

Bulletin

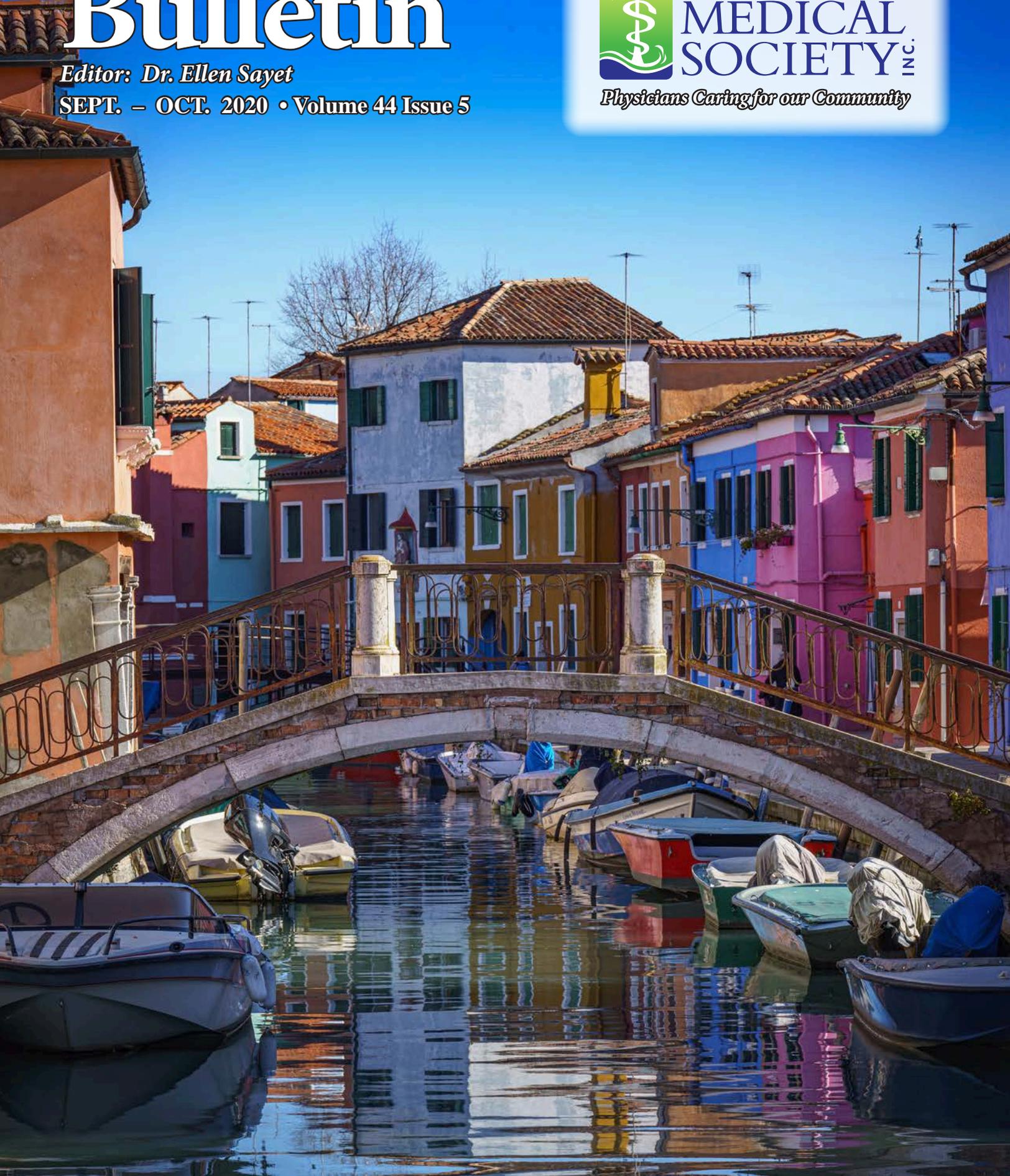
Editor: *Dr. Ellen Sayet*

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LEE COUNTY
MEDICAL
SOCIETY ^{INC}

Physicians Caring for our Community



Bulletin

MAILING ADDRESS:

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The Lee County Medical Society Bulletin is published bi-monthly.

