

2015 Board

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It's Not A Vain Disease, Its VEIN Disease!

Varicose vein disease and disorders of the superficial venous system are extremely common. Estimates of up to 60% of the adult population suffer from symptoms related to venous reflux disease. Often, patients think of varicose veins as a normal function of aging, but they should be thought of as a medical disease. They are often overlooked in favor of other medical issues, but, when pressed, many patients admit to significant limitations on their lifestyle related to issues created by varicose veins. In the past, conservative measures such as compression stockings and behavior modifications offered patients very little lasting relief of their symptoms, and surgical stripping was considered too invasive and painful for the treatment of most vein disease. However, Vascular and Interventional radiologists can now offer new minimally invasive treatments that are relatively painless and safe and are a pleasing solution to patient's vein problems.

Varicose veins are dilated,

tortuous veins with reflux secondary to valvular incompetence. This results in venous hypertension in the lower extremity. This can cause multiple different physical findings including swelling, induration, eczema, pigmentation of skin, and ultimately ulceration and tissue loss. The most common complaints associated with varicose veins are leg pain, burning, itching, night cramps, restless legs, fatigue, heaviness, and focal pain over the varicose veins. In addition, many patients find the veins and associated skin changes to be unsightly and even embarrassing.

There are several theories as to why the valvular incompetence occurs. One concept is that it is congenital weakness in the vein wall or valve cusps, or there is a deficiency in the number of valves in the venous system. These are considered primary varicose veins. Patients with secondary varicose veins have disease that is related to a prior episode of thrombosis with damage to the veins and valves that results in incompetence. Varicose veins are 4

-8 times more common in women than men. This may be related to hormones, or possibly alterations in hemodynamics related to pregnancy. Other factors that contribute to increasing severity of varicose vein disease include; aging, prolonged standing, obesity, or prior leg trauma.

Varicose veins are easily diagnosed by physical examination, however, the extent of the disease can be underestimated. Additional evaluation for reflux with venous doppler ultrasound is recommended in symptomatic disease. This will allow for mapping of the extent of the disease and the source or sources of venous reflux.

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It's Not A Vain Disease, Its VEIN Disease!



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The treatment of symptomatic varicose vein disease has progressed significantly in the past few years. Interventional Radiologists are now able to offer image guided treatments such as endovenous laser ablation, ultrasound-guided foam sclerotherapy, ambulatory phlebectomy, and conventional sclerotherapy. Often, a combination of the above therapies are necessary for complete treatment of the disease.

In contrast to the past, insurance companies are now covering the above therapies for treatment of symptomatic disease.

The treatment of varicose veins is no longer about vanity. It is a real disease, that causes real problems for patients. And now, there are real solutions for the treatment of symptomatic varicose veins in the form of minimally invasive, image-guided IR therapies.

Darren R. Hurst, M.D.,
Director of Vascular and Interventional Radiology,
St. Elizabeth Healthcare
Director of Vascular and Interventional Associates,
Division of Radiology Assoc. of Northern Kentucky



NKMS Foundation Report

Recently the NKMS received an email from the NKMS Foundation Scholarship recipient, Sarah Nester, who had the following to say: "Thank you for the honor of being selected for this scholarship! I appreciate the financial help with medical school and I'm thankful for the opportunity to return home to Northern Kentucky following my train-

ing. I've had many great learning experiences with physicians in the area, and I am looking forward to joining them to provide excellent medical care and health promotion."

Our past recipient, and also our first recipient, was Megan Schneider, the granddaughter of local ob/gyn

Robert O'Conner, M.D. Sarah does a good job summarizing our goals for the scholarship in her thank you note. I have met Megan at a few NKMS parties and hope to meet Sarah as well. Welcome to our group, Sarah!

Mike Gerwe, M.D., President, NKMS Foundation

Upcoming Events



Calendar of Events

- | | |
|-------------|------------------------------------|
| February 10 | NKMS Executive Board Meeting |
| February 18 | KMA Physicians' Day at the Capitol |
| April 21 | NKMS Executive Board Meeting |
| April 21-22 | KMAA Spring Leadership Meeting |
| May 14 | General Membership Dinner |
| May 19 | NKMS Executive Board Meeting |

President's Report

What Can I DO? Part V

Attend the KMA Physicians' Day at the Capitol, Wednesday February 18, 2015

"...the more forces we can concentrate in our center of gravity, the more certain and massive the effect will be." Carl von Clausewitz

The annual Physicians' Day at the Capitol is a great opportunity to develop rapport with our legislators and have an impact on legis-

lation which affects our profession as well as our patients.

