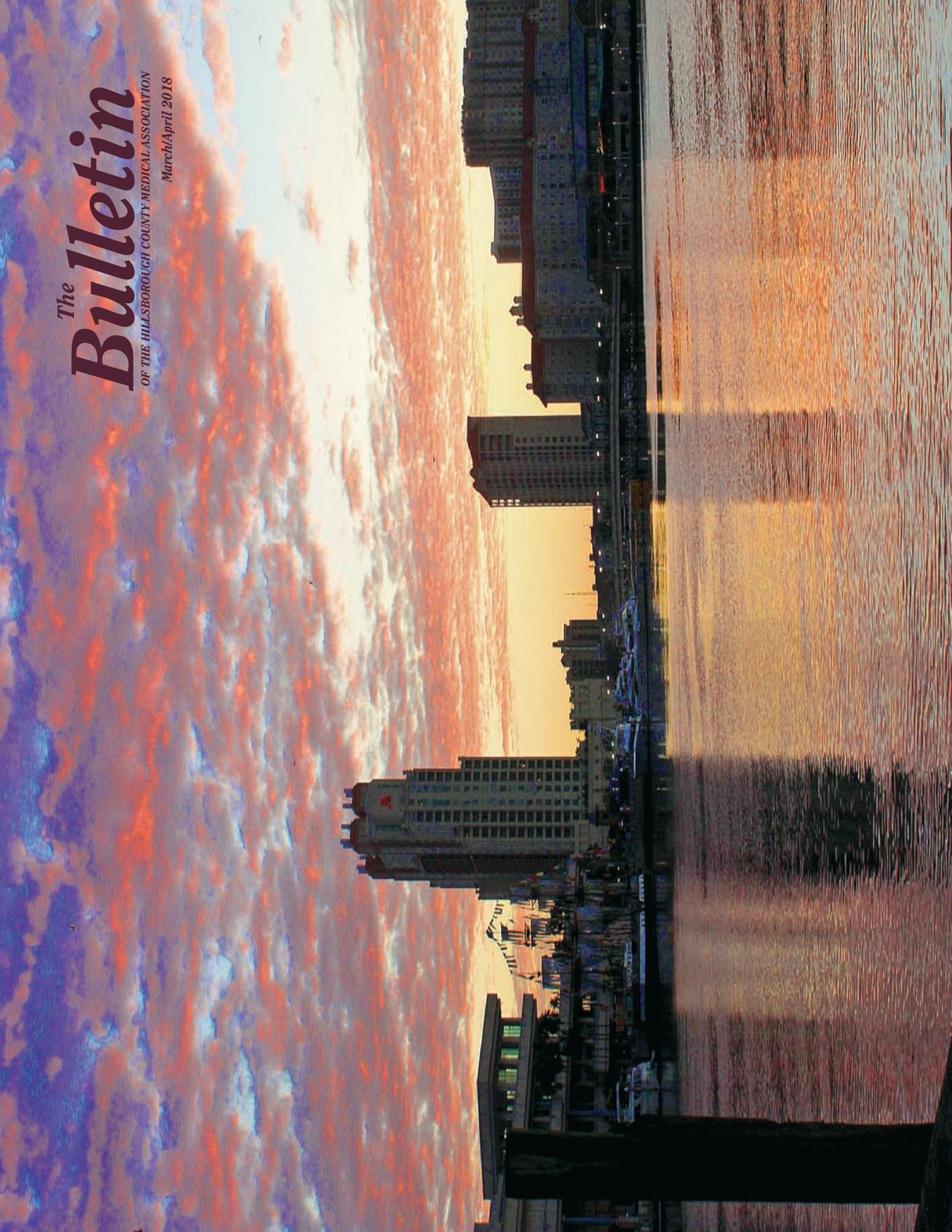


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6:00pm at the HCMA Office

May 22, 2018

July 17, 2018

HCMA Membership Dinners

6:30pm at the Westshore Grand

May 8, 2018

September 11, 2018

November 13, 2018

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To submit an article, letter to the editor, or a photograph for *The Bulletin* cover, please contact Elke Lubin, Managing Editor, at the HCMA office. All submissions will be reviewed by Bulletin Editor, David Lubin, M.D. We encourage you to review *The Bulletin's* "Article Guidelines" which can be faxed or emailed to you.

The Bulletin is YOUR publication. You can express your views and creativity by participating.

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March/April 2018

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While shooting his 20th Gasparilla Race weekend, Dr. Lubin caught the sunrise from the Gasparilla Pirate Ship dock between the 6AM start of the Half Marathon and before the first runners arrived at the finish line, just over an hour later.



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President's Message

A message to our next President

Fred Bearison, MD
Drfredb1@gmail.com



There is a common adage, “When one door closes, another door opens (and in some cases that same door re-opens)”. This is one of the many feelings I have as my presidential term of the HCMA comes to an end. As I close my ‘door’ to the presidential office, you, Dr. Thomas Bernasek will simultaneously re-open that same door. What will you find behind this imaginary door? I can assure you, it is not

a pot of gold and a list of “things to do” that magically will get accomplished without many hours of hard work. It is the foundation of the two major initiatives that I have undertaken during my term as HCMA president: increasing membership as a year-long project (not just a once-a-year event) and leading the development of a Physician Wellness Program.

No worries Tom, you won’t be alone building upon this foundation – I am leaving you with a great team to help build upon the foundation and for you to create new foundations of your own. Your team consists of members of the Executive Council, the HCMA membership, and our administrative staff.

