



Volume 4 • Issue 2 • Spring 2013

No Bones About It A Wild & Wonderful Welcome

**by David D. Ede, MD
President, WVOS**

West Virginia is truly a “Wild and Wonderful” place to live and work. Take it from me! I am not from this state, but have made it my home for the past 16 years.

For my first address as the new President of the WVOS, I thought I would take a minute to let you know who I am, how I got here and where I see the WVOS going in the next few years.

First, I wanted to thank Joe Prud’homme for his work as the past president for the WVOS. It is a real treat visiting Washington, DC with Joe, who seems to know everything there is about how to get things done. By the way, if you are interested in joining us during those few days in DC, please let Diane Slaughter or myself know. If you cannot attend, but want to contribute in

some way, contributing to the Ortho PAC (political action committee) is an effective way to get a voice in Washington, where the rules are made about practicing medicine.

Now, a little bit about me. I am originally from Florida. I grew up in Miami. I attended the University of Florida where I earned a Bachelor of Science in Engineering. Afterward, I attended the University of Miami School of Medicine and married my wife Laura (from Cross Lanes, WV) in my senior year. I matched into an orthopedics residency training program at Henry Ford Hospital in Detroit. For those that don’t know, Tony Majestro also trained there and Eric Radin was my Department Chairman. Yes, he had just come from WVU at that time.

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The View From K2

Reach
out to your
Congressional
representatives.

Dear Congressman McKinley,

I am writing you to plead the case of the insanity of the digital morass that is hindering the care of not only my patients, but for all of healthcare. On May 8, 2013 an article in USA Today informs us of the \$8.3 billion wasted on medical technology by hospitals. Waste by physicians in private practice may be half that value. After reading the article, it is clear to me that the health care of human beings (my patients) is less important than the "electronic medical record." Everyday practicing in the mid-Ohio Valley, I see the inefficient use of hospital and office personnel in treating patients. It is clear that before any of this "meaningful use" is thrust on hospitals and physicians, more work needs to be done in a computer laboratory before mandates are made to us. Using medical technology in the 21st Century is extremely time-consuming and the last thing doctors need is a computer system that is so unmanageable that treating patients becomes nearly impossible.

Physicians have been mandated for years to practice evidence based medicine and utilize

treatments that have been thoroughly vetted. This is directly contrary to the EMR requirements that have been placed upon us. EMR use has not shown meaningful effectiveness on a global scale and yet we are wasting time, energy and resources expanding its scope.

I am asking that Congress put a moratorium on enacting any meaningful use criteria until the electronic world designs an easily reproducible template that will help not only healthcare providers, but patients. The time is now as healthcare budgets are being squeezed to use the \$8.3 billion in taking care of patients' medical problems, not for some computer program that does nothing of the sort. As an orthopaedic surgeon for more than 30 years, medical technology, techniques and surgical procedures have markedly increased. It is extremely difficult to be up to date with this and deal with the healthcare digital world that is presently in complete disarray. Now is the time to show "Profiles in Courage" (by John F. Kennedy) and put patients, your constituents, first.

Sincerely yours,
Gregory B. Krivchenia II, MD

2013 "Spring Break" Highlights

Our second annual Spring Break meeting at Stonewall Jackson Resort, and our first with the WV Physical Therapy Association, was a tremendous success. The WV Association of Orthopaedic Executives (WVAOE) also enjoyed a great meeting.

We had great speakers, great exhibitors, great weather and, of course, great golf and social time!

After golf on Friday, the evening featured the Business of Orthopaedics Seminar for residents from Marshall and WVU. Thanks go to our speakers, Alvin Jones, MD, Dave Proctor, MA, MBA, ATC, Robert Santrock, MD, Brett Whitfield, MD, Luis Bolano, MD, Bruce Haupt, MD, James Rice, MD, John Slicer, RP, and Frank Vitale. A reception for all attendees took place Friday evening in the exhibit hall.

