



I MAY NOT BE ABLE TO SEE YOU ANYMORE.

Your insurance plan is cutting me out of its network. Simply stated, the insurance companies are putting profits before patients!

I want to continue to take care of you, but I need your help.

Several Medicare HMOs like United, Empire BCBS, and Emblem have dropped countless physicians from their networks in New York and across the country. I am fighting to protect your right to see the physician of your choice. We have informed Congress and the media that the unfair dropping of doctors from your Medicare Advantage plan will cause disruptions to our long-standing, patient-physician relationship.

You have two options:

- You can switch to another Advantage plan that I am in; or
- Revert to original Medicare

For help, call: 1-800-MEDICARE

We urge you to call your member of Congress as well as Senators Schumer and Gillibrand to protect your right to see the doctor of your choice!

To contact Senator Schumer, call: 202-224-6542
To contact Senator Gillibrand, call: 202-224-4451

To find out who your Representative is, go to:
<http://capwiz.com/mssny/state/main/?state=NY>

Contact THE RICHMOND COUNTY MEDICAL SOCIETY
at (718) 442-7267
www.rcms.org



**AUTISM "WINS"
THE NYC MARATHON**

On November 3rd, 2013 Dr. James G. Reilly (207th President of RCMS) and Dr. Theodore Strange (192nd President of RCMS) ran and completed the marathon. They raised over \$3,000.00 in support of Autism Speaks. This organization facilitates research and care for children on The Spectrum.

HIPPOCRATIC OATH

I do solemnly vow, to that which I value and hold most dear:

That I will honor the Profession of Medicine, be just and generous to its members, and help sustain them in their service to humanity;

That just as I have learned from those who preceded me, so will I instruct those who follow me in the science and the art of medicine;

That I will recognize the limits of my knowledge and pursue lifelong learning to better care for the sick and to prevent illness;

That I will seek the counsel of others when they are more expert so as to fulfill my obligation to those who are entrusted to my care;

That I will not withdraw from my patients in their time of need;

That I will lead my life and practice my art with integrity and honor, using my power wisely;

That whatsoever I shall see or hear of the lives of my patients that is not fitting to be spoken, I will keep in confidence;

That into whatever house I shall enter, it shall be for the good of the sick;

That I will maintain this sacred trust, holding myself far aloof from wrong, from corrupting, from the tempting of others to vice;

That above all else I will serve the highest interests of my patients through the practice of my science and my art;

That I will be an advocate for patients in need and strive for justice in the care of the sick.

I now turn to my calling, promising to preserve its finest traditions, with the reward of a long experience in the joy of healing.

I make this vow freely and upon my honor.



RICHMOND COUNTY
MEDICAL SOCIETY, INC.

REPORT

Volume 26, Number 2
January, 2014 Winter Edition



Dr. Reilly, DO, President

Thomas Jefferson, the third President of our great country was in office when a group of Richmond County physicians organized our Medical Society. How blessed are we to live in this magnificent country and how lucky I am to be an American, a physician and now the President of one of America's first medical organizations. This esteemed organization of physicians has worked to provide the highest quality medical care for Staten Islanders. I am honored to be the 207th President of our medical society during this pivotal year of health care transformation.

The Richmond County Medical Society was founded in 1806 and has survived America's Civil War, the Great Depression, two World Wars and all that fell in between. Today we struggle with changes to our health care system, but what problems do we really have? Patients from all over the world seek care in our great hospitals and with our expert doctors. Physicians from Europe, Asia and the Middle East dream of training and working in the United States. What America's health care system needs is insurance reform and corrections of injustice and waste. Does it make sense to provide health care insurance to the 15% that don't have it to disrupt the 85% that do? The new Affordable Care Act has caused

PRESIDENT'S PERSPECTIVE

cancellations of policies, large increases in deductible and in some cases the loss of long established doctor patient relationships. Locally, private medical offices struggle to meet expenses. In my profession of obstetrics, the ever increasing insurance premiums have forced some of the most experienced doctors to stop doing what they do best. In Richmond County the average yearly premium in 1996 was about \$80,000/ year for Obstetrical Insurance. Today that has almost doubled to nearly \$160,000. Diminishing revenue and increasing expenses are forcing experienced doctors to close their offices. Tort reform and insurance reform would help stem this tide and worrisome trend. Private medical practices are an important fabric to our community on Staten Island. A recent major economic study reported that private medical practitioners are driving over \$500,000,000 dollars into the counties economy. This is done through employment of over 4,400 physicians and staff members. If some or most of these "small businesses" are forced to close this would drastically affect access to care and certainly hurt our local economy. Despite these issues, most of my colleagues continue to work hard at their craft. The Richmond County Medical Society continues to address and direct positive changes for our patients and our profession. We will continue to work closely with our elected officials, most of whom are our patients, to improve health care locally. Staten Island, the only borough without a City funded hospital, must demand our "fair share" of health care dollars. Our new mayor must help us support and revitalize our local hospital systems. Richmond County's underserved communities deserve city funded centers to provide them with care.

