

MSSC NEWS

COVID exacerbates mental health challenges

The stress of living through the COVID-19 pandemic and the far-reaching economic impacts it has caused has negatively affected people's health and created new barriers for people already suffering from mental illness and substance abuse disorders, researchers say.

The pandemic has played havoc with people's sense of safety, balance and well-being, impacting about 40% of adults nationwide with anxiety or depressive disorders – a fourfold increase from pre-pandemic levels and challenging an already burdened system, according to Kaiser Family Foundation research.

A KFF Health Tracking Poll from July 2020 also found that many adults reported specific negative impacts on their mental health and well-being, including difficulty sleeping (36%) or eating (32%), increases in alcohol consumption or substance use (12%), and worsening chronic conditions (12%), due to worry and stress over the coronavirus.

"COMCARE has been seeing an influx of new people seeking mental health services, especially those needing mental health services for the first time," said Rex Lear, MD, medical director for COMCARE of Sedgwick County. "Also, the people seeking services often have more significant mental health needs and are really struggling by the time they seek help."

Physicians may be their first line of defense. Kansas residents have suffered through horrific losses of life



and livelihoods over the past year. Nearly 307,000 people have caught COVID-19 in Kansas and about 5,000 people have died from it. Many others lost their jobs and financial stability. Families and friends have been isolated from one another. Children couldn't go to school. Socializing in person was risky and often terrifying for many – all taking its toll on people's mental health. By late October, some 43.6% of adults in Kansas reported anxiety and/or depressive disorders, slightly higher than national numbers.

"There has definitely been more anxiety and worries out there because of COVID," said Wichita psychiatrist Dwight St. Clair, DO. "People are feeling their freedoms have been impacted, which for some is quite depressing. It provokes anxiety, wondering about the future."

PLEASE SEE **MENTAL HEALTH**, PAGE 2

Physicians urged to reach out to legislators on APRN issue

Although the Kansas Legislature temporarily adjourned April 9 for a three-week break, several issues that concern physicians continue to be in play until the legislature concludes its remaining business during the upcoming Veto Session and adjourns for the year.

Still alive are efforts to pass some form of APRN independent practice legislation as an amendment to an unrelated bill now working through the process of reconciliation for consideration in the wrap-up session that begins May 3.

"Though our efforts have thus far stopped this issue from advancing before first adjournment, the work is not truly conclusive until the legislature completes its work in the month of May," wrote Kansas Medical Society Executive Director Rachelle Colombo on the KMS website.

At issue is legislation that would allow advanced practice registered nurses to practice medicine without a defined scope of practice,

PLEASE SEE **LEGISLATURE**, PAGE 4

Time to vote for 2022 MSSC board

► Ballot on Page 3

Because of the pandemic, MSSC is not having a May membership meeting, so voting will once again be by fax, mail or email. Please respond by May 10.



April
2021

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Physicians, patients need help accessing mental health care



Stephen J. Grindel, DO
April President's Message

In caring for patients in a holistic manner, it is important to assess the mental well-being of patients in addition to their physical health. Primary care physicians are currently treating one-third of patients with psychiatric disorders and two-thirds of patients with depression. The number of individuals requiring mental health care during the COVID-19 pandemic has only further stressed the system, revealing gaps in current treatment.

Primary care physicians are well trained to screen, evaluate and treat mental health problems, but frequently the patients require further evaluation. In attempting to refer patients for psychiatric evaluation, physicians find the availability of mental health providers in our area is limited and more difficult in rural areas. Similar problems exist with counseling services. We may have a few available names of counselors but are unsure of qualifications and areas of expertise. Receiving information regarding treatments, especially from counselors, almost never happens, making coordination of care difficult.

Currently on a national level, the American Medical Association, the American Psychiatric Association and a number of other associations are collaborating on a Behavior Medicine Initiative to give physicians tools and assistance in dealing with the problems

of access to mental health care. One model has a health manager in the clinic with a psychiatrist available to review treatment plans. Several studies have noted that embedding a behavioral medicine individual within the practice has improved quality of care and outcomes.

