



North Coast Physician

EDITORIAL & PUBLICATIONS COMMITTEE

Luther F. Cobb, M.D.
Emily Dalton, M.D.
George Ingraham, M.D.
Stephen Kamelgarn, M.D., "Guru Emeritus"
Anirudh Rai, M.D.
Erik Weibel, M.D. - Webmaster

EXECUTIVE DIRECTOR

Penny E. Figas

CONSORTIUM COORDINATOR

Terri Rincon-Taylor

EXECUTIVE BOARD

Join Luh, M.D. PRESIDENT
May Hong, M.D. PRESIDENT-ELECT
Caroline Connor, M.D. SECRETARY/TREASURER
Stephanie Dittmer, M.D. PAST PRESIDENT
Kate Estlin, M.D., DIRECTOR
Teresa Frankovich, M.D., DIRECTOR
Corinne Frugoni, M.D. DIRECTOR
Skye Heston, M.D., DIRECTOR
Joni McAtee, M.D., DIRECTOR
Madeleine Ramos, M.D., DIRECTOR
Alison Palacios, D.O. EASTERN DISTRICT
Michelle Keeter, M.D., NORTHERN DISTRICT
Ian Hoffman, M.D. PUBLIC HEALTH OFFICER
 DEL NORTE PHO
Corinne Frugoni, M.D. CMA DELEGATE
Stephanie Dittmer, M.D., CMA DELEGATE
John Nelson, M.D. CMA DELEGATE
William Carlson, M.D. CMA ALT. DELE
Kate Estlin, M.D. CMA ALT. DELE
Courtney Ladika, M.D. CMA ALT. DELE
Charles Clary, D.O., CMA DIST. X TRUSTEE

In This Issue:

CMA President Message, Peter Bretan, Jr., M.D.....	4
"Supporting Mandatory COVID Vaccines"	
In My Opinion, Emily Dalton, M.D.....	5
"Local Physicians Are Old!"	
Letters To The Editor, Join Luh, M.D.	7
Open Forum, Corinne Frugoni, M.D.....	8
"Democracy and Single Payer"	
Public Health Update, Ian Hoffman, M.D.	9
Call for Award Nominations.....	10
Welcome New Members.....	11
New Physician Introductory Bios.....	13
Off Call, Tate M. Minckler, M.D.....	14
HDN Tattler	15
Coming, Going and Moving Around	15
2021 Primary Care Conference.....	16
Physicians Emphasize Patient Safety AB890.....	17
CMA Files Brief in Managed Care Contracting Case	19
Health Law Library	22
-Consent	
-Death / Organ Donation	
Continuing Medical Education/Grand Rounds Calendar.....	23
Classified Ads / Bulletin Board	24

Cover Photo

**"MOON OVER
 STONE LAGOON"**

Stephen Kamelgarn, M.D.

The Editorial and Publications Committee encourages our member's comments for publication. Please submit electronically prior to the 15th of the month preceding publication. hdcnms@sbcglobal.net

North Coast Physician is published monthly by the **Humboldt-Del Norte County Medical Society**, 3100 Edgewood Road, P.O. Box 6457, Eureka, CA 95502. Telephone: (707) 442-2367; FAX: (707) 442-8134; E-Mail: hdcnms@sbcglobal.net
 Web page: www.hdcnms.org

The Humboldt-Del Norte County Medical Society Executive Board and the Editorial and Publications Committee does not assume responsibility for author's statements or opinions. Opinions expressed in the *North Coast Physician* are not necessarily those of the Humboldt-Del Norte County Medical Society. Presence of an advertisement in the *North Coast Physician*, does not imply endorsement by the Humboldt-Del Norte County Medical Society.