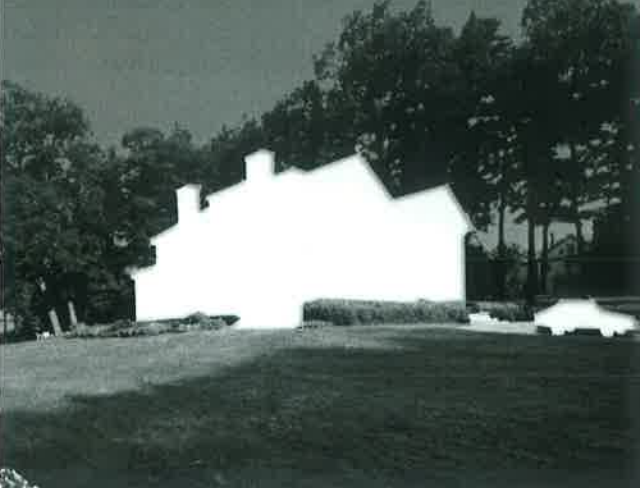
This will improve emergency room response and important preventative care measures. We must remember that we as physicians have the ability to help direct the course of health care reform. Leaders need our input to make things right and secure improvements. It has been said "comfort and convenience have never produced greatness. Greatness is birthed from pain and perseverance." We can change things. The wheel turns slowly -but who else to turn it? My colleagues and friends we must try to contribute to make positive changes. Remember, one day we all will become the patient. Let us improve what we can, advise on what we think can make things better and work closely with our systems to enhance our healthcare delivery. Every day I thank God I was born in this country, and had a family that supported my dream to become a doctor. Now it is our turn to do everything we can to make positive changes, and to reflect on how fortunate we all really are. I would like to thank the following leaders of Richmond County in guiding me with sage advice over many years: Executive leaders Ron Mazzucco Esq., Kate Rooney Esq. and Anthony Ferreri and Drs. Vincent Pillari, Peter Carpenito, Ted Strange, Brian McMahon, John Maese and Ralph Messo. The character and knowledge of each of these esteemed leaders has blessed Staten Island. Also, I must thank all the nurses and hospital staff who have taught me how to be a good doctor. As Hippocrates stated, "First do no harm, heal the sick and guard our profession". Let's work together to keep our community healthy and vibrant. We must always remember our "battle cry" - PATIENTS FIRST!
*Dr James G. Reilly DO FACOG
FACOG FACs 01/2014*

With so much at stake, Shouldn't you be represented by Kern Augustine Conroy & Schoppmann, P.C.?

You've worked hard.

Done well.

Now the Government is investigating.



The sad truth is, everything you've worked for can all disappear if you're not prepared for a government inquiry. Which is why if you or your practice is being investigated, you need counsel experienced and thoroughly knowledgeable in health law.

At Kern Augustine Conroy & Schoppmann, P.C., our goal is always to help you reach your goals by advising you on managed care, risk prevention, business planning, contracting and today's growing maze of regulations. Yet, should you ever face career-threatening litigation, rest assured that our expertise can help you feel as if your problems have disappeared.

For more reassuring details, please contact us.

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From the desk of the Executive Board Members

INFLUENZA ARTICLE

By: Dr. Deborah Aanonsen

Influenza is an acute viral illness consisting of upper respiratory symptoms, fever, chills and body aches. The CDC closely monitors influenza activity levels in the United States. According to CDC statistics from 1976 to 2007, the death rate from flu associated illness ranged from 3,000 to 49,000.

The CDC does not recommend one flu vaccine over another.

Based on CDC website.

MEANINGFUL USE STAGE 2 TIMELINE HAS BEEN EXTENDED

By: Dr. Salvatore Volpe
HIT Committee Co-Chair

In response to feedback from physicians, patients and other groups, the Centers for Medicare & Medicaid Services (CMS) have proposed a new timeline for the implementation of meaningful use for the Medicare and Medicaid EHR Incentive Programs and the Office of the National Coordinator for Health Information Technology (ONC) proposed a more regular approach to update ONC's certification regulations.

Under the revised timeline, Stage 2 will be extended through 2016 and Stage 3 will begin in 2017 for those providers that have completed at least two years in Stage 2. The goal of this change is two-fold: first, to allow CMS and ONC to focus efforts on the successful implementation of the enhanced patient engagement, interoperability and health information exchange requirements in Stage 2; and second, to utilize data from Stage 2 participation to inform policy decisions for Stage 3.

I-STOP

By: Dr. Anthony Sgarlato

What you NEED to know...

I-STOP (Lanza/Cusick Bill) has been enacted into law since August 27, 2013.

1. You or one of your staff MUST start checking the website EVERY TIME you order a Class II, III or IV narcotic as of August 27, 2013 at <https://commerce.health.state.ny.us>. Document that you checked the site in the patients note.
2. You DO NOT need to participate, but then you cannot prescribe controlled medications. Penalty yet to be determined if you do so without checking.
3. If you do not check the website OPMC can site you for professional misconduct.
4. There are exemptions for who must comply: VA Medical Centers (Federal), methadone maintenance, medications given in your office or the hospital, hospice care, temporary lack of internet (can give 5 day emergency supply).