This team has provided me the help, support, and vision required to make my term as HCMA president a success and create these foundations. Also, the team is growing with new HCMA members constantly being added and current members ‘stepping up’ to assume more responsibility. So Tom, open the door, take a deep breath and jump in feet first to your new “office” and the responsibilities within. I know you will do a great job! By the way...no worries...I plan to stay around for a while if you ever need any help!

Finally, I would like to extend my heartfelt thanks to the HCMA Executive Council for their support over the past two years as well as to our Executive Director, Debbie Zorian, and her staff for their support, assistance and truly working as hard as they possibly could to make my presidency a success!

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Editor's Page

Veni, vidi...oh well, I tried!

David Lubin, MD
dajalu@aol.com



Years ago, when Dr. John Curran was on the Executive Council, we would often, literally, turn to him to get his ideas and thoughts about items on the agenda which needed much thought and debate to resolve. For some reason, we believed that Dr. Curran combined his knowledge gained over many years while in practice and administration, along with a great deal of common sense, to explain the pros

and cons of many situations that needed to be resolved, or even tabled or discarded. He never failed us with his wisdom.

Our current Executive Council doesn't really have anyone of Dr. Curran's stature anymore. We have many young physicians with aggressive ideas, and then there are we who are older, and think we are more knowledgeable with way more street sense than those young folk.

Well, my recent experience with the Swann Ave. Market & Deli has increased my knowledge and substantially increased my street sense about coming out of retirement and owning a business. At the bequest of a former patient, who was the wine salesman for the Swann Ave. Market & Deli, I came out of medical retirement in October 2015, and became a restaurateur, along with being a beer and wine peddler. I have to say, in two years, I learned an extraordinary amount of information related to entrepreneurship, as well as tasting an extraordinary amount of beer and wine.

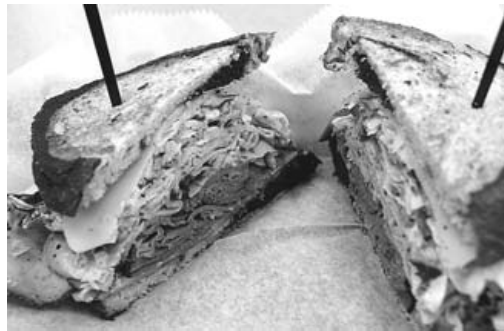
I had let certain people know what I was going to do back then...my financial advisor and CPA among a few others and, of course, they wanted to know "Why?" I don't know, something to do? It was a challenge, but the Deli was in place and had good food. I didn't need to make a great living to send kids to school or pay off my house, so I just did it. Had I asked more people in the business, I'm sure I would have gotten the "you're crazy." Maybe, but I did it because if I didn't, I always would

have wondered if I could have. I've written previously in The Bulletin, when I bought it, that, who knows, maybe I'd be the next Richard Gonzmart or Mel Lohn.

Well, I'm here to say after over two years of gaining knowledge and street sense, that if you decide to retire from medicine, DO NOT go into the restaurant business. It's hard, it's stressful 24/7, keeping employees...you can only hope, walk-in coolers go out, the Dept. of Agriculture makes you build a screened in shelter for your barbecue grill with a hot water sink (\$2,000). And the list goes on.

Other than the above stress and the fact I didn't take home a paycheck, I enjoyed the experience. I loved schmoozing with the

customers, and didn't have to ask them any medical questions, although some did ask me. I got to try some beer and wine which I never would have tried before, and ate some of the best sandwiches in town, thanks to my outstanding chef, Mike. The staff was great: Wendy, Tim, and Luis. Thankfully, I was able to sell it to someone who will continue the same concept, with his son who was in hotel management taking over. I know he'll be successful.



My legacy...the Lubin-Reuben.

The best part of the experience was meeting some of the great customers...some hockey players and others who lived nearby in South Tampa. Rather than writing about them, I've included some photos from the two plus years I was there. Maybe you came in for a sandwich or a wine tasting, or to get a bottle of wine or a six-pack of beer. If you did, thanks! Come back again and keep the Deli going. If you didn't, stop by and see what a great place it is for breakfast and lunch, beer and wine...and just schmoozing! *(continued)*

Editor's Page (continued)



Lightning defenseman, Braydon Coburn.



Dr. John Curran stopped by to buy some fine wine.



Moffitt CEO, Dr. Alan List and wife, Kim, often stopped by for lunch.



Kathi Grau (Mama Guava) and husband, Bruce LeBaron, along with Amy and Dr. Ed Fariior at a wine tasting.



Joe Maddon, Cubs manager, stopped by for ice.



Mayor Bob Buckhorn came by to say hi.



Lightning defenseman, Victor Hedman, quite the wine connoisseur.



Leah, Dr. Lubin's talented daughter, painting the newly installed Lubin Smokehouse.

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Debbie Zorian

DZorian@hcma.net



Republican Congressman Brian Mast, representing the 18th District of Florida which includes part of Palm Beach County, wrote an interesting article in the Tampa Bay Times on February 28th regarding his support to ban assault weapons. Congressman Mast once lived in Parkland, Florida where 19 year old Nikolas Cruz, armed with an AR-15 styled semi-automatic rifle, opened fire on February 14th kill-

ing 17 classmates and teachers and injuring 14 others at Marjory Stoneman Douglas High School.

