

CELEBRATING 156 YEARS!

Stark County Medical Society *News*

Winter 2022

A Message from our President



Raza Khan, MD

The Stark County Medical Society, SCMS, has a strong legacy, founded in 1866. Since then, it has functioned to represent the

the physicians and act as a patient advocate. It is an honor and a privilege to serve the society as the president for 2022. In all these years society has represented the Stark County physicians. In 2021, decision was made to extend the membership to the podiatrist as well. We are hoping more podiatrists will join the society this year.

COVID-19 infections and its impact on the health care and society at large has been significant in the last two years. A sizeable number of Stark County residents are still at risk of getting this infection. A significant number of advances have been made in the past two years to diagnose, prevent and treat this infection. We commend all those involved in these efforts including scientists, administrators and health care workers. All these people have tirelessly provided exceptional good care to the sick people in the hospitals and those who were treated as outpatient. Society will play its role in providing pertinent information to the residents of the

county. In matters regarding vaccination and treatment after infection, people are more likely to act on the information provided by their local physicians, who they have trusted over the years. Society will make coordinated efforts to help deliver this message to the residents of the county, working in conjunction, with the public health authorities and the area hospitals.

We would like to work with the area hospitals, local and state health departments to help our members provide best possible care to the patients.

Efforts will be made to increase membership in the society. We are hoping to provide more services to the members. Increase the number of educational activities, arrange more professional services that would be of interest to the members. We will also explore the possibilities of getting more favorable life and disability insurances, negotiate discounted subscription services for our members.

Stark County Medical Society Auxiliary, has been an outstanding partner to help accomplish the missions of the society. We plan to work very closely with the SCMSA in the coming years to further our collaboration.

Finally, on the behalf of Stark County Medical Society and its board members we would like to appreciate the outstanding leadership provided by Dr. Stacey Holloway in year 2021.

2022 BOARD

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Inside this issue:

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CHARLES SMITH, MD | FINANCIAL ADVISORS HELP REDUCE ANXIETY

REDUCING PAPER WHILE ENRICHING LIVES | IN THE KNOW | 2022 CALENDAR

The Stark County Medical Society (SCMS) has access to politicians and the state medical association. Together, we are strong with a voice that will be heard! Contact us at 330.492.3333 or www.starkmedical.org. We look forward to hearing from you.



Opinions expressed by the authors are their own, and not necessarily those of the Stark County Medical Society, Trustees or individual members. SCMS News reserves the right to edit all contributions for clarity and length, as well as, to reject any material submitted.



SCMS VIRTUAL "WHEEL OF PRIZES"



MARCH 10, 2022 • ZOOM STARTS AT 6:00 PM
PRIZES WORTH OVER \$3,500.00 WILL BE GIVEN AWAY!

Only 1200 chances will be sold!

Stark County Medical Society believes health happens in neighborhoods, schools, and with prevention.

Join us as we "Spin the Wheels of Prizes" to enable us to reach our fund raising goals for community initiatives of providing medical scholarships, community programs, and support of local non-profits that impact community health.



PRIZES INCLUDE: Kate Spade purse, Kate Spade cross body/clutch, Lulu Dharma tote, KitchenAid Mixer, Aero Garden Extra, Invicta Dive Watch with stand, Michael Kors men's wallet, Coach men's bifold wallet, Vera Bradley overnight bag and lunch tote, Vera Bradley 94 x 66 blanket. Colorstreet, various gift cards and more!

[CLICK HERE](#) for registration form or visit starkmedical.org



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“No Surprises Act and You” by Scott P. Sandrock Brennan, Manna & Diamond, LLC

Legislation has been adopted by the United States Congress and the Ohio Legislature known as the “No Surprises Act” which attempts to regulate billing by professionals and facilities to patients who are not in networks with those facilities or providers at those facilities. The federal bill was triggered by some sensational news stories of patients being billed for tens of thousands of dollars for emergency care when the hospital was out of the network under the patient’s insurance plans.

The federal legislation covers all billing for both emergency and non-emergency services at a participating facility which includes a hospital, ambulatory surgical center or critical access hospital. The rules also apply to other unique services such as air ambulance transportation services. The final rules expand the rule to also cover office-based health care providers.

These rules were originally being drafted to cover emergency services in the hospital setting (for example, the pathology group might not be in-network for all plans that the hospital takes). The final rules however indicated that the final rules do in fact

apply to office-based practices, including both emergency and non-emergency care.

The federal rules apply if a patient is not insured by a plan accepted by provider, or is a self-pay patient. Self-pay patients include patients who are in fact covered by insurance, but the patient has advised the healthcare provider they do not plan on submitting the claim for coverage under their insurance plan.

