Keeping the Flame Alive
rate-a-doc

Dr Williams

I really loved this doctor's ability to quickly type my personal data in the EHR. I would guess she can do 80 words per minute? Impressive! Dr Williams was able to look at me and the computer all at the same time. MD? More like PHD in speed-typing! Her computer skills by far exceed any doctor I have ever visited.

Dr Williams

I feel so much better after seeing Dr. Williams!

At TMLT, we know what really matters and we’ve got you covered.

We know that seeing patients and providing excellent care is your primary goal. And we work hard to find new ways to support you. Contact us today to learn more about what TMLT can do for you at 800-580-8858 or www.tmlt.org.

TMLT
Texas Medical Liability Trust

PARTNERSHIP FOR A NEW ERA OF MEDICINE.
Dr. Simone Scumpia MD FACE FRCP FNLA
New patients seen within 3-5 days

Dr. Scumpia, medical director and founder of Austin Thyroid & Endocrinology, has served the needs of thyroid and endocrine patients in Austin for over 20 years. She is a Board Certified Endocrinologist, Fellow of the American College of Endocrinology and Fellow of the Royal College of Physicians of Canada. Her focus is the diagnosis and treatment of thyroid disorders, general hormone imbalances, pituitary, adrenal, osteoporosis, and diabetes.

The clinic has in-house thyroid ultrasound, bone densitometry, radioactive iodine uptakes and treatment, insulin pump and dietician.

Dr. Scumpia offers second-opinion consults on management of Graves’ disease and hyperthyroidism, thyroid nodules and thyroid cancer.

Call 512.467.2727
to schedule your patient with Dr. Scumpia

- New patients seen within 3-5 days
- All new patients are seen by Dr. Scumpia
- Emergency new patients seen the same day
- All commercial insurance plans accepted
- Tricare and Medicare accepted
- Direct line 512.873.7377 for your medical staff
- Doctor’s line for referring physician

Dr. Simone Scumpia, MD FACE FRCP FNLA
Austin Thyroid & Endocrinology
2200 Park Bend Drive, Building 3, Suite 300
Austin, TX 78758
512.467.2727 office
512.873.7576 fax

Thank you for entrusting your patients to Dr. Scumpia
Think inside the box.

Running out of space to store years of patient files?

Before you completely space out, contact us!

TCMS Document & Data Services offers discounted rates on medical record storage, retrieval and disposal

Open up your filing space—take advantage of our secure warehouse

Need a file from storage? Expect timely delivery to your office

Safe and secure storage of electronic records

For professional, compliant document destruction, use our shredding services A certificate of destruction is provided

Discounted rates for TCMS members

512-206-1249

tcms@tcms.com

or visit www.tcms.com
in every issue

6 from the president
Sara G. Austin, MD

8 in the news

20 tcm alliance
Melissa Smith

22 public health
Philip Huang, MD, MPH

26 classified advertising

features

7 air conditioning, appetizers and art

10 tcms retired physicians' organization

12 savings are a click away

13 simplify hiring new employees and temporary staff

14 tcms physician wellness program
Brian Sayers, MD

Stay Connected!
Like us on Facebook
Facebook.com/TravisCMS
Follow us on Twitter
Twitter.com/TravisCMS
Keep up with the blog
TravisCMS.blogspot.com
Physicians are Human Too

There are many ways for us to present our successes—just think about those Christmas card letters or even the latest Facebook post from an out-of-town friend. However, difficult times for highly functional people like physicians can be much harder to deal with.

I went through a really difficult divorce about 10 years ago. It was scary and embarrassing and humbling and lonely and incredibly painful—and all of that for much longer than I would have ever thought possible. To this day I still don’t like to talk about it. I’d rather be the person posting on Facebook about my successes. It makes me feel vulnerable to talk about failures, and to do so with people that I work with (like in this article) is really hard. I’m doing this for a reason though.

This issue of the TCMS Journal focuses on the Physician Wellness Program that TCMS has just launched. As much as some of us hate to admit it, we physicians are human, and things are not always good. Life happens. We get sick, we hate our job but don’t know why, relationships get complicated, or something bad happens to someone close to us and it affects us too. I was lucky during my divorce to find a really good psychologist (a recommendation from my church) and he’s been helpful to me through these years—sorting out the whys of the divorce, navigating raising kids and a new relationship as well as growing in my job. I feel that with time and some help, I got through a difficult situation a little stronger and a little wiser.

I realize now that in some ways my patients went through my divorce with me. Whether they knew what I was going through or not, they were counting on me to be 100 percent present for them at every appointment and not to be distracted or focused on my own issues. That was why it was so helpful for me to have someone to talk to so that I could focus on work when I needed to.

I am incredibly proud that TCMS has put this program together for our members. I think it shows a depth of care by physicians for physicians and their families, and it also shows respect and care for the patients we serve. All of us should stand up and applaud Dr. Brian Sayers for making this program happen.

I encourage all of you to use this service if you even think you might need it. It can be a chance for growth, or healing or even just a way to serve your patients better in the long run.