The rifle of choice for many mass shooters has proven to be the AR-15. Advocates for stricter gun-control laws questioned why someone like Cruz, who displayed a plethora of troubling behavior over the years, was able to purchase such a weapon. I wholeheartedly support a ban against the purchase of assault weapons. That's not to say that guns should be outlawed entirely, but stricter laws enforcing specific gun control would, in my opinion, create a safer environment and save innocent lives.

Governor Rick Scott stated that he hopes a gun and school-safety bill is passed before the annual legislative session ends. We will know the outcome by the time this Bulletin issue is published. On a recent legislative phone conference with the FMA, county society Execs were informed that the Governor is so passionate about creating legislation to enforce gun control that he brought a father of one of the teenage victims of the Parkland massacre to the floor of the House and Senate. Discussion on another legislative issue was halted in order to hear the father's story and plea for gun safety measures.

Governor Scott is also going to discuss with the Legislature the need to increase funding for mental-health services. These types of services are definitely lacking in our state. Florida's support of mental health services fell to 50th in the nation last year, according to online data. This unfortunate fact is perhaps a topic for a future column and an issue I have felt strongly about for many years.

District 70 Representative for Hillsborough and surrounding counties, Wengay "Newt" Newton, commented on the #NEVERAGAIN Rally in Tallahassee held a few days after the tragedy in Parkland. I was compelled to share his missive.

#NEVERAGAIN STUDENT RALLY ON THE CAPITOL STEPS

When I heard about the tragedy at Marjory Stoneman Douglas, I was left speechless. As many of you know, students from all over the state traveled to Tallahassee this week to share their thoughts with myself and the other legislators, a humbling experience for us all. Not only was I moved by their pleas for gun control, I was inspired by the fierceness of their activism, the magnitude of their movement, and the persistence with which they fight. To personally witness their perseverance and hear their testimonies when I received them at Leon High School was life-changing. I commend these children in their efforts and encourage them to continue the fight for gun control. Assault weapons of mass killings should not be readily available to any would-be assassin. I look forward to working on legislation for a twenty-year moratorium and/or a ban on assault rifles and other legislation to keep our schools safe.

The idea held by generations of citizens who believe that America is a constant work-in-progress who believe that loving this country requires more than singing its praises or avoiding uncomfortable truths. It requires the occasional disruption, the willingness to speak out for what is right, to shake up the status quo.

That's America!

Kind regards,

Rep. Wengay "Newt" Newton

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Benefit Provider

Bad Products or Bad Advice?

Joseph Yagar, MSFS, CES, RIS

Yagar_Joe@nlvmail.com



After thousands of conversations and planning sessions over 23 years as an advisor, few are the same. Common goals, concerns, and anxieties exist, but our state of mind before, during, and after are unique. All too often, those who come to us for a consultation are at a point where they don't know whom and what to believe. They want a fresh unbiased approach with no pressure to believe one thing or another. They wish

to be advised, not sold.

Our belief is that every product is created to fulfill a need due to demand for a solution to a growing problem. Every product has those who experience success with it and those who don't. Think about your experiences with the various investments you have. Real estate, stocks, bonds, annuities, life insurance, precious metals, wine, art, cars, horses, business venture, etc. Some have likely met or even exceeded your expectations, and some have likely not. Your next-door neighbor, colleague, friend, or significant other may have the opposite experience investing in the same. How can that be?

Ask yourself, "Does a legally parked car intentionally cause an accident?" Then ask yourself, "What causes a car to cause an accident?" The answers are "No" and "Driver" respectively. The same applies to every "investment" you choose. And please don't let anyone tell you that a particular investment comes without risk. We believe that any investment made in the name of progress carries an inherent risk. Even if the word GUARANTEED is attached to it.

Using the analogy above, products being the car and driver being the advisor (any person, including yourself, that influenced the decision-making process), it may be easier to see that products in and of themselves cannot harm you unless the advice behind your decision to take a risk on them is acted upon. Therefore, we believe that there is no bad product, only bad advice.

The fact of the matter is that products should not even be part of the initial consultation. Products are a dime a dozen but have no place in the conversation until we, as advisors, can present the solutions you seek conceptually, without a predetermined agenda, and in line with your core values. Making a solution fit a specific product, regardless of whether it really does or not, is a recipe

for disaster. Unfortunately, it is all too common a practice. It's the advice that leads a product to be placed where it sometimes shouldn't be, and what potentially causes some to meet their objectives and others to miss by a mile.

Keep in mind that occasionally even the best advice may yield a less than perfect solution. A conceptually ideal solution may not have an ideal product to fit every aspect of it. The objective is to discover, together, the solutions and supporting products and strategies that would provide the best chance for success. The hardest part for you is knowing when you are getting the right advice and feeling good about it so that you can make the commitment and take action. Without commitment and action on your part, nothing will happen.

So, when seeking advice, don't let products dominate the conversation. If you feel that you are being led down one path regardless of the challenge you seek to overcome, walk away. A caring and competent advisor will listen carefully and keep ideas simple and conceptual until the challenges and objectives are clearly understood. He or she will take the time to carefully think your case through before presenting a roadmap you can understand, and which clearly addresses your challenges. If the advisor comes to the table with no other agenda other than to help you, and you follow through with commitment and action, the likelihood of success is exponentially increased.

At Legatus Group our philosophy is simple: True and transparent advice and to never do harm. Is that how you feel about the advice you're getting?

