

This monthly newsletter keeps **Indiana State Medical Association Alliance (ISMA-A)** members up-to-date on news and events happening in your county, state and nation. Keep reading to find out more!

President's Pen

It is an exciting time in the Alliance year. Many of our county Alliances are wrapping up their year and installing new leadership. We always look back and reflect on what we have accomplished with our programs and projects and wonder if we have made an impact. Be your accomplishments large or small, celebrate what you have done. Celebrate the friendships made working and having fun together, the people you have touched in your community with your projects and the support you've given to the family of medicine. As you go forward, give your new leadership the support they need to be successful. The passing on of materials and information to the new leadership is important, but your personal support of them is invaluable.



Vanderburgh Medical Alliance members at "A Stitch in Time" Style Show and fundraiser.

I've had a wonderful time traveling the state in the last month to Vigo County for our ISMA Alliance Board Meeting and their Style Show Luncheon. Shefali Purohit and her committee did an outstanding job again this year. The "Bollywood" dancing was a real treat! The Vanderburgh Medical Alliance style show, "A Stitch In Time," took us back through the decades to show us how fashions today are inspired by trends of the past. They always do an amazing job! I traveled to Fort Wayne to install their new president, Jane Wuthrich, and her officers. We had lunch at a wonderful Indian restaurant.

Ferial Alsikafi, ISMA-A president-elect, and I attended the ISMA Board of Trustees retreat and board meeting May 14 and 15 in Indianapolis. We both participated in the retreat which centered on membership and found that the Alliance is still a very important and valued partner to the ISMA. On a local level, I know that each county medical society is thankful for what the Alliance does to promote good healthcare in their community and camaraderie within the medical family.

As supporting medical students is one of my priorities for this year, I'm really excited about "The Event" that the Fort Wayne Medical Alliance is having for physicians and medical students on June 1. Tower Bank and Hylant Group have partnered with the FWMA to present financial and insurance education in half our break-out sessions to attendees. The medical students I spoke to at the retreat in Indianapolis were very excited about "The Event" and hope that the program can be repeated at all nine medical school campuses. The ISMA-A will make available to you all the "how-to's" if your Alliance would like to support the medical students and young physicians in your area with an event like this. Please contact me (clweddle@sbcglobal.net) or Jill Bruce (jbruce@ismanet.org) if you are interested.

Laurel Weddle, ISMA Alliance President

ISMA Alliance Makes Donation for Alabama Tornado Relief

Letter from ISMA Alliance President Laurel Weddle to Alliance to the Medical Association of the State of Alabama on May 11, 2011

In the spirit of caring and support of our fellow Alliance members, the Indiana State Medical Association Alliance has donated \$250 to the American Red Cross for Alabama's tornado relief. Our Alliance received such a gift in the late 1990's during terrible flooding along the Ohio River from the Pennsylvania Medical Society Alliance. The monetary gift helped a family purchase a new refrigerator. We so appreciated the thoughtfulness of the gift that we adopted the idea ourselves. We have given monetary gifts several times in the past to states that have been affected by natural disasters. We, in Indiana, know all too well the destructiveness of a tornado. Even though the gift is small, we hope that it somehow will be able to bring some support and the knowledge that fellow Americans are thinking of and caring for the people of Alabama.

Upcoming Events:

JUNE 1, 2011

"The Event"
Financial/insurance education for physicians and their spouses
Fort Wayne Country Club
6-8 pm
See last page of this newsletter for more information.

JUNE 19 - 21, 2011

AMA Alliance Annual Meeting
Swissôtel Chicago
Visit www.amaalliance.org for more information.

SEPTEMBER 17, 2011

ISMA Alliance Annual Meeting
Indianapolis Downtown Marriott

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Moms can now *text4baby* with new program from The Indiana Youth Institute

The latest technology that mom carries with her can help her carry her baby to a healthier birth.

A free cyber service, *text4baby*, sends text messages to expectant moms three times a week, providing health, nutrition and other prenatal guidance that increases the likelihood of a healthy pregnancy. The texts continue for one year after baby is born to update mom on topics such as well-baby doctor visits, immunizations and child safety.

