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**Bulletin**  
OF THE HILLSBOROUGH COUNTY MEDICAL ASSOCIATION  
*Fall 2020*





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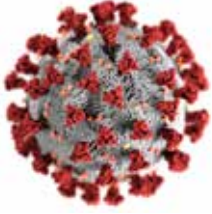
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# COVID-19 Resources



During this most difficult and stressful time, the HCMA is pleased to be able to provide resources for members including, but not limited to:

- Continual COVID-19 pertinent information & updates
- PPE supply ordering
- Legal resource center & hotline
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The cover photo captured by Dr. Roger Fox is of the Taj Mahal. Located in Agra, India, it is an ivory-white mausoleum which the Mughal Emperor, Shah Jahan, had commissioned for his favorite wife, Mumtaz, in 1632. See Dr. Fox's "Travel Diary" in this edition of *The Bulletin*. Dr. Fox shot all the pictures with his iPhone 8.



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# President's Message

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## *Mother's little helper during the COVID pandemic*

Michael Cromer, MD  
drmcromer@gmail.com



“Do you ever think that we will get through this?” I have been asked that question a lot these days. Being the optimist that I am, my answer is, “We sure will.” I just don’t know what the picture on the other side of “this” will look like. People have also commented, “Can you remember a time in the past when things were as bad as they are now?”

So, I did a little research and I would like to take us down Memory Lane.

Many of us remember the latter half of the 1960s. I was just a kid but remember vividly many of the happenings of that era. Many of the events of the late 1960s mirror much of what is happening today, if not worse. First of all, the United States was involved in the Vietnam War, a frightening time for many families. Along with this came a rise in LSD and heroin usage. We also had the the Civil Rights Movement and the many, sometimes deadly, clashes concerning race during this era. Two prominent, influential men were murdered during this time: Robert Kennedy and Rev. Martin Luther King, Jr. Not to mention, America was still feeling the pains of the assassination of the President a few years earlier. Let’s not forget the Hong Kong flu. This was a type of influenza that originated in China in July 1968, and lasted until 1969-1970. Globally, an estimated 1 million to 4 million people died. The stock market was in the middle of a 14-year period of flat growth. That era also produced a President, Richard Nixon, who not a whole lot of people thought highly of. See the similarities? But, you know what? We made it.

As the Rolling Stones lyrics state, many people (not just mothers) found it quite difficult to make it through their day on their own. Diazepam had been introduced in 1963 and became the leading treatment for anxiety and one of the biggest selling drugs of all time. It wasn’t until later that many people were aware of the addictive qualities of benzodiazepines.

Many people are also finding it difficult to deal with the stress of the present time. How are people coping with bore-

dom, fear, isolation, and financial worries? Reports show that the sale of alcoholic beverages increased by 58% after the first month of the pandemic. A recent survey asked 1,000 American adults (aged 18 and older) about their use of drugs and alcohol in the past month. When asked, these substances were most commonly used: alcohol (88%), marijuana (37%), prescription opiates (15%), benzodiazepines (11%), prescription stimulants (10%), and cocaine (9%). Many respondents displayed higher rates of drug and alcohol use. Of the respondents: 53% reported an increase in past-month alcohol consumption, with 18% reporting a significant increase. 36% reported an increase in illicit drug use. The participants were asked why they were prompted to use substances within the last month. Of the respondents, 53% were trying to cope with stress, 39% were trying to relieve boredom, and 32% were trying to cope with mental health symptoms, such as anxiety and depression. These survey results indicate that many people could be turning to drugs and alcohol to cope with pressures created by the coronavirus. Using drugs or alcohol to cope with life circumstances, such as stress or boredom, can become a habit that leads to substance use disorder. Self-medicating one’s mental health disorder can

also potentially lead to disaster.

One hospital CEO in California stated that they were seeing more deaths by suicide than deaths due to the coronavirus. An ER doctor said that they saw a year’s worth of suicide attempts during four

of the weeks that California had their shelter-in-place order. We all saw why the shelter-in-place decision was made, but it has certainly come at a price. Not just the impact it has had on America’s economy, but also the impact on people’s mental health due to the financial stress and the isolation that it has caused.

We as physicians certainly need to continue to instruct our patients to Clean our hands often, Cover our faces with a mask when in public, avoid Close Contact for prolonged periods, and avoid Crowds to help prevent the spread of this virus. But what are we telling them to do to protect their mental health?

First, we need to ask those most at risk about their alcohol or drug use. If we identify someone with a problem, or if

*(continued on page 9)*

*She goes running for the shelter of her mother's little helper*

*And it gets her on her way, gets her through her busy day.*

*“Mother’s Little Helper,” The Rolling Stones (1965)*





**#MaskUp: Stop the spread of COVID-19**

The data is in - wearing a mask saves lives. According to the CDC, if everyone wears a mask for 4-8 weeks we could drastically reduce cases of COVID-19. So even if you feel fine, #MaskUp to protect yourself and those around you.

As physicians and medical students, you can help patients understand their risks for transmission through clear and simple communication, rooted in science. Use the AMA's campaign toolkit to share #MaskUp images on social media, in your office, and anywhere in between:

[www.ama-assn.org/delivering-care/coronavirus/mask-stop-spread-covid-19](http://www.ama-assn.org/delivering-care/coronavirus/mask-stop-spread-covid-19)





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**TIME TO PAR-TEE!**



## President's Message (continued from page 6)

they come to us stating they have a problem, are we ready with an appropriate referral? If you are approached by someone with worsening depression or suicidal thoughts, will you know what to do? Thankfully, there are drugs available for depression, that are not addictive like the benzodiazepines. Many times a referral to a counselor or giving the number of the local Crisis Center is appropriate. The phone number of the National Suicide Prevention Lifeline (1-800-273-8255) is handy to have saved in your cell phone.