On the state level, the KU School of Medicine-Wichita Department of Pediatrics and Department of Psychiatry & Behavioral Sciences are directing a telehealth program called KSKidsMAP. This program, funded by a grant from HRSA through KDHE, is focused on pediatric mental health. It allows primary care physicians and other clinicians in Kansas to connect with a social work care coordinator for referral information and mental health resources. Physicians can also receive case consultation services from a child and adolescent psychiatrist and psychologist.

COVID-19 has dramatically increased the number of individuals requiring evaluation and treatment for mental health disorders. According to a Kaiser Family Foundation survey, more than half of Americans feel their mental health has deteriorated during the pandemic. Physicians and patients will benefit from improved access to mental health care.

MSSC is attempting to assemble a list of available psychiatrists and counselors to use for referrals. Our goal is efficient treatment of patients with mental health issues, with coordination of care and easy access to consultants. We want to prevent delayed evaluation requiring emergency room visits and to improve quality of care.

MENTAL HEALTH

CONTINUED FROM PAGE 1

This has especially hit young women and Black and Hispanic adults hard.

KFF reports that nearly seven in 10 young women ages 18-29 say COVID-19 has negatively impacted their mental health. Most worry about getting sick, or that a family member might get sick. Nearly half of Black and Hispanic adults are more likely to report symptoms of anxiety or depressive disorder, while essential workers report experiencing more anxiety or depressive disorders, increased substance use and recent suicidal thoughts than other workers.

In addition, a KFF/Washington Post report out this month underscored that a majority of frontline health care workers say the pandemic has taken a toll on their mental health, including about three in 10 who are receiving or want to receive mental health services.

"Both those newly experiencing mental health or substance abuse disorders and those already diagnosed before the pandemic may require mental health and substance use services but could face additional barriers because of the pandemic," KFF researchers said.

Researchers found that many are not getting the help they need when symptoms arise, making it more important than ever for physicians to keep an eye out for signs a patient may be struggling. Adults who didn't get care for their mental health issues reported they couldn't find a provider, couldn't afford care, or were unable to take off work to seek treatment.

Lear said it is important for physicians to differentiate between patients who are "okay" but have feelings during a pandemic that would be considered "normal," such as feeling stressed, not wanting to reach out to family or friends much, and mild feelings of depression or anxiety – as opposed to patients who probably need to reach out for mental health help.

"For example, patients who are struggling more often than not – who are spending more time feeling down than okay, who have friends or family say they are concerned about them, who are missing work or school, who are trying hard but still feel really down for more than a few weeks – should probably reach out for help," Lear said. "Also, it is important to not miss a patient who may be having suicidal ideation but not saying anything about it."

Managing mental health

NAMI – the National Alliance on Mental Illness – has created a COVID-19 Resource and Information Guide that can assist physicians in steering patients to healthier behaviors. Download a copy by typing tinyurl.com/MSSCguide21. A few tips:

- **Manage how you consume information** – Equip yourself with information from credible, reputable sources such as the Centers for Disease Control and Prevention (CDC).
- **Follow healthy daily routines as much as possible** – Your daily habits and routines can help you feel more in control of your own well-being.
- **Take care of yourself through exercise and movement** – If you're staying home, you may be less physically active than usual. It's important to keep movement as part of your daily life.
- **Practice relaxing in the present moment** – Mindfulness is a way of practicing awareness that can reduce stress. It involves focusing attention on the present moment and accepting it without judgment. It may also help people manage some mental health symptoms.
- **Do meaningful things with your free time**
- **Stay connected with others and maintain your social networks** – There are many ways you can build a feeling of connection, even if you can't see people in person.
- **Find mental health resources**



MSSC Board 2022 Slate and Election Ballot | Candidate information

Vote up or down for the slate and please select three board members. Return instructions below.

President-Elect



Maurice L. Duggins, MD — Practicing with Ascension Medical Group Via Christi St. Joseph Family Medicine. MSSC member since 1996. Board certified in Family Medicine. Graduated from University of Kansas School of Medicine 1993. Residency at Ascension Via Christi St. Joseph 1996.