"Moms are really eager for information and are motivated to do the best for their baby," said Judy Meehan, CEO of the National Healthy Mothers, Healthy Babies Coalition which hosts the service. "If mom makes healthy choices and allows baby to enjoy a strong start, the positive implications and consequences will last the child's lifetime."

Especially at a time when fewer women in Indiana are receiving prenatal care. In 2007, the most recent data available, only 67.5 percent of expectant Hoosier moms received first trimester prenatal care. The percentages drop to just 46 percent for teens ages 15-17 and 60 percent for mothers ages 20-24.

"This is a tech savvy generation, and *text4baby* is a tool that uses technology to reach that generation," Meehan said. "We're putting this information directly onto her mobile phone in a way that is easy to find."

Launched in February 2010, *text4baby* has had 161,000 subscribers, including 3,800 in Indiana. Meehan's national nonprofit partners with community based organizations (13 in Indiana) to publicize the service.

In addition to enhancing the physical well-being of mom and baby, Meehan said *text4baby* supplies an emotional lift.

That is what 26-year-old Ebony Dye experienced. She gave birth to daughter Molly in January. "They text me all types of information that helps me with my baby," Dye said. "I never heard of whooping cough until I heard about it from *text4baby*. They told me to ask my doctor, so I did, and I learned all about it."

Dye's conversation with her doctor is important, as Meehan emphasizes the messages are not designed to replace visits to the doctor. Dr. Chris Mernitz, an OB/GYN with St. Vincent Health in Indiana, likes what he sees.

"Being a young mom can be so overwhelming," Mernitz said. "There are a lot of questions that moms will ask, and *text4baby* can help them have a more educated and informed discussion with their doctor."

Expectant moms can access *text4baby* by texting BABY (or BEBE for the Spanish version) to 511411. Cell phone companies have waived texting fees for the service.

"I would tell every mom to try *text4baby*," Dye said with Molly cooing in the background. "This is a free service, and it helps a lot and lifts a big burden off of you."

For more information, please visit http://www.iyi.org/media/article-details.aspx?id=724&article_type=2.

Bill Stanczykiewicz is President & CEO of the Indiana Youth Institute. He can be reached at iyi@iyi.org.



ISMA Alliance to co-sponsor Maryland Alliance's Safe Disposal of Medicine Resolution at AMA Alliance Annual Meeting

This resolution came about as the result of the Maryland Alliance's Safe Disposal of Medicine project. The Maryland Alliance has asked the ISMA Alliance for its support at the AMA Alliance Annual Meeting in June. The following is a brief description from the Maryland Alliance of the project, its goals, and its importance:

Safe Disposal of Medicine

This project is designed to teach about the safe methods to dispose of prescription and over-the-counter medication. It also strives to make everyone aware of the dangers of having unneeded or expired medicine around the home.

- Keep an inventory of all medicine
- Store all medicine in a secure place
- Dispose of unneeded or expired medicine at a "take-back" site or by following FDA guidelines
- Take all medicine exactly as prescribed
- Never give your prescribed medicine to someone else
- Talk to children about the dangers of prescription and over-the-counter drug abuse

Additional Information on the **Safe Disposal of Medicine**

The FDA maintains a list of recommendations on this topic and lists the few medications that should be flushed when "take back" efforts are unavailable. You can also ask your healthcare provider, pharmacist or the drug manufacturer.

Websites:
Alliance to MedChi: <http://www.medchi.org/alliance>
FDA: <http://www.fda.gov/Drugs/ResourcesForYou/Consumers/DrugInfo/UsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicine.shtm>
Office of National Drug Control Policy: http://www.whitehouse.gov/ondcp/pubs/dispose_my_meds.pdf
Dispose My Meds: <http://www.disposemymeds.org/index.php/pharmacy-locator>

Safe Disposal of Medicine

Do not Flush!

Protect our Health and our Environment!