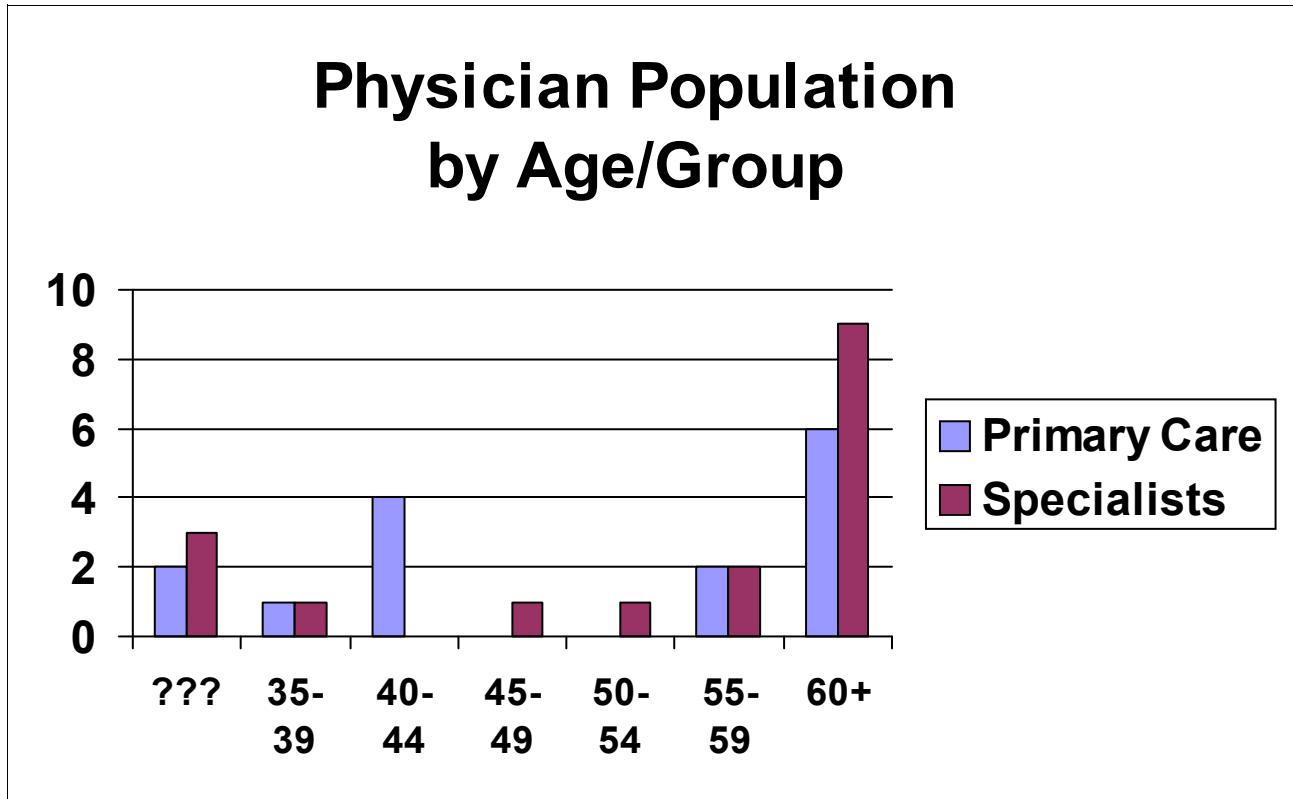
LOCAL PHYSICIANS ARE OLD!

Emily Dalton, M.D.



Physicians here are getting old. The average age of the Humboldt or Del Norte County physician is 57 and 58 respectively. In Humboldt County there are twice as many doctors over the age of 60 than any other decade. If all physicians 60 or older retired tomorrow, the two counties would lose about half their physician workforce.