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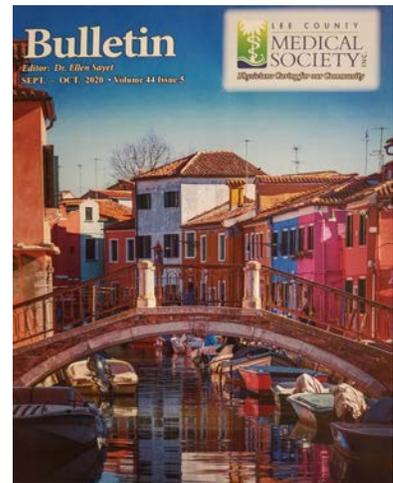
Lee County Medical Society Mission Statement

The mission of Lee County Medical Society is to advocate for physicians and their relationships with patients; promote public health and uphold the professionalism of the practice of medicine.

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Inserts: Azul Cosmetic Surgery and Medical Spa



A canal on the island of Burano near Venice, Italy. It is known for its colorful buildings.

Photo contributed by, Peter Sidell, M.D.

We welcome member pictures to be considered as a cover to the Bulletin. Email them to valerie@lcmsfl.org

VIRTUAL MEMBER MEETING

NOVEMBER 13TH

7 PM

SPECIAL SPEAKER ON

HUMAN TRAFICKING

MORE INFORMATION TO COME.

LCMS CLASSIFIEDS

Wanted: Part Time Physician to certify patients for Medical Marijuana Offices in Fort Myers and Cape Coral. Flexible hours and compensation. Contact: Dr Robert J. Brueck, MD at admin@emeraldmedicalcenter.com .

MEMBERSHIP NEWS

Retired

Nancy Witham, MD
Joseph Howard, MD
John Churchill, MD

Steven Harrison, MD His photo was incorrectly listed in our 2020 Pictorial Directory. We apologize for the error and have placed the correct photo here.



Dr. Steven Harrison

NEW APPLICANTS

Jeffery Engorn, DO - Orthopedic Surgery

Dr. Jeffrey R. Engorn, received his medical degree from the Edward Via College of Osteopathic Medicine (VCOM), Blacksburg, VA from 2010-2014. Dr. Engorn went on to complete an Orthopedic Surgery residency at Larkin Community Hospital, South Miami, FL from 2014-2019. He then completed a Fellowship in Orthopedic Trauma at the University of Louisville, KY from 2019-2020. Dr. Engorn is in practice with Orthopedic Specialists of SW Florida, 2531 Cleveland Av e., Ste 1, Fort Myers, FL, 33901. Tel: 239-334-7000 Fax: 239-334-7070, www.osswf.com Board Eligible

Ryan Harlacher, MD – Family Medicine

Dr. Ryan Harlacher received his medical degree from AUA College of Medicine in Antigua on 2017. Dr. Harlacher then went on to complete his residency in Family Medicine from Louisiana State University, Shreveport, Louisiana from 2017 to 2020. Dr. Harlacher is in practice with Physicians' Primary Care SW FL, 7381 College Parkway Ste 110, Fort Myers, FL 33907. Tel: 239-482-1010 Fax: 239-481-1481. www.ppcswfl.com

Maximilian Padilla, MD – Ophthalmology

Dr. Maximilian R. Padilla, received his medical degree from the University of Utah School of Medicine, Salt Lake City, UT in 2014. Dr. Padilla went on to complete an Internal Medicine internship at the University of Nevada School of Medicine, Las Vegas, NV from 2014-2015. He then completed his residency in Ophthalmology at the University of South Florida Morsani College of Medicine, Tampa, FL from 2015-2018. Soon after he pursued a Fellowship in ASOPRS Oculofacial Plastic Surgery at Willis Eye Hospital. Dr. Padilla is in practice with Azul Cosmetic Surgery and Medical Spa, 13470 Parmer Commons Blvd., Ste 101, Fort Myers, FL 33912. Tel: 239-415-7576 Fax: 239-415-7580. www.azulbeauty.com Board Eligible

David Rice, MD Radiation Oncology

Dr. Rice graduated from the College of William and Mary in Virginia with a degree in chemistry. He attended the University of Michigan Medical School, followed by an internship at the University of Hawaii. During his residency in radiation oncology in Ann Arbor, MI, he was active in head and neck cancer gene therapy research. He has been in Port Charlotte since 1999. Dr. Rice is in practice with Advocate Radiation Oncology, 3080 Harbor Blvd., Port Charlotte, FL 33952. Tel: 941-883-2199 Fax: 941-979-5041. www.advocatero.com