When our patients or loved ones turn to us for help or assistance, medication or a referral may not be needed. But you

can lead by example and share with them what hobby you may be spending time on. Encourage some outdoor exercise, even if it is just taking a daily walk. Stay connected with family and friends by some mechanism on a regular basis. Maybe share with them how your faith is helping you get through these times. Tell them to somehow find a way to have some positive input into their mind. Something has to replace the negative impact that the news throws out every day. Most of all, we all need to feel that we have each other. No one needs to go through this time feeling as though they are alone. That also goes for you, too, my fellow physician. Take care of yourself – physically and mentally.



### Watch your mail for your 2021 HCMA Membership Renewal!

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# Editor's Page

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## *Time flies when you're having fun*

David Lubin, MD  
dajalu@aol.com



The idiom, “Time flies when you’re having fun,” or something similar, goes back to the early 1800’s. “Time doesn’t fly when you’re sitting around, can’t hug family and friends, watch a lot of Netflix, have to wear masks in public, and can’t dine in at restaurants,” goes back to about mid-March of 2020.

On the bright side, Elke appreciates my role as meal planner, and we do a lot of cooking together, thus saving money not eating out, although we do

allow ourselves to get take out occasionally.

Professional sports are gearing up to start seasons or go through playoffs. I would like nothing more than to see the Bolts capture the Stanley Cup, Tom Brady lead the Bucs to a Super Bowl, or the Rays play a shortened season ending up in the World Series, but I don’t think that’s going to happen; I just don’t believe teams will be COVID-19 free. That said, the Bolts have the chance, playing in a “bubble” in Toronto.

I concluded my last column, three months ago, hoping “that President Trump and his advisors can handle the crisis and get us through this and back “open” with the least trauma to our country.” That hasn’t happened. To make things worse, street protesting probably exposed people to the virus since most were not social distancing or wearing face coverings. The President had an indoor campaign rally in Tulsa on June 20th, and as of this writing, the Tulsa area has seen a 3-4x increase in cases. Even Trump staffers and Secret Service agents tested positive before the rally. I’m sure there have also been spikes in areas of large protests, although the experts say that transmitting outside is more difficult.

But President Trump and VP Pence still say that we’re in a “good place,” even though there are over 60,000 new cases a day and more hospitalizations. Granted, deaths are down, but that’s due to improvements in treatment options. Cases are higher in many states than they were in the beginning of the pandemic and many hospitals are facing critical ICU bed shortages.

This week, at the Task Force press conference (where Dr. Fauci was noticeably absent), VP Pence again asserted that schools would reopen. None of us disagree with the need to re-

open, but at what expense to the health of students, teachers, and other school personnel? The CDC has issued guidelines, but the President referred to them as “very tough and expensive,” and at yesterday’s (as I write this) conference, the VP implied that the CDC would be “issuing a new set of tools” to better suit the President’s wishes for schools to reopen. However, the CDC director, Dr. Robert Redfield, stated that the current guidelines would not be revised, and that additional documents to assist in reopening would be issued.

The President has done an abysmal job in his attempt to control the pandemic. I’m not politicizing this, it’s just factual. He denied that it was even a problem early on, calling it a “hoax.” He said 15 infections would become almost zero and that when the temperature got warmer it would “miraculously disappear.” He touted hydroxychloroquine, promoted by Fox News, even without scientific evidence, and is again pressuring the FDA to authorize its emergency use. How seriously would our patients take us if we prescribed treatment and then added, “What have you got to lose, try it!”? He even suggested ingesting or injecting bleach into the body, or somehow getting UV light into the body, to rid the virus. Then in Tulsa, he said that “I told my people ‘slow the testing down please,’” because that’s why there were so many cases. Shortly after, in an interview, White House trade adviser, Peter Navarro, said that the President was joking, and couldn’t believe that his interviewer took the President seriously. The next day President Trump, being questioned on the White House lawn, said, “I don’t kid, let me just tell you, let me make it clear.” Days later, the President said that even with all the cases we’re having, that “99% of them are harmless.” The President, along with DJT, Jr., also Tweeted support of Dr. Stella Immanuel, who promoted hydroxychloroquine, said masks don’t work, and has theories about alien DNA and demon sperm. She also believed that government was run by “reptilians.”

Back in April, to his credit, the President sent two hospital ships where they were needed, Los Angeles and New York. The Army Corps of Engineers constructed dozens of temporary hospitals and converted numerous hotels and convention centers into temporary hospitals. He also invoked the Defense Production Act, which was supposed to crank out more ventilators and more significantly, increased supplies of PPE: masks, face shields, and gowns, desperately needed by frontline healthcare

*(continued)*

## Editor's Page (continued)

workers. But where is all the PPE now? My neighbor is a nurse at Advent Hospital and they are short. My niece's husband is an anesthesiologist at Sarasota Memorial and has to make an N95 mask last 3 days. The President has said, a number of times, "Anyone who needs a test, can get one." Well, that might be true, but it might take days and even longer to get results. My brother-in-law, his wife, and two daughters stood in line, in Atlanta, for 4 hours to get tests done. And the results took a week. I saw a man on the news who got tested, and the result took 27 days. The Secretary of Labor, Alex Azar, recently stated, falsely, that healthcare workers don't get infected and when addressing the reopening of schools, he said, "This can work, you can do all of this. There's no reason schools have to be in any way any different."

And the job that Governor DeSantis has done in Florida, by not mandating masks, and reopening without following CDC guidelines, is just as bad. Two months ago, we were in good shape, now we're one of the states with the highest uptick of cases. But according to the Governor, "if you can do Home Depot, if you can do Walmart, if you can do these things, we absolutely can do the schools."

I'm not sure where we will be when my deadline rolls around for the Winter 2020 issue on October 20th. I hope, again, that it's better than it is today. I have my doubts, but I can hope.

I know there are others who may disagree with me and I invite your comments.