A Public Awareness Effort by **Alliance to MedChi,**
The Maryland State Medical Society
1211 Cathedral Street
Baltimore, MD 21201

Phone: 410-539-0872 x.3350, 3304
<http://www.medchialliance.org>
alliance@medchi.org

Safe Disposal of Medicine

Prevent Drug Abuse
Protect the Environment
Prevent Identity Theft

Safe Disposal of Medicine
Protect our Health and Our Environment

Rx SAFE DISPOSAL

- Keep an inventory of all medicine
- Store all medicine in a secure place
- Dispose of unneeded or expired medicine at a "take back" site or by following FDA guidelines
- Take all medicine as prescribed
- Never give your prescribed medicine to someone else
- Talk to children about the dangers of prescription and over-the-counter drug abuse

Use "Take Back" and Recycling Programs:

- At pharmacies
- At Sheriff's offices
- DEA events
- American Medicine Chest Challenge
- County Medicine Collection Days

The FDA recommends these steps only when drug "take back" efforts are not immediately available:

- Crush pills
- Mix with coffee grounds, sawdust, kitty litter, etc.
- Place in a sealable container, such as a plastic bag
- Seal the bag and place in the trash
- Remove personal information from empty medicine containers before recycling

Alliance to MedChi
The Maryland State Medical Society
1211 Cathedral Street, Baltimore, MD 21201
www.allianceto-medchi.org

Take-back programs include once or twice a year events such as DEA Drug Collection Days, the American Medicine Chest Challenge in November, and County Household Hazardous Waste Collection Days that include medicine. In addition, there are "take back" programs such as "Dispose My Meds" through participating pharmacies and those through some sheriffs' offices that take place year round. *Note: These are Maryland programs. See article below for Indiana resources.*

These FDA guidelines for disposal in the trash should only be used when no "take back" program is available.

1. Crush pills.
2. Mix with coffee grounds, sawdust, kitty litter, etc.
3. Place in a sealable container, such as a plastic bag.
4. Seal the bag and place in the trash.
5. Remove personal information from the empty medicine container before recycling.
6. The FDA maintains a list of controllable substances that should not be thrown in the trash.

One goal of this project is prevention of drug abuse. Secure storage of medication in the home or its proper disposal will help prevent the accidental or intentional abuse of prescription and over-the-counter medicine. Abuse occurs in all age groups. However, young children and teenagers are very vulnerable to this temptation.

A second goal is protection of the environment. It is very important not to flush or pour unneeded or expired medicine down the drain. This puts the medication or at least remnants of it into our waterways. Although the water may be treated prior to sending it back to our rivers and streams not all of the medications and their byproducts can be removed.

The third goal is prevention of identity theft. Proper removal of labels from medicine containers prior to recycling can help.

We hope to have your support for this important resolution.

Michele Kalish is a member of the AMA Alliance Health Promotions Committee and co-president of the Alliance to MedChi, the Maryland State Medical Society.

New legislation to make prescription disposal safer, more convenient

With prescription drug abuse a persistent problem in Indiana, new legislation recently passed will make it easier for Hoosiers to safely dispose of unneeded prescription drugs so they aren't diverted or misused, Attorney General Greg Zoeller said. Under the current statute, a law enforcement officer must be present at a prescription drug disposal site, which takes an officer off his normal patrol duties and limits how often disposal opportunities can be scheduled.

That will change July 1 when House Bill 1121 goes into effect. The legislation, signed by Governor Mitch Daniels on May 9, revises statutory and regulatory requirements so pharmacies will be able to accept unused prescription drugs from consumers and dispose of them without the need for a monitoring police presence.

"Prescription drug abuse, often through teenagers raiding their parents' medicine cabinets, has become a rampant problem in our state. Parents and grandparents understandably want to discard unneeded drugs; but flushing controlled substances is not recommended since pharmaceutical pollutants can find their way into waterways. The last Drug Take Back event demonstrated pent-up demand for a convenient way to dispose of old drugs. With the new law, pharmacies no longer will need a police officer standing by, so they will be able to accept unused medication more often – or continuously, if they choose," Zoeller said.

Zoeller thanked the many state legislators who passed House Bill 1121 that allows pharmacies voluntarily to set up disposal programs. He specifically thanked those legislators who helped steer the new law through the Indiana General Assembly: State Representatives Kevin Mahan, R-Hartford City, Randy Frye, R-Greensburg, Scott Reske, D-Pendleton, and Charlie Brown, D-Gary; and State Senators Jim Banks, R-Columbia City, and Patricia Miller, R-Indianapolis.

"I served as an Indianapolis firefighter/EMT for more than 20 years, and during my service, I witnessed the problems of having outdated and unused prescription drugs accessible in one's home. We cannot continue to ignore the detrimental effects of unused prescription drugs given the fact that prescription drug abuse is one of the leading forms of drug abuse in the nation," Rep. Frye said. "It was a privilege to work on this legislation as Hoosiers will now have an easy-access outlet to dispose of unwanted and unused prescriptions," Frye said.

"As the former sheriff of Blackford County, I have unfortunately seen the abuse that can take place with prescription drugs and the liability they have in people's homes. The idea of not taking action has come and gone. This legislation is necessary to give pharmacies more control in dealing with discarded prescriptions," Rep. Mahan said.

"It is a worthwhile effort to set up the disposal sites for two reasons," Rep. Brown said. "First, we keep those prescription drugs out of the hands of those who would abuse them. Second, we are able to get Hoosiers to dispose of their outdated prescription drugs. As a result of this new law, everyone will be safer."

In some other states, pharmacies already provide disposal bins where consumers can safely discard unneeded prescription pills, tablets and liquids. For pharmacies to offer in-store drug-disposal sites in Indiana without a police presence, however, state statute had to be changed. House Bill 1121 will allow the Indiana Board of Pharmacy to adopt new rules allowing pharmacies to offer disposal programs supervised by private store security officers rather than local law enforcement officers. "This Act will allow the Indiana Board of Pharmacy to structure a legal framework for the private sector to safely engage in consumer driven take-back program activity without fear of liability. Those rules will address security, transportation and destruction protocols for these returned prescription drugs, allowing clinics and pharmacies to have safe and effective take back programs that are clinically and environmentally sound," said Lora Williams, president of the Board of Pharmacy. "Many Hoosiers are unaware of how to safely dispose of their prescriptions and instead flush them away or put them in the trash, both of which are potential environmental hazards," Senator Banks said. "By establishing a secure take-back program, we can streamline the disposal of unused or expired medications."

"This new program will provide constituents with a way to safely dispose of prescription medications through participating pharmacies," Senator Miller said.

"So many medicine cabinets are filled with outdated prescription drugs. These disposal sites will make the task of getting rid of unneeded or outdated drugs easy for all Hoosiers," Rep. Reske added.

The legislation sprang from proposals discussed at the Prescription Drug Symposium last December, which focused on the misuse and abuse of prescription drugs, such as controlled substances stolen from home medicine cabinets by teenagers. It was attended by approximately 300 health professionals, law enforcement officials and government regulators.

The next meeting of the Indiana Board of Pharmacy is June 13, and more details should be available by then.



Indiana Attorney General Greg Zoeller spoke at the ISMA District 4 seminar, "Pain Management Issues in Primary Care" in February.

You are invited to...

The Event

An evening of customized financial and insurance education expressly for physicians and their spouses presented by The Fort Wayne Medical Society Alliance in partnership with Tower Bank and the Hylant Group.

Wednesday, June 1st
Fort Wayne Country Club
5221 Covington Road

6:00 – 6:30 pm

Meet & Greet
Mingle and Enjoy Martinis and Heavy Appetizers

6:30 – 8:00 pm

Financial & Insurance Education Break-out Sessions

Choose three half-hour break-out sessions:



Financial Pitfalls & How to Avoid Them

Presented by Linda Johnston, Tower Bank Private Banker
and Bob Nicholas, CFP, Tower Investment Services Financial Planner



Buying that First Home/Refi Bubble: When is it worth it?

Presented by Brock Rauch,
Tower Bank Mortgage Manager



***Pitfalls of Being Under-insured and
The Importance of a Personal Umbrella***

Presented by Kim Carpenter, CIC,
Hylant Private Client Manager

Don't forget to stop by the watch booth:

Fringe Benefits by Sally Johnson

The latest chic fashion watches at affordable prices!

To RSVP, please call 260.207.7330

Baby sitting will be provided.

The Fort Wayne
Medical Society Alliance



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