Secretary



Nassim H. Nabbout, MD — Practicing with Cancer Center of Kansas, PA. MSSC member since 2002. Board certified in Medical Oncology and Hematology. Graduated from American University of Beirut Faculty of Medicine 1995. Residency in Internal Medicine at University of Kansas School of Medicine 1998. Fellowship in Medical Oncology at Yale University School of Medicine 2001.

Board of Directors (vote for three)



David Bryant, MD — Practicing with Ascension Medical Group Via Christi Cyberknife & Cancer Center. MSSC member since 2008. Board certified in Radiation Oncology. Graduated from University of Chicago Pritzker School of Medicine 1995. Internship & Residency at Rush Medical College 2000.



Eric C. Bunting, MD — Practicing with Mid-Kansas ENT Associates. MSSC member since 2001. Board certified in Otolaryngology. Graduated from University of Kansas School of Medicine 1996. Internship at University of Missouri-Kansas City School of Medicine 1997. Residency at University of Kansas School of Medicine 2001.



Andrew S. Hentzen, MD — Practicing with Kansas Surgical Consultants. MSSC member since 2014. Board certified in General Surgery. Graduated from University of Nebraska College of Medicine 2008. Residency at KUSM-Wichita 2014.



Stephanie N. Kuhlmann, DO — Practicing with KUSM-Wichita Pediatric Hospitalists. MSSC member since 2007. Board certified in Pediatrics. Graduated from Oklahoma State University College of Osteopathic Medicine 2004. Residency at Wesley Medical Center 2007.



Katie Rosell, MD — Practicing with Neurology Consultants of Kansas, LLC. MSSC member since 2017. Board certified in Neurology. Graduated from University of Kansas School of Medicine 2013. Residencies at KUSM-Wichita 2014 and University of Colorado Health Science Center 2017.



Wassim H. Shaheen, MD — Practicing with Heartland Cardiology. MSSC member since 2005. Board certified in Cardiovascular Disease and Interventional Cardiology. Graduated from American University of Beirut Faculty of Medicine 1997. Internship and Residency at KUSM-Wichita 2001. Fellowship in Interventional Cardiology at University of Iowa College of Medicine 2005.

Treasurer



Amanda M. Valliant, MD — Practicing with Wichita Nephrology Group, PA. MSSC member since 2015. Board certified in Internal Medicine and Nephrology. Graduated from University of Kansas School of Medicine 2009. Residency in Internal Medicine at KUSM-Wichita, 2012. Fellowship in Nephrology at University of Wisconsin Medical School 2014. Fellowship in Interventional Nephrology at University of Wisconsin Medical School 2015.



I approve this slate.



I do not approve this slate.

☒ **I have selected three board members.**

Vote for the 2022 MSSC officers slate and select three board of directors by **May 10, 2021**. Choose one of the following options to send this page:

- Fax to (316) 683-1606
- Mail to: MSSC, ATTN: Denise Phillips, 1102 S Hillside, Wichita, KS 67211
- Scan and email to denisephillips@med-soc.org
- Phone Denise directly at (316) 683-7558

NAME: _____

SIGNATURE: _____

Medical students get matched to their residency programs



WORLD AT THEIR FINGERTIPS: FROM LEFT: BRYNN WRIGHT, JENNIFER METTLING AND ELIZABETH SIROIS, ALL FOURTH-YEAR MEDICAL STUDENTS AT THE UNIVERSITY OF KANSAS SCHOOL OF MEDICINE-WICHITA, POINT ON A MAP WHERE THEY'RE HEADED FOR RESIDENCY TRAINING. DURING THE STUDENT-ONLY MATCH DAY CEREMONY IN WICHITA, GRADUATING MEDICAL STUDENTS ANNOUNCED TO EACH OTHER – AND TO FAMILY AND FRIENDS WATCHING A LIVESTREAM OF THE CEREMONY – WHICH RESIDENCY PROGRAMS THEY MATCHED TO.