Oh, alright, we'll tell. Everyone must have been stumped. The strange contraption pictured in the last two editions of The Bulletin was the glove dryer used by the Tampa Bay Lightning!

## Letter to the editor

I enjoyed Dr. Davison's article in the Summer 2020 issue of The Bulletin. However, I beg to differ with his opinion that "almost all of us would be accepted into medical school now as we were before." In fact, it would now be nearly twice as difficult for us males. In the mid 60's, only 10-15% of the class were women; now it is 50-55%. Gosh, I'm not sure what I would have been doing all these years.

Fred Rabow, MD '67

*Editor's note: Probably lead guitar in a band?*



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# Executive Director's Desk

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## *Is it Time for YOUR Wellness Check-up?*

Debbie Zorian

DZorian@hcma.net



As I type my column for our fall 2020 Bulletin issue, it's been almost 21 weeks since the first case of coronavirus hit our state. As of today, there are almost 380,000 reported cases and 5,345 deaths in Florida. In Hillsborough County, 24,550 cases have been reported with 244 deaths.

The last couple of weeks, Florida has been considered a "coronavirus hotspot" with an alarming record number of cases reported daily. On average, Florida peaked around 1,200 new cases per day in April, only to surge again to nearly 12,000 on average new cases per day in mid-July.

My oldest daughter and one of my grandsons have suffered the consequences of contracting this horrible virus. I'm so thankful that they have been able to recover from home, although they both still feel symptoms that keep them fatigued and a bit worried about their future health. A very dear friend of mine who was fighting the virus from home the last ten days had to go to the hospital yesterday morning due to complications. I'm able to receive updates from her family and am praying for her full recovery. Three other employees where she works also tested positive along with a few of their family members. As vigilant as my friend was in taking all precautions possible, her coworkers were not as cautious, specifically with wearing their masks properly.

To the surprise of many, President Trump spoke at a White House briefing just yesterday and acknowledged the severity of the pandemic while urging Americans to comply with preventative measures, INCLUDING wearing masks! The statement from our nation's leader is a long time coming. I'll just leave it at that.

The HCMA held its 2nd COVID Virtual Town Hall webinar last week which included panelists Dr. Charles Lockwood, Sr. VP & Dean of USF Health MCOM, Drs. John Sinnott and Kari Kim, Epidemiologist and Infectious Disease experts at USF MCOM, and Dr. Douglas Holt, Director of the Hillsborough DOH. Moderated by Dr. Michael Cromer, the group answered pre-submitted questions from HCMA members covering concerns with the rapidly peaking COVID cases in our state, new CDC guidelines for testing, herd immunity, a reasonable time-

line of obtaining a vaccine, and the pros and cons of returning to school. During closing remarks and the panelists' final recommendations, Dr. Lockwood noted, "Today, our only real tool remains wearing a mask," as he reminded physicians of their duty as role models to wear them routinely.

Widely talked about, the best example (and the most common and effective safety device ever invented) was the seat belt. In 1981, seat belt use was only at 11%. In 2017, studies showed that almost 86% of Americans used seatbelts preventing many injuries and saving hundreds of thousands of lives. As science has provided information that tells us masks can help prevent the spread of a dangerous and life threatening pandemic, it is unfathomable to me that every American would not want to wear one whenever they are out in public. Then again, a mere three years ago, there were still 14% of people not wearing their seatbelts.

A portion of my every day involves reading and being kept up to date on the pandemic, specifically in our state and county, and collaborating with partners and other medical societies in offering resources to members during this most difficult time. A recent article I read focused on the everyday stress health care workers are feeling, specifically in hospitals hit hard by the pandemic. Many physicians are exhausted and worried about how much longer they can hang on as cases rise. They are among the workers who are feeling the strain and stress while being pushed to their limits by putting themselves and their families in the way of danger to care for and save others. Governor DeSantis recently stated that supporting medical staff was priority and thousands of outside nurses are being sent to hospitals and nursing homes in South Florida and the Tampa Bay region.

The continuous onslaught of worry and uncertainty can lead to greater mental health issues. As the weeks of treating COVID-19 patients accumulate, it is important to consider what the short-term and long-term consequences will be for physicians. Until the numbers plateau and we become closer to developing an effective vaccine, it is necessary to find tools that will mitigate the additional burdens physicians have been facing for several months now.

*I'm acting like I'm okay. Please don't interrupt my performance.*

This anonymous quote was in a recent article written by FMA member, Dr. Amaryllis Sanchez Wohlever. She went on to say,

*(continued)*

## Executive Director's Desk (continued)

"I think we are all still adapting; we're grieving. Most of us are doing the best we can during an uncertain, emotional, confusing time that insists on lingering despite our need for it to end."

This is my opportunity to once again remind HCMA's valued members that your Association offers an avenue where you can take advantage of your fully funded Physician Wellness Program (PWP). This Program provides a safe harbor for members to help address life difficulties in a completely confidential and professional environment. At a glance:

- Appointments made within 24 hours of request with independent doctorate-level clinical psychologists, licensed counselors, and marriage & family therapists.
- *Please note...*All appointments will be operating fully via HIPAA compliant telehealth during the pandemic.
- Six (6) complimentary sessions per year for all HCMA members regardless of membership category.
- A spouse or partner can accompany the member on any given appointment.
- Appointments are self-referred and initiated with no medical diagnosis made, no insurance billed, and no electronic records kept.
- Visit the LifeBridge HCMA Foundation PWP webpage to utilize this exclusive benefit at [www.hcma.net](http://www.hcma.net).

Similar to a flight attendant instructing passengers, "Remember to put your oxygen mask on first," physicians must first care for themselves in order to care for their patients.

Is it time for YOUR wellness checkup? The HCMA is here to help.