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Practitioners' Corner

The Pitfalls of Surgical Management of Colonic Polyps

Guillermo Castellvi, MD
gcastellvimd@gmail.com



I have submitted this article in regard to a recent surgical encounter with a patient. This cautionary tale involves a laparoscopic surgical resection of a pre-malignant colonic polyp during which a wrong segment of the colon was resected.

In a recent article presented at the 2016 Digestive Disease week, a study by Jenifer Naylor, MD, states that the location of cancer/polyps determined by colonoscopy does not agree with surgical locations in almost one third of cases. The increasing trend for colon and bowel resection is a laparoscopic approach where surgeons lose ability to palpate the lesion, in contrast to open abdominal surgeries. Overall, in 31% of the cases (34/110) the endoscopic location did not match the surgical location.

The practice of tattooing the colonic lesion during colonoscopy helps guide the surgeon but this is not always obvious. If endoscopies are not accurately localizing lesions, there is poten-

tial for flawed surgical planning and the need for intraoperative changes to the planned surgical procedure.

Surgeons should be aware of the issue of inaccurate localization of the colonic tumors or polyps and discuss this with the patients. Two similar cases identified by surgery as right sided lesions were initially diagnosed as left sided lesions by colonoscopy.

Returning to my patient, when the specimen removed was opened and it failed to confirm the lesion, open surgery followed and the correct segment was removed.

I hope this commentary will help to avoid a similar problem in the care of your patients who trust us to do no harm.

Be a Part of Change!

**2018 FMA Annual Meeting
August 3-5, 2018**

Loews Sapphire Falls Resort, Orlando

Delegations from the Florida County and Specialty Medical Societies meet each summer to participate in the FMA House of Delegates where resolutions are presented, reviewed, and oftentimes adopted. These adopted resolutions may become FMA policy, submitted to the American Medical Association, or become state legislative priorities.

If you are interested in being a part of the process, consider submitting an idea for a resolution or serving as an HCMA delegate to the FMA. The HCMA Delegation will meet in the spring to create and review resolutions for consideration by FMA House of Delegates.

For more information, contact Elke Lubin, HCMA Executive Assistant, at 813.253.0471 or ELubin@hcma.net.

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HCMA Physician Wellness Program

The HCMA is diligently working on the creation of a fully funded Physician Wellness Program (PWP). The program will offer members resources to promote work-life balance and physician wellness.

As resources grow, program specifics are expected to include:

- Completely confidential access to seasoned psychologists where there is no diagnosis made, no insurance billed, and no electronic records kept that can be linked to hospitals or large practice groups.
- Appointments are self-referred and member initiated only. HCMA membership will be confirmed via the online HCMA member database and the HCMA will be billed directly with de-identified data.
- Resources and informational articles on the HCMA website.
- A confidential 24/7 crisis hotline.
- Educational seminars, individual coaching, and telemedicine sessions.
- Small individualized support groups.



For more information, please contact:
Debbie Zorian, HCMA Executive Director
DZorian@hcma.net, 813.253.0471

Membership Dinner



Joseph Yagar (The Legatus Group), medical student Emilie Song, and Dr. Joseph Brown.



Dr. Joel & Nancy Silverfield, Dr. Michael Wasyluk, Dr. Robert and Susan Isbell, Dr. Carol Hodges, and Dr. Ed Homan.



Dr. Michael Albrink, Dr. Jarred Wallen, Michelle Robey, and Abigail Espeut.



Drs. Fred Bearison, Dennis Agliano, Todd Kumm, and David Tulsiak.

Florida Department of Law Enforcement Special Agent, C... and our businesses, are on the World Wide Web. He suggested that if a breach were to happen, and 500 or more patient records were stolen, the General. He went on to report how social media can open all

For additional information or to report a suspected cyber... Bay Regional Operations Center Cyber/High Tech Crimes... Monaghan recommended an excellent resource everyone should

The annual Cherry Bekaert and HCMA Foundation medical... ents were Amanda Vakos and Ariel Crocker.

Many thanks to our sponsors, Florida Hospital Tampa, Pro... rick, and Tower Radiology Centers for their continued support



The Annual HCMA/Cherry Bekaert medical student... scholarship was awarded. HCMA President, Dr. Fred Bearison... presented Ms. Amanda Vakos, MD Candidate Class of 2020 at... USE, with a \$1,500 scholarship.



Erin Aebel, a partner with Shumaker, Loop & Kendrick, one of the evening's sponsors.



Drs. Bruce Shephard, Ernesto Ruas, Joaquin Diaz, and



Dr. Eva Crooke mentored medical students Madeline MacDonald and Brittany Gaudet.



Drs. Jairo Parada, Ch... Eichberg.

Gallery

February 13, 2018

Corey Monaghan, enlightened attendees on how vulnerable we are and steps that can be made to protect patient records and noted that records are at risk, the physician is required to notify the Attorney General of us to hacking, phishing, spamming, and more.

Overcrime: Florida Department of Law Enforcement Tampa Crime Squad 813.878.7887, 24 hour toll free: 800.226.1140. Agent contact: SecureFlorida.org.

Additional student scholarships were also presented. This year's recipients

from Precision Diagnostics, ProAssurance, Shumaker Loop & Kendrick.



Dinner sponsors, Shumaker, Loop & Kendrick: Michele Hintson, Hayley Salem, Erin Aebel, Jessica West, and Kathleen Bickelhaupt.