The WVAOE meeting on Saturday included presentations on legislative issues from the WV State Medical Association, practice marketing with Jeff Barnes of The Barnes Agency and personnel issues with Bernie Deem of Deem HR.



WVOS met jointly with the physical therapists Saturday morning, with a focus on upper extremity arthroplasty. We were joined by Dr. Thomas Wright from the University of Florida.

In addition to his presentations on shoulder and elbow issues, speakers included Greg Krivchenia, MD, Kelly Bal, MD, Ellen Shanley, PT, Ph.D., OCS, and Luis Bolano, MD.

Following lunch with exhibitors, the afternoon was devoted to resident presentations from WVU and Marshall. Our presenters were: Justin Jones, MD, Thomas Riley, MD, and Sinan Ozgur, MD, from Marshall University; Mark Floyd, MD, John Tidwell, MD, and Dave McConda, MD, from West Virginia University.



All speakers were well rated at each meeting, and attendees were pleased with the topics, speakers and venues. We also thank our exhibitors for helping to make the meeting and resident prizes possible.

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Join us for the
Spring Break
Meeting on
April 4-5,
2014,
at Stonewall
with the
WVPTA.

By Chad Lavender, MD

2013 Marshall Resident Update

**Congratulations
to Dr. Riley and
MSI researcher
Ilia Iliev for
their first place
award for
the Millennial
Education
project!**

Marshall Orthopaedic Residents are expected to graduate with at least one publication listed on Pub Med. We are very appreciative of all faculty involved in this process and like to thank Dr. Shuler, our Vice Chairman for Research, and Dr. Oliashirazi, our Chairman, for setting the tone for respect, research and evidence based medicine. We have summarized some of our resident research accomplishments over the past year and provided expanded highlights for our graduating chiefs.

So far in 2013, the Marshall Orthopaedic Residents have done a fantastic job at presenting at national and regional meetings with our entire resident core involved in active research projects. Our 2013 highlights are below with an expanded discussion focusing on our graduating residents:

- 10 podium presentations – These included 2 AAOS podiums and an ISAKOS podium – Congratulations to Dr. Daniel Woods (PGY V), Dr. Justin Jones (PGY IV) for their syndesmosis anatomy project and Dr. Michael Chambers (PGY IV) on his ACL obesity project and congratulations

their faculty advisors Drs. Shuler, Tankersley, Giangarra, Jasko, Garabekyan, Cheung and Oliashirazi.

- o First Place Award for the Millennial Education project—congrats to Dr Riley (PGY III) and our MSI researcher Ilia Iliev and their faculty advisors Drs. Shuler, Shah and Oliashirazi.
- o Second Place Award at the WVOS resident podiums for the Syndesmosis anatomical project done at the Smithsonian Institution in Washington, DC with congratulations to Dr. Woods (PGY V) and Jones (PGY IV) and the faculty advisors Drs. Shuler and Tankersley.
- 35 poster presentations – These have included national presentations at AAOS, AOA, SRS and have included all 15 of our residents with a First Place Award for the Constraining Function OR Traffic Project with Dr. Jonathon Salava (PGY V) and Dr. Thomas Riley (PGY III).
- 16 recent Pub Med papers -- Congrats to Dr.

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2013 WVU Resident Update

This past May, the West Virginia University Department of Orthopaedics celebrated its 17th annual Resident Research Symposium. It was our great pleasure to invite back one of our former department chairmen, Dr. J. David Blaha, to be the special guest lecturer for the event. Dr. Blaha has been researching the biomechanics of the human knee, and revealed some insights he has learned over the years. As you might imagine, this topic was well received and stimulated a very thoughtful discussion in regard to how the knee kinematics apply to the historical and current theories in joint arthroplasty.