## MOVING FORWARD WITH OPTIMISM

The HCMA Physician Wellness Program is only one example of a valuable resource created for members during these past six months of uncertainty and difficulty. Your HCMA has been diligent in staying relevant by keeping members informed with pertinent information via weekly Enews and increased communication, educational webinars, Virtual Town Hall meetings, and numerous COVID-19 resources including an avenue to order PPE supplies, a legal resource center & hotline, and a COVID Providers Relief Program.

We will continue to provide members with assistance and resources as we move forward with optimism while planning legislative advocacy efforts and in-person events and membership dinners for 2021.

## HCMA MEMBERSHIP EXPANSION

A recent HCMA By-laws change has allowed physicians from surrounding counties to join the HCMA as Affiliate members. This opportunity was implemented to provide benefits to physicians whose own medical societies are struggling to provide substantial assistance. In addition, it serves as an avenue for HCMA to enhance the profession of medicine in our state by unifying and ensuring a stronger voice.

Please inform your colleagues in surrounding counties of this opportunity.

Debbie Zorian  
Executive Director  
[dzorian@hcma.net](mailto:dzorian@hcma.net)

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# Reflections

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## *The View from the Other Side*

Malcolm Root, MD

mroot001@tampabay.rr.com



Many of you know me. I have served the Hillsborough County Medical Association for many years, in many capacities. Currently, I am the chairman of the Board of Trustees. I have practiced medicine in Tampa for over 30 years. Many of you will recognize that the picture which accompanies this article is a very different look for me. The astute among you will have already deduced that given this picture and the title of this article, I have had some recent health

issues which have given me the opportunity to look at the world of medicine from a different vantage point.

My story started, as they so often do, with a persistent cough. When it failed to respond to the usual treatments of steroids and antibiotics, I did what any highly skilled diagnostician and well-trained physician would do--I ignored it. This plan of action did not satisfy my wife Lori, however, and since it was in the early days of COVID-19, she insisted I have it checked out. So, I had a radiology colleague set me up for a chest X-ray. When he called me later that night, I could tell from the tone of his voice that this was a conversation that neither one of us wanted to have. He, of course, did what any good radiologist does, recommended another study. The CT scan confirmed a 10-centimeter mass in my mediastinum. When I came to the hospital the next week for my biopsy, the physician entrance was backed up to allow employee screening for COVID-19 and lest I be late, I had to enter through the patient doorway, which took a bit of convincing the administrator who was guarding that door. There was no denying however, that for at least that day, I was a patient and not the doctor. When the pathologist called me with the report, she had been anticipating having to give another physician bad news, that I had some unusual or rare disease. But she was thankful that she could give me the "good news." It was uncomplicated Hodgkin's lymphoma.

That week, with full National Comprehensive Cancer Network guidelines in my hands, and with special dispensation to allow Lori to accompany me, we met with (and tortured) my oncologist, where we came up with the plan for chemotherapy followed by radiation. The most difficult realization was that given the perfect storm of COVID-19 and my diagnosis, I would be unable to work even part time, for fear of exposure in my immunocompro-

mised state. Suddenly, my entire way of viewing my world would need to shift. Things made sense to me when acting as physician. I preferred to be the counselor and not the counseled. I had had one previous short period away from work when I had to undergo surgery. (Another interesting day is the one when you diagnose your own renal cell carcinoma, but that is a story for another time). However, that was just a 3-week hiatus and I was good to go back to work afterwards. This time I had no option but to be fully thrown into the role of patient, which to no surprise (cue the movie *The Doctor* with William Hurt), allowed me the time to reevaluate my role as physician.

So, what have I seen and learned from the "other side"?

1. Chemotherapy really, REALLY, sucks. It felt as though each time I got it, I dug a hole that I had to climb out of only to have the hole dug out from me the next time I got it. However, I could not help but admire the grace exhibited by the other patients sitting around me, each quietly fighting their own personal battle on a daily basis, dealing with the side effects and many of them likely having illnesses carrying a worse prognosis than mine.

2. Major illness is not a battle fought alone. There are many in your corner, including those you may not even be aware of. I could not have done this without my partners immediately stepping up and removing any financial or practice concerns I might have, allowing me to focus on my health. Your family becomes of paramount importance. One silver lining of the COVID-19 situation was that both of my sons temporarily moved from New York City back "home" which gave us the unique opportunity to really see the men we had raised function as adults. They were also a great source of support for Lori and me during some of the more difficult times. Your community of friends will circle the wagons, and step up to help in ways that are quite touching.

3. Possibly most heartwarming was the response from my patients. We like to think that we have a bond with those we have had the honor of taking care of. If nothing else, I was totally humbled by the numerous patients of mine who wished me well and made it clear that they valued me as their physician as much as I valued having taken care of them for years.

4. For several reasons, I have purposely not mentioned, by name, those physicians that have taken care of me. First, they are all well recognized experts in their field, and would likely be embarrassed to be acknowledged. But secondly, I actually wanted to give a shout out to the entire house of medicine. We devote our

*(continued)*



## Reflections (continued)

lives to taking care of patients, and eventually that means we take care of each other. We are part of a fraternity, the only ones who truly understand what it takes to get here and realize that when you peel away the layers of all the extraneous detritus, what ultimately motivates us is the well-being of our patients. I was fortunate to see that clearly when I sat on this side of the fence; if you are ever sitting here, I hope that you will also. Don't get me wrong, I very much want to return to the other side, where things look much clearer to me. Hopefully, depending on the COVID-19 situation I will be able to do that soon. In the meantime, I hope you like my new look. I'm keeping it.

### Letters to the Editor can be submitted to:

David Lubin, MD  
Dajalu@aol.com

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# In Memoriam

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## *Remembering my friend...*

Bruce Shephard, MD  
shephardmd@verizon.net



July 19, 2020. I awoke this Sunday prepared to read the paper as I usually do, to explore the twin obsessions of our day, COVID and raging politics, but my thoughts kept going in another direction as I thought about my friend Bill Daily who died ten days ago. Bill was well known to many of us at the HCMA, a respected pediatrician colleague who practiced in Tampa for many years.