The HCMA Foundation also provided a \$1,500 matching scholarship to recognize an exemplary USF medical student. Ms. Ariel Crocker, MD Candidate Class of 2019, accepts her award from HCMA Foundation President, Dr. Michael Wasyluk.



HCMA's Information table.



Dr. Lazaro Hernandez.



Florida Department of Law Enforcement Special Agent Corey Monaghan.



Dinner sponsors Precision Diagnostics: Dr. Jack Kain, Shannon Lynn, and Sam Paish.



Charles Cernuda, Hernan Leon, and Rodolfo



Dr. Jared Wallen representing Dinner Sponsor: Florida Hospital Tampa.



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Travel Diary

Crossing the Continental Divide by Boat

Rodolfo Eichberg, MD
eichberg@tampabay.rr.com



The title of this travel article seems implausible, if not ridiculous, but it is real and happens daily except in winter (June to September in the southern hemisphere). Tours operate from Bariloche (Argentina) to Puerto Varas (Chile) and vice versa. There is only one tour a day in each direction. Only 30,000 tourists per year have the privilege of being able to enjoy

the pristine beauty of undisturbed nature.

For those readers who are not familiar with South America, you need to know that the Andes are the continuation of the Rocky Mountains, part of the Continental Divide.

Yvette and I flew to Santiago, Chile's capital and from Santiago to Puerto Montt. Puerto Varas is only a few kilometers away. You would be surprised to see blonde, blue-eyed people speaking German mixed with Spanish. This equivalent to Spanglish does not have a name that I know of. These people are fourth or fifth generation Chilean. It is not unusual for groups of immigrants to preserve the language of their ancestors in all the South American countries.

We stayed at a fantastic hotel (no chain) overlooking the town. One of the hotel's characteristics is that they do not have framed paintings on the walls. Instead they have excerpts of poetry written by Chilean poets in beautiful calligraphy. If you can read and understand Spanish, it can be very romantic. If you like German food, the German Club is excellent.

If you have time, spend a day in Frutillar (Strawberry Patch). The farmers kept some of the first buildings (late nineteenth, early twentieth centuries), such as a grain mill powered by a small waterfall and old farming equipment. The village is on a lake and has a huge modern Performing Arts Center.

The actual crossing is operated by a private company belonging to families that also own some of the land. It should be noted that on both the Argentinean and Chilean sides most of the land belongs to National Parks. There is only one hotel

on the Chilean side, none on the Argentinian, in the entire 180 km of the route. From Puerto Varas you board a bus, stopping for photos of gorgeous undisturbed nature. After about an hour you embark onto a catamaran which crosses the huge Lago de Todos Los Santos, then a short bus ride to a small lake, a boat ride, and then arrive at the one and only hotel for lunch.

Then you board a bus that will take you to the Chilean and Argentine customs and passport controls. A few km further on is a little harbor on one of the arms of the Nahuel Huapi Lake in Argentina. The boat ride to the Llao Llao Hotel is gorgeous. This is a beautiful architectural design from the mid-20th century. From the port you will board a bus for about 30 km of lakeshore winding road to the city of Bariloche, the largest in the entire region. There are many hotels, restaurants and even a Casino there. The area has some of the best ski slopes in South America, but you will have to do without skiing since the crossing does not operate in winter. Fly fishing is very good.

There are many guides and all the necessary equipment. To see the whole area I strongly encourage you to take the Circuito Grande tour.

From there you go to the airport for a three hour flight to Buenos Aires. I truly believe this was one of our best trips ever.

There are places along the way where you think you can touch the 3,000 meter (9,000 ft) mountains. You will see an active volcano, Volcan Osorno, forests of Araucaria and Arayanes, with nobody other than your group around you. You

will see the other group going west only once. Think about it, where else can you enjoy tens of thousands of acres of the most beautiful land for just you and 200 other people?



Nahuel Huapi Lake from our hotel back yard in Bariloche.



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Committee Happenings

Editorial Board, The Bulletin

David Lubin, MD
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The Bulletin's Editorial Board met February 27th to plan the 64th volume. The dinner at Ava was graciously hosted by board member Dr. Michael Foley. In addition to the writing assignments, the board members approved the September/October issue being dedicated to physician wellness.

The Bulletin is YOUR publication and we are always accepting submissions. Topic ideas/submissions include:

- Interesting cases
- Interaction with patients

- Interesting vacation
- Movie/book review
- Personal opinion relating to the practice of medicine
- Hobby/Leisure time
- Photos
- Topic ideas are welcome!

Please notify Elke Lubin, Bulletin Managing Editor (ELubin@hcma.net) if you are interested in submitting an article for The Bulletin. The article guidelines and deadlines for the year are available upon request. Remember, you can submit at any time - write when the urge strikes you and if space and content allows, we will include your submission in the next available edition of The Bulletin.

Pictured: Back row: Drs. Richard Lockey, Thomas Bernasek, Barry Verkauf, William Davison, and Michael Foley. Front row: Dr. Erfan Albakri, Debbie Zorian (HCMA Executive Director), Dr. David Lubin (Editor), Elke Lubin (Managing Editor), and Dr. Rodolfo Eichberg.

2018 HILLPAC Donations

Many thanks to the members listed who have donated to the HCMA's political arm, HILLPAC. The HILLPAC Board members interview candidates in open Hillsborough County Legislative seats, contribute to candidates who are pro-medicine, and submit candidate recommendations to the FMA for their consideration.