Several residents had the opportunity to present their research projects. Here are just a few projects that were presented:

Dr. Claire Beimesch, one of our graduating chief residents, presented her study looking at post-operative troponin-I levels after lumbar spine fusion. She found that only 1 patient in a sample of 70 had a slightly elevated troponin-I. Cardiology was consulted, but the patient remained symptom free and the troponin-I trended down with no intervention. Her study demonstrates the low incidence of elevated

troponin-I after lumbar spine fusion. Previous studies and anecdotal evidence have described elevation in other cardiac markers, which have a lower specificity for acute myocardial infarction. This study implies that acute myocardial events after lumbar fusion are less frequent than previously thought. Therefore, if a more specific cardiac marker, such as troponin-I, is used, then an elevated value should be further worked-up with a cardiology consult.

Dr. Michael Perez, one of our third year residents, presented his research looking at pre and post-operative cognitive outcomes in patients undergoing operations in the beach chair position. The beach chair position has been thought to have higher rates of cerebral hypoxia compared to non-beach chair positions. In this study Dr. Perez did document cerebral hypoxia in a few patients using a cerebral oximeter. The anesthesiologist involved in the study worked quickly to remedy this, and post-operatively he discovered no clinically significant changes in the mini-mental cognitive test scores.

Dr. Karim Boukhemis, the current research resident, presented two separate

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This past
May, WVU
Department of
Orthopaedics
celebrated its
17th annual
Resident
Research
Symposium.

By Greg Krivchenia II, MD

WVOS Goes to Washington

**Now is the
time that
we have to
be proactive
in making
sure new
regulations are
manageable
and
reasonable.**

Last month, a delegation from the West Virginia Orthopaedic Society joined the American Academy of Orthopaedics Surgeons at a meeting in Washington, DC, to lobby our elected representatives on the issues that most affect our care of our patients.

The Affordable Care Act is the law of land and we have to live with it. Since no one has read the bill entirely, regulations are being drawn up by bureaucrats that have little or any knowledge of what we do. Now is the time that we have to be proactive in making sure these regulations are manageable and reasonable.

By meeting with our Members of Congress, we are informing them of our concerns and how to hopefully have them to implement sensible rules. If one is trying to use meaningful use in the past three months, one can easily see that to date common sense has not prevailed. As I have stated before, to the government, the chart is more important than the patient. To be on top of this issue, go to aaos.org and follow what is happening. Also, the Academy may ask you for your assistance in dealing with government involvement. For example, in Florida and Texas,

Medicare is taking back payments for total joints that have already been implanted.

Our Academy is looking for a sustainable healthcare system by trying to repeal the Sustainable Growth Rate (SGR) formula, a payment system that has been known to be flawed since it became law in 1997. For 15+ years, many of us have tried to get this repealed, but to no avail. The new payment system that AAOS is trying to implement must create and implement a flexible specialty-led payment model that includes a fee for service option and a more equitable payment system that provides financial incentives that reward higher quality care based on appropriate risk adjusted, patient centered models of outcomes.

Transparency is the big buzz word when it comes to physicians with their relationships to pharma and medical implant companies. However, the government doesn't believe in transparency for itself. For example with dealing with the Affordable Care Act, the Independent Physician Advisory Board has little if any transparency. The 15 members are unelected and

Lobbying Continued on page 9

Financial Planning Catered To You

To the members of the WV Orthopedic Society:

It gives me great pleasure to introduce myself to each of you. My name is Shoba Sampath, and I am a Certified Financial Planner™ professional and a Retirement Planning Specialist located in Charleston, WV. I graduated as the valedictorian from the University of Charleston with a BS in Finance and hold a certificate in Retirement Planning from Wharton School of the University of Pennsylvania. I also hold the CFP® and ChFC designations. On the personal side, I am a mother of three and the wife of Dr. Ramanathan Sampath, a cardiovascular surgeon practicing in Charleston, WV. I worked as his office manager for several years, and am well versed with the operations of a surgical practice.

I am available to all members of the WV Orthopedic Society to offer the following:

- A written, professional, personalized financial plan at a discounted price. This plan can include addressing a variety of areas such as estate planning strategies, retirement planning, retirement distribution planning,

education funding, business planning strategies, executive planning services, disability income analysis, survivorship planning, etc.

