

# JCMG Group Talk

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## Dr. Feeler Named Physician of the Year

Lory Feeler, DO, JCMG Family Medicine, was recently presented the 2011 Physician of the Year Award by the Missouri Association of Osteopathic Physicians and Surgeons (MAOPS).

The prestigious award is given annually to a Missouri osteopathic physician for an outstanding accomplishment, event, or service to the osteopathic medical profession, patients, and/or healthcare during the preceding calendar year.

Dr. Feeler received the award for her mission work in the Dominican Republic. She and a group of healthcare professionals travel to the country to treat up to 250 patients per day in makeshift clinics around the country. Servant's Heart Ministries, the charity that sponsors the mission's work, recently named a new clinic in Villa Liberacion after Dr. Feeler.

She is truly touched by the honor.

"Receiving this award from fellow physicians is a humbling experience. I feel honored to accept it only as a representative of my family and the many people who have worked along side me to bring the love of Christ through medical care to those in the Dominican Republic. My prayer is that others will be inspired to share their time and gifts to those in need," says Dr. Feeler.

Dr. Feeler has been a member for MAOPS since her graduation from the Kansas City University of Biosciences-College of Osteopathic Medicine in 1977. Dr. Feeler has practiced Family Medicine in Jefferson City her entire career. Congratulations, Dr. Feeler!



## Doctor Jazzed About Joining JCMG



JCMG is pleased to add another talented physician to its team of providers. Samuel "Buddy" L. Brayfield, DO, and the JCMG Osage Family Clinic, will enable JCMG to offer health care services at the Lake of the Ozarks. The partnership is a win-win scenario according to Dr. Brayfield. "JCMG is known for its good patient care, which is the priority of my practice. As a group, they can advocate for physicians unlike a solo practitioner." Dr. Brayfield is a family medicine physician with 25 years of experience, 18 of which have been spent in the Lake area. "Our goal has been to provide good individualized care and to be there when our patients need us," he

said. During the past two years, he has served as medical director of Hospice Compassus. Hospice and palliative care medicine is now a major focus of his professional endeavors.

He received his Doctor of Osteopathic Medicine degree from Kirksville College of Osteopathic Medicine. He is known statewide for his expertise in the medical aspects of child maltreatment. In 2002, he conceptualized and developed a task force that eventually led to the development of Kid's Harbor, a child advocacy center, located in Osage Beach. It's one of the most successful child advocacy centers in the United States and receives recognition from the National Children's Alliance.

Prior to becoming a physician, he was a professional musician and original member of the Ozark Mountain Daredevils. The group was one of the most successful country rock groups of the 70's earning three gold sales albums. Today, he continues to perform on occasion at the Lake. He enjoys spending free time on his farm of 55 acres in Camden County. He finds relaxation in working on his farm.

He is accepting new patients. To schedule an appointment with Dr. Brayfield, please call 573/302-0670. His office is located in Parkway Center, 5816 Hwy 54, Suite 108 in Osage Beach.

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## New Hope for Chronic Sinus Sufferers

A clinically proven, minimally invasive technology for treating chronic sinus inflammation is now available at JCMG ENT & Sinus Surgery. The Balloon Sinuplasty system uses a small catheter and balloon to quickly open and expand blocked sinuses.

Sinusitis is one of the most common chronic health problems in the U.S., afflicting 37 million Americans each year. Patients suffer headaches, congestion, fatigue and other symptoms. This condition significantly impacts the physical, functional and emotional quality of one's life.

Historically, sinusitis patients were limited to two treatment options: medical therapy such as antibiotics and topical nasal steroids, or conventional sinus surgery such as Functional Endoscopic Sinus Surgery (FESS). Medical therapy can help alleviate symptoms in as many as 80 percent of patients but is inadequate for the rest. For them, sinus surgery is often the best option. However, FESS is a conventional surgery that requires bone and tissue removal in order to open up blocked sinus passageways. In lieu of a desired treatment, approximately 900,000 patients each year elect to live with painful sinus conditions.