Del-Norte



Primary Care = FP/GP, IM, Peds Specialists = all others

Median Age: 61 Avg Age: 58

Status Selection: ACTIVE - MULTIPLE - GOV EMP - NONMEMB

“Aging”, Continued on page 6

SIGN UP TO HOST SOCIAL EVENT

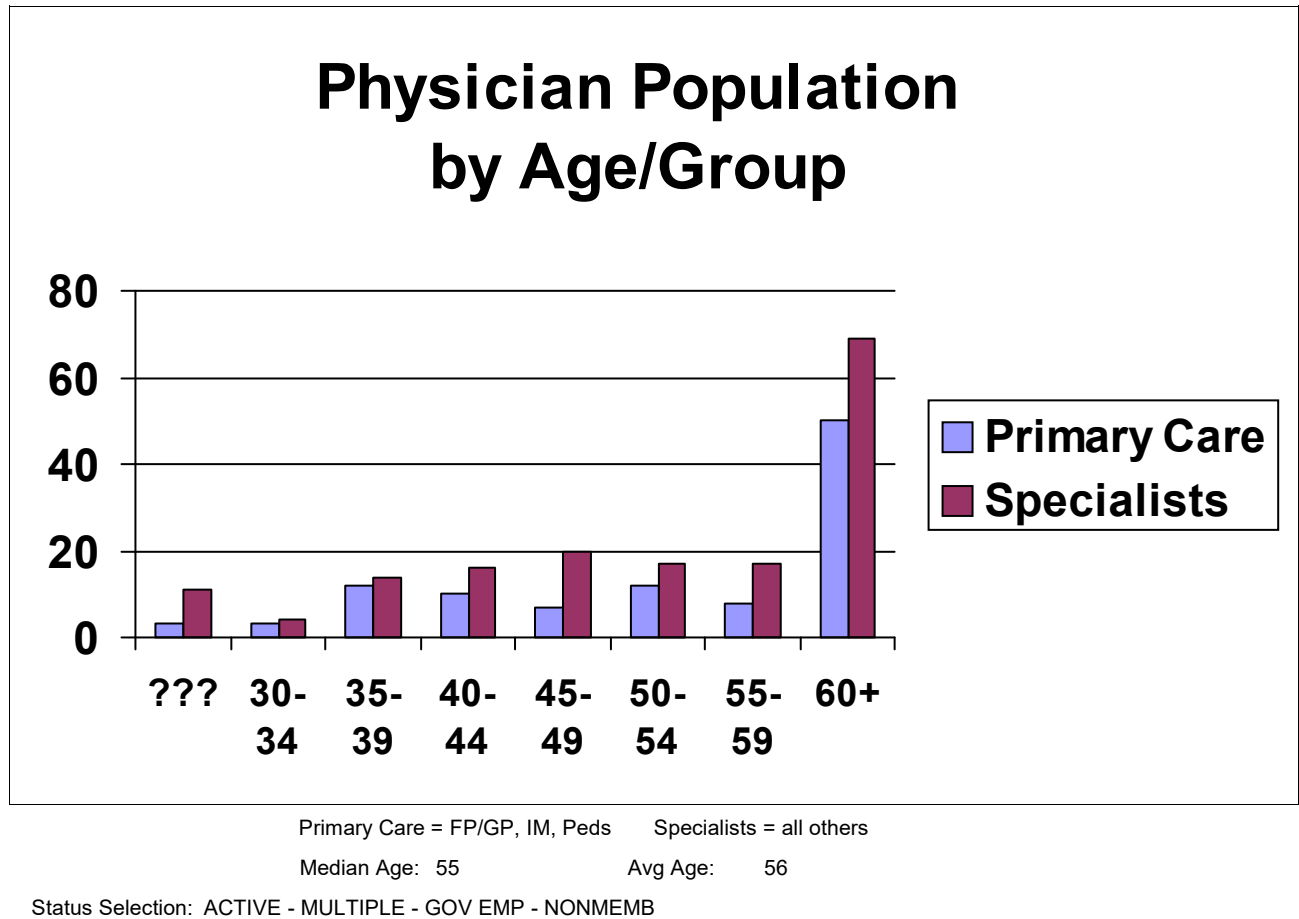
We hope to soon be able to start up some of our social gatherings..... sign up today to host Friday PM Rounds (Welcoming New Physicians), Women in Medicine Social, Spouse Social, “Walk With A Doc” lead, etc.

Send email to: hdncms@sbcglobal.net

Calendar of Education, Physician Meetings & Socials

[http://www.hdncms.org/Physician Educational Calendar.html](http://www.hdncms.org/Physician_Educational_Calendar.html)

Humboldt



As physicians age, cut back or retire, health care shortages here will worsen unless younger physicians arrive to take their places. We all appreciate how difficult it is to recruit to this area, but attracting newly trained physicians to the area will be critical in the coming years. The aging of a large portion of our physicians has implications for the quality of medicine practiced as well.

