over 10 years of Dr. May’s experience is based in substance use treatment and recovery and he was a member of the Trauma Informed Care Committee at Centerstone. He is a Chair of the Monroe County Opioid Commission and on the board of Monroe County CARES. Dr. May serves as the treatment liaison for the four problem solving courts (drug, re-entry, mental health, and veteran) in Monroe County.

Dr. May started his presentation by stating that he has the fun task of telling law enforcement in Monroe County to not arrest people, but instead get them into treatment. He is responsible for programs at Centerstone that are specifically targeted for people with opioid abuse disorders and to get them access to care as quickly as possible. Dr. May brought fliers to the program that are available for physicians to use in their practice. The fliers include one with general services of Centerstone, one with addiction services of Centerstone, one discussing Centerstone Recovery Centers residential programs and one with information on the Opioid Crisis Response Team. All fliers include the Centerstone toll free phone number, 800-344-8802, as well as the Crisis Services number 800-832-5442, which is answered 24/7. There is also a treatment program in the Monroe County jail for people who have been arrested and have a substance abuse disorder.

Dr. May also shared that there are other providers in the community for substance use disorders; these include Amethyst House, IU Health and Meadows Hospital. Health care providers can also get help by calling 211 or by calling the Indiana Addiction Hotline at 1-800-662-4357.

If any physician would like any of the Centerstone materials for their offices, or would like contact information for Dr. Greg May, contact the MOCMS office at director@mocms.org.

As always, MOCMS welcomes any suggestions for topics of future events. If you have any ideas, please forward to Susan Geyer at director@mocms.org.



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!

Need more information?

Contact www.ismanet.org/legal/FAQ/all.htm

PLEASE NOTE THE NEW LAW (PL 76-2017) WHICH TOOK EFFECT ON JULY 1ST REGARDING ABANDONED MEDICAL RECORDS. For more information go to <http://iga.in.gov/legislative/2017/bills/senate/549#>

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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.

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.

Please check your office information listing on our website at www.mocms.org under “Find a Physician” and send corrections to director@mocms.org.

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.

MONROE
OWEN COUNTY
MEDICAL SOCIETY

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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.

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MEDICAL SOCIETY