There is an alternative solution in endoscopic sinus surgery with the Balloon Sinuplasty technology. A small, flexible balloon catheter is placed through a nostril into the blocked sinus passageway. The balloon is then inflated to gently restructure and open the sinus passageway, restoring normal sinus drainage and function.

Dr. Reese Thompson, JCMG ENT & Sinus Surgery, is one of the first in this area to offer this technology. He says, "The Balloon Sinuplasty devices are a true advance in sinus care because in many cases it can be done without removing any tissue or bone. That means faster recovery times and less post-procedure discomfort. In fact, many of my patients have been able to return to normal activities within one or two days and have had significant improvement in their symptoms."

## JCMG Awards Scholarships



JCMG recently awarded four \$1,000 scholarships to students pursuing nursing or pre-medicine degrees. This is the third year for the group to award such scholarships. It was established because of the increasing demand for physicians and nurses due to the aging population and increase in life expectancy. JCMG is very interested in encouraging students to work in the healthcare field and hope that they will return to their hometown after they receive their medical education.

Rebecca Wilding, daughter of Doug and Sarah Wilding, Jefferson City, is a senior at Jefferson City High School. She will major in biochemistry (pre-medicine) at the University of Missouri-Columbia.

Anna Knaup, daughter of James and Debra Knaup, Jefferson City, is a senior at Helias High School. She will major in pre-medicine at the University of Mississippi.

Kenneth Weith, son of Kenny and Kim Weith, Wardsville, is a senior at Blair Oaks High School. He will major in pre-medicine at the University of Missouri-Columbia.

Rachel Robinson, daughter of Charlie and Kay Robinson, Linn, is a nursing student at Lincoln University.

## Training Opportunities

**Scheduling of Radiology Procedures:** All JCMG staff that are responsible for scheduling any radiology procedures are required to complete the radiology course on CareLearning by May 15, 2011. Staff may do so by going to the JCMG Intranet and selecting the Training and Education icon followed by ART Online Training and then Carelearning Login. Next, the radiology course will be available. Contact your supervisor if you have lost or forgotten your password. Please contact Shelly Sappington at 556-7745 with any other questions.

**BLS for Healthcare Providers:** The AHA recently made significant changes to the guidelines for performing BLS. All staff with a current BLS certification must attend one 30 minute session, unless a CPR class has been or will be attended between April and August 1, 2011. Please check the Intranet for class times.



JCMG's *Mission*

*To advance the health of the patients and communities we serve through a culture of compassionate care, cost-effective health care management, and comprehensive community health care services, which are easily accessible, and of the highest quality.*

# Are You Vitamin D Deficient?

by Sima Ovais, DO

JCMG Internal Medicine, 635-JCMG (5264)



Increasing evidence supports important roles for Vitamin D in the prevention of many diseases including osteoporosis, cancer, cardiovascular disease, diabetes, depression and immune disorders. The many roles of vitamin D in maintaining health and well-being are subjects of active and ongoing research, and recent discoveries have provided insight into the molecular mechanisms by which vitamin D elicits its regulatory effects.

Vitamin D is an essential fat-soluble micro-nutrient that can be naturally synthesized in the skin upon exposure to UVB radiation, or obtained through diet and supplementation. Certain medications such as antiepileptics and rifampin have been found to increase vitamin D metabolism, while others, including Questran®, orlistat, mineral oil, and ketoconazole reduce absorption or interfere with vitamin D metabolism. Vitamin D insufficiency is more prevalent among older adults and contributes to osteoporosis by decreasing intestinal calcium absorption. Common symptoms of vitamin D deficiency include bone pain, muscle pain and weakness, while mild vitamin D deficiency often has no symptoms and can only be detected by clinical testing.