Alice Shallcross, DO – Family Medicine

Dr. Alice E. Shallcross received her medical degree from the West Virginia School of Osteopathic Medicine, Lewisburg, WV in 2017. Dr. Shallcross went on to complete a Family Medicine residency at Aurora Family Medicine Residency, Milwaukee, WI, from 2017-2020. She is currently a Global Health Fellow at FSU College of Medicine, a Junior Faculty role at family medicine residency and anticipated global health experience at Loma de Luz Hospital in La Ceiba, Honduras. Dr. Shallcross is in practice with Lee Physician Group, 2780 Cleveland Ave., Fort Myers, FL 33901. Tel: 239-481-4111 Fax: 239-343-2301. www.leehealth.org Board Certified: Osteopathic Medicine

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Veronica Graversen, MD

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Fort Myers, FL 33907
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Daniel Hanley, MD

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Acuram LLC
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Board Certified: Radiology



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Board Certified: Internal Medicine



Jose Orellana, MD

Internal Medicine
Lee Physician Group
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Fort Myers, FL 33909
Tel: 239-424-1600 Fax: 239-424-1651
Board Certified: Internal Medicine



Margaret Oswiecimski, MD

Internal Medicine
Lee Physician Group
1569 Matthew Dr.
Fort Myers, FL 33907
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Board Certified: Internal Medicine



NEW MEMBERS CONTINUED

Paul Oswiecimski, MD

Internal Medicine
Lee Physician Group
507 Cape Coral Parkway
Cape Coral, FL 33904
Tel: 239-541-4420 Fax: 239-541-4421
Board Certified: Internal Medicine



Natalia Partain, MD

General Surgery and Breast Surgery
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Fort Myers, FL 33912
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Board Certified: General Surgery



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Board Certified: Radiology



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Naples, FL 34109
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Shikha Shrestha, MD

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John Stephens, MD

Ophthalmology
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Board Certified: Ophthalmology



Fia Yi, MD

Colorectal Surgery
The Colorectal Institute
13770 Plantation Road, Ste. 2
Fort Myers, FL 33912
Tel: 239-27-0728 Fax: 239-275-6947
Board Certified: Surgery
Colon and Rectal Surgery



As of 3/27/2020, the Physician Wellness Program will enable up to 3 telehealth visits for any Lee County physician, regardless of Lee County Medical Society membership. This benefit is extended until December 31, 2020. All Lee County Medical Society members are eligible for 8 free sessions each calendar year as part of their membership benefits. Complete confidentiality; LCMS staff will have no access to records or names of clients. Convenient locations in Fort Myers and Naples.

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Please visit our

website at:
www.lcmsfl.org

and click on Wellness



PRESIDENT'S MESSAGE

By ELIZABETH COSMAI M.D. (Originally July 20, 2020)

As we all struggle to move towards some sense of normalcy, whether that's going out to eat and support our local restaurants or even doing some form of travel, we are all now in a unique position than we were just a year ago.

I am happy to see that the trend of COVID-19 positive cases domestically and certainly within our own state of Florida continues to decline. Locally, hospitalizations for COVID-19 related issues and deaths continue to trend downward. Elective medical procedures scheduled within our hospital system continue to rise. Unemployment numbers are slowly improving and our local economy is picking up. There is a lot that we have to be grateful for.

Unique to this year has been the cancellations of most conferences and the transition to virtual meetings. Normally, I would choose this bulletin to review the developments that occurred at the annual Florida Medical Association meeting. Unfortunately, this year, due to the viral pandemic concerns, this was an all-virtual event.

Lee County Medical Society (LCMS) has struggled with the desire to return to normalcy. Our ability to interact together as society members has been placed on pause. Our regular cocktail hours are on hold and our face-to-face general membership meetings have been converted to a virtual forum. This certainly complicates our ability to fully engage with our fellow colleagues. Virtual meetings take a significant time and effort to create and execute; but there is often poor attendance and then too often the event is unsuccessful. I have had the chance to speak with many members and the majority of whom I have spoken with want to get back to interacting with one another in-person and not through a computer or phone. Unfortunately, some of Lee County Medical Society's beloved events such as the annual Holiday party may need to be cancelled but other events such as our Physician Wellness Program charity 5K run will likely occur albeit with extra safety precautions. We are committed to keeping the Society engaged with our members and local community. This will be a year to be creative in our events BUT as they say 'the show must go on'.

So, what has our Lee County Medical Society been up to?

The LCMS office has now become virtual. Our website and regular email blasts will serve as a vital link to our members. The LCMS website will be regularly updated to provide our members information on upcoming events, links to local and national websites regarding current healthcare issues, and links to community healthcare programs. In addition to PPE assistance that we provided to various medical practices back in May 2020, we also released and posted to YouTube our "homemade" Public

Service Announcement regarding ways that our community can reduce the spread of COVID-19.