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If you would like to contribute to HILLPAC, mail your check to: HILLPAC, 606 S. Boulevard, Tampa, FL 33606. Online contributions can also be made by visiting: www.HCMA.net. For more information about HILLPAC, please contact Debbie Zorian, HCMA Executive Director, DZorian@hcma.net or 813.253.0471.

Photo Gallery

Gasparilla Distance Classic Weekend February 24-25, 2018

The HCMA was well represented during the Gasparilla Distance Classic weekend. Not only does HCMA *Bulletin* Editor, Dr. David Lubin, serve as an official race photographer, but many HCMA members took to the streets and ran their hearts out! We are certain there were more HCMA runners than shown here and want to congratulate all runners for a job well done.

Also, you may remember Colleen Kelly Alexander who was our featured speaker at the HCMA September 2014 Membership Dinner. Colleen suffered a horrific accident when she was run over by a tractor trailer, her body dragged alongside the massive vehicle. It took 70 blood transfusions from 100 donors to revive her, even though at one point her heart stopped beating. Colleen has written a memoir about her ordeal and was a featured guest at the Distance Classic...running in three races! Since Colleen spoke at the HCMA meeting in 2014, she has had an expander placement which included three expanders placed in her left leg, then three months of injections for skin expansion. She then had the expanders removed along with several feet of skin and had her body reattached to the newly stretched skin. She has also participated in over 40 racing events. More about Colleen: <https://www.colleenkellyalexander.com>.



Elke Lubin (HCMA Executive Assistant) and her daughter and HCMA volunteer, Samantha Johnston ran the 5K in 41:42 and 39:36 respectively.



Dr. Bruce Shephard, cheered on by his lovely wife, Coleen, and Sponge Bob, finished 4th in his age group of 70-74 in the Half Marathon with a time of 2:03:38.



Dr. Gary Dworkin finished 8th in his age group of 60-64 in the 15K with a time of 1:11:47.



Dr. Donald Mellman finished the 5K in 44:52 and the 8K 1:16:42.

Sean and Colleen Alexander with HCMA *Bulletin* Editor, Dr. David Lubin. Colleen ran the 5K in 40:05, the 15K in 2:21:11, and the Half Marathon in 2:46:51.



HCMA Foundation

Thank You!

Simply put, if it wasn't for faithful supporters like those listed below, we wouldn't exist. Thank you for your donations so the HCMA Foundation can continue to make a difference in our community.

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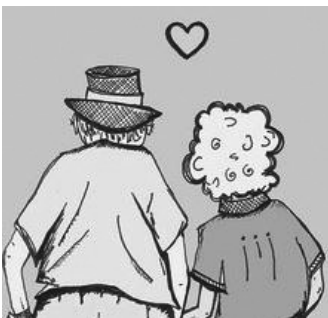
Over the years, due to the generosity of our members and the success of our Charity Golf Classic, the HCMA Foundation has been proud to support the Children's Home Network, Frameworks, the Judeo Christian Health Clinic, MoreHealth, St. Joseph's Children's Hospital Foundation, Self Reliance, Voices for Children, and USF Morsani College of Medicine medical student scholarships.

If you would like to make a contribution to the HCMA Foundation, please mail your check to: HCMA Foundation, 606 S. Boulevard, Tampa, FL 33606. Contributions can also be made online: www.HCMA.net.

For more information about the HCMA Foundation, please contact Elke Lubin, HCMA Executive Assistant, ELubin@hcma.net or 813.253.0471.

LOL with LTM

Secret to a Long Marriage



At a church in Nebraska, they have monthly marriage seminars for husbands. At the last session, the priest asked Bob, who said he was approaching his 50th wedding anniversary, to take a few minutes and share some insight into how he had managed to stay married to the same woman all these years.

Bob replied to the assembled husbands. "Well... I try to treat her nice, I spend a lot of money on her, but best of all, I took her to Italy for our fifth anniversary!"

The priest responded. "Wow, Bob, you are an inspiration to all the husbands here! Please tell us what you are planning for your wife for your 50th anniversary!"

Bob proudly replied. "I'm going to go pick her up."

Alliance News

Go Red for Women!

Bill Butler, Alliance President
bbutler6@gmail.com



On February 23rd, my wife, Dr. Madelyn Butler, and I hosted an Alliance Social at our home. Attendees were encouraged to “Wear Red for Women!” One highlight of the evening was the raffle drawing. Prizes included two bottles of champagne and a week stay at our cabin in North Carolina! The raffle raised over \$400 for the HCMA Foundation.

Guests included: Fabian Bello, Dr. Thomas Bernasek and Tammy King, Olivia Butler, Dr. Catherine Cowart and Randy Luzier, Tyler Jacoby, Dr. Rebecca Johnson and Michael Kelly, Dr. David and Elke Lubin, Drs. Augustine and Patricia Martin, Dr. Nicole and Greg Riddle, and Dr. Bruce and Coleen Shephard. Watch your email for future Alliance events!

For more information about the HCMA Alliance do not hesitate to contact me.



GO RED FOR WOMEN!



Tyler Jacoby, and the future Mrs. Tyler Jacoby, Olivia Butler, Bill Butler, Dr. Catherine Cowart and her husband, Randy Luzier.



Tammy King, Fabian Bello, and Dr. Madelyn Butler.



Dr. David and Elke Lubin and Dr. Thomas Bernasek.