As I thought more about it, I contemplated a valuable life lesson that he had taught me over the years. Oddly, it related directly to my precious news and the politics of the day into which I was about to dive.

Bill and I had been amiable colleagues since the 1970's, he a pediatrician and I an Ob/Gyn, both young in our respective careers, sharing stories about mutual patients and such. After my divorce in 2001, he was assigned to me by Grace Lutheran Church, where we both attended, to be my "Stephan Minister"—a kind of quasi-counselor. We met for coffee at the local IHOP, and partly due to his help (listening, mostly), I moved on. And our relationship did, too, developing a close friendship. We continued our IHOP meets every month for nearly twenty years, never once ordering food.

Over the years we shared a number of common interests--kids, church, the Carrollwood Village club, medicine, and love of golf to name a few. But we were complete opposites in one respect:

our political views landed upon opposite sides of the now well-demarcated partisan spectrum. Which side he and I embraced really doesn't matter; but clearly, we were at the very ends of it. Which brings me back to that life-lesson.

Bill helped me come to grips with something that faces so many of us today in this civic-shattered time. Discussion, dialogue, debate, exchange of views and yes, even friendship can transcend all of it...can overcome our gut-driven territoriality. Bill never finger-pointed or took an intractable position other than in his usual satirical way. Always a gentleman. Always willing to listen. Bill and I, like most of us, had much more to share than to dispute, and he always managed to drift to that hallowed "middle ground,"

to find some commonality rather than remain rooted fast to a particular point of view. Outside of politics there was always something worthwhile to talk about, whether the topic was the mounting challenges of health care, the next vacation, our mutual fitness instructor, Manny, even our shared love-hate relationship with local hospital theatrics.

I last saw Bill in March, our last coffee at IHOP. He did look peaked, moved ever more slowly but never a complaint. "When I go over to the Florida Cancer Institute and see all those other people worse off than I, I count my blessings," he said. We planned to meet in April and of course COVID changed that. As always, we enjoyed our coffee visit without a bite of food. Too much to talk about.



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Scott Gault

Hillsborough County Market President

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Organizations like the HCMA enable us to build deep connections with our community, as well as current and future leaders, and we are so proud to be involved. On behalf of all of us at The Bank of Tampa, I want to send positive wishes for good health and safety to the entire HCMA community. Thank you for all you're doing, as healthcare professionals, to keep our community safe. We look forward to seeing you all soon!

For information on The Bank of Tampa's banking services, contact Oliviana Catrone, Private Relationship Manager, at 813-998-2617.

### **About Scott Gault**

Scott serves as Hillsborough County Market President at The Bank of Tampa. In his role, he is responsible for the overall leadership and business development efforts for the bank's Hillsborough County market. Scott offers more than 25 years of experience in the financial services industry. He holds a Master's in Business Administration in international finance from Florida Metropolitan University. Scott earned his undergraduate degree from Fairleigh Dickinson University in Teaneck, New Jersey. He is also a GE Capital trained Six Sigma Green Belt.

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# Travel Diary

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## *The Taj Mahal, BC (Before COVID-19)*

Roger Fox, MD

rfox@usf.edu



The plan to celebrate my wife's birthday on a cruise from Dubai to Singapore, in February 2020, was made a year in advance. We were packed, and arrangements made. We were notified days prior to leaving that Singapore and Sri Lanka ports were closed to all cruise ships due to several cases of coronavirus in those countries. At that time, the "China" virus was not a concern to the US or the cruise industry. We left the US at the end of February and landed in Dubai. We enjoyed several days in the ultra-modern city. We visited an indoor snow skiing mountain in one of several high-end shopping malls. The next day we experienced a wild ride tour of the undulating sand dunes in the desert. Muscat, Oman, was our next stop after passing through the Strait of Hormuz (Iranians attacked oil tankers here). For 2 days we cruised the Indian Ocean to Mumbai. During our journey up to this point nobody seemed concerned about the virus.

An adventurous group of 40 of us left the ship in Mumbai and flew to New Delhi to experience one of the wonders of the world, the Taj Mahal. Before venturing to our destination, a 2-hour bus ride to Agra, our tour guide informed us that our trip to the Taj Mahal was cancelled! We needed to return to our ship in Mumbai! We were told that all ports everywhere were closed to cruise ships.

As we headed back to the airport via bus, the ship informed our guide that we had another day before we had to get off the ship in Mumbai. We erupted with cheers and were elated that we were actually going to visit the Taj Mahal, the highlight of our trip. At the same time, many of us were concerned about the urgent departure from our ship the next day, since we were hundreds of miles away.

The Taj Mahal experience was incredible--a spectacularly beautiful architectural wonder. The hoards of tourists were taking photos and selfies, and we had to wait to get our perfect photos. Cynthia and I took no less than 100 photos. We had to

get that perfect shot! None of the enthused sightseers were concerned about the virus (no social distancing or wearing masks). We were overwhelmed with the experience of a lifetime! We spent several hours walking around the beautiful 42 acres of landscaped ground. Our group ventured inside the Taj Mahal, the ivory-white mausoleum which the Mughal Emperor Shah Jahan had commissioned for his favorite wife, Mumtaz Mahal, in 1632.

Late that night we checked back into the Oberoi Hotel in New Delhi. We flew back to Mumbai the next morning and boarded our cruise ship on Sunday afternoon. Most of the 2,000 passengers had already arranged to leave Mumbai, and many had departed already. We had to get off the ship the next day by 6PM on Monday. Fortunately, after a few stressful hours of communicating with our travel agent in Florida, he cancelled our previous flights and confirmed flights from Mumbai to London to Chicago to Tampa, a total of 36 hours of travel! Our flight left Mumbai at 2 AM! We were two of the last 10 passengers on the disembark. It was an eerie experience!