Editors Note: See page 14

TCMS Physician Wellness Program
Keeping the Flame Alive
Executive Board
Sara G. Austin, MD, President
Jeffrey M. Apple, MD, President Elect
Robert K. Cowan, MD, Immediate Past President
Tony R. Aventa, MD, Secretary-Treasurer
Anas Daghestani, MD, Member At Large
Nancy Thorne Foster, MD, Member At Large
Jonathan MacClements, MD, Member At Large
Ghassan F. Salman, MD, Member At Large
Todd Shepler, MD, Member At Large
Kevin P. Spencer, MD, Member At Large
Adam Weinfeld, MD, Chair, Board of Ethics
Belda Zamora, MD, Delegation Representative

Board of Ethics
Adam Weinfeld, MD, Chair
Sharon Liu, DO
John Luk, MD
Matthew Pearson, MD
Harris Rose, MD, Vice Chair
David Vander Straten, MD
Srivani Thatikonda, MD

TMA Board of Trustees
David C. Fleeger, MD
Michelle A. Berger, MD

Delegate to AMA
David C. Fleeger, MD
Michelle A. Berger, MD

Alternate Delegate to AMA
Robert Emmick, MD

Delegates to TMA
Tony Aventa, MD – Chair
Kimberly Avila Edwards, MD
Ira Bell, MD
Michelle Berger, MD – Vice Chair
Maya Bledsoe, MD
Edward Buckingham, MD
Esther Cheung-Phillips, MD
J. Lauren Crawford, MD
James Eskew, MD
Nancy Foster, MD
Osvaldo Gigliotti, MD
Al Gros, MD
Al Guerrero, MD
Katharina Hathaway, MD
James Hicks, MD
Felix Hall, MD
Jeffrey Jelot, MD
Jeffrey Kahn, MD
Thomas Kim, MD
Greg Kronberg, MD
Pradeep Kumar, MD
Daniel Leeman, MD
Hillary Miller, MD
Celia Neavel, MD
Jack Pierce, MD
Stephanie Roth, MD
Dora Salazar, MD
Ghassan Salman, MD
Todd Shepler, MD
Sarah Smiley, DO
Emilio Torres, MD
Xuan Tran, MD
Zoltan Trizna, MD, PhD
John Villacis, MD
Stanley Wang, MD
Belda Zamora, MD
Guadalupe “Pete” Zamora, MD

Alternate Delegates to TMA
LuAnn Burdine, MD
Elizabeth Chmelik, MD
Scott Clitheroe, MD
Antonia Davidson, MD
Dayna Diven, MD
Steven Diven, MD
Robert Emmick, MD
Colby Evans, MD
Vimal George, MD
Grace Honles, MD
Andy Joshi, MD
Gurmeet Kohli, MD
Craig Kuhns, MD
Sushmi Kurapati, MD
Anna Lozano, MD
Marcella Madera, MD

Save the Date:
Family Social
"Boo at the Zoo" October 28

There’s nothing like cool art in the heat of summer. July’s Weekend Warm-Up was held at the Russell Fine Art Gallery where members enjoyed meeting renowned sculptor John Maisano and viewing works by Dali, Picasso and Chagall.
TCMS Volunteers at the Central Texas Food Bank
The Public Relations Committee organized an opportunity for physicians and their families to volunteer at the Central Texas Food Bank on August 5.

TCMS volunteers cleaned and sorted drinks and water into food boxes for distribution to those in need. “It’s always rewarding to help the community,” says Diane West, MD, PR Committee Chair. “Volunteering is also a great experience for our children.”

Congrats to Tom Coopwood, MD, (left) on the establishment of the Dr. Thomas B. Coopwood Service Award for Excellence in Surgery and Perioperative Care. The award was created by the Department of Surgery and Perioperative Care, UT Austin Dell Medical School. The inaugural award was presented to Dr. James McMichael, Capitol Anesthesiology Association.

UT Dell Med Student Receives 2017 TMA Minority Scholarship
TCMS is helping create the next generation of physicians through its support of the TMA Foundation and the 2017 TMA Minority Scholarship Program. The society’s gift is part of a $10,000 scholarship that Dekoiya Burton received as a first year student at UT Austin Dell Medical School.

Physicians selected the students for their academic achievement, commitment to community service and desire to care for Texas’ increasingly diverse population.

Dekoiya Burton of Houston graduated from Boston University and is a first year student at UT Austin Dell Medical School. He plans to specialize in neurology with the goal of practicing in an urban clinic that has rural satellite clinics.

TCMS Volunteers at the Central Texas Food Bank
The Public Relations Committee organized an opportunity for physicians and their families to volunteer at the Central Texas Food Bank on August 5.

TCMS volunteers cleaned and sorted drinks and water into food boxes for distribution to those in need. “It’s always rewarding to help the community,” says Diane West, MD, PR Committee Chair. “Volunteering is also a great experience for our children.”