If no or poor internet in your area (parts of upstate New York), or if I-STOP system is down, then do not have to check but document system is down in chart. ER can prescribe a 5 day supply without accessing the site.

5. Starting December 31, 2014, ALL scripts for those classes MUST BE ELECTRONIC, unless #4, then can give paper script.
6. Nucynta is Class II now (no refills)
7. Soma is Class IV now (no samples in office, can have refills)
8. Vicoden is Class II (starting Feb 23, 2013) (no refills)
9. Tramadol is Class IV (starting Feb 23, 2013) (no samples in office, can have refills)

I-STOP is only in effect for New York State. Any prescriptions filled outside the state will not appear on the I-STOP website.

I-STOP is meant to be used as a guideline to prescribing. You have the ultimate decision on whether or not medication should be prescribed.

Approach to patients with chronic daily headaches.

Dr. Florence Shum

Patients who suffer from chronic daily headaches are often challenging to the practitioner and generally require multi-disciplinary approach for best results. These patients need secondary etiologies excluded before establishing an appropriate treatment program. Chronic Migraine is the most common among the chronic daily headaches, affecting approximately 3.2 million Americans, mostly women.

Many of these patients have history of episodic migraine with gradual transition toward more frequent headaches. They have more than 3 consecutive months history of headaches occurring more than 15 days per month, each lasting more than 4 hours and meeting criteria for migraine at least 8 of those days, in the absence of medication overuse headache.

Aggressive approaches including pharmacologic and nonpharmacologic options are needed for successful treatment. We often need to help patients identify and modify their risk factors, which include poor sleep, excessive caffeine intake, lack of exercise, dehydration, anxiety and

depression. Patient education plus biofeedback and cognitive-behavioral therapy are also helpful.

Without a doubt however, effective headache prophylaxis is the key to improved outcomes in these chronic migraine sufferers with frequent, disabling or refractory headaches. These medications include many beta-adrenergic blockers, antidepressants, and anticonvulsants, which are sometimes associated with adverse events and may take a few months to notice clinical improvement.

Botox (Onabotulinumtoxin A) is now approved by the US Food and Drug Administration for prophylaxis of headaches in adults with Chronic Migraine. It is shown to be safe and effective. Botox (Onabotulinumtoxin A) injections are given every 3 months, and pain relief typically begins in less than 2 weeks. This is an attractive alternative headache prophylactic treatment for chronic migraine sufferers who failed or unable to tolerate other oral prophylactic medications, and possibly with better patient compliance.

Smile...



Salvatore Volpe, MD Secretary | Florence Shum, DO Vice-President | James G. Reilly, DO 207th President | Anthony R. Sgarlato, MD President-Elect | Deborah Aanonsen, DO Treasurer



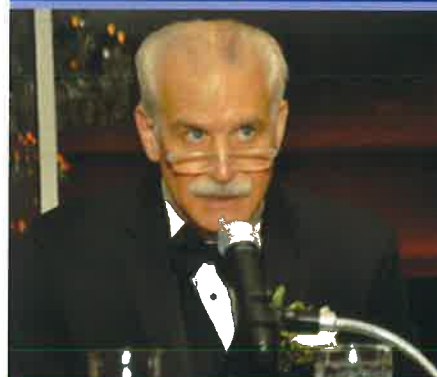
October 19th 2013 Honorees (from left to right) Matthew Titone, Ronald J. Mazzucco Esq., Mrs. Sally Siller (The Stephen Siller Tunnel to Towers Foundation) Dr. Vincent DeGennaro, Dr. Pietro Carperito



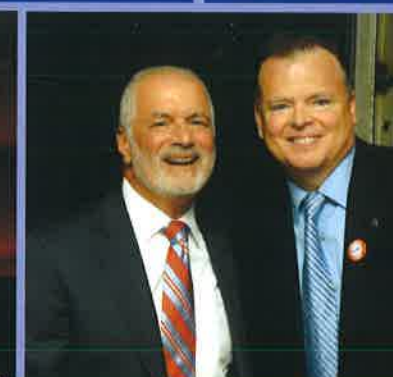
Cara Dellatte (archivist) receiving the 1806 Journal from Jessica Romano & Linda Botte of the Richmond Country Medical Society



This is the original article from the first meeting in 1806 RCMS, safe at its new home in the Staten Island Museum.



Dr. Vincent P. DeGennaro (Annual Scholarships Dinner Dance honoring the 206th President)



Mr. Anthony Ferreri, CEO- SIUH Dr. James G. Reilly



Dr. Kenneth B. Chapman, Dr. Edwin Chang, Dr. Theodore Strange



An exceptional turnout for the Induction of Dr. James G. Reilly - June 18, 2013



Dr. Reilly and his mentor Dr. Vincent Pillari June 18, 2013



206th President Dr. Vincent DeGennaro, 187th President Dr. Lena Merlino, 207th President Dr. Reilly



Assemblyman Matthew Titone award recipient on October 19th 2013