

# JCMG Group Talk

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## Orthopaedic Hand Surgeon Arrives



When you recognize a pair of hands as indispensable tools, as well as the many ways they can break down, then having easy access to a hand surgery specialist is, well, handy.

Dr. Joyce Wilson, who recently completed a respected fellowship with Hand Surgery Specialists Inc. at the University of Cincinnati, joined the Jefferson City Medical Group in September as the group's first hand specialist. As an orthopaedic surgeon, she specializes in correcting problems of the hand and arm.

"Everybody uses their hands constantly every day," Dr. Wilson notes. "As a surgeon, I'm able to help people when something goes wrong. We get instantaneous results with surgery."

She received a medical degree from Washington University School of Medicine in St. Louis, where she also completed an orthopaedic residency at Barnes-Jewish Hospital. She then was chosen for the Mary S. Stern Hand Fellowship, a year of advanced subspecialty training at the University of Cincinnati.

Dr. Wilson brings the latest procedures to treat a variety of hand conditions, such as osteoarthritis, rheumatoid arthritis, carpal tunnel syndrome, trigger finger and Dupuytren's Disease, as well as fractures, breaks, sprains and other injuries.

She grew up in the small farming community of Germantown, Illinois, the ninth of 10 children. And although she and her husband, Steven, weren't planning to have a big family themselves, they recently received a shock. Dr. Wilson is carrying triplets, due in January.

"My husband wanted to have another baby so our daughter wasn't an only child," she laughs. "I guess we got really lucky!" Twins have occurred in both their families -- but this will be the first set of three. Steven Wilson is a science teacher and wrestling coach at Helias High School. Together, the family enjoys outdoor activities, such as hiking and camping.

Dr. Wilson is in the new JCMG Orthopaedic Center. To make an appointment, call 573-635-8000.

## Dr. Breier Joins JCMG Oncology



Dr. Rolando Breier grew up in Buenos Aires, Argentina, in a family of many doctors, including his father, an oncologist. "I knew I wanted to be a doctor when I was 8 years old," he says.

This broad exposure to medicine was followed by extensive medical training. It began with a medical degree in 1994 from the University of Buenos Aires School of Medicine and continued with advanced training there and in the United States. He completed a residency in internal medicine at New York Medical College, Metropolitan Hospital Center in New York City; a fellowship in pain and palliative care at Memorial Sloan Kettering Cancer Center in New York City; and a fellowship in hematology and medical oncology at the University of Missouri-Columbia.

He is board certified in internal medicine, as well as hospice and palliative medicine. Dr. Breier joins JCMG in September as an oncologist.

"Oncology is changing rapidly with many new drugs and procedures every year that give patients more options," he says. "It's changed the way we treat cancer, and it's improved the results."

He brings a special expertise in managing the side effects and symptoms of cancer and its treatment, including pain and nausea. "It's very important that patients understand that no one should be in pain," says Dr. Breier, who is fluent in both English and Spanish.

His wife is also a physician from Argentina and serves on the faculty in Endocrinology at the University of Missouri-Columbia. They have two sons -- one born in Texas and the other in New York -- who are happy to be settled in the Midwest, their father says.

He has brought his Argentinian style of barbecue to Missouri. Known as "asado," it involves a backyard fire pit designed for slow roasting. The family enjoys biking the Katy Trail and playing with their labrador retriever. To contact Dr. Breier, call 573-893-6404.

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## Skills Days, Skills Days, Test Your Ability Days

Clinical staff will have the opportunity to review key competencies during skills days being held in September.

Topics include fire extinguisher usage, AED/Codes and rapid assessment, disaster preparedness, administration of IM/SQ injections, risk management/quality improvement, hazardous waste, safe injection practices and medication safety.

All clinical staff are required to register for a session on one of the days listed below. Please note that advance registration is required and may be found by going to the JCMG Intranet and selecting eRegistrar. Additional instructions may be found under Training & Education.

Prior to attending training, staff will need to complete an online course entitled, "Disaster Preparedness" found on the careLearning site. Upon completion of the course, please print off your student transcript and bring to Skills Day. (Transcript may be found under the "Main Menu." Select "Student Transcript" and print.)

Please contact Shelly Sappington, Clinic Educator, at ext.7745, with any questions.

### Skills Days for Clinical Staff

#### Employee Training Room

Monday, Sept 19

Tuesday, Sept 20

Tuesday, Sept 27

Wednesday, Sept 28

## What's Happening!

## JCMG to Break Ground on Women & Children's Center

The groundbreaking of a 22,000 square foot building, designed to house Women's Clinic of JCMG and JCMG Pediatrics, will take place at 8:45 a.m. on Saturday, September 17 in the JCMG rear parking lot (near the bridge).