Events will include a legislative briefing from KMA lobbyists, meetings with legislators, and a luncheon/panel discussion.

You can register online at the KMA website: www.kyma.org or go to:

<https://www.eventbrite.com/e/2015-kma-physicians-day-at-the-capitol-tickets-14705343077?ref=estw>

If you have any questions please contact Laura Hartz of the KMA at 502-814-1386 or by email at: hartz@kyma.org

Participation in events such as this one sends an important message to our lawmakers that we care about what happens in Frankfort. Please attend. Thank you for your support.

Eric Neils, M.D., President, NKMS



Practice Update

We want to welcome the following physicians who became members of the Northern Kentucky Medical Society in 2014.

- | | | |
|-----------------------|------------------------|------------------------|
| Arthur Bell, D.O. | Marihelen Dooley, M.D. | Delene Musielak, M.D. |
| Jonathan Byers, M.D. | Ryan Freibert, D.O. | Carla Sabatini, M.D. |
| Thomas Carrigan, M.D. | John Guluzian, M.D. | Mohamad Sinno, M.D. |
| James Conner, M.D. | Joseph Hartig, M.D. | Ashley Spaulding, M.D. |
| Rajbir Dhaliwal, M.D. | Allen Huneke, M.D. | Alexa Summe, D.O. |
| Amy DiChiara, M.D. | Raymond Jarman, M.D. | Rodney Vivian, M.D. |
| | Meghan Markovich, M.D. | Jenny Wheeler, M.D. |
| | Sarah McMullen, M.D. | Daniel Zalkind, M.D. |
| | Gary Melton, M.D. | |

2015 Budget

Ordinary Income		PO Box	95.00
Advertising	1,710.00	Dues & Subscriptions	435.00
Contributions	500.00	Contributions	500.00
Dues-Associate	1,890.00	Insurance	1,800.00
Dues-Active	88,425.00	Licenses & Permits	30.00
Dues-Resident	120.00	Postage & Printing	10,000.00
Dinner Meetings	<u>1,300.00</u>	Professional Fees	1,000.00
Total Income	<u>93,945.00</u>	Repairs	50.00
Expenses		Telephone	675.00
Website	5,000.00	Contracted Services	29,000.00
Dinner Meetings	23,000.00	Office/Supplies	<u>1,900.00</u>
Gift	500.00	Total Expenses	<u>74,485.00</u>
Equipment	500.00	Net Income	19,460.00



**Northern Kentucky
Medical Society**

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Erlanger, Kentucky 41018

Contact Information
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Northern Kentucky's
Physician Network

Address Correction Requested

NKMS Alliance Report

The NKMS/A annual Christmas Dinner was held at the beautiful Ft. Mitchell Country Club on December 4, 2014. Oh what a night! This year the dinner started with a candle light reception due to electrical problems. Members took it all in stride and mingled by candlelight, viewed the silent auction by cell phone lights and had a jolly good time. The lights came on around 8:30 pm and the cook served dinner, which was cooked on portable grills in the kitchen.

We raised over \$2000 from the silent auction for the Women's Crisis Center, collected over 70 gifts for children at the Brighton Center, and handed out over 100 pairs of white socks at the Pike Street Homeless Clinic.



(Featured left-Photos from the Brighton Center)

(Featured Right-Karla Kennedy presenting the donations to Sister Ann John, RN at the Pike Street Clinic)



NKMSA will be the host for the KMAA Spring Leadership meeting on April 21-22, 2015. The meeting will be held in Covington, KY at the Embassy Suite Hotel. NKMSA member, Dr. Tom Bunnell, is the current KMA Alliance President and host of the meeting. Please save the date to come and support Tom in his leadership position. For more information about the upcoming meeting, contact Nancy Bunnell, chair, at tbunmd@twc.com.

Nancy Swikert, M.D., President NKMSA