Conrats to Tom Coopwood, MD, (left) on the establishment of the Dr. Thomas B. Coopwood Service Award for Excellence in Surgery and Perioperative Care. The award was created by the Department of Surgery and Perioperative Care, UT Austin Dell Medical School. The inaugural award was presented to Dr. James McMichael, Capitol Anesthesiology Association.

UT Dell Med Student Receives 2017 TMA Minority Scholarship
TCMS is helping create the next generation of physicians through its support of the TMA Foundation and the 2017 TMA Minority Scholarship Program. The society’s gift is part of a $10,000 scholarship that Dekoiya Burton received as a first year student at UT Austin Dell Medical School.

Physicians selected the students for their academic achievement, commitment to community service and desire to care for Texas’ increasingly diverse population.

Dekoiya Burton of Houston graduated from Boston University and is a first year student at UT Austin Dell Medical School. He plans to specialize in neurology with the goal of practicing in an urban clinic that has rural satellite clinics.
DON’T SETTLE FOR LESS THAN COMPREHENSIVE VEIN CARE.

And don’t assume that spider veins, varicose veins, leg pain or ulcerated skin conditions are a minor problem. There’s no shortage of vein clinics in town, but many doctors recommend Austin-based VeinSolutions, a division of one of the most respected cardiac and vascular surgical groups in the country (CTVS). The board certified Cardiothoracic and Vascular surgeons at VeinSolutions start by diagnosing the problem, then follow an inside-out treatment approach, always using the most advanced technology available. And because unhealthy veins are a real medical issue and not just a cosmetic problem, treatment through VeinSolutions is covered by most insurance carriers, and is in network.

Learn more by calling 512-452-8346 or go to VeinSolutionsAustin.com
In November of 1990, the Physician’s Forum was created by a committee of TCMS members who wanted to provide an opportunity to remain in contact with colleagues after retirement. “The best part was the fellowship with those who had shared in medical practice for so many years,” said Maurice Hood, MD, one of the Forum’s charter members. In addition to regular monthly meetings, the group traveled to Savannah, Charleston, Costa Rica and parts of Texas.

Today, this group is known as the Retired Physicians’ Organization (RPO) and features a diverse group of speakers and attendees. Everyone is invited, but those who are retired or contemplating retirement are especially encouraged to join the RPO. Recent speakers include a colonel who was stationed at the Pentagon on 9/11, a Starflight pilot, the founder of Mobile Loaves and Fishes and an expert on the Comanche. Lunch meetings are held on the third Tuesday of each month at the Tarrytown Methodist Church from September to May. December features a Sunday brunch for RPO members and their guests at the Westwood Country Club.

The next meeting will be Tuesday, September 19 with Dr. Kit Chenault discussing his new book, Doctors in Community—The Training of Interns and Residents at Brackenridge Hospital, Austin, Texas.

The TCMS RPO meets at Tarrytown Methodist Church, 2601 Exposition Blvd. Lunch is served at 11:30 am and the presentation starts around noon. For more information, call the Travis County Medical Society office at 512-206-1249 or e-mail tcmsrpo@tcms.com.
Need Insurance? We Can Help.

Request a quote.
Call: (800) 880-8181 • Visit: www.tmait.org

TMA INSURANCE TRUST
Exclusively endorsed by the Texas Medical Association
Online Resource Guide
Need someone to handle life’s details while you focus on your practice? Need your car picked up, serviced and brought back to your office? Go to the TCMS Resource Guide for a list of companies ready to assist you. From a personal concierge service, an auto repair company, financial services and more, this online guide is a time-saving tool.

Member Discount Program
Life is expensive and everyone likes a bargain. So if you are looking for discounted theater, entertainment or sports tickets, visit the Member Discounts page on the TCMS website. Broadway Austin, Schlitterbahn, Formula One racing and Round Rock Express baseball tickets are just a few of the experiences offered. Discounted offers change throughout the year, so check the site regularly.

To access the TCMS Resource Guide and the Member Discount Program, go to www.tcms.com and select Member Benefits then click on Focus on Savings.

Savings Are Just A Click Away

Every 9-1/2 minutes someone in the US is infected with HIV.

The CDC recommends routine HIV testing in medical care settings for patients 13 to 64 years old.

Routine HIV testing is the first line of defense against HIV and AIDS.

Learn more at www.testtexashiv.org
Simplify Hiring New Employees and Temporary Staff

It’s no secret that the administrative work involved in new hire screening and credentialing can be a burden on an already taxed physician’s office. The importance of performing due diligence to ensure proper credentialing, training and skills is paramount. Not to mention how important it is to find the “right fit” for a candidate joining your team. What if there was a way to make this cumbersome process easier?

TCMS Staffing Services, powered by Favorite Healthcare Staffing, is here to take the hassle out of hiring and staffing temporary positions. Their placement team makes hiring painless so you can focus on what matters—choosing the right candidate. Favorite does the leg work in accordance with Joint Commission standards; this includes credentialing, skills assessment, testing and more, as outlined in their hiring practices.