The doorman at the 5-star hotel, Oberoi, in New Delhi. All of the hotel employees greeted us in this manner.

We were informed that no known cases of COVID-19 were on our ship although testing wasn't widely available at that time. All ports in that part of the world and elsewhere were closed to all cruise ships to prevent the spread of COVID-19. Our ship became one of the 100 cruise ships with full crew and staff that remained at sea indefinitely until the ports reopened. We arrived in the USA (elated to be

back, even though a week early), three days before travel restrictions from Europe were issued by President Trump. We had to self-quarantine for 2 weeks in our house. My wife celebrated her actual birthday isolated in the house without a family party.

Cynthia had a fever, significant cough and fatigue for 10 days, which we assumed was COVID-19, but her nasal swab was negative, as well as a chest x-ray.

Our ship, the Celebrity Constellation, is scheduled to be in Tampa to cruise the Caribbean this winter. But along with most everything else, travel is still questionable.

*(continued on page 25)*





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# Travel Diary

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## *Antarctica*

Rodolfo Eichberg, MD  
eichberg@tampabay.rr.com



The one word title is intentional, suggesting that the Seventh Continent is very difficult to pair with adjectives. It was the last to be discovered, the driest, the least populous (0 permanent residents), and the coldest, amongst other things.

My fascination with it began when I was ten years old, and read a book about the now defunct whaling stations in the South Orkney Islands. Seventy two years later I was finally able to check it off my bucket list.

On February 2, 2020, I boarded the Celebrity Eclipse in Buenos Aires, Argentina, with a group of friends and almost 3,000 other passengers. Our first port of call was Ushuaia, the southernmost city on earth, in Tierra del Fuego, Argentina, 3,000 kilometers and three days of navigation away. We got off the ship for the whole day to explore the area.

From there we traveled to Cape Horn (Chile), a barren uninhabited Archipelago, and then crossed the dreaded Drake Passage, where the Atlantic and Pacific Oceans meet, or better said collide. A five-meter wave is normal, and ten-meter ones can be seen across the bow. The Passage is about 800 km (500 miles) long. The Antarctic Circumpolar Current, which constantly flows from West to East, plus the strong winds, contribute to the always rough seas. It took our ship about 36 hours to cross. Most other vessels take much longer.

On the morning of February 8th, we were at the Northern end of the Antarctic Peninsula, navigating through the Schollart Channel. There were ice covered mountains, 1,000 to 2,000 meters high, on either side of the Eclipse; it took about two hours. The brochure calls this a Scenic Cruise, which indeed it is. However, this portion of it is more like a continuous, spectacular movie. Those of us that were outside were dressed with at least three layers of clothing, head and ear coverings, and gloves. It was sunny and a few degrees below freezing, but the wind chill factor made it feel much colder. Fog can block the view within 15 minutes, and lift a few minutes later. There was total silence. On board descriptions and announcements are limited to our stateroom TV sets and some indoor areas in order not to disturb the animals around us: whales, dolphins, giant and regular

petrels, cormorants, sea lions and penguins. The whales, mostly humpbacks, were submerged most of the time, with only their humps visible. They were busy feeding on krill and small fish. Each one of them consumes about a ton a day. They do not have teeth. Killer whales eat larger prey, including dolphins, penguins, seals and sea lions. They, of course, have teeth.

About two hours later we were in Paradise Bay. Very beautiful, but not my idea of paradise. No trees or anything green. No flowers.

Our on board lecturers explained that there are two very different types of ice. Continental ice is compressed so tightly by its own weight that it cannot be cut or broken by any instruments. Since it never rains and rarely snows, it remains unchanged. There are many glaciers that flow in between the mountains and into the sea. The ice that breaks off and forms icebergs has a greenish color on the side which broke off, until the exposure to air turns it white, like all others.

Maritime ice is frozen sea water. It melts, forms icebergs, and constantly changes. How much of it melts in summer controls how far south a vessel can get. I saw an iceberg that looked like the Louisiana Superdome!!! To think that 80 percent is below the surface! We know that we have an Ice Captain on board. He is a retired Argentine Naval Officer, who commanded the only Icebreaker owned by the Argentine Navy. In 2002 he was able to resupply a German research ship with Russian scientists on board. It was stranded and ice locked in June (Southern Hemisphere beginning of winter). This had never been done before, or since.

We were in Paradise Bay for the rest of the day. In February, at 70 plus degrees south latitude, you have daylight until about 10pm. Nighttime is spectacular. Overhead the sky is black, with millions of twinkling stars. There was a yellow band just above the horizon, which is the sun on the other side of the globe, and then stripes that go from light to dark blue.

On February 9th, we reached Elephant Island, part of the South Shetland Archipelago, where Shackleton's expedition shipwrecked the Endurance.

Ernest Shackleton was a member of several Antarctic expeditions. He reached 88 degrees south in 1909, 150 km from the South Pole, just before Roald Amundsen reached the South Pole

*(continued on page 26)*



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India Gate in New Delhi is a war memorial to the 70,000 soldiers of the British Indian Army.



The Dubai Frame in Zabeel Park captures the juxtaposition of “old” Dubai from one side, and “new” Dubai from the other. The building is 492 feet high and 344 feet wide.

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# HCMA Foundation

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## *2020 Grants*

Bruce Shephard, MD

Foundation President

shephardmd@verizon.net



In these uncertain times, the delivery of care has been a challenge. When providing services for the beneficiaries of local charitable organizations, we can only imagine the difficulties they have been faced with.