Recently, through the diligent effort of Dr. Stuart Bobman, we had a virtual interview of candidates for the available board seats on Lee Health System's Board of Directors. This event occurred at our recent virtual general membership meeting. This forum allowed for our LCMS members to hear from candidates, who if elected, will help guide the use of a nearly \$2 million annual budget and directly supervise the CEO of the largest hospital system between Tampa and Miami. LCMS formally endorsed candidates as our top pick for each of the districts. As a society, this was the first time that LCMS has interviewed or endorsed hospital board candidates.

LCMS remains dedicated to helping our physician members, as well as engaging with our local community. We will continue to look for ways to support our physicians and their medical practices as we all maneuver through what will hopefully be a once in a lifetime global crisis.



The Lee County Medical Society interviewed the Lee Health Hospital Board candidates at our last general membership meeting on August 20, 2020. Based on these interviews, the Society has elected to endorse its top pick for each of the districts:

Therese Everly in District 1

David Collins in District 3

Kathy Bridge-Liles in District 5

We feel that these candidates best understand and articulate our current healthcare issues and will best represent our patient population of Lee County.

"Never apologize for having high standards. People who really want to be in your life will rise up to meet them."
– Ziad K. Abdelnour

RAMIREZ REPORT

By JULIE RAMIREZ, EXECUTIVE DIRECTOR

To say that 2020 has been a crazy year would be an understatement. From deaths, thefts, car accidents, pipe bursts, roofs leaking, layoffs, financial hardship, relationships strained, or health issues, if it could happen, it would happen this year. And then Covid happened on top of all that with all its emotional, physical and financial trauma. How do we rise above this? How can we stay sane?

I remembered an article I wrote in 2016 about an initiative the University of Michigan was promoting called 3 Good Things. 3 Good Things is the practice of writing down 3 good things at the end of the day that went well in our day. When we write – physically write on paper – we recall these events and don't take them for granted. Despite the crises of the day, there is always something that is positive to recall. Keep it simple – even if the only good thing that day was that I have air in my lungs, I didn't have a car accident and the power is still on – those are still good things and worthy of remembering.

What benefits come from practicing this habit five minutes a day? The research has been that it improves sleep quality, encourages higher levels of happiness, less conflict at work, better work-life balance, and lower burn-out and depression. I think personally, it has my mind rise above the circus that swirls around me. Hopefully this practice will help you rise above as well.



3 GOOD THINGS
Increased Resiliency as Easy as 1, 2, 3

THE EXERCISE
Just before sleep, ask yourself:
“What are three things that went well today and what was my role in making them happen?”

You remember best what you've reviewed during your last two wakeful hours.
• For best results, write it down.
• Repeat for 2 weeks to make effects last longer.



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CHRISTOPHER BELL, MS, MBA

Executive Director, Monroe County Medical Society
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It is a challenging time to be a physician. Recent studies report nearly 45% of doctors feel burnout in their work, more so than among other US workers. Burnout has serious consequences for physicians and patients including loss of professionalism, medical errors, decreased patient satisfaction, and even depression and suicidal ideation.

Recently, in talking to a group of residents about burnout, I asked if they knew anyone in medicine who was happy. Only one of thirty-some aspiring doctors thought that one could find happiness in the practice of medicine. I was saddened for them, and what they saw in their future. I have worked in Physician Health for over 10 years as chair of a physician health committee. At times, I have felt like a medic on a battlefield caring for wounded and struggling colleagues. However, I have also known colleagues who continue to take care of patients and find meaning and joy.

There is a lot of press about the stress of practicing medicine, but less about the secrets of thriving. There is literature about resilience. It has limitations, but several themes have emerged. Pulling together ideas from that literature and experience from my work with colleagues, I offer to residents these "Ten Commandments of Physician Wellness."

I. THOU SHALL NOT EXPECT SOMEONE ELSE TO REDUCE YOUR STRESS

Do not expect a caring management to keep you comfortable. Ask not what any organization is doing to lower your stress, but rather take charge of your own wellbeing. To be sure, organizations have a role in improving practice design and efficiency and promoting meaning, but at the end of the day, you are the only one in your work situation who will or even can do much to lighten your psychological load.

