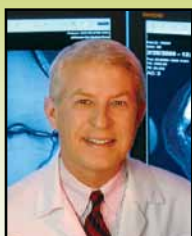


JCMG Group Talk

July 2011 Vol. 15 / Num. 6



Radiologist Retires, Remains Involved



Dr. Sid Belshe, who has been a radiologist in Jefferson City for 29 years, retired from practice July 1. But he continues to be a statewide leader in the advancement of radiology as president-elect of the Missouri Radiology Society.

After completing his training and residency at the University of Missouri-Columbia School of Medicine, Dr. Belshe joined Jefferson City Radiology, which later merged with JCMG.

During his career, Dr. Belshe has seen an “explosion” in the field of diagnostic imaging as technology has advanced. “There are so many things we do now that are less invasive for the patient. We can diagnose conditions now with a CT scan or an MR scan that used to take either surgery or some very invasive radiology procedures,” he notes.

He is pleased that JCMG has remained committed to keeping up with advancing technology, as well as employing highly trained physicians. “The group has really made it a point to invest in the very best of technology and diagnostic capabilities for patients,” he says. “And, we have just outstanding physicians in their field, who give the level of care that you’d otherwise have to go to the Mayo Clinic to get.”

He believes JCMG’s multi-specialty care benefits patients with convenience and speed that reduces anxiety. “They often can see their physician, and then literally walk right downstairs and get very sophisticated testing, and then go back to their physician with the results.”

Dr. Belshe will remain involved in professional activities, most notably taking over next year as president of the Missouri Radiology Society. The state group works to influence state and federal laws impacting the field and fosters the highest standards of patient care through practice guidelines. He also serves on the University of Missouri-Columbia Medical School Foundation.

Dr. Belshe has been a health care leader throughout his career. He served as president of the Cole County Medical Society and was on the St. Mary’s Health Center executive committee, including chief of staff.

He has no big plans for retirement, other than to “take a break,” he says. His wife, Barb, is retired from the University of Missouri’s neurosurgery department, where she served as a nurse practitioner.

Dr. Belshe had parting words for his colleagues: “I’ve had a wonderful group of radiology partners, technologists and other employees to work with. They are true professional people who do the best job they can every day.”

Thanks, Dr. Belshe!



GI Doc Joins Group

Growing up in “the second biggest Paris” (in Texas), Todd Kilgore often tagged along with his father while he made rounds to check on his patients. He learned the value of developing close and honest relationships with patients, especially in a small community.

That’s one reason he chose Jefferson City as the place to establish his practice. Dr. Kilgore joins the JCMG in July after completing a fellowship in gastroenterology at the University of Missouri-Columbia and Harry S. Truman Memorial Veterans’ Hospital. He also completed his internal medicine residency there, where he was named Resident of the Year and Outstanding Teaching Resident of the Year. His medical degree was earned at the Saba University School of Medicine.

Besides the formal training, he learned from his father, a pulmonologist, the importance of “being friendly and delivering good care and doing the best that you can.”

As a gastroenterologist, Dr. Kilgore is excited about new and emerging technologies and medicines available to detect and treat diseases of the gastrointestinal tract. Even smaller cameras now can travel by capsule through the intestinal system to display internal images of very high definition, and procedures are becoming less and less invasive as technology continues to advance. He says he is pleased to join a progressive multi-specialty group that embraces advances in medicine.

Recently married to a veterinarian, Dr. Kilgore enjoys “anything and everything outdoors,” including hunting, fishing, backpacking and some day getting away to his ranch in southeast Oklahoma.

2 Radiologist
Returns to Mid-MO

2 Physician
Specializes in
Neuroradiology

2 Food 4 Kids
Program Seeks
Volunteers

3 Unpacking the
“Magic” of HCG

4 A Look at the
Month Ahead

Radiologist Returns to Mid-MO



Dr. David Burns brings a specialty in heart and chest imaging to the radiology department at the JCMG when he starts in July.

He recently completed a fellowship in cardiothoracic radiology at the top respiratory hospital in the country -- National Jewish Health in Denver. He is the only radiologist between St. Louis and Kansas City with the additional cardiothoracic training.

A native of Kansas City, Dr. Burns received his undergraduate and medical degrees at the University of Missouri-Columbia. He also completed a radiology residency there.

With two uncles as physicians, he always knew he wanted to be a doctor. He was attracted to radiology because of its advancing technology that enables doctors to pinpoint the presence and nature of disease and abnormalities. "It's an ever-changing and improving field," he says "I like practicing as a consultant to other doctors."

Dr. Burns is happy to return to mid-Missouri where he can be near his favorite college team, the Mizzou Tigers, and not far from the Kansas City Royals and Chiefs.

"I really enjoy the mid-Missouri area. When I started to look for a job, I focused my search on that area. JCMG was the best fit for me," he says. He also likes to run and has participated in several half-marathons. He is engaged to be married.