- The Hartford SMART529 plan (the WV College Savings Solution) for all members. You get my professional services combined with a waiver of the upfront sales charge.
- Individual Disability Income insurance and Long Term Care Insurance at a discount provided to the members.
- I can also offer group retirement plans, life insurance, annuities, investment management platforms – self directed or professionally managed, wealth preservation strategies, stocks, bonds, mutual funds, etc.
- I am also available for Financial Education choices such as Employee Seminars.

I look forward to adding value to your financial future by being accessible, considerate, caring and by placing your needs above all else.

With Warm Regards
Shoba Sampath, CFP®, ChFC

**Shoba Sampath,
CFP®, ChFC**

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**Dr. Chad
Lavender will
participate in
the care of the
Washington
Redskins next
year!**

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Matthew Wingate (PGY I) on his Sports Health Benefits of Vitamin D paper in Sports Health, Dr. Thomas Gill (PGY I) on his Bone health and Physical Education paper in this month's WV Med J, Dr. Chad Lavender (PGY V) on his two papers including Bilateral Knee OCD in the Int J Athletic Ther & Training and WV ATV injury paper in the Journal of Orthopaedic Trauma, Dr. Jonathon Salava (PGY V) on his Osteoporosis CME article in Orthopedics, Dr. Dana Lycans (PGY I) on his two papers including the Extraskeletal effects of vitamin D in the WV Med J and the previously mentioned Bone Health and Physical Education paper.

Our graduating chiefs are highlighted below.

1. PGY V – Dr. Jonathon Salava will join Marshall Orthopaedics following his Ortho Carolina Joint Fellowship. He has a special interest in revision total hip arthroplasty and has the following research accomplishments:
 - a. First Place in the 2013 25th Annual Joan C Edwards SOM Research Day competition for "Constraining Function for Reducing OR Traffic". This research was also presented at the WVOS meeting and is being presented at the AOA meeting in Denver this June. Faculty advisors were Drs. Cheung, Oliashirazi and Shuler.
 - b. Pub Med – Featured CME Article in Orthopedics with Dr. Shuler on "Understanding the Burden of Osteoporosis and use of the World Health Organization FRAX Assessment Tool."
2. PGY V -- Dr. Chad Lavender will practice in the Charleston area after a fellowship at Orthopaedic Research of Virginia. He will participate in the care of the Washington Redskins and Virginia Tech football teams next year. His recent research accomplishments:
 - a. Posters – Two posters at the 25th Annual JCESOM Research Day with discussion of the published report on OCD highlighted below and a discussion of AVN of the femoral head.
 - b. Pub Med -- Article in the Int J Athletic Therapy and Training on "Bilateral OCD of the Lateral Trochlea in

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Lobbying Continued from page 6

are accountable to no one. No practicing physicians can be a member on this board. Their recommendation are "fast track" and go into effect unless Congress intervenes (how likely will that be?). Finally, stakeholders in healthcare have little if any input into decisions being implemented. The concern here is that the IPAB could impact us with directed cuts

in treating musculoskeletal disease. This needs to be fully repealed, or access to orthopaedic care will be threatened.

Finally, this is another plea to fund our Orthopaedic PAC to make sure our orthopaedic patients receive the care that they need. Go to aaos.org and donate today.

WVU Continued from page 2

projects. One study investigated cytokine therapy for infection prevention, and another looked at resident physician vitamin D levels and bone density. Dr. Boukhemis used a cocktail of IL-12, IL-17 and wortmannin in a solution that was injected into an open femur fracture model in rats. He discovered that this solution had significantly decreased bacteria colony forming units compared to placebo. With respect to resident physicians study, he found that among the residents sampled at our institution several were vitamin D insufficient and borderline osteopenic. Also, a few resident physicians fell into the osteoporotic category on DEXA scan results.

This is just a sample of the research projects taking

place at our institution here in Morgantown. Under the guidance of Dr. Brock Lindsey, the director of the musculoskeletal research laboratory, the level of research and presentations continues to improve annually. We know that some of the WVOS members had the opportunity to see this first hand at the WVOS Spring Meeting this year. I would like to send a big congratulations to Dr. David McConda, a current second year resident and previous research resident, who earned the first place award in this year's WVOS resident research competition. Our residents look forward to next year's WVOS Spring meeting and the opportunity to again present our projects to the society.