The JCMG Women and Children's Center will be constructed at the corner of the JCMG Medical Building on the physician parking lot. Physician parking will remain at the lowest level of the building with Women's Clinic occupying the main floor and Pediatrics housed on the second level. A glass-enclosed, covered walkway will adjoin the two buildings near the current office of the employee health nurse.

Patient parking will be expanded on the hillside near the maintenance shed. Additional employee parking will be available near the substation.

Project construction is scheduled to begin this fall with occupancy slated for 2013. Although final numbers are not yet available, it is estimated that the cost will be near \$3 million.

*The 4th Annual Fun Walk/Run will follow the groundbreaking. The family-friendly event will take place along the Greenway, from JCMG to Jefferson Bank and back, as in years past. Adult participants will receive a free t-shirt. Door prizes include \$50 gift cards, resting metabolic rate screening and a Wii. Registration not required. Make plans to join the fun - rain or shine!*



## What's In Your Cart?

The JCMG Fitness and Wellness Committee would like to invite employees and physicians to join in a supermarket tour. The outing will offer insight into healthy food purchases when shopping at the grocery store.

The tour will take place at 5:30 p.m. on Wednesday, Sept. 28 at Hy-Vee. If you are interested in participating, please call Melissa Downing, Human Resources, at 556-7768.

Let's go shopping!



## 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.*

# Genetic Testing in Cancer

by Anne Petersen, MD, FACS  
JCMG Surgical Specialists, 556-7722



Most of the time cancer happens without a known underlying cause. But in some cases and in some families, a higher likelihood of cancer is passed down in genes from generation to generation. When a gene for cancer is passed down, this increases an individual's risk for cancer. Knowing your risk can help you make important medical decisions.

Currently in our office, we offer genetic testing for colorectal cancer, breast and ovarian cancer, melanoma, and a compilation of cancers called Lynch Syndrome. (Lynch syndrome consists of cancer in the colon, uterus, stomach, ovaries, brain, biliary tract, kidney/urinary tract, small bowel and pancreas.) Testing is also available for prostate and pancreatic cancer.

When patients come to the office with a new or older diagnosis of cancer, sometimes, their family history is suggestive of a hereditary type of cancer. If genetic testing is done, the entire family may be able to receive more frequent screening for certain types of cancer and other family members may be able to prevent a cancer or have that cancer diagnosed at a very early stage when it can be treated.

In order to be prepared to determine if genetic screening is right for you, you need to know your family history of cancer as best as you can. This may mean making a few phone calls to some other relatives to see if they have any additional information. To qualify for a genetic test, certain family relationships or ages at the time of cancer diagnosis are required. Most people who qualify for genetic testing do not have a hereditary cancer. The current tests also can only diagnose what we know so far about the genetics of cancer. A negative test does not mean that there is not an increased risk of cancer.

If you have a positive test for genetic cancer, proactive decisions can be made to try to avoid future cancers. For example, a woman diagnosed with genetic breast cancer, has a higher risk of ovarian cancer. She may or may not choose to have her ovaries removed once she is able to understand the increased risk. Other family members may also qualify for genetic testing once one person in the family has a positive result.

Talking with your physician about a strong family history of cancer may lead to the conclusion that you would like more information about genetic tests for cancer.

## Notable News & Calendar of Events

- Congratulations to Beth Durham who received a Signature Care customer service card since the last GroupTalk. Thank you to Beth Durham, Amy Verslues, Karen Fennwald, Becky Morts and Lisa Weider for a job well done.
- Congratulations to William Duke, DPM, and Jody McAleer, DPM, for achieving the necessary requirements for board certification through the American Board of Podiatric Surgery.
- Congratulations to Dr. Samuel Brayfield, OFC, for being voted the Lake Sun 2011 Reader's Choice Award recipient for Best Family Practice Doctor.
- Congratulations to Dr. Esteban Marten, JCMG Plastic & Reconstructive Surgery, who will begin in October. He was the first author in a study printed in the June issue of Plastic and Reconstructive Surgery which was cited in the New York Times recently.
- Thank you to everyone who participated in the EIC blood drive to benefit the American Red Cross. A total of 47 units of blood were collected, 8 of which were first-time donors.
- EIC presents "Kickin' It Old School" trivia night being held Saturday, Sept. 17 at the American Legion Hall. Doors open at 6 p.m. and trivia begins at 7 p.m. Registration for a team of 8 is \$75 or individuals are \$10. Please call Susie Eoff or Betty Jo Halas by Sept. 12 to register.
- JCMG logo apparel will be available for order on Monday, Oct. 10, from 11 a.m. to 5 p.m. and Tuesday, Oct. 11 from 7 a.m. to 1 p.m. in the JCMG Board Room. Order will arrive Nov. 4.
- Join JCMG on Facebook! Search for Jefferson City Medical Group and "like" us for timely updates.