Physician Specializes in Neuroradiology



The loss of his sister at a very young age and the long illness of his grandmother motivated Dr. Ravi Bodiwala to seek a career in medicine. "It pushed me toward a field where I could take care of people," he says.

After finishing high school, he and his family immigrated from India to the United States. He went to Emory University in Atlanta, then the Medical College of Georgia, where he earned a medical degree. He completed a radiology residency followed by a neuroradiology fellowship at the University of Texas Health Science Center in Houston. The

program is affiliated with MD Anderson Cancer Center, among others.

Dr. Bodiwala joins the radiology department at JCMG in July, where he is the first to specialize in neuroradiology, focusing on the brain, spine, and the head and neck.

"As the population starts getting older and older, we have to worry about things like Alzheimer's and cancers of the head and neck. Brain function is one of the things that makes us human. It's gratifying in many ways to detect abnormalities in the brain, and you're able to help correct them, and patients get their cognition back," he says.

New technology and techniques continue to advance the field of radiology, which enables quicker and more accurate diagnoses. That's what attracted him to radiology, initially. "I was just amazed at how, in radiology, we are able to look inside the body without even making an incision."

Dr. Bodiwala and his wife, Kiran, a dietician, have a baby daughter and are pleased to settle in mid-Missouri near his parents. Even a seven-inch snowstorm during his first visit to Jefferson City last winter failed to discourage him.

He is looking forward to exploring the area's golf courses, hiking trails and cuisine.

Food 4 Kids Program Seeks Volunteers

In Cole County, 5,147 children qualify for the National School Breakfast and Lunch Program. Imagine the void that exist for these children when summer rolls around. For this reason, JCMG has become actively involved in the United Way's Food 4 Kids Program.

For the past several years, JCMG has enabled employees to go off-site, on company time, to deliver lunches to children who may not otherwise have that luxury. "The program affords children one healthy meal. It may be the only meal that some of these children will receive throughout the day," says Beth Durham, program coordinator for JCMG. "We need volunteers and drivers to assist this effort during the week of August 8 from 11:30 to 12:30."

If you are interested in participating, please call Beth at 556-7732.

What's Happening!



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.

Unpacking the “Magic” of HCG:

Is It the Low-Carbohydrate Very Low Calorie Diet?

by Lisa Finley, RD, JCMG Weight Treatment Center, 556-5774



Having worked in a medically-supervised weight management program exclusively for over nine years as a registered dietitian, I sincerely empathize with men and women searching for an effective weight loss solution. Frequently, during phone conversations with potential clients, these individuals share, often tearfully, their frustrations, disappointments and, yes, still hope, that they will be able to lose and maintain weight to feel better and be healthier. I also hear from physicians who, understanding the medical benefits of weight loss for their patients, are appreciative of a weight loss method which provides quicker improvement of medical conditions and, therefore, renewed motivation and commitment by their patients. Is it no wonder that the HCG diet, which promises quick weight loss with the absence of hunger and cravings, seems appealing both to patients and even some medical professionals?

What is HCG? It is human chorionic gonadotropin, a hormone approved for use by the FDA for treatment of delayed sexual development for pre-pubertal boys and fertility problems in women. It was A.T.W. Simeons' observation of weight loss while using HCG for reproductive treatment that prompted him to recommend HCG in combination with a 500-calorie diet as a weight loss treatment in the early 1950s.

HCG is administered either as injections or oral drops. The oral drops, if proven to really contain HCG, would contain a hormone with a molecular weight categorized as “high.” In other words, the hormone is too “big” to be absorbed under the tongue. Oral HCG drops also eventually pass into the GI tract where, as a protein, they are broken down into small peptides and amino acids by gastric acid—just like your dinner portion of chicken! If administered by injection, the long-term effects are unknown, and therefore, present a level of risk. While administration routes of hormones may vary, there are significant factors impacting absorption and efficacy. If all hormones were easily administered by mouth, then diabetics would no longer need to take insulin shots!

A 1995 meta-analysis of the research which reviewed 8 uncontrolled and 16 controlled studies concluded that there is no scientific evidence that HCG is effective in the treatment of obesity.

So, what COULD be the reason for weight loss plus decreased hunger and cravings on the HCG plan? It is likely ketosis resulting from the low-carbohydrate nutritional profile of the 500 calorie diet prescribed along with HCG.