Since last fall, fourth-year medical students at the University of Kansas School of Medicine-Wichita have been applying and interviewing – virtually due to COVID-19 – for residency programs across Kansas and throughout the United States.

On March 19, these graduating medical students learned which programs they were matched to in a hybrid live and virtual event where they learned what part of the country they will live in for the next phase of their training.

Of the 66 students at KUSM-W who matched, 28 will stay in Kansas. The remaining 38 students will travel to 18 other states to continue their medical education.

Half of this year's graduates will go into a primary care field (family medicine, internal medicine, pediatrics), 14 to surgery, two matched to obstetrics and gynecology, three to anesthesiology, two to urology, one to psychiatry, four to radiology, one to child neurology, one to ophthalmology and five to emergency medicine residency programs.

The normal process is for students across the nation to gather and learn – along with their classmates, family and friends – where they'll be headed after graduation in May. Last year, they couldn't come together with family and friends and make their announcements, but this year, COVID-19 circumstances were a bit improved, KUSM-W officials said. This year, Wichita students gathered as a class, distancing in the Wichita State University Eugene M. Hughes Metropolitan Complex, and announced in front of their peers and more than 100 people watching virtually where they will spend the next few years receiving additional training.

LEGISLATURE CONTINUED FROM PAGE 1

without physician oversight, and without regulation by the State Board of Healing Arts, a move that MSSC and KMS legislative committee chairman Kevin Hoppock, MD, calls "plain irresponsible."

"We believe a physician-directed health care team continues to allow expanded access to care without compromising safety or quality," Hoppock said.

KMS is asking physicians to speak directly with legislators and let them know they oppose the independent practice of medicine by APRNs. (To find your legislators, enter your address at tinyurl.com/KSlegis). KMS recommends sending them a brief, respectful and concise email expressing your concern and opposition.

"Legislators are hearing from individuals in support of the APRN proposal every day and have been for many months," Colombo said. "They need to hear from the physician community about our strong opposition to this measure."

Physician advocates hold that APRNs should not be allowed to perform services and acts that constitute the practice of medicine and surgery independently or without appropriate physician supervision, oversight, or delegation.

"Our belief is that the practice of medicine is distinct from the practice of advanced nursing," Colombo said. "If granted, the independent practice of nursing should be defined and appropriately limited in statute and regulated by the Board of Healing Arts to ensure patient safety."

KMS continues working with APRN advocates to address claims around collaborative practice agreements and distinguishing the practice of medicine from the practice of nursing, Colombo said.

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In Brief ▶▶▶

New and noteworthy

Doctors' Day: A day to thank doctors



March 30 was National Doctors' Day, a date set aside to recognize physicians for their dedication to their patients and their many contributions to society.

Normally as part of Doctors' Day, MSSC arranges for physicians to speak to local high schools about what it is like being a doctor. The goal is to encourage and inspire students to pursue careers in medicine.

The pandemic prevented classroom visits this year, but MSSC, Medical Provider Resources (MPR) and Project Access delivered small bags of oranges to MSSC physicians in recognition of National Doctors' Day.

"We are so proud and grateful for our physicians," MSSC Executive Director Phillip Brownlee said. "The bags of oranges were a small, albeit somewhat corny, way to thank them for the 'sunshine' they bring to our community."

Norris launches business podcasts



David Norris, MD, has launched a series of podcasts on the business side of health care. The podcasts range in length from five minutes to about 14 minutes and cover a wide range of topics, including negotiating, warding off lawsuits and preventing fraud. The podcasts are available through Apple Podcasts (search "Financially Intelligent Physician")

or on Norris' website: davidnorrismdmba.com.

Norris has written two books and is a national speaker on business issues for physicians. During the pandemic, he has been speaking remotely at conferences and meetings throughout the country.

Beard to start CMO role for Ascension



Sheryl Beard, MD, an Ascension Medical Group Via Christi physician, begins her new role as chief medical officer for Ascension Via Christi's hospitals in Wichita, Manhattan, Pittsburg and Wamego effective May 2.