1. Dr. John Krautmann, JCMG Orthopaedics & Sports Medicine, was a recent recipient of the Mission Exceptional Physician Award from St. Marys Health Center.
2. Nominated by peers, Linda Lehmen, JCMG Cardiology, was awarded "LPN of the Year" by the Missouri State Association of LPNs.
3. New employees (front L to R): Angela Thompson, IM; Tatyana Gulyayeva, LAB; Jana Yarnell, PHAR; (back L to R) Kent Mastroianni, PHAR; Felicia Adams, WC; Kathryn Hinesley, WC.
4. Employees and physicians participated in a blood drive hosted by EIC.

# JCMGroupTalk

is a monthly publication of Jefferson City Medical Group.

The deadline for submitting materials for the October issue is September 16. Send comments, suggestions and article information to the editor, Emily Mantle, Community Relations.



## September Birthdays

2	HR	Evelynn McVicker
6	PMR	Karen Koetting
6	OPH	Samantha McKinley
7	RAD	Dana Bisges-Staggs
7	MS	Sandy Elder
8	WC	Carol Backes
8	POD	Judy Redel
8	SURG	Dr. Leon Robinson
9	DRM	Tina Morris
9	FM	Amy Northway
11	FM	Tonya Gabaldon
14	WTC	Mary Ulm
14	INFO	Ann Claypool
15	MC	Pam Luebbert
15	POD	Amanda Korman
15	IM	Angela Thompson
16	FHC	Dr. Sara Bohn
16	NEURO	Cindy Hooshmand
17	INFO	Debbie Boeckman
17	CBO	Judy Zemke
18	TRAN	Mary Kay Otto
18	FM	Roxie Russell
18	IM	Linda Holthaus
19	EHR	Ron Rockwood
19	OSC	Susan Rosales
19	WC	Christi Morris
19	LAB	Kara Hagarty
19	EHR	Andrea Wisner
21	CBO	Carol Bauer
22	WHC	Janine Loudon
23	FM	Judy Uthe
23	EC	Joseph Genovese
25	CBO	Paulette Reynolds
27	FM	Peggy Bolinger
27	IM	Suzy Vladeff
27	ORTHO	Kristine Wegener
29	WC	Susan Claypole
29	WC	Deborah Massey
30	DRM	Kathy Dunwiddie
30	RAD	Rebecca Kemna

## September Meeting Schedule

New Employee Orientation	Sept. 13 & 14	8:30 a.m.	Training Room
FM Staff	Sept. 20	7:00 a.m.	JCMG Lounge
EIC	Sept. 20	1:00 p.m.	Board Room
Board of Directors	Sept. 22	7:00 a.m.	Board Room
Safety Committee	Sept. 22	7:45 a.m.	Training Room
Department Meeting	Sept. 22	9:00 a.m.	Board Room
FM Physicians	Sept. 22	6:00 p.m.	Board Room
Education Committee	Sept. 27	11:30 a.m.	Training Room
Administrative Council	Every Monday	9:00 a.m.	Board Room
Grand Rounds	Every Thursday	12:00 p.m.	JCMG Lounge
Cardiology Committee	Every Friday	7:00 a.m.	Board Room

## 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 September 16. If more than one correct entry is received, a drawing will be held.

August's mystery employee was Nicki Kloepfel, CARD, and the winner was Laura Buehler, CARD. They each received a JCMG lunch tote.

## Guess Who Clues

This mystery employee enjoys spending time with her three beautiful children, listening to music and watching movies. In fact, she is such a movie buff that she owns more than 300 videos! Yes, this Guess Who is not an amateur collector, look no further than her stash of pig figurines to attest to that fact. She is very involved in local mission work through her church - whether it's helping in a food pantry or assisting foster children at Christmas time - she finds it important to give to others. This Guess Who has worked in two different departments at JCMG for a combined total of nine years.

Name of mystery employee:  
\_\_\_\_\_

Entrant's name & title:  
\_\_\_\_\_

Entrant's department:  
\_\_\_\_\_

Entrant's telephone number:  
\_\_\_\_\_