II. THOU SHALL NOT RESIST CHANGE

Physicians do not handle ambiguity or change well. They are controlling, compulsive, and prefer to do things their own way. I have seen many colleagues get disgusted, demoralized, and doubtful about their future. They tend to be critical, conservative, and cautious and often waste more emotional energy hanging on to old habits and beliefs than it would take to embrace the changes. They end up doing only what it takes to get by and react by emotionally disconnecting from their work. If we are going to survive, we need to make the best of the situation.

Develop a sense of acceptance. Acceptance allows one to consider possibilities that may not align with preconceived notions. At the very least, it means temporarily becoming comfortable with the imperfect, undesirable, or uncontrollable. It is different from apathy. Apathy is a loss of passion and hope and reflects pathological pessimism. Acceptance represents hope, optimism, and faith.

III. THOU SHALL NOT TAKE THYSELF IN VAIN

This means taking care of ourselves. Physicians are caregivers. They take care of others, and often put others' needs first. If one sees 25 patients a day, 5 days a week, 48 weeks a year for 25 years, how is that sustainable? An article in *The Harvard Business Review* suggested that to perform at high levels over the long haul, one should train in the same systematic, multilevel way that world class athletes do. The authors observed, "The demands on executives to sustain high performance day in and day out, year in and year out, dwarf the challenges faced by any athlete we have ever trained." Sustainability depends as much on how people renew and recover energy as on how they expend it. It is chronic stress without recovery that depletes energy reserves that leads to burnout. The goal is to build secondary competencies like endurance, strength, flexibility, self-control, and focus by attending to the physical, mental, emotional, and spiritual aspects of performance as athletes must do.

In practice, this means actually doing all those healthy things you know you ought to do like paying attention to diet, regular exercise, hydration, and taking breaks during the day. A corollary of this is that physicians are role models. The health habits of physicians influence the counselling they provide to their patients and also their credibility. It has been demonstrated that clinicians' preventive health habits influence patients' habits. A physician is not believed if they do not practice what they preach.

IV. REMEMBER WHAT IS HOLY TO THEE

Physician-hood cannot be lived in isolation from total life beliefs. One needs a moral compass. Likewise, the energy that is unleashed by tapping into one's deepest values and defining a strong sense of purpose gives sustenance in the face of adversity and is a powerful source of motivation, determination, and resilience.

- Connect with your purpose. Purpose is an energizing force. It inspires and invigorates. This helps us look at the totality of life rather than the events of the day. True happiness is found in using one's signature strengths in the service of something much larger than the individual.
- Connect with the moment. Pause mindfully before each patient. Mindfulness practice has been shown to reduce burnout. Meditation is not simply sitting, clearing your head, and chanting. It is focusing attention; finding your center.
- Connect with yourself. It is easy to lose your center when attending to other people all day. Take time every day to quietly reflect, write, or just be present.
- Begin each day with gratitude. Count your blessings daily. Make thankfulness a habit.

V. HONOR THY LIMITS

There are limits to the workload we can carry. "I can always do more" is a formula for making one's self and everybody else miserable, because one does not know when to quit. Come to know your limits.

- Create clearer boundaries between work and home. Having electronic medical records can be dangerous. We take our work home, do e-mails and dictations 24/7, much to our demise.
- Deliberately develop a role shedding ritual at the end of the day; hang up the white coat and put away the laptop. Use the drive home to decompress, and greet your family as if you have not seen them for a week. The most precious thing you can give to your patients and your family is your attention.
- Sometimes patients make unreasonable demands. We need to set limits rather than bending over backwards trying to make everyone happy.

VI. THOU SHALL NOT WORK ALONE

We need positive, supportive relationships. Close relationships are a powerful means for promoting positive emotions and effective recovery. Physicians are more likely to burnout when the relationships with the people with whom they work and live fill with conflict. Relationships, spirituality, and work give one a sense of meaning. Attending to relationships at home and at work is vitally important.

How intimate partners treat each other is a powerful determinant of resiliency. There are many adaptations that physicians make to take care of others with long years of training, debt, and long hours. Couples need an optimal amount of time together.

- Preserve your rituals—every couple has little rituals like a weekly date for breakfast or a getaway weekend occasionally. Make these sacred. It is not how much time you give but how much of yourself.
- Share responsibilities at home.
- Do not overleverage financially. Sometimes smaller, simpler, is better.

In the workplace, a key factor that contributes to satisfaction is getting along with the people one works with. We spend more time at work than we do at home. Yet physicians more often choose a job based primarily on money and geography, then leave because of not getting along with the people with whom they work.

Today physicians practice in silos, hardly having time to talk to colleagues, much less having lunch together, or joining specialty societies. As a result, they deprive themselves of a source of support. The busier one is, the more one needs

collegiality.