Dr. Patricia Martin and her husband, Dr. Augustin Martin, Dr. Rebecca Johnson, Dr. David Lubin, and Dr. Nicole and Greg Riddle.

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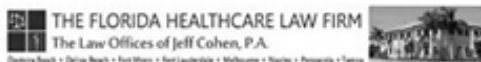
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In Memoriam



Rafael Miguel, MD, 62, of Tampa, passed away February 25, 2018 in Miami, Florida. Dr. Miguel attended Miami-Dade Community College and continued his education at Facultad de Medicina Universidad de Cadiz in Cadiz, Spain. He then moved to complete his Anesthesiology Residency at Tulane University in New Orleans, Louisiana from 1981 to 1984.

July of 1984, Dr. Miguel held a private practice of Anesthesiology at Tampa General Hospital. About a year later he became an Assistant Director of Anesthesia for the main operating rooms at Tampa General Hospital. He was also Chief of Anesthesiology at H. Lee Moffitt Cancer Center and Research Institute in Tampa, Florida, from April 1987 to June 2003. For many years, Dr. Miguel was a Professor and Department Chairman of Anesthesiology at the University of South Florida. In 2009 he became Medical Director of the Pain Medicine Program at Sarasota Memorial Healthcare Systems in Sarasota, Florida. From July 2009 to December 2014, Dr. Miguel was the president and CEO of Brandon Pain Medicine, Inc. At the time of his passing, Dr. Miguel was a Professor and Medical Director of Anesthesiologist's Assistant Program at Nova Southeastern University in Tampa and an Adjunct Professor for the Pain Department of Neurology at the University of South Florida's College of Medicine.

Dr. Miguel was activity involved with the American Medical Association, American Society of Anesthesiologists, American Society of Regional, Anesthesia and Pain Medicine, American Society of Interventional Pain Physicians, Florida Society of Interventional Pain Physicians, Florida Academy of Pain Medicine, Florida Medical Association, Florida Society of Anesthesiologists, Hillsborough County Medical Association, International Anesthesia Research Society, Society for Ambulatory Anesthesia, and Society for Pain Practice Management. His committee memberships included the State of Florida Board of Medicine, American Society of Anesthesiologists, Florida Society of Anesthesiology, Florida Medical Association, University of South Florida College of Medicine, Department of Anesthesiology University of Florida, H. Lee Moffitt Cancer Center, and the Florida Society of Interventional Pain Physicians.

Dr. Miguel also received many honors during his career. He is listed in Academic Keys Who's Who in Medical Sciences Education, 2001-Present; Biltmore's Who's Who 2005-Present, Consumers Guide America's Best Physicians 2004 and 2005; FSA Presidential Award, 2004; Florida Society of Interventional Pain Physicians Award for Outstanding Achievement, 2008; Listed as one of "Best Doctors in America" 2005-Present; Castle-Connolly

America's Top Doctors; FSA Distinguished Service Award, 2013; and the FSIPP Award for Lifetime Dedication to Pain Medicine, 2014.

He is survived by his wife, Diane Dombrowski; daughters, Sara Mia and Ava Olivia Miguel; brothers, Victor Miguel and Ignacio Victor Miguel; and many aunts, uncle, cousins, nieces, nephews, and friends.

Sylvia Campbell, MD to be inducted into the Women's Hall of Fame



The Hillsborough County Commission on the Status of Women (COSW) announced the selection of three local distinguished women for induction into the 2018 class of the Hillsborough County Women's Hall of Fame. Long-time HCMA Member, Dr. Sylvia Campbell, is one of the three honorees.

Hillsborough County's Commission on the Status of Women created its Hall of Fame to honor women who, through their lives and efforts, have made significant contributions to the improvement of the lives of others and blazed frontiers for other women. The Commission facilitates and maintains the permanent Women's Hall of Fame display.

The Hillsborough County Board of County Commissioners presented Dr. Campbell with a commendation recognizing her for her achievements: Dr. Sylvia Campbell, the first female surgeon in Hillsborough County, is fearless in her support of those enduring breast cancer treatments and relentless in her commitment to share wellness, love and goodness both within our communities and throughout the world.

The two other inductees were Julianne Holt, Public Defender of the 13th Judicial Circuit, and Ann Porter, the first director of Hillsborough County's Head Start program.

Rahul Mehra, MD, receives Behavioral Health Award



Each year, the Gulf Coast Jewish Family & Community Services (Gulf Coast JFCS) honors individual champions for advancements in Behavioral Health Services in the State of Florida. This year's M.A. Bernstein Behavioral Health Award honoree, Dr. Rahul N. Mehra, is dedicated to destigmatizing, raising awareness, and improving access for children and adults who are dealing with stressful life situations.

At the helm of MehraVista Health since 2007, Dr. Mehra is a
(continued on page 27)

Personal News (continued)

Board Certified Child, Adolescent and Adult Psychiatrist by training. Dr. Mehra's true passion is the emotional well-being of children. He has worked and volunteered both in the local and state-wide foster care system. He has received numerous awards for his tireless efforts. Dr. Mehra's enduring commitment to the value of employee assistance programs and customized K-12 school prevention services has driven MehraVista Health to tremendous success in mitigating the effects of poor emotional health.