Although the Foundation’s 2020 fundraiser, the Charity Golf Classic, was cancelled due to COVID-19, the Foundation’s Board realized the need for support is ongoing. In appreciation for what they do for the members of our community, the Board awarded grants to the following:

- Children’s Home Network
- DACCO
- Frameworks
- Judeo Christian Health Clinic
- MoreHealth
- The Outreach Clinic/Brandon
- Voices for Children

We hope the grants will ease some of the burden these organizations are facing and serve as a thank you for the services they provide and for their commitment to our community.

Being optimistic, we look forward to a healthy 2021. The Charity Golf Classic has been rescheduled for April 1, 2021 in which we hope to have a very successful event. Please watch your emails for details.

Stay well!

## *Antarctica Travel Diary (continued from page 22)*

in December of 1911. He later lead three expeditions himself, and was knighted by the British Crown. He died at age 47 in South Georgia, in 1922. The area has historical significance because some members of the Endurance crew managed to survive in an encampment, Cape Wild, for four months. This was considered miraculous at the time.

After sailing past Cornwallis Island, only 8 km from Elephant Island, we headed northwest for the first time since we left Buenos Aires, towards our next stop: The Falkland/Malvinas. Soon after, we exited the Antarctic Circle. I had mixed feelings; happy because I finally got to fulfill my childhood fantasy, and sad because I know that I will never see this extraordinary part of our world again.

*I will describe Ushuaia, Falklands/Malvinas and Puerto Madryn (mid Patagonia) in a future article.*





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# Florida's Great Outdoors

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## *A Paddle Through Tampa Bay*

Samantha Johnston

[sjohnston@tampabaywatch.org](mailto:sjohnston@tampabaywatch.org)



I was born and raised in Tampa. I started life as a wailing infant with jaundice at University Community Hospital and I now live, jaundice-free, in a small, two-bedroom home in Seminole Heights.

Growing up, I spent most of my waking hours in, near, or covered in nature. I came home from an environmental elementary/middle Charter school with dirt-caked knees and stained shorts. I spent every summer of my formative years at a cozy motel at Belleair Beach, combing the beach for sharks' teeth. In high school, I volunteered at The Florida Aquarium where I was inspired to get my SCUBA diver certification after graduation.

Naturally, I chose to follow a career path in the field of natural and biological sciences. Specifically, I studied marine biology at the Honors College of Florida Atlantic University in Jupiter, Florida- also the furthest away from Tampa I have ever lived.

After four years of barefoot pickup games of ultimate Frisbee, study parties, an endless trail of essays, and a very expensive piece of cardstock, I came back home as a woman who saw Tampa differently. I had left Tampa thinking, "Finally, I can get out of this terribly uncool monotony!" However, coming back, I realized how sorely I was mistaken. What my teenage brain processed as uncool has become a treasure trove of picturesque ecosystems and habitats that I encourage you to explore; I have also taken every opportunity to do so.

One of my most serene excursions throughout Tampa Bay has been kayaking through the mangrove islands near Shell Key, located just off Ft. De Soto Park. These "islands" are formed by red mangrove seedlings settling onto and populating oyster bars or sandbars, which then encourage other salt tolerant plants to grow and thrive in the new flourishing habitat. As these plants and trees expand, birds find new roosting areas to settle in for the evening, just as the sun begins to set. Redfish,

snook, sheepshead, and black drum wind between the roots, munching on barnacles and crabs that are seeking refuge. An entirely new ecosystem has been added to the environment of Tampa Bay.

The massive assemblage of islands scattered across Tampa Bay gives way to secret pathways, tunnels, and nooks that provide endless adventure. My favorite spot is a tunnel that bisects Summer Resort Key, a smaller key just east of the larger Shell Key. This tunnel is particularly magnificent because the surrounding mangroves are so dense that upon entering inside, it feels like my personal water-edition of the entrance to the secret garden.

The wind becomes silent.

The waves stop splashing.

All is quiet.

All is tranquil.

I put my paddle in my boat and pull myself through the tunnel using the mangrove branches that extend a helping limb. My kayak cuts a slice through the water, rippling when it meets the knobby roots of the black mangrove lining the tunnel's path. To my right, there is a flurry of feathers as an egret takes flight out of the tunnel I hadn't known we were sharing. Mangrove crabs, like maroon-colored spiders, shy away to the far side of the roots as I pass by. Small saltwater minnows kiss the water's surface next to my boat.



On the other side of the tunnel, all signs of urbanization and humanity have disappeared from view. There are no mansions, boats, condos, or bridges in sight, further instilling the feeling of being in a secret place full of wonder. Not far from my kayak, a bottlenose dolphin and her calf surface after practicing hunting techniques. Further along, a single bonnethead is spooked by my paddle and darts off towards safety, but not before I can get a good look at the shovel shape to its head and its sleek, gray body.

*(continued)*



## Reflections (continued)

Dipping my hand into the lush seagrass, I pull up a sea urchin. Its vibrant purple spines slowly undulate back and forth in search of the closest empty shell it can use as a hat to camouflage.

Making my way back to shore, I am joined by a “gulp” of cormorants with brilliant blue eyes and their ferociously-curved beaks. They snake their way under my kayak with ease, searching for pinfish that get rustled up from my paddling.

If there is a “happy place,” this is it for me.

I spent most of my life growing up wishing I lived anywhere else. Call it wanderlust, being ungrateful, or being a teenager, but I couldn't wait to get out of Tampa. Now, it's a very different story. I have found the pastimes I enjoy, showing me the idyllic side of Tampa Bay. I am lucky enough that I get to work and play in Tampa Bay every day and there is no chance that I will tire of spending my time in its pleasant, serene waters.