Congratulations

Dr. David

McConda!

People were friendly and thankful for what you were able to do for them.

Welcome Continued from page 1

After residency, I returned Miami to practice medicine. As I found out, South Florida is a difficult place to practice. If you think we have it tough here, you should spend some time with a colleague from there. For starters, my very first offer was \$100K (firm)! I was able to get a better offer and started at \$140K. Managed care was the norm and our group had a threshold of reimbursement accepting no less than 80% of Medicare. Making ends meet was more difficult than I expected. Many of my patients did not speak English, and some didn't speak English or Spanish! After six months in practice, I found out that the group partners had sold the practice to Health South and I was to be an employee for the rest of my days there. There always seemed to be friction amongst competing orthopedic groups there. I was very unhappy despite reaching a goal I had dreamed about since I was a kid.

Life in South Florida is different than anywhere else in the world and for a girl from Cross Lanes it was a really hard adjustment. In general, people are just not as nice as they are in WV. That includes just about everybody, especially public servants (a misnomer really). The crime level is among the

highest in the nation and the cost of living is higher. Seeing the writing on the wall, I decided to investigate living elsewhere.

Since Laura was from Cross Lanes and my mom was born in Charleston (and Bob Ghiz's father and my father were first cousins), investigating opportunities in Charleston seemed to be a natural first place to look. What I found was essentially the opposite of the life I had been experiencing in Florida. People were friendly and thankful for what you were able to do for them. There was an abundant amount of pathology to dig my teeth into. We have become good friends with the other groups in town. My financial status improved. Plus, it is a great state to raise a family. It was a wise decision to move here.

Professionally, there are some serious issues facing orthopedic surgeons and change is inevitable. It is critical that you get involved. A unified group can solve many problems. It will be my goal as the new WVOS President to develop a stronger WVOS by enhancing its membership and increasing attendance at our Spring meeting each year.

I know the life of a surgeon is always under time

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pressure and it is difficult to devote time to activities that are outside of our practices. But, I encourage you to make the effort. We are already at work to bring you a top notch curriculum for

next year's meeting. Will you attend?



Sincerely,
David E. Ede, M.D.

**WVOS/WVAOE
involvement
is worth your
time!**

Spring Break Continued from page 9

One of our residents used 3-D modeling in his presentation, and event brought 3-D glasses for everyone! See what you missed.



Finally, the annual business meeting was the occasion for the election of David Ede, MD, as WVOS president for

2013-2015. His first action was to honor Immediate Past President Joe Prud'Homme, MD, for his service.

Planning is already underway for our joint meeting with the WV Physical Therapy Association. Drs. Ali Oliashirazi and Steve Lochow will be in charge of the 2014 program content, so please contact them if you'd like to participate. Go ahead and mark your calendar for April 4-5, 2014, and we'll see you there!



Jack Steel, MD

**Drs. Lochow
and Oliashirazi
will arrange
for the
2014 CME
Conference
content.**

**Dr. Daniel
Woods will
work with the
Philadelphia
Eagles next
year!**

Marshall Continued from page 8

- the Knee” and an article in the Journal of Orthopaedic Trauma on a project that started at WVU entitled “Orthopedic Related ATV Trauma in WV, an 8 year review”.
3. PGY V – Dr. Daniel Woods will do a Sports Medicine Fellowship at the Rothman Institute. He will participate in the care of the Philadelphia Eagles and Philadelphia Phillies next year. His recent research accomplishments:
 - a. AAOS Podium on the syndesmosis anatomical study done in conjunction with the Smithsonian Institution with current submission to the Journal of Bone and Joint Surgery.
 - b. Posters –25th Annual JCESOM Research Day poster on PVNS with non-classical MRI findings with Dr. Cheung and an American Society of Hand Surgery poster on