Gulf Coast JFCS serves the community through direct services and public/private partnerships. They provide children, individuals, and families in need with support to ensure their safety, economic stability, and well-being in the Tampa Bay area and other locations throughout Florida. Their services improve the lives of those who are elderly, disabled, Holocaust survivors, refugees, and individuals with behavioral health needs. Gulf Coast JFCS serves more than 30,000 Floridians.

Dr. Lynn Ringenberg quoted in Rolling Stone



HCMA member, and Guest Editor of The Bulletin's September/October 2017 Environmental Issue, Dr. Lynn Ringenberg, was quoted in Rolling Stone in an article entitled, "The Harms of Fracking: New Report Details Increased Risks of Asthma, Birth Defects and Cancer."

From the article: Residents living near an active site breathe air laced with carcinogens, including benzene and formaldehyde, and research has shown an increased risk of asthma, a decrease in infant health and worrisome effects on the development of a fetus, such as preterm births and birth defects. "Pregnant women have a major risk, not only themselves but they're carrying a fetus whose cells are multiplying continuously," says Dr. Lynn Ringenberg, a retired Army colonel and the president-elect of Physicians for Social Responsibility. "If those cells get hit by some toxic chemical from fracking, it may not manifest itself for years."

You can read the full article by visiting: <https://www.rollingstone.com/politics/news/fracking-health-risk-asthma-birth-defects-cancer-w517809>



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ProAssurance – Healthcare Professional Liability Insurance. Chad May, Florida Account Executive, cmay@proassurance.com or 800.282.6242.



Shumaker, Loop & Kendrick, LLP - healthcare attorneys - Erin Smith Aebel, eaebel@slk-law.com or 813.227.2357.



TekCollect – Jeff Nolin, VP, JNolin@tekcollect.com or 813-418-7910.

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
**WESTCHASE
ORTHOPAEDICS
& REHABILITATION**

Practice acquisition term loan and working capital line of credit for Dr. Patrick Horan

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
Tenant improvements and working capital financing for new office for Dr. Dean Davis

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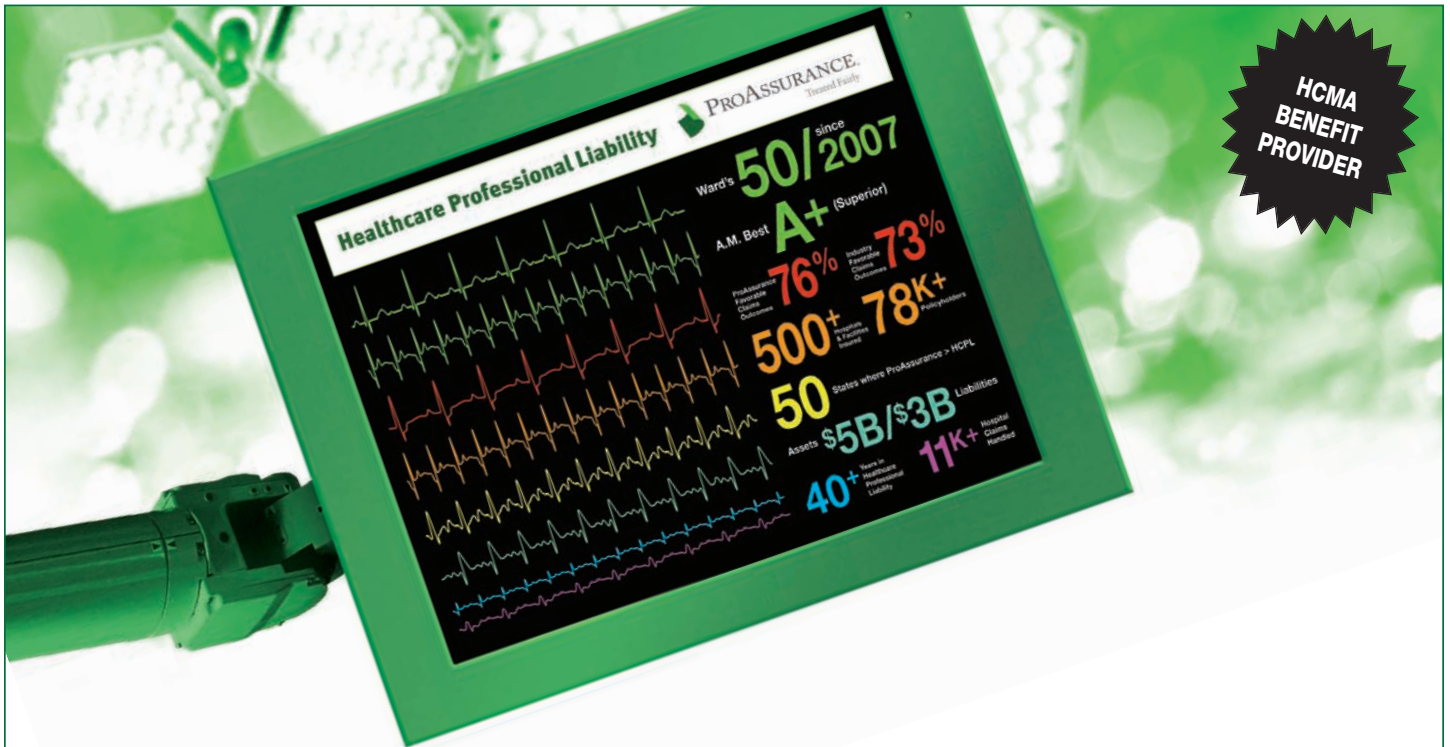


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17-FeaturedRelationships (04/2017)



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