Joe Nold, MD, medical staff president for Ascension Via Christi Hospitals, Wichita, who has served as the interim CMO since November, has accepted additional responsibilities with a temporary position as associate CMO and will provide support in the first year of Beard's transition.

In the role of CMO, Beard will be responsible for executive leadership and direction on hospital clinical matters and supporting Ascension Via Christi medical staff. Her work will include a focus on quality measures, improved OR efficiency and safety, COVID-19 management, and other clinical operational challenges, Chief Clinical Officer Sam Antonios, MD, said.

Newest Keeper statue to be unveiled



Weather permitting, MSSC is holding a short dedication/unveiling event for the city's newest Keeper statue at 12:10 p.m. on Wednesday, April 28, at the MSSC offices, 1102 S. Hillside.

The statue, which was designed by Wichita artist John Pirtle, will commemorate and honor the efforts of local health workers in combating COVID-19. Wichita Mayor Brandon Whipple and Sedgwick County Commission Chairman Pete Meitzner plan to make brief remarks, along with MSSC President Dr. Stephen Grindel. All MSSC members are welcome to attend.

Kansas Psychiatric Society CME event

Mark your calendars: Sheldon Preskorn, MD, will be speaking at a virtual CME event of the Kansas Psychiatric Society on May 22. The event features updates in psychiatry, including esketamine, genetic testing, and antidepressant development. For more information, email samantha@kearneyandassociates.com.



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Dreams: Realized

ROSTER UPDATE

Keep your 2021 roster current with this information.

Key: [BC] Board Certified [F] Accredited Fellowship [R] Residency [AT] Additional Training [F*] Unaccredited Fellowship

REINSTATE TO ACTIVE



Jeff A. Beekhuizen, DO

[BC] Family Medicine
Ascension Medical Group Via Christi St. Joseph
Family Medicine (5/1/2021)
OFF: 689-5500
FAX: 691-6764
1121 S Clifton, 67218

NPI: 1750499984

Medical education obtained at Des Moines University College of Osteopathic Medicine 8/1999-5/2003. Residency in Family Medicine at KUSM-Wichita 7/2003-6/2006.



Kellis E. Bulleigh, MD

[BC] Orthopaedic Surgery
Kansas Joint & Spine Specialists, LLC
OFF: 219-8299
FAX: 219-5899
10100 E Shannon Woods Cir S-100, 67226
NPI: 1063679066

Medical education obtained at KUSM-Kansas City, KS 1/2004-5/2008. Residency in Orthopaedic Surgery at KUSM-Wichita 7/2008-6/2013.



Anna O. Dagg, MD

[R] Family Medicine
KUSM-Wichita Family Medicine Residency at Wesley (7/19/2021)
OFF: 962-3070
FAX: 962-3136
850 N Hillside, 67214

NPI: 1215421094

Medical education obtained at KUSM-Kansas City, KS 7/2014-5/2018. Residency in Family Medicine at KUSM-Wichita 7/2018-6/2021.



Jared M. Regehr, MD

[R] Family Medicine
Ascension Medical Group Via Christi St. Joseph
Family Medicine (8/9/21)
OFF: 689-5000
FAX: 691-6719
1121 S Clifton, 67218

NPI: 1295228609

Medical education obtained at KUSM-Wichita 7/2014-5/2018. Residency in Family Medicine at KUSM-Wichita 7/2018-6/2021.



Billy D. Richardson, Jr., MD

[BC] Family Medicine
GraceMed Health Clinic
OFF: 866-2000
FAX: 866-2084
1122 N Topeka, 67214
NPI: 1588773782

Medical education obtained at University of Oklahoma College of Medicine 8/1982-12/1986. Residency in Family Medicine at KU Medical Center, Kansas City, KS 8/1986-7/1989.

REINSTATE TO ACTIVE



James L. Vayda, MD

[BC] Emergency Medicine
Vituity
OFF: 268-8050
FAX: 291-7496
929 N St Francis, 67214
NPI: 1245279652

Active MSSC member 1999-2015.

CHANGES

Karissa A. Gilchrist, MD

[BC] Family Medicine
Ascension Medical Group Via Christi St. Joseph Family Medicine

Charles R. Green, MD

Douglas P. Lewis, MD

Sara E. Purdy, DO

Ascension Medical Group Via Christi on East 31st
(formerly Ascension Medical Group Via Christi – Spirit)
4815 E 31st St S, 67210
Same phone, FAX



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ROSTER UPDATE

Keep your 2021 roster current with this information.

Key: [BC] Board Certified [F] Accredited Fellowship [R] Residency [AT] Additional Training [F*] Unaccredited Fellowship

Christian A. Hourani, MD

[BC] Interventional Cardiology

[BC] Nuclear Medicine

Cardiovascular Consultants of Kansas

Gregory F. Lakin, DO

[BC] Addiction Medicine

Center for Change, LLC

Phong T. Le, MD

[BC] Otolaryngology

Mid-Kansas ENT Associates

David G. Lehr, MD

Andover Medical Clinic

OFF: 733-1331

FAX: 733-7590

308 E Central

Andover, KS 67002

Dee B. Lochmann, DO

Robert J. Dole Veterans Medical Center

OFF: 685-2221

5500 E Kellogg Dr, 67218

Richard M. Muraga, MD

[BC] Internal Medicine

KUSM-Wichita

Jeffrey E. Olson, MD

[BC] Hematopathology

Southcentral Pathology Laboratory, PA

Tiffany Schwasinger-Schmidt, MD, PhD

KUSM-Wichita

OFF: 293-1840

FAX: 855-487-3302

1001 N Minneapolis, 67214

Kristin I. Thom, DO

River City Osteopathic Clinic

OFF: 445-9445

FAX: 776-4839

rivercityosteopathic.org

Same address

Duygu Uzun, MD

[BC] Pediatrics

Ascension Medical Group Via Christi - Murdock

Selia Whitney, MD

[BC] Psychiatry

Ascension Medical Group Via Christi - Psychiatry

Michael D. Wolfe, MD

Ascension Medical Group Via Christi - Maternal Fetal Medicine

1515 S Clifton S-400, 67218

Same phone, FAX

Maggie L. Woods, MD

[BC] Obstetrics & Gynecology

College Hill Obstetrics & Gynecology

RETIRED

Rizwan U. Hassan, MD – 3/16/21

In Remembrance

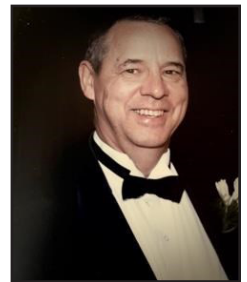
Warren Earl Meyer remembered for his dedication to medical community, Scouts

MSSC extends its condolences to the family of Dr. Meyer.

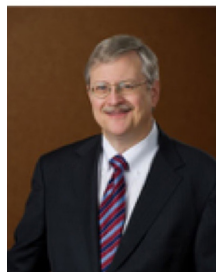
General surgeon Warren Meyer, MD, was raised in Chicago and graduated from Northwestern University Medical School in 1950 before settling in Wichita in 1958 and establishing his medical practice. Active in the medical community and a devoted Boy Scouts supporter who in 2003 was named a James E. West fellow by the Quivira Council, Dr. Meyer died on April 1 at age 93.

Dr. Meyer served as president of the Medical Society of Sedgwick County in 1969, and was president of the Kansas Medical Society from 1978-79. He was a St. Joseph trustee and president of the medical staff in 1985, and president of the Wichita Surgical Society in 1987. He also served on the board of directors for the Wesley Medical Research Foundation from 1962 to 1976. Dr. Meyer received the MSSC Physician Recognition Award in 1984, and the Wichita Surgical Society Distinguished Surgeon Award in 1990.

Dr. Meyer served as chairman of the Wichita-Sedgwick County Board of Community Health for an unprecedented four consecutive terms during the '70s, and it was during his tenure that the Wichita/Sedgwick County Emergency Medical Services (EMS) was established.



DR. MEYER



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Anthony M. Singer is responsible for this content.

MSSC NEWS

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Managing Editor: Phillip Brownlee, Executive Director

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