Who needs to be tested? Vitamin D deficiency is currently under-diagnosed. Individuals who would benefit most from vitamin D testing are those with the following conditions: osteoporosis or previous skeletal fracture; chronic musculoskeletal pain or weakness; low serum calcium/ phosphorus; elevated alkaline phosphatase and PTH; CKD, renal insufficiency, or nephrotic syndrome; malnutrition/poor oral in-take; malabsorption syndromes, celiac disease, IBS; or liver disease.

Measurement of 25(OH)D during the annual physical examination is prudent to maximize bone health and prevent many chronic diseases linked to vitamin D deficiency. Low vitamin D levels can be restored to recommended levels (above 30 ng/mL) by supplementing with an oral dose of vitamin D (50,000 IU) once per week for 8 weeks.

Healthy vitamin D levels can be maintained thereafter by less frequent supplementation at the same dose once or twice per month.

Vitamin D testing can help diagnose and monitor health problems, but it is not without limitations. Detection of vitamin D in serum may be lower in obese individuals, as vitamin D is generally stored in the body's adipose tissue. Other limitations include the high cost of testing. Healthcare practitioners should use good clinical judgment in determining whether older patients may be at risk for vitamin D deficiency.

## Notable News & Calendar of Events

- Congratulations to the following employees receiving Signature Care customer service cards since the last GroupTalk: Patty Blume, Lisa Clark, Lisa Cook, Jennifer Dukes, Anne Ellis, Susie Eoff, Jodie Farris, Betty Jo Halas, Michelle Hancock, Harold Hazlett, Chris Hibdon, Evelyn McVicker, Carol Mize, Amanda Nichols, Rachel Patterson, Amber Roming, Sylvia Sabala, Cheri Skiles, Rose Spencer, Sheila Thomas. Thank you to Tina Cremeans, Heather Doyle, Joe Genovese, Mary Keeney, Sylvia Sabala, Jamie Sandbothe, Geri Vasquez, and Sheron Humphries & Vicki Clad, FM for a job well done.
- Dr. Conrad Balcer, CARD, was recently recertified by the Certification Board of Nuclear Medicine.
- Help the Heart Walk team raise funds by eating some great food! Simply dine at Culver's on Tuesday, May 17 from 5 to 10 p.m. Culver's will donate 10% of all sales to the Heart Walk team.
- The Fitness & Wellness committee would like to help celebrate your fitness success. Please contact Rose in HR, 556-7751, if you are participating in a 5K, half marathon, full marathon or other major fitness event.

## 2011 Rising Interest Rates & Bond Funds

by Sean Duggan Moneta Group

Rising interest rates can be problematic for bond funds like the PIMCO Total Return Fund in the 401(k) Plan. While that fund is one of the best managed bond funds in the world, rising interest rates can create negative returns. We think it makes sense for those investing in fixed income to consider using Federated Capital Preservation in addition to or perhaps instead of PIMCO Total Return. It makes sense to have proper diversification on the fixed income side of investing as well.



## What's Happening!

1. New employees (L to R): Melissa Wilcox, OSC; Kara Troesser, CBO; Tracy Sigg, CBO.
2. New employees (front L to R): Ema Barbosa-Brown, WTC; Sheri Libbert, EHR; Diana Cartagena, ORTHO; (back L to R) Amy Dunn, CBO; Kim Shepherd, CBO; Karen Loaiza-Wulff, OSC; Kristin Stafford, CARD.
3. A new flag is raised in front of the JCMG Medical Building.
4. Several lucky walking challenge participants, whose names were randomly drawn, were treated to a complimentary massage by students of Metro Business College.
5. An open house for the new computer training room featured door prizes, refreshments and demonstrations.

# JCMGroupTalk

is a monthly publication of Jefferson City Medical Group.

The deadline for submitting materials for the June issue is May 13. Send comments, suggestions and article information to the editor, Emily Mantle, Community Relations.