For this story in its entirety, please visit

<http://www.jcmg.org/jcmg.nsf/web/Unpacking-the-Magic-of-HCG>

Notable News & Calendar of Events

- Congratulations to Becky Thompson who received a customer service card since the last GroupTalk. Thank you to Stephanie Kay for a job well done.
- JCMG Osage Family Clinic has received AAAHC Accreditation. Congratulations to the clinic staff who worked hard to meet the accreditation standards.
- Do you like to sing? If you have an interest in joining a JCMG Seasonal Choir, please call Donna Oswald, EC, at ext. 5190.
- Books Are Fun book and gift fair to benefit United Way will be take place from 8 a.m. to 4 p.m. on Thursday, July 7 and from 8 a.m. to 3 p.m. on Friday, July 8 in the JCMG Lobby.
- JCMG's Heart Walk team will host a grilled chicken salad luncheon on Wednesday, July 13 from 11 a.m. to 1:30 p.m. in the Employee Lounge. Cost is \$5.
- JCMG Employee Quarterly Meeting will be held Tuesday, July 19 at 11:30 a.m. and 12:30 p.m. in the Employee Training Room.
- EIC is treating JCMG employees, physicians and their families to an evening at Turkey Creek Golf Center on Saturday, July 23 from 5 to 10 p.m. Complimentary hamburgers, hot dogs, chips, ice cream and a drink, along with many fun activities, are planned. You must register by July 15 on the Intranet to enjoy the fun!



1. The Doctors' Delectable Desserts fundraiser held by the Heart Walk team raised \$610. Thanks to everyone who contributed.
2. New employees (front L to R): JoAnne Paluczak, CARD; Kay Haefner, IM; (back L to R): Whitney Sanford, FM; Cassie Hodge, WC; Rebecca Thompson, FLOAT.
- 3&4. Employees & Physicians were treated to logoed golf shirts and lunch on an appreciation day held in June.

It's Not in the Mail

by Lauren Nassif, Moneta Group

The Social Security Administration has suspended mailing of Social Security paper statements beginning in April 2011. To obtain information regarding estimated Social Security benefits, please use the online estimator. The online estimator is available at www.ssa.gov/estimator/.

JCMGroupTalk

is a monthly publication of Jefferson City Medical Group.

The deadline for submitting materials for the August issue is July 15. Send comments, suggestions and article information to the editor, Emily Mantle, Community Relations.



July Birthdays

2	FCA	Dr. James Weiss
2	FCCL	Karen Wolfe
4	RAD	Janet Harris
4	EC	Donna Oswald
6	MS	Debbie Hibdon
6	WC	Lana Ross
7	CBO	Amanda Barnhart
8	CARD	Susan Lange
9	CARD	Norma Thompson
9	FM	Whitney Sanford
10	LAB	Doug Cunningham
10	INFO	Judy Holzem
12	ADM	Bill Gibson
12	PT-S	Kellie Sennott
12	FHC	Lynnette Morse
14	OPH	Regina Bowman
14	FM	Tracie Brown
14	ON/HM	Amy Franken
15	HSKP	Sarah Blume
17	ENT	Denise Bauer
17	LVC	Laura Wheeler
19	FCA	Cheri Grothoff
20	WTC	Lisa Finley
20	ADM	Dr. Michael Craighead
21	LVC	Marcia McCoy
21	"O"	Jessica James
21	INF	Jamie Sandbothe
21	PEDS	Damien Naab
23	FHC	Linda Baer
23	CBO	Karen Green
25	IM	Tina Cremeans
27	ON/HM	Patti Skiles
27	WC	Eloise Blattner
28	FCA	Debbie Becker
28	CARD	Cherie Dupuis
29	WC	Dr. Brian Stephens
31	FCA	Rose Huffman
31	IM	Cheri Skiles

July Meeting Schedule

EIC	July 5 & 19	1:00 p.m.	Board Room
New Employee Orientation	July 12 & 13	8:30 a.m.	Training Room
FM Staff	July 19	7:00 a.m.	JCMG Lounge
Employee Quarterly Meeting	July 19	11:30 a.m./12:30 p.m.	Training Room
Board of Directors	July 21	7:00 a.m.	Board Room
FM Physicians	July 21	6:00 p.m.	Board Room
Education Committee	July 26	11:30 a.m.	Training Room
Safety Committee	July 28	7:45 a.m.	Training Room
Department Meeting	July 28	9:00 a.m.	Board Room
Administrative Council	Every Monday	9:00 a.m.	Board Room
Grand Rounds	Every Thursday	12:00 p.m.	Training Room
Cardiology Committee	Every Friday	7:00 a.m.	Board Room

JCMGuess Who?

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 July 15. If more than one correct entry is received, a drawing will be held.

June's mystery employee was Susie Eoff, OPH, and the winner was Rhonda Rice, OPH. They each received a JCMG lunch tote.

Guess Who Clues

This mystery employee loves to spend time outdoors in the summer but curls up in hibernation mode when it turns cold. She enjoys sporting events especially when they involve her college-aged daughter and younger son. She loves to watch the St. Louis Cardinals. Other hobbies include time spent on Facebook and photography. This person has worked at this JCMG department for nearly 10 years. Can you guess who? Submit your entry today!

Name of mystery employee:

Entrant's name & title:

Entrant's department:

Entrant's telephone number:
