



MADISON COUNTY

# MEDICAL SOCIETY

VOICE • ADVOCATE • RESOURCE

## President's Message



Debbie Kolb, MD

# Welcome

**Clark Alves, MD**

Internal Medicine Resident  
301 Governors Dr Ste 396  
(256) 551-4608

**John Nicholson III, MD**

Hematology/Oncology  
201 Sivley Rd Ste 200  
(256) 265-1822

**Lori Foster, MD**

Nephrology  
810 Franklin Street  
(256) 881-1160

**Richard Randall, MD**

Surgery, General & Thoracic  
401 Lowell Dr SE Ste 10  
(256) 535-5948

**Edward Gaines, MD**

Internal Medicine  
2227 Drake Ave SW Ste 6  
(256) 882-1881

**Casey Smith, MD**

Anesthesiology  
2006 Franklin Street Ste 301  
(256) 539-9471

**Jeffery Garrard, MD**

Family Medicine  
4205 Balmoral Dr Ste 200  
(256) 382-7767

**D. Kishore Yellumhanthi, MD**

Family Medicine  
2410 Commerce Court  
(256) 539-7722

**Ehtisham Khan**

Internal Medicine  
8371 Hwy 72 W Ste 104  
(256) 265-5970

The American public was stunned recently by the untimely deaths of designer Kate Spade and Chef Anthony Bourdain. Statistically, physicians are twice as likely to die by suicide than any other profession. At our Physician Burnout Prevention Seminar here in February, Dr. Dike Drummond spoke about the importance of reaching out to colleagues who may be struggling with burnout and depression. He talked about how we must become comfortable with asking about each other (“Hey, can we talk for a second?”) when we sense there is a problem. He emphasized the importance of physically putting our hand on our head to illustrate (“I’m taking my doctor hat off now”) connecting with each other as human beings who care about one another, not fellow physicians or executive leaders. He warned us to expect INTENSE DENIAL since our (“never show weakness”) training prompts a knee-jerk reaction, (“I’m fine”). He stressed it was important to keep asking and looking out for each other. (“I’m concerned. And if you ever get to the point where you are ready to talk about it, I’m ready to listen.”) If you suspect someone is struggling, don’t “stalk” them- but be persistent. Expect rejection - it is a normal response from physician programming. Don’t let it stop you from asking, Dike stressed. You may forge a connection that is potentially lifesaving. Suicide can be a devastating complication of burnout. We must be vigilant to prevent it.

Physician burnout is well recognized as an epidemic. The NEJM Catalyst Insights Council Survey shared that for the first time since they began their survey there is an overwhelming concurrence on this: “96% of executives, clinical leaders and clinicians agree that physician burnout is a serious or moderate problem in the healthcare industry.” This is NOT news to those of us in the trenches. So, what are we going to do about it?

As our membership is aware, the Madison County Medical Society Wellness Committee has been working hard to advocate for the mental and physical health of our physicians and families. With the generous support of our sponsors- Huntsville Hospital, ProAssurance, the Medical Association of the State of Alabama, the Madison County Medical Alliance, Blue Cross /Blue Shield of Alabama, ServisFirst Bank, Fyzical Therapy and Balance Centers, Crestwood Medical Center, and Dr. Hayes Whiteside, we have been gratified to get our Physicians Resource Network (PRN) up and running. We are already having members avail themselves of these free, confidential counselling services, and give feedback that it is appreciated and effective. You may access our doctorate level therapists via our website by clicking on the PRN link at [www.madisoncountydoctors.org](http://www.madisoncountydoctors.org).

*Continued on page 3*

MCMS Quarterly Newsletter  
SUMMER 2018



# Membership Spotlight



**Name:** Roger Smalligan, MD

**Specialty:** Internal Medicine, Pediatrics, Hospice and Palliative Care, Public Health

**Practice Name:** UAB–Huntsville, The Valley Foundation

**Education Information:** B.S. in Computer Science from Oral Roberts University

**Medical Education:** M.D. from Johns Hopkins University

**Residency:** Internal Medicine and Pediatrics residency at Vanderbilt University  
Masters of Public Health – Johns Hopkins University School of Public Health  
Hospice and palliative care boards obtained by exam and experience

## What do you like best about your current practice?

I have thoroughly enjoyed getting to know the medical community in Huntsville and especially at the UAB–Huntsville campus. The daily interaction with medical students, residents, faculty and staff of UAB and Huntsville Hospital keeps my life varied and interesting. Being able to share some of the things I have learned over the years with physicians in training is very rewarding. I enjoy meeting new people, solving problems and working to grow or create new programs as opportunities arise.

## What advice would you give to someone just entering the profession of medicine?

My hope is that young people going into medicine will never lose sight of why they went into the field – because they want to help people. If they keep that as a goal and go above and beyond to meet people’s needs, they can retain the joy of medicine. Having said that, I believe it is very important for them to take care of themselves physically, emotionally and spiritually all along the journey, despite the demands and occasional frustrations of the profession.

## Who or what has had the most influence on your professional career?

I have been blessed at every stage of my training and early career to have had excellent role models in medicine who have demonstrated their diagnostic skills, knowledge, and caring attitudes. This is something I have tried to emulate over the years and I thank God for each mentor I have had.

## Tell us about yourself – anything you’d like to share.

My wife and I had the privilege of serving at a small mission hospital in the Amazon jungle region of Ecuador for 9 years shortly after I finished my training. This was an incredible experience for us and it allowed my children to have some of their formative years in another country and culture which has proven valuable. I still love to visit developing countries and take medical teams to help whenever possible. I also love to travel for tourism and relaxation. Attending church, reading and running all help me maintain balance in my life. Watching my 4 children develop and start their professional lives is a great privilege as well.

# Your Board

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EXECUTIVE DIRECTOR: Laura Moss / MEMBERSHIP COORDINATOR: Robyn Comer

# Inside Look

Membership Spotlight

2

Physicians Resource  
Network

4

NAMRC & MCMA News

6

Upcoming Events/  
Thank You Sponsors

7

## Our Mission

The Madison County Medical Society has been organized to serve its members as an advocate for the physician/patient relationship, and to promote and preserve the highest standards of professional, educational, and moral conduct.

Continued from page 1

As a ProAssurance insured, I recently took advantage of the free book offer *Attending: Medicine, Mindfulness and Humanity* by Ronald Epstein, M.D. I highly recommend it. It is vital that, as physicians, we avail ourselves of every resource to take care of ourselves so we can take care of others. MANY external constraints exist that make this challenging. However, increasingly, corporations, insurance companies and governmental bureaucracies are recognizing that it is imperative to consider the health and well-being of physicians as we navigate the healthcare system's growing pains. Physicians are banding together to support each other and to influence policy in groups like "Physicians for Patient Protection" and "Practicing Physicians of America," both nonpartisan, grassroots organizations motivated to influence the direction of healthcare reform and resources. As Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has."

Please consider becoming more involved in physician advocacy. Take a step by asking your colleagues if they are members of the Medical Society. If not, please encourage them to join - it is simple to do via our website listed above. We are stronger together and Madison County physicians and their families are a vibrant and rewarding group of individuals

to get to know! On August 24 at 6 PM at the Ledges we will welcome a new group of physicians to Madison County. Join us as we help them and their families integrate into our community. It is always a fun time! The Madison County Medical Alliance live auction fundraiser has unique and fun items that raise money for great causes, the food is delicious, the entertainment always enjoyable, and it is also a chance to network and catch up with colleagues you may seldom have the opportunity to see. Hope to see you there!

Debbie Kolb, MD / President MCMS

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**Burnout Proof – Healing the Healers with Debbie Booher Kolb, M.D.**



Read more about our initiative  
at [alamedical.org](http://alamedical.org)

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# Physician Resource Network

**HOME • PHYSICIAN FINDER MEMBERSHIP EVENTS**

MADISON COUNTY MEDICAL SOCIETY

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**Serving You.**

**PRN: Physicians Resource Network**  
 MCMS is excited to offer free confidential counseling services that support physician well-being, resilience and growth.

*MCMS is dedicated to addressing the needs of our members by providing this voluntary resource. Physician burnout manifests itself with disengagement, depression, relationship difficulties, early retirement, substance abuse, and suicide. Physicians tend to seek help to a lesser degree and at a later stage than other professional groups. Our hope is to reduce the barriers that typically prevent physicians from getting the help they need and deserve.*

**Counseling could help you:**

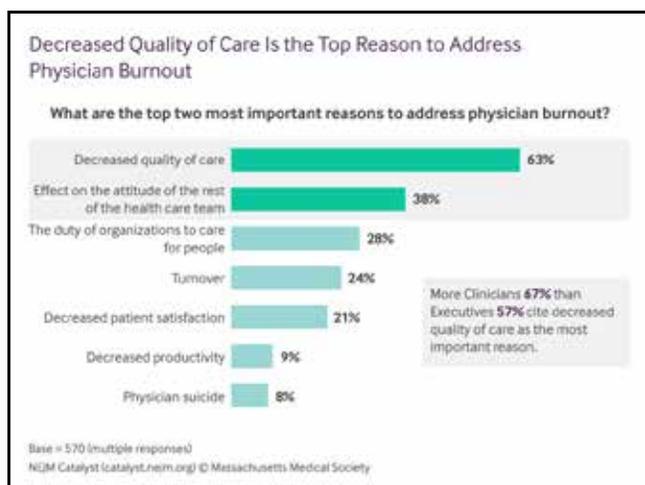
- deal with the stress of litigation or a traumatic event
- find a meaningful way to get your life back on track
- address feelings of anxiety and/or depression
- create a better work/life balance between your career and personal life
- resolve relationship issues and reconnect with family and friends
- develop strategies to deal with difficult patients or colleagues
- cope more effectively with burnout, adverse events or medical errors
- thrive in an ever-changing professional environment
- reclaim satisfaction in your career and personal life

In addition to offering programming and articles that bring attention to the issue, the Madison County Medical Society recently launched the Physicians Resource Network to help address physician burnout. To schedule an appointment, visit [madisoncountydoctors.org/PRN](https://madisoncountydoctors.org/PRN)

**MCMS has contracted with independent, doctorate-level therapists** who have been evaluated by the volunteer MCMS Physician Wellness Committee. These licensed professionals are experienced in counseling health care providers and have demonstrated dedication to the needs of the MCMS physician. Our providers will maintain a confidential file for each physician. No insurance will be billed and MCMS will not be given any information about those who utilize the program. MCMS will provide up to **3 complimentary sessions** per year.

“There is overwhelming concurrence on an issue: 96% of executives, clinical leaders, and clinicians agree that physician burnout is a serious or moderate problem in the health care industry.

Let that sink in: **96% agree physician burnout is a problem”**  
 NEJM Catalyst



If you would like to make a tax-deductible contribution to support the Physicians Resource Network and ongoing Wellness Programming, please visit <https://squareup.com/store/mcma>

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# WELCOME to the community

We look forward to  
helping you take care  
of your patients.





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# NORTH ALABAMA medical reserve corps



The mission of the North Alabama Medical Reserve Corps is to recruit and train medical and non-medical volunteers to supplement existing community organizations in preparing for and responding to an emergency or disaster and to provide community education in disease awareness and prevention during non-crises times.

## 11<sup>th</sup> Annual Women's Wellness Event



We appreciate the support of the Madison County Medical Alliance and the Alabama Department of Public Health!

## UPCOMING NAMRC VOLUNTEER ORIENTATION

Held on the last Thursday of each month

**Date:** July 26, 2018

**Time:** 6 p.m. until 7 p.m.

**Where:** NAMRC Office

**Address:** 3330 L&N Drive, Suite I, Huntsville, AL

To sign up, send an email to [director@northalabamamrc.com](mailto:director@northalabamamrc.com)

### NAMRC STAFF

DIRECTOR: Brooke Rawlins  
[www.northalabamamrc.com](http://www.northalabamamrc.com)

## MADISON COUNTY MEDICAL ALLIANCE

Building Healthy Communities



Crestwood Teen Volunteer Scholarship  
Pictured L to R: Emily Bains (MCMA President), Christina Tabereaux (MCMA Immediate Past President), Peyton Perry (1st place winner), Jasmine Duncan (Crestwood Volunteer Coordinator)

The Madison County Medical Alliance closed out a terrific 2017-2018 year by awarding four deserving applicants with scholarships made possible by our annual fundraiser, On Call! The Crestwood Medical Center MCMA Teen Scholarship is awarded to a high school senior in academic good standing and who has over 40 hours of volunteer work at Crestwood. Our 1st

place winner was Peyton Perry (Hazel Green High School) and 2nd place was awarded to Brooke Bayuga (Sparkman High School). Our University of Alabama at Birmingham-Huntsville Medical Student Award is granted to a fourth year medical student who will be residing in the state of Alabama for residency. Our 1st place recipient was Mary Smithson, MD and 2nd place went to Jose Cavo, MD. Congratulations to these four deserving recipients!



UAB-Huntsville Medical Student Award  
Pictured L to R: Mary Smithson, MD (1st place winner) and David Uptagraff (MCMA Scholarship Committee)

Mark your calendars for our annual New Physician Reception and fundraiser – On Call! This year's event will be held at The Ledges on Friday, August 24th from 6-10 pm. Admission is FREE and a great time is guaranteed to all! Please consider joining the Pager Club – our host committee that helps offset the cost of this fabulous event. All proceeds made at On Call! are funneled back in to the community through our various community health projects. You can pay online at <https://squareup.com/store/mcma/item/pager-club>.

The MCMA 2018-2019 membership drive is well underway. Membership is open to physician spouses as well as physicians – we even have a couples' rate! Please consider joining us for fun, fellowship, and support of our wonderful medical community.

You can join here: <https://squareup.com/store/mcma/item/membership-dues>.

Looking forward to another great year of service in Madison County!



Sincerely,

**Emily Bains**  
MCMA President, 2018-2019

# Thank You

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# Upcoming Events

RSVP at [madisoncountydoctors.org](http://madisoncountydoctors.org)



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**Tuesday, July 17th**  
**11:30-1:00 at The Ledges**



Sponsored By:



*On Call! New Physician Reception*

**Friday, August 24th**  
**6pm at The Ledges**

Support On Call! by joining the Pager Club  
or by placing an ad in the program.

More info at <https://squareup.com/store/mcma/>

Know of any new physicians coming to town?

Please share with us at  
[mcmsmembership@gmail.com](mailto:mcmsmembership@gmail.com)  
We'd hate to leave anyone out!



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