## April Birthdays

1	FCA	Dr. Jack Dodson
1	FM	Kelinda Scoughton
3	RAD	Dr. Sid Belshe
4	SURG	Vicki Muenks
5	PHARM	Sophie Backes
7	CBO	Bev Kurtz
8	ON/HM	Mandy Lawrence
9	WC	Gina Czeschin
10	GI	Cheryl Overman
10	CBO	LeAnn Laughlin
11	IM	Shubha Miller
11	EHR	Mike Lock
12	EHR	Stephanie Bogle
13	FM	Dr. Michael Steenberg
14	CARD	Dr. Conrad Balcer
14	PUR	Kirby Crane
14	NEURO	Dr. A.M. Hooshmand
14	POD	LaRae Skelton
15	FCCL	Sherry Cleveland
15	ENT	Joyce Slicker
16	MS	Shelly Sappington
16	DRM	Jami Kallenbach
17	PEDS	Charity Marsh
17	SURG	Rachel Shepard
18	OSC	Heather Baltzell
20	ORTHO	Linda McDaniel
20	PEDS	Robin Crabtree
21	CARD	Dianne Kottwitz
22	MAIN	Tamika Warfield
23	EHR	Ruth Johnson
23	ORTHO	Melissa Sommerer
23	OSC	Lisa Macy
23	CARD	Steffenie Tervo
23	CBO	Kara Troesser
24	IM	Sue Gump
25	FM	Peggy Benson
27	PEDS	Dr. Brian Herrbold
28	RAD	Dr. E. Dwain Roberts
28	CBO	Leigh Sportsman
29	GI	Donna Braun
29	NEURO	Theresa Walter
30	EC	Jennifer Karr
30	MAIN	Tom Allman
30	FCA	Melody Croy

## May Birthdays

3	CARD	Cindy McGrail
3	OSC	George Hall
4	CARD	Tim Garvey
5	OSC	Leslie Balk
5	IM	Dr. Sima Ovais
5	DRM	Jessica Roling
6	MAIN	Terry Kuebler
7	FM	Marla Schaefer
10	ORTHO	Susan George
10	ENT	Dr. David Marty
10	CBO	Lucas Bechel
10	IM	Debbie Cochran
11	RAD	Katie Schad
11	ON/HM	Janice Roush
12	CBO	Paula Zuck
13	GI	Dr. Joseph Wang
13	LAB	Willis Richmond
14	IM	Dr. Steve Linsenhardt
14	PHAR	Debbie Norman
16	INF	Marchia Monroe
17	CBO	Sandy Russell
18	OSC	Barb Hagan
18	IM	Rebecca Mitchell
20	LAB	Carla Gredell
20	CBO	Jessie Sneller
20	WC	Dr. Lorraine Dodson
21	FM	Vicki Clad
21	RAD	Christie Roberts
22	NEURO	Sheila Hooshmand
22	CARD	Melinda Brigance
22	PEDS	Tanya Henson
23	RAD	Shelly Sigmund
23	ACCT	Becky Morts
24	FM	Carrie Wolz
24	SURG	Dr. Chandra Prasad
24	RAD	Rachel Fine
24	MAIN	Connie Gilmore
26	L&VC	Kimberly Hentges
27	CBO	Deanna Barber
28	EHR	Nikki Ahart
31	GI	Julie Branch
31	IM	Suzie Schuenemeyer

## JCMGuessWho?

Each month GroupTalk will highlight a JCMG employee. Clip off the form or send your entry on a 3"x5" card to Community Relations, by May 13. If more than one correct entry is received, a drawing will be held.

March's mystery employee was Sara Collins, SURG, and the winner was Lesley Weaver, ADMIN. They each received a JCMG lunch tote.

## Guess Who Clues

This young professional has a lot going on! In recent weeks she bought a new house and became engaged. She has also started back to school. When she does have some spare time she enjoys scrapbooking, sporting events and time outdoors. Her most beloved time is spent with family and friends, most specifically her five year old son. This mystery employee has worked for JCMG for four years.

Name of mystery employee:

Entrant's name & title:

Entrant's department:

Entrant's telephone number:

**\$21,075** reasons for babies to be born healthy





Photos Courtesy of Lisa Reutter with Lisa's Photos

Easter Party Time