Favorite Healthcare Staffing has earned the Joint Commission’s Gold Seal, assuring that due diligence screening of every candidate is complete, before a candidate steps into your office for an interview. Whether you need temporary, per diem or permanent help, TCMS Staffing Services is here to help.

Favorite Healthcare Staffing has been a preferred partner of TCMS for several years. They have been providing healthcare staffing and direct hire services to the Texas healthcare community for over 35 years.

Find out more about TCMS Staffing Services at tcms.com.

Need a hand?

TCMS Staffing Services

• Discounted pricing for TCMS members on a wide range of staffing services.
• Assistance with cost control, efficiency and revenue cycle protection.
• 24/7 solutions to ensure consistent staffing and quality patient care without headaches.
• A resource pool of qualified professionals including office staff, healthcare professionals and physicians.

Contact

512-215-5194
medicalstaffing@favoritestaffing.com
or visit www.tcms.com
Imagine a group of a million Americans in the midst of an epidemic infecting half of its people. The affliction is characterized by higher rates of depression and suicide, a variety of health problems that shorten life span, higher rates of alcohol and drug addiction, an increased risk of accidents harming themselves or those around them, lost productivity, higher rates of divorce and isolation from loved ones. Such an epidemic would surely be seen as a crisis and be addressed appropriately with a robust effort to develop effective treatment and prevention strategies.

What is it and why has this epidemic been swept under the rug? Physician burnout—a dirty little secret among doctors who seem more willing to take the health problems of their patients more seriously than their own health and psychological problems. It is a threat to the health and safety of both physicians and the patients they serve.

Burnout is not a new problem. It is as old as our profession itself, but for a variety of reasons is becoming a true epidemic, finally attracting the attention it deserves and is now being addressed in prestigious medical journals and institutional programs.

Articles about physician burnout started showing up fairly regularly in the late 80s but can now be found in almost all medical publications on a regular basis. Observers of burnout literature over the last three decades will notice a fairly recent sea-change in opinions about both the underlying causes of the epidemic as well as proposed solutions.

In the past, experts blamed the rising rate of burnout on the very nature of the practice of medicine and medical training as well as on personality traits that are common among physicians. These well-known traits include tendencies to compulsiveness, perfectionism and a need to be in control. Up to a point, these traits help us be effective physicians, but at what cost? Traditional medical training took advantage of these traits, often leaving its newly hatched physicians with little regard to work-life integration and habits of working too many hours...
one expert places the rise of physician burnout squarely on this loss of control/autonomy.

In the face of this, will we be problem solvers or victims? Even if you are not affected, will you help your colleagues who are? Will we come together as a community of physicians and care for each other? With all of its challenges, we are still privileged to have the opportunity to work in a profession that has great rewards, with intellectual challenges and an opportunity to serve and care for our neighbors. Imbedded within all of us, and unique and sacred for each of us, is that original dream—a calling really—to become a doctor. Our challenge is to keep that flame alive.

For the past year, a group of your colleagues and our TCMS staff have dedicated themselves to putting together the Physician Wellness Program (PWP) based on similar programs offered by other county medical societies around the country. A project of the Travis County Medical Society Foundation, the PWP will provide professional education, workshops, strategies for change, support and fellowship with colleagues and when needed, access to confidential “coaching” from highly respected TCMS vetted counselors. The coaching component is a unique feature of the PWP, available to physicians and/or their spouse/life partner facing life challenges including, but not limited to, work related problems.

We are a vital community of physicians here to serve our patients, support each other and enhance the possibility of finding enjoyment and meaning in our work. As author Dr. Rachel Remen notes, “To practice medicine with good spirit does not mean to be in a place where there is no noise, trouble or hard work. It means to bring your calm and loving heart right into the midst of it.” We hope this program will help us do just that.

This program is funded by the charitable support of those who believe in and support its mission. We owe special thanks to our initial funding partners whose generosity has made the launch of this project possible. Won’t you please consider making a tax deductible donation to the project?

For more information visit the TCMS Physician Wellness Program at www.tcms.com/pwp

The following generous donors have supported the Physician Wellness Program to date:

$10,000 and Up
Austin Community Foundation (TCMS fund)
St. David’s HealthCare Partnership
Seton Healthcare Family

$5,000-$9,999
Austin Radiological Associates
Texas Medical Liability Trust
Texas Oncology

$2,500-$4,999
Austin Gastroenterology
Austin Regional Clinic

$1,000-$2,499
Brian Sayers, MD

$500-$999
Nancy Thorne Foster, MD
Pulmonary and Critical Care Consultants

Up to $499
Louis Appel, MD
Central Texas Rheumatology Society
Peggy Russell, DO
Karen Swenson, MD
Objectives
Upon completion of this symposium, attendees:
1. will be able to describe the role of ethics in mitigating the negative aspects of burnout that impact patient care;
2. will be able to develop skills of spiritual intelligence in order to become more resilient and creative in their work;
3. will be able to define the term “second victim” and be able to discuss the Provider Associate Care Team (PACT) as an institutional intervention for the second victim following adverse clinical events;
4. will understand the relationship between compassion and resilience and learn techniques for increasing resilience;
5. will know physician burnout rates and suicide statistics; will be able to discuss stress vs relaxation response and know about research literature in mind-body medicine and
6. will know about the support offered through the Travis County Medical Society and their colleagues regarding burnout and physician distress.