For an applicable patient, the physician is required to give the patient a “Good Faith Estimate” (“GFE”) of anticipated cost of the patient’s healthcare service in advance. CMS has created a sample GFE template which requires: (a) patient name and DOB, (b) description of primary services, (c) itemized list of services “reasonably expected” to be furnished, (d) applicable diagnosis codes and expected charges, (e) your NPI, (f) services that may require separate scheduling, (g) disclaimer that this is only an estimate, and (h) patient may use the dispute resolution process. Any actual bill which is \$400 over the estimate triggers a patient option to dispute the charges. You may elect to post prices and costs on your website as well. If the service date is

ten days out, the GFE must be given three days in advance. If the service date is less than three days in advance, the GFE must be given the day before. Days are counted as business days not calendar days. The GFE can be for a specific service or a course of treatment, such as \$X for 12 sessions. If unexpected matters arise at the visit such as a potential vaccination shot that had not been expected, you are not required to stop the visit and provide a new GFE.

If you fail to provide the GFE, the patient can elect to use the dispute resolution process which is being developed by HHS. No details are finalized other than they have announced there will be an administration fee charged. Penalties for noncompliance have not yet been announced.

In addition to the federal rule, Ohio has also adopted a similar statute that went into effect January 12, 2022 dealing with out-of-network costs.

While there is some question how the federal act will be enforced in a private-practice office setting. (continued on page 6)

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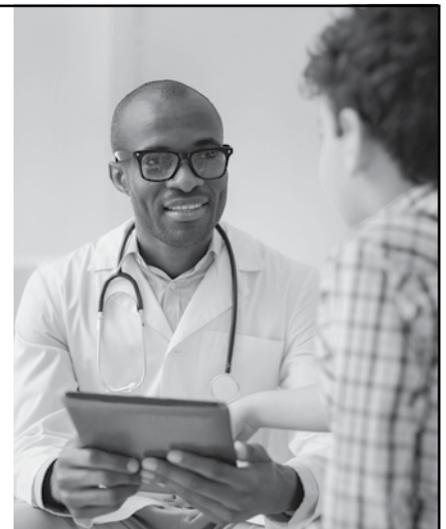
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For more information, contact Scott Sandrock, Healthcare Group Attorney at (330) 253-4060 or spsandrock@bmdllc.com.



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From the Desk of Charles Smith, M.D. **DIET AND THYROID DISEASE**

A side effect of being retired is having time to watch TV while eating lunch. A couple years ago I was watching an interview of a local chiropractor on channel 5. My blood boiled as I watched him explain that he could treat thyroid problems better than physicians, because he knew and could treat the underlying cause, and not just the symptoms. He implied that diet was the cause of thyroid disease. With the help of the SCMS, we wrote a letter to the chiropractic board and the OSMA, but with little success. His "interview" continued to be aired on channel 5.

Unfortunately, many people believe that dietary deficiencies cause thyroid disease. Iodine is essential for thyroid function. Iodine deficiency causes goiters and cretinism. The Chinese discovered that seaweed could help shrink goiters over 5600 years ago. Iodine deficiency is the reason Ohio was the epicenter of the goiter belt until Dr. David Marine of Akron initiated iodine supplementation of salt. Now NO ONE in the United States on a normal diet should be iodine deficient. Too much iodine (with supplements) can suppress thyroid function and cause

goiters, as well as, hyperthyroidism. Excess can occur with IV contrasts, amiodarone, and older cough expectorants. Low dose iodine supplementation may be indicated in pregnancy, but high doses can be lethal to the infant. Chronic iodine excess may aggravate autoimmune thyroiditis.

Cruciferous vegetables such as cabbage, kale, and brussels sprouts have thiocyanates and other chemicals that interfere with the organification of iodine. However, it is almost impossible to consume enough of these vegetables to effect thyroid hormone levels. They should be eaten as a part of a healthy balanced diet.

Soy supplements in large amounts may decrease thyroid hormone production by inhibiting thyroid peroxidase activity. Clinically this has minimal effect except in infant formulas that are lacking in iodine (and no longer available).

Although people with celiac disease have 3 fold higher incidence of thyroid disease, eating a gluten free diet has no effect on thyroid disease or treatment in a normal person.

Lithium, like iodine, inhibits thyroid hormone release and can cause hypothyroidism. Selenium supplementation has been touted to be beneficial in autoimmune thyroid disease, but there are no long term studies to support this. It may be helpful with the symptoms of mild Graves eye disease. There is no evidence to support the supplementation of other trace minerals.

In summary, like anyone else, patients with thyroid disorders need to eat a healthy balanced diet. Diet will not cause or treat thyroid disorders. One caveat is that thyroid medication should not be taken with food and especially iron and calcium.



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Financial Advisors Can Help Reduce Anxiety

BY EDWARD JONES

The long-running coronavirus pandemic has fueled a lot of anxieties – including financial ones. But some people have had far fewer worries than others.

Consider this: Among those investors who work with a financial advisor, 84% said that doing so gave them a greater sense of comfort about their finances during the pandemic, according to a survey from Age Wave and Edward Jones.

Of course, many people experience investment-related fears even without a global health crisis, and that's probably not surprising, given the periodic volatility of the financial markets. But financial guidance can come in handy during relatively normal times, too.

A financial professional can help you... *Look past the headlines* – Inflation, interest rates, pandemics, elections – there's always something in the news that could affect the investment world in the short term. But by helping you construct a portfolio that's built for the long term and reflects your goals, risk tolerance and time horizon, a financial advisor can enable you to look past the headlines.

... *Avoid emotional decisions* – Many people let their emotions drive their investment choices. When the market goes through a downturn and the value of their investments drops, they sell to "cut losses," even though these same investments may still have good business fundamentals and promising futures. Conversely, when the market is on an uptick, some people chase after "hot" investments, even when they become overpriced and may have very little room to grow. But a financial advisor can help keep you from making these fear- and greed-based actions by only

recommending moves that make sense for your situation.

... *Work toward multiple goals* – At various times in your life, you may have simultaneous financial goals. For example, you could be investing for a retirement that's decades away, while also trying to save for a child's college education. A financial professional can suggest ways you can keep working toward both objectives, in terms of how much money you can afford to invest and what types of savings and investment vehicles you should consider.

...*Prepare for the unexpected* – Most of us did not need a pandemic to remind us that unexpected events can happen in our lives – and some of these events can have serious financial impacts on us and our loved ones. Do you have adequate life insurance? How about disability insurance? And if you ever needed some type of long-term care, such as an extended stay in a nursing home, how would you pay for it? A financial advisor can evaluate your protection needs and recommend appropriate solutions that fit within your overall financial strategy.

...*Adapt to changing circumstances* – Over time, many things may change in your life – your job, your family situation, your retirement plans, and so on. A financial professional can help you adjust your financial strategy in response to these changes.

Achieving your financial goals may present challenges, but it doesn't have to cause you years of worry and distress – as long as you get the help you need.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC.



Feeling like you paid too much in taxes this year?

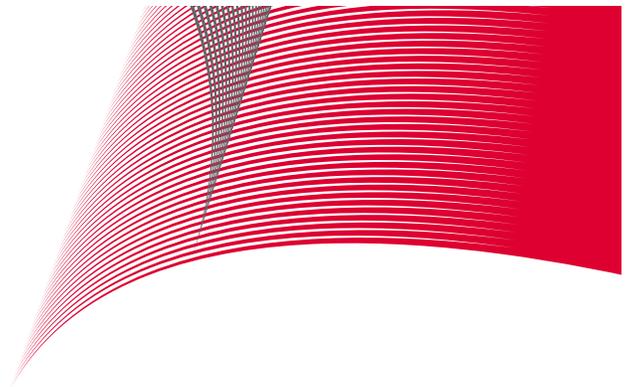
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Reducing Paper While Enriching Lives SURESHRED BY TWI TAKES THE HASSLE OUT OF DISPOSING SENSITIVE DOCUMENTS.

No Surprises Act and You
BY SCOTT P. SANDROCK
[CONT'D]

Even in a digital age, businesses generate through all stages of the destruction significant amounts of paper. TWi's process. SureShred services meet confidentiality standards, and provide employment opportunities for local adults with developmental disabilities.

Why Shredding?

From HIPAA to FERPA, and everything in between – document security isn't just best practice, it's the law. As a compliant National Association of Information Destruction (NAID) agency, TWi ensures all documents are destroyed and disposed of securely.

What is NAID?

NAID is an international organization responsible for setting data destruction standards. Organizations in compliance with NAID, such as SureShred, must abide by strict regulations to maintain compliant status. Regulations include: extensive background screening of all individuals handling confidential materials, participation in an unannounced audit program, and regular verification of protocols ensuring security of documents

Why SureShred?

When you choose SureShred for your shredding needs, you support paid employment opportunities for local adults with developmental disabilities. A leader in disability employment services, TWi has been connecting the employment goals of individuals served, to the employment needs of the community for over 50 years. Through unique employment programs, such as SureShred, TWi empowers adults with developmental disabilities to grow employment skills while earning an income.

SureShred offers business and personal shredding services. For ongoing services, secure paper disposal containers are available. Pick-up services are also available for large quantities. To learn more about SureShred, contact TWi at 330-479-3820 or email information@choosetwi.com.

if the event you routinely charge out-of-network patients higher rates than that which you may charge for in-network or government patients, you will need to provide certain notice forms to patients so they would be given notice that the rates would be higher than the rate paid by an insurance company or for a self pay patient, what the costs will be. This is similar in concept to the Advance Beneficiary Notice required for patients covered by Medicare for services which are outside of Medicare coverage. Absent these documents in advance and if the statutes were to apply, you may end up dealing with the federal dispute resolution system and potential penalties per violation. We encourage you to update your office procedures and compliance plans to meet these new rules.

If you have any questions or would like to talk with us concerning updating your office compliance plans in this matter, please contact Scott Sandrock at 330-253-4367, spsandrock@bmdllc.com.



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In the Know...

THE LATEST NEWS & EVENT INFORMATION FROM SCMS

STARTING IN 2022 SCMS NEWS IS GOING PAPERLESS.

You will receive your SCMS News via email. Please make sure we have your correct email so you get up-to-the minute information on events, meetings, and society happenings. Contact Kevin or Taylor with any updates.

2022 DUES

If you have already paid your 2022 dues, THANK YOU! If not, it's not too late. Full-time dues are \$325.00 (check) or \$335.00 (credit card) and Part-time dues are \$225.00 (check) or \$235.00 (credit card).

WOMEN AND HEART DISEASE

Please join us for lectures on women's health issues on February 26, 2022 at 8:00 at the Aultman North Health and Education Building. This is a complimentary meeting for members, office staff, and any interested party. RSVP to 330.492.3333.

SCMS ANNUAL MEETING – SAVE THE DATE!

APRIL 28, 2022 AT BROOKSIDE COUNTRY CLUB

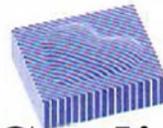
More details and RSVP coming soon.

WHEEL OF PRIZES

Wheel of Prizes will be held on March 10, 2022 at 6:00 pm. Stark County Medical Society believes health happens in neighborhoods, schools, and with prevention. Join us as we "Spin the Wheels of Prizes" to enable us to reach our goal to raise funds for our community initiatives of providing medical scholarships, community programs, and support of local non-profits that impact community health. Only 1200 chances will be sold. Chances are \$10.00 each or 6 chances for \$50.00. See registration page in this edition of SCMS News. Thank you for your support!

CALL FOR VOLUNTEERS

Are you interested in strengthening organized medicine? Want to make a difference in your community? Network with professionals and make new friends? If so, we have opportunities for you. Reach out to a current board member about serving as a trustee, helping with fundraising, member recruitment, or organizing a meeting. Whatever your talent, we have a place for you.



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2022 CALENDAR

..... *March*

..... *April*

10

Wheel of Prizes
Thursday
6:00 p.m.
Zoom Link Required

17

SCMS Board Meeting
Thursday
6:00 p.m.

8-10

OSMA Annual Meeting
Friday - Sunday
6:00 p.m.

28

SCMS Annual Meeting
Thursday
6:00 p.m.
Brookside Country Club

May

August

..... *September*

5

SCMS Board Meeting
Thursday
6:00 p.m.

21

Membership Picnic
Sunday, 10 a.m. Tee-Off
Noon Lunch
Oakwood Country Club

1

SCMS Board Meeting
Thursday
6:00 p.m.

TBD

SCMS Health Fair

September

October

November

December

21

SCMS Golf Outing
Wednesday
10:30 a.m.
Arrowhead Country Club

TBD

Fall Retreat
Saturday & Sunday

3

SCMS Board Meeting
Thursday
6:00 p.m.

1

SCMS Board Meeting
Thursday
6:00 p.m.

Practice Manager Lunch TBD

Every effort has been made to publish an accurate Calendar. Please continue to check the SCMS News for any unforeseen modification in dates and locations.

Thank you.



30th Annual Celebrity Cuisine

MARCH 29, 2022

BENEFITS THE COMMUNITY HARVEST PROGRAM

Visit akroncantonfoodbank.org/events or contact **Faith Barbato** at fbarbato@acrfb.org or **330.493.0800** for more information.

Presented by Tri-County Restaurant Association & Atlantic Food Distributors

Stark County Medical Society 21st Annual Golf Outing

To score a Hole-In-One
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**Wednesday,
September 21, 2022**

**Arrowhead Golf Club
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*Proceeds to benefit the
Akron-Canton Regional Foodbank*



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