Cognitive function declines with age, especially after the 6th decade, so this should be a concern for any area that has a large portion of their physicians in this older age range. Cognitive decline is part of normal aging. According to Up To Date, brain volume decreases by about 7 cm³ per year after the age of 65, with the greatest loss in the frontal and temporal lobes. More white matter is lost than grey matter, and cerebral blood flow decreases as well. Age related neuronal loss mostly occurs in the cerebellum and cerebral cortex and is due to programmed cell death (apoptosis). The neurons that remain shrink and have fewer synapses. Episodic memory, working memory and executive function are most impacted by normal aging, and decline typically occurs by the 6th decade and continues in a progressive fashion. Other types of cognitive abilities that decline with age include attention span, focus, and the ability to multitask. Also

affected are problem solving, reasoning about unfamiliar things, processing, learning new information and manipulating one’s environment.

Optimistically, despite measurable decreases seen on cognitive function with normal aging, the “successfully aging” 95 year old is still highly functional in society or even in the workplace. The question is, is that level of cognitive functioning good enough to practice good, up to date medicine?

An increase in the numbers of aging physicians is occurring in the rest of the country as well. JAMA Surg. published a review entitled “The Aging Physician and the Medical Profession: A Review” in 2017.¹ The article noted that almost a quarter of practicing physicians in the US are older than 65, and since 1975 the number of older physicians has increased by 374%. While cognitive decline is an age related phenomenon, there is tremendous variability in how much each individual is affected. In other professions, like pilots or air traffic controllers, periodic age-based competency evaluations are required. Even though no such age specific requirement exists for physicians,

CLASSIFIED ADVERTISEMENTS & BULLETIN BOARD

PRACTICE OPPORTUNITIES



Refer to Practice Opportunities on our website for a list of Practice Opportunities for Physicians. Separate listing for Advanced Practice Clinicians is also posted. Recruitment Brochure; Links to Local Recreation; Links to Loan Repayment Programs; Norcal Medical Partners Facebook, and more....
www.hdncms.org

PHYSICIANS NEEDED

MEDICAL DIRECTOR needed - K:Ima:W Medical Center.

MISCELLANEOUS

FIREWOOD for Sale.
 Contact Lee (707) 499-2805

OFFICE EQUIPMENT FOR SALE

OFFICE FURNITURE FOR SALE. Small tables, solid desk, chairs, lamps (table & floor), blue couch, black 2-drawer file cabinets, Cannon printer, etc.
 Contact: Niki Moore, Soper Family Psychiatry. (707) 798-0145.

EXAM TABLES and other misc. office equipment for sale. Contact: Tim Paik-Nicely, M.D. (707) 616-9088.

FOR SALE - hydraulic exam table /manipulation table - \$1,200. Excellent Cond.. Contact: Kate McCaffrey, D.O. (707) 599-7832

FOR SALE - Medical equipment, instruments and fixtures for sale. Excellent Condition. Mid-mark exam chairs, operating room lamps, lasers, surgical instruments. Call (707) 834-2400 for more information.

LIKE TO WRITE?

Editorial and Publications Committee would like to encourage you to join the committee. Meetings are held quarterly 12:15 - 1:30 pm at the Medical Society office. Come help coordinate our member publications.

SIGN UP TO HOST SOCIAL EVENT

We hope to soon be able to start up some of our social gatherings..... sign up today to host Friday PM Rounds (Welcoming New Physicians), Women in Medicine Social, Spouse Social, "Walk With A Doc" lead, etc.

Send email to: hdncms@sbcglobal.net

The Editorial and Publications Committee encourages our member's comments for publication. Please submit electronically prior to the 15th of the month preceding publication. hdncms@sbcglobal.net

MEMBERS WISHING TO PLACE A CLASSIFIED AD
 (BUSINESS- FREE TO MEMBERS FOR FIRST 6 MOS. /
 PERSONAL 1/2 PRICE)

Calendar of Education, Physician Meetings & Socials

http://www.hdncms.org/Physician_Educational_Calendar.html

Display Advertising Rate Schedule

SIZE	MONTHLY	SIZE
1/4 Page	\$140.00	8.00 (w) x 2.50 (h)
1/2 Page	\$160.00	8.00 (w) x 5.25 (h)
1/3 Page Vertical	\$150.00	3.00 (w) x 10.50 (h)
Full Page	\$200.00	8.50 (w) x 11.00 (h)
Full Page/Special Placement	\$275.00	8.50 (w) x 11.00 (h)
Business Card Ad	\$65.00	Copy Ready 3.50 (w) X 2.00 (h)
Classified Ads	\$5.25 per line	

DEADLINE: 15th day of the preceding month to be published