Accreditation Statement:
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Texas Medical Association and the Travis County Medical Society Foundation. The Texas Medical Association is accredited by the ACCME to provide continuing medical education for physicians.

Designation Statement:
The Texas Medical Association designates this live activity for a maximum of 3 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure
Policies and standards of the Texas Medical Association, the Accreditation Council for Continuing Medical Education and the American Medical Association require that speakers and planners for continuing medical education activities disclose any relevant financial relationships they may have with any entity producing, marketing, re-selling or distributing health care goods or services consumed by or used on, patients. The content of this presentation does not relate to the product of a commercial interest therefore, disclosure is not necessary.
The Survival Rate of Women Diagnosed With Early-Stage Breast Cancer Is 99%.

Thanks Mamm!

Recommend yearly mammograms, starting at 40.

 Ara
WOMEN'S IMAGING

Request appointments at ausrad.com or call 512.463.5100
Looking to avoid risk?

WE CAN SHOW YOU THE WAY.

We're taking the mal out of malpractice insurance. Thanks to our national scope, regional experts, and data-driven insights, we're uniquely positioned to spot trends early. We shine a light on risks that others can't see, letting you focus on caring for patients instead of defending your practice. It's a stronger vision that creates malpractice insurance without the mal.

Join us at thedoctors.com
Bone tired of your car?

TCMS Auto Program

Don’t spin your wheels looking for a car! Let the TCMS Auto Program do all the work for free. Just provide the make and model of the car you want, and we’ll find it for the lowest price available. Financing assistance is also available. We’ll even deliver it to your office for a test drive at no cost.

This program is open to TCMS physicians, their families and their staff.

Participating Dealerships

- Nyle Maxwell
- Chrysler Jeep Dodge RAM
- Nyle Maxwell SUPERCENTER
- Nyle Maxwell GMC
- Howdy Honda
- Lexus of Austin
- Maserati North Austin
- Mercedes Benz of Austin
- Porsche Central Austin
- Toyota Cedar Park

Contact Phil Hornbeak
512-949-5758
phornbeak@tcms.com
www.tcms.com

TCMS Auto Program
Melissa Smith
President Elect

TCMA stuffed backpacks full of new school supplies and gave them out at the annual Volunteer Healthcare Clinic’s Healthy Kids event on August 12. The result was a lot of happy children with the tools to start a great school year! The Kids Club will be participating in the CASA Superhero Fun Run on September 17 to benefit CASA’s advocacy efforts for abused and neglected children. The event will include the 1K Kids’ Fun Run, a costume contest and a superhero dance party.

TCMA is now on Directory Spot. All members can use this app to retrieve directory information on their phone or tablet devices! With this app, you can search contacts, update your personal information or join a committee! Contact patriciaawallis@gmail.com for more information.

Member Spotlight: Kathy Kitchens Downie

She moved to Pusan, South Korea at the age of seven and credits the following decade in Asia for her love of different cultures, languages, food and kimchee. Her parents instilled a love of travel in her from an early age. She has lived in Gaza, Israel for a summer as well as near Tuba City, AZ where her father was a physician for a nearby Indian reservation before living in Korea.

Growing up in Southeast Asia was also where Kathy developed a love for cooking. At the time, conveniences like buttermilk or marshmallows were not available in the Korean grocery stores so she learned how to make them in order to have marshmallow crispy treats and buttermilk biscuits.

Following college in Birmingham, AL, her interests in food and health led her to a dietetic internship at Massachusetts General Hospital in Boston. Kathy also learned to love warm weather, sweet tea and the Gulf during her time in the South.

After working in clinical nutrition at hospitals in Alabama, she worked as a nutrition editor at *Cooking Light* magazine for five years. During this time she met Ben Downie, her future husband. She also learned to make some amazing chocolate chip cookies and lasagna.

Now she cooks for her two biggest fans, Dylan (7 years) and Angus (4 years). They also love to make buttermilk biscuits and pancakes and love any pasta—from boxed mac-n-cheese to homemade spaghetti. The family spends most weekends at Dylan’s soccer games, exploring the best barbecue joints in central Texas and plotting trips to Big Bend.

Kathy loves TCMA and especially enjoys the community outreach and support efforts around Austin. She currently serves as Vital Signs editor, which helps fuel her love of putting words and photos together. In her spare time, Kathy serves on her neighborhood’s HOA board and sometimes blogs and researches current nutrition topics for Whole Foods.

Upcoming Events:

**Sept. 17, 4 pm— Toast to Doctors, ABGB**
“Toast to Doctors” will be held on Sunday, September 17 from 4-8 pm at the ABGB. The outdoor party will include great food, craft beers, ciders and wine topped off with live music performed by Them Duquaines. Wear your dancing shoes and join us for a fun evening!

**Sept. 19, 9:30 am— General Meeting, Nordstrom Domain**
The first general meeting is scheduled for September 19 at 9:30 am at the Nordstrom Domain. The meeting will include a fall fashion show featuring our past presidents! We would love to have some new members join us!

**March 2, 2018— Party with a Purpose, South Congress Hotel**
Mark your calendars for the TCMA “Party with a Purpose” to be held on Friday, March 2, 2018 at the South Congress Hotel. The planning committee will be working hard over the next few months to make this event a success!

For more information—www.tcmalliance.org
TAKE ADVANTAGE OF A MORTGAGE DISTINCTLY MADE FOR PHYSICIANS

Introducing our Physicians Mortgage Loan Program

Our lenders have extensive experience working with medical professionals like you. We’ve created a mortgage program that provides the ease and flexibility you want when purchasing your new home.

- Down payment as low as 5% for loan amounts up to $1,000,000
- No private mortgage insurance
- Flexible qualifying guidelines
- Loan amounts up to $1,500,000

OUR FINANCIAL KNOWLEDGE IS YOUR FINANCIAL EDGE.

FindABetterMortgageLender.com  866.936.3120

ROGER BOTT
Senior Vice President
Private Banking Specialist
512.465.8515
rbott@broadway.bank
NMLS #607461

STEPHEN JEFFREY
Senior Vice President
Private Banking Specialist
512.465.8515
sjeffrey@broadway.bank
NMLS #612260

BROADWAY BANK
We’re here for good.

39 Financial Centers  |  Member FDIC

Membership qualifications for Private Banking at Broadway Bank apply. All loans subject to credit approval, verification and collateral evaluation. Rates, terms and conditions are subject to change without notice. Lending area and other restrictions apply.
Public Health

Childhood Obesity in Travis County

Philip Huang, MD, MPH, Medical Director, Austin Public Health  
Sarah Seidel, DrPH, Austin Public Health  
Haruna Steger, Austin Public Health

Scope of the Problem

Travis County Data on childhood obesity at the local level is limited. According to the 2010 Youth Risk Behavior Survey (YRBS), the estimated prevalence of overweight and obesity in Travis County high school students was 14.1% and 10.1%, respectively. FitnessGram is a youth physical assessment tool used by the Texas Educational Agency (TEA) to monitor weight status and fitness levels of Texas students in grades 3-12. FitnessGram uses percent body fat or body mass index (BMI) to assess body composition, a mile run or PACER (laps) test to assess aerobic fitness and additional tests to measure muscle strength and flexibility. BMI and aerobic fitness levels are then categorized by “achieved health fitness zone,” “needs improvement” (formerly “some risk”) and “needs improvement—health risk” (formerly “high risk”). The classification of a child’s BMI or aerobic fitness level as “needs improvement” signifies that “if the student continues to track at this level there is the potential for future health risks.” The classification of a child’s BMI or aerobic fitness level as “health risk” indicates that “if the student continues to track at this level there is a clear potential for future health problems (a more probable risk).” The 2013-2014 FitnessGram data for BMI indicate that 28.1% of Travis County students (grades 3-12) have a “health risk” BMI (See Graph 1). Girls have a slightly lower prevalence of health risk BMI (27.5%) than boys do (28.5%) (data not shown), and elementary school students and high school students have a higher prevalence of health risk BMI than middle school students do. Travis County students have a lower prevalence of health risk BMI than Texas students overall. However, Travis County students have higher prevalence of health risk aerobic fitness levels than Texas students overall (11.5% vs. 9.5%, respectively) (See Graph 1).

Graph 1. Percentage of Travis County students with health risk BMI or health risk aerobic fitness level by school type & gender

*Elementary Schools include grades 3-5; middle schools with 5th grade students will have these students counted under elementary  
**Middle Schools include grades 6-8  
***High Schools include grades 9-12
Graph 2. Percentage of students with “health risk” BMI by Travis County school district, 2011-2014

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage of Students with Health Risk BMI 2011-2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Travis County</td>
<td>27.9%</td>
</tr>
<tr>
<td>Austin ISD</td>
<td>30.0%</td>
</tr>
<tr>
<td>Del Valle ISD</td>
<td>26.9%</td>
</tr>
<tr>
<td>Eanes ISD</td>
<td>39.6%</td>
</tr>
<tr>
<td>Elgin ISD</td>
<td>38.1%</td>
</tr>
<tr>
<td>Lake Travis ISD</td>
<td>17.3%</td>
</tr>
<tr>
<td>Leander ISD</td>
<td>18.4%</td>
</tr>
<tr>
<td>Manor ISD</td>
<td>56.7%</td>
</tr>
<tr>
<td>Pflugerville ISD</td>
<td>33.1%</td>
</tr>
<tr>
<td>Round Rock ISD</td>
<td>21.6%</td>
</tr>
</tbody>
</table>

*Districts included in the combined percentage will vary by year depending on which ISDs reported and include schools not individually presented in this graph.

Austin ISD, Del Valle ISD, Elgin ISD, Manor ISD and Pflugerville ISD all have a higher percentage of students with a health risk BMI than Travis County schools overall (Graph 2 and Table 1). Each of these districts also has a percentage of economically disadvantaged students of 54% or more (Table 1).

Health Burden from Childhood Obesity

Children who are obese are at risk for a number of poor health outcomes during their childhood and adolescence, including high blood pressure and high cholesterol, respiratory problems, orthopedic problems, menstruation problems, psychological problems and childhood diabetes.1 Children who have obesity in childhood are more likely to have obesity in adulthood,3 which is associated with an increased risk of type 2 diabetes, cardiovascular diseases and certain forms of cancer as well as with other costly conditions such as osteoarthritis, sleep disorders, asthma and infertility.4 Because the prevalence of obesity in children in the US is greater than it was in past decades, the prevalence of adult obesity and the associated chronic conditions and negative health outcomes are also expected to rise, contributing to increased health care costs and lost productivity.6

Using BMI as an Indicator of Obesity in Clinical Settings

Despite its limitations, BMI remains the recommended tool for the primary assessment of childhood overweight and obesity. The CDC recommends that providers use the US growth charts of BMI-for-age (by sex) for the clinical assessment of childhood (ages 2-20) overweight and obesity, with overweight defined as a body mass index (BMI) from the 85th to less than the 95th percentile and obesity at or above the 95th percentile of the sex-specific CDC BMI-for-age growth charts at http://bit.ly/2gmXVjw. Sex-specific BMI-for-age charts from the CDC can be found at: http://bit.ly/2vpws7y.

Clinical Recommendations for Combatting Childhood Obesity

The US Preventive Services Task Force recommends that clinicians: 1) screen children and adolescents age 6 years and older for obesity and 2) offer or refer them to comprehensive, intensive behavioral interventions (≥ 26 total contact hour) to promote improvements in weight status.7 Additionally, the American Academy of Pediatrics recommends plotting BMI annually on a growth chart for all patients 2 years and older, and the National Academies Health and Medicine Division (formerly the Institute of Medicine) recommends that clinicians measure weight and length or height

continued on page 24

Table 1. Percentage of students with “health risk” BMI and economic disadvantage by Travis County school district, 2011-2014.

<table>
<thead>
<tr>
<th>District</th>
<th>Percentage of Students with Economic Disadvantage (as of 2011-2014)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Travis County</td>
<td>60%</td>
</tr>
<tr>
<td>Eanes ISD</td>
<td>3%</td>
</tr>
<tr>
<td>Lake Travis ISD</td>
<td>13%</td>
</tr>
<tr>
<td>Leander ISD</td>
<td>19%</td>
</tr>
<tr>
<td>Manor ISD</td>
<td>29%</td>
</tr>
<tr>
<td>Pflugerville ISD</td>
<td>54%</td>
</tr>
<tr>
<td>Elgin ISD</td>
<td>72%</td>
</tr>
<tr>
<td>Austin ISD</td>
<td>61%</td>
</tr>
<tr>
<td>Manor ISD</td>
<td>78%</td>
</tr>
<tr>
<td>Del Valle ISD</td>
<td>86%</td>
</tr>
</tbody>
</table>

*Districts included in the combined percentage vary by year depending on which ISDs reported results and include schools not individually presented in this graph.
at every well-child visit using World Health Organization (0 to 23 months) or CDC (24 to 59 months) growth charts.8,9

Though clinical practice alone cannot alter the prevalence of childhood obesity in this country, it is an integral part of a broad, multi-sector approach including interventions targeting individual and family behavior change, improved clinical management, systems level changes such as excise taxes on unhealthy foods, policies to improve nutrition and increase opportunities for physical activity in schools and changes to the built environment through planning, ordinances and city codes.10,11,12 Beyond screening and referral to behavioral interventions, clinicians can promote the following practices and healthy lifestyle choices to patients and their families (Table 2).

Table 2. Recommendations for promoting healthy lifestyles and practices to patients and their families to prevent & reduce childhood obesity

<table>
<thead>
<tr>
<th>Talking to Patients &amp; Parents</th>
<th>Promoting Healthy Diet &amp; Activity</th>
<th>Promoting Healthy Babies</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Avoid words</strong> like “overweight” and “obesity” when talking to children about weight status or body composition.</td>
<td><strong>Promote Healthy Eating</strong></td>
<td><strong>Promote healthy weight in pregnant women and women planning to become pregnant</strong></td>
</tr>
<tr>
<td>• Instead, use phrases like “extra weight,” “unhealthy weight” or “too much weight” and emphasize health and health risks as they pertain to someone carrying extra weight.</td>
<td>○ Eat fruits and vegetables and whole-grain products</td>
<td>Babies of obese women are at a higher risk for childhood obesity.</td>
</tr>
<tr>
<td><strong>Emphasize healthy eating and exercise rather than dieting and weight loss.</strong></td>
<td>○ Choose low-fat dairy, lean meats and lentils/beans for protein</td>
<td><strong>Promote breastfeeding for infants for the first year of life</strong></td>
</tr>
<tr>
<td><strong>Discuss</strong> the goal of achieving a healthy weight as slowing the rate of weight gain while allowing for normal growth and development</td>
<td>○ Limit consumption of sugar-sweetened beverages</td>
<td>Breastfeeding is a significant protective factor against obesity in children.</td>
</tr>
<tr>
<td><strong>Educate</strong> parents on the negative psychosocial outcomes (stress, stigma, low self-esteem, and low social functioning) of youth who are overweight and obese.</td>
<td>○ Drink water</td>
<td><strong>Direct parents to resources for how to talk to their children about weight and/or obesity:</strong> <a href="http://bit.ly/2wHjFNI">http://bit.ly/2wHjFNI</a></td>
</tr>
<tr>
<td><strong>Reduce Sedentary Time</strong></td>
<td>○ Limit consumption of sugar and saturated fat</td>
<td></td>
</tr>
<tr>
<td>• Children should have no more than 1-2 hours per day watching television or movies, using the computer, or playing video games</td>
<td><strong>Promote Eating Together</strong></td>
<td></td>
</tr>
<tr>
<td>○ Keep screens out of the bedroom</td>
<td>○ Eat meals as a family at the table</td>
<td></td>
</tr>
<tr>
<td><strong>Help Kids Stay Active</strong></td>
<td>○ Limit eating out and eating fast food</td>
<td></td>
</tr>
</tbody>
</table>
| • Children should engage in 60 minutes of moderate to physical activity every day of the week. | **Source:** Adapted from recommendations from CDC, Stop Obesity Alliance, and Austin Public Health

References
1 Since 2010, the YRBS has not been conducted in enough schools in Travis County to provide a sufficient sample size for county-level estimates.
3 Travis County FitnessGram data include Austin ISD, Del Valle ISD, Eanes ISD, Elgin ISD, KIPP Austin Schools, Round Rock ISD, Austin Can Academy, Texas School for the Blind & Visually Impaired, and UT Elementary Charter School. FitnessGram data are not available for 2013-2014 for the following ISDs with schools that fall within Travis County: Lago Vista ISD, Lake Travis ISD, Leander ISD, Pflugerville ISD, and Manor ISD. Data for schools lying outside of Travis County are included for ISDs that also have schools within Travis County (Egin ISD and Round Rock ISD). Austin ISD, Eanes ISD, and Del Valle ISD lie completely within the Travis County boundary.
4 Centers for Disease Control (2016). Childhood Obesity Causes & Consequences. Available at: https://www.cdc.gov/obesity/childhood/causes.html
A BREATH OF FRESH AIR

“I finally have my place in the country. Lone Star Ag Credit helped me finance my piece of Texas.”

CHARLES GREEN | 5G LAND & CATTLE CO.
Member Since 1998

Visit LoneStarAgCredit.com/tx to connect with a loan officer near you.

LONE STAR
AG CREDIT
FINANCING YOUR PIECE OF TEXAS
Sleep 360 Sleep Diagnostic Center

Sleep 360 Sleep Diagnostic Center is an AASM Accredited 4-Bed Sleep Center. Our services include:

- Physician Consultation
- Physician supervised sleep studies with quick turnaround time for results
- CPAP/BIpAP compliance clinic
- Cognitive Behavioral Therapy (CBT) for insomnia management
- Home sleep studies

For more information, contact Chantel Pearson at cpearson@tcms.com or 806-640-4553.

Pecan Park Professional Plaza
10601 Pecan Park Blvd. Suite 203
Austin, 78750

Sleep 360

Vani Vallabhaneni, MD
Board Certified in Sleep Medicine
Board Certified in Internal Medicine
Clinical Assistant Professor
Texas A&M University Health Science Center

Phone: 810-0360 • Fax: 918-0361 • www.sleep360md.com
MEDICAL PROFESSIONAL LIABILITY INSURANCE
PHYSICIANS DESERVE

Offering top-tier educational resources essential to reducing risk, providing versatile coverage solutions to safeguard your practice and serving as a staunch advocate on behalf of the medical community.

Talk to an agent/broker about NORCAL Mutual today.
NORCALMUTUAL.COM | 844.4NORCAL

© 2016 NORCAL Mutual Insurance Company
WE KNOW YOU HAVE CHOICES WHEN REFERING YOUR PATIENTS...

That’s why we go the EXTRA MILE.

TRUSTED PARTNER for 37 YEARS OF SERVICE

CONVENIENT ACCESS
34 DOCTORS with 18 LOCATIONS

COMPREHENSIVE CARE
TREATING COMMON, CHRONIC and COMPLEX GI/LIVER CONDITIONS

ABOVE & BEYOND
EXCEEDING NATIONAL QUALITY BENCHMARKS

LEADING THE WAY IN GI AND LIVER CARE IN THE GREATER AUSTIN AREA SINCE 1980.

AG Austin Gastroenterology
Your digestive health specialists

To find Physicians and Locations visit us at AustinGastro.com.