Collegiality means spending time with colleagues and not seeing them as broken or dysfunctional; being a team builder not destroyer, going to department meetings, having a mentor, being a mentor. Team building has many benefits. The airline industry has demonstrated that when team members know the first and last names of the people they work with, familiarity trumps fatigue in avoiding mistakes

VII. THOU SHALL NOT KILL OR TAKE IT OUT ON OTHERS

When things go wrong, doctors can get mean. This refers to the hostile work place and how we treat our staff and each other. Having a good medical assistant or nurse can make or break one's day, and these relationships need to be cultivated. Organizations have to set the bar at zero tolerance and be willing to go to the mat in addressing disruptive behavior. Prompt intervention can be career saving. Programs for improving communication and professionalism can be useful.

VIII. THOU SHALL NOT WORK HARDER. THOU SHALL WORK SMARTER

Some physicians continue to do things the same old way and struggle with getting work done. Decreasing stress for electronic health records has been identified as a key in relieving burnout. Using templates and structured documents, getting rid of busy work, unloading activities that do not contribute, all help make one more efficient. What we decide not to do is as important as what we do. Physician peer coaching can also be helpful in identifying opportunities for improvement.

IX. SEEK TO FIND JOY AND MASTERY IN THY WORK

Many of us became doctors because we wanted to help people or make a contribution. Burnout is about the loss of that passion. We need more than physician satisfaction. We need to rediscover joy in our pursuits—not just survive but thrive. Daniel Pink in his book, *Drive* describes that motivation comes not from financial reward but engaging in an activity that is challenging with autonomy, mastery, and purpose.

A Mayo Clinic study confirmed this. Physicians who spend 20% of their time on an activity felt to be meaningful, whether that is clinical work, community service, or research, were least likely to experience burnout.

X. THOU SHALL CONTINUE TO LEARN

We are good learners. We are bright people, with lots of interests. We grow and change in our careers. That means periodically reinventing one's self and rediscovering what turns you on. Physicians have found that learning a new skill or going back to school can rekindle passion and growth.

Nearly 50% of physicians may be facing burnout, but what about the other 50%? I have seen another story. Some physicians do find happiness in medicine, in spite of the present state of practice and all the changes taking place. They continue to answer the bell, to be present in mind, body, and soul for the welfare of patients, their loved ones, and future physicians, and come away with a sense of satisfaction. This is what young physicians need to see. To read article in its entirety, visit: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4453302/>



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<http://www.ctrpsych.com/>

Or
Associates in Family Psychology
239-561-9955
<http://www.fampsych.com/>

**Thank You
Front Line
Workers!**



Ronald D. Castellanos

1940 – 2020

On Saturday August 1, 2020 Dr. Ronald D. Castellanos passed away, age 80. He was born on June 24, 1940 in Oceanside, NY to Manuel and Marion Castellanos.

Along with his parents, Dr. Castellanos was preceded in death by the love of his life, the former Cindy DePalma, his wife of 54 years. He is survived by his twin brother Bob Castellanos, his three children Abby, Jon, and Chris, five grandchildren, numerous nieces and nephews, friends, neighbours, patients, and co-workers.

He earned his Bachelor's degree from Penn State where he met and married Cindy. Ron earned his Medical Degree from Hahnemann Medical School at Drexel University in 1966 and completed his residency in Urology at the University of Cincinnati.

Dr. Castellanos served in the US Army Medical Corps as a surgeon from 1966-1971. He received numerous decorations to include the Bronze Star, the Army Commendation Medal, and numerous citations from the US and Vietnamese governments.

He established his Urology practice in Fort Myers during the early 1970's, where he became one of the most respected physicians in Lee County. Dr. Castellanos served as the Chief of Surgery at Cape Coral Hospital and Southwest Florida Regional Medical Center. He was President of the Lee County Medical Society in 1983. He also served as President of the Southwest Florida Urologic Society.

Dr. Castellanos was a compassionate physician who took time to listen to and learn about his patients, many of whom became his friends. He was quick with a smile and could remember details from previous conversations that showed how well he listened and how deeply he cared. He respected and appreciated his colleagues and partners. He was always grateful for the nurses and support staff both in his practice and hospitals

Arrangements were handled by Harvey-Engelhardt Funeral & Cremation Services. Please visit www.harvey-engelhardt.com to leave a condolence.

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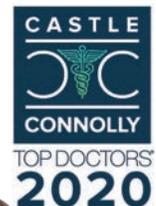
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