*Samantha is an Environmental Educator at Tampa Bay Watch. Tampa Bay Watch is a 501(c)(3) nonprofit organization dedicated to the protection and restoration of the Tampa Bay estuary through scientific and educational programs.*

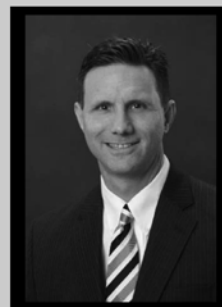


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# Personal News

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## In Memoriam



Dr. Chi-Shang Chen, 71 years old, passed away on June 1, 2020. Dr. Chen graduated from Chung-Shan Medical College in Taichung, Taiwan in 1972. He married the love of his life, Chiung-Fei in 1973 and he became a father in 1974 with the birth of his son, William. Chi-Shang then opened his own clinic in Chuanghua, Taiwan in 1975 where he delivered his twin daughters. After moving to the United States in December of 1981, Chi-Shang worked at Tulane University for three years. He then moved to the Tampa Bay area and opened a family practice in Tampa in 1985 until 2020. Dr. Chen liked helping others and providing well for his family. He enjoyed the beach, collecting antiques and gemstones, spending time with his friends and family and sipping a nice glass of red wine. Dr. Chen is survived by his wife Chiung-Fei; son, William; and two daughters, Susan and Sharon.

## In Memoriam



Dolores P. Menendez, mother of HCMA Past President, Dr. Luis Menendez, passed away peacefully June 18, 2020, her and her husband Luis' 76th wedding anniversary. She was 96 years old. Lola was born September 11, 1923, to Hilario "El Sordo" and Juana Prieto, in Ybor City. After attending local schools, she married her husband Luis in 1944. She and Luis owned and operated the Airview Market in West Tampa for many years in the 60s and 70s. After selling their business, Lola worked for Dr. Prakrit Jeerapaet in Brandon until she retired at the age of 75. After her retirement she enjoyed playing Bingo, and visiting the Hard Rock casino but most of all watching her Tampa Bay Rays play. She is survived by her son, Dr. Luis Menendez (Meri); daughter, Glinda Leto (Anthony); grandchildren, and great-grandchildren, as well as many beloved nieces and nephews. In lieu of flowers, please consider a donation to the Sant Yago Education Foundation, 120 Woodglen Court, Oldsmar, FL 34677-5304.

## In Memoriam



Dr. Robert Casañas, passed away Sunday, June 21, 2020. He was an adjunct professor in the Department of Internal Medicine at the University of South Florida's Morsani College of Medicine, as well as a longtime internist and pain specialist who owned a private practice in Westchase. Over the course of his long career, Dr. Casañas published two textbooks on using Chinese medicine to treat disease. He taught students abroad, particularly in India, Kazakhstan and the Dominican Republic, and was a regular speaker at international conferences. He practiced for years in California, where he directed and owned three medical practices and also served as the main investigative health consultant for the state of California in Sacramento. Before he became a professor at USF, he was a student there, finishing his Master of Science degree. He is survived by his wife, Dr. Beata Casañas, his daughters Cassandra and Camila, and many family, friends, and colleagues.

## In Memoriam



Dr. Wilfred Joseph Daily, Jr., a loving husband to Yvonne Harvey Daily for 57 years, passed away at age 84 on Friday, July 10th, 2020. Dr. Daily attended the New York Medical College where he graduated in 1961. He took his rotating internship at Mound Park Hospital, St. Petersburg, FL where he met his bride, Yvonne then a nurse in ICU. They married two years later. Dr. Daily completed his residency program at Denver Children's Hospital, CO. He proudly served his country in the United States Navy and achieved the rank of Lieutenant Commander at Lemoore Naval Air Station, CA. Upon moving to Tampa, FL in 1966, Dr. Daily joined Dr. O.F. Dean and Dr. Sam Ferrari becoming Tampa Bay Pediatrics. They were instrumental in forming Pediatric Healthcare Alliance. Dr. Daily was a long-standing member of the Hillsborough County Medical Association, serving on various committees including the board of trustees. He was a founding member of the Hillsborough Pediatric Society. He is survived by Yvonne, three wonderful daughters, sons-in-law, nine grandchildren, and many friends and colleagues. In lieu of flowers, the family asks that donations be made to the Cashiers

*(continued)*

## Personal News (continued)

Highlands Humane Society. A graveside service was held at the Highlands Memorial Park Cemetery in Highlands, NC on Saturday, August 15th. A Celebration of Life will be held in Tampa at a later date.

## Giving our input



HCMA members Drs. Nishit Patel, Mark Moseley, Charles Lockwood, Eva Crooke, and Chris Pittman, participated in a roundtable discussion coordinated by US Representative Ross Spano (third from left). The medical forum, held June 2nd, focused on “How Telemedicine can help with COVID-19.”

## Book donations needed

Since 2012 donated books are given to local schools and reading programs for children and adults. Books and book cases are also needed for this literacy and book donation program. For more information, contact Dr. Rob Norman at his office 813-880-7546 or via [drrobertnorman@gmail.com](mailto:drrobertnorman@gmail.com).

## New Members

### USF Residents

Benjamin Berthet, DO

Antoniya Marinova-Doynova, MD

Sarah Moore, MD

Fatimat Shontande, MD

Katherine Woo, MD

Anthony Wood, MD

# Happy Birthday HCMA!

On September 3, 1895, in a second floor office at 217 Franklin Street, over the Bay Pharmacy, the Hillsborough County Medical Society (HCMS) was founded. Dr. B. G. Abernathy served as the HCMS's first President, alongside Dr. L. W. Weeden, Vice President, Dr. L. S. Oppenheimer, Secretary & Treasurer, and Dr. U. S. Bird serving as Corresponding Secretary.

Physicians have been working hard since 1895 to practice medicine in our community at the highest standards. This was accomplished by elevating the criteria for what determined the quality of patient care. Our medical forefathers persisted for those ideals: continue to fight as the patients' advocate, accept nothing less than the highest standard of care, and continue to promote the practice of medicine and professionalism.

Advocating for physicians and the health of the communities we serve was a vital objective in 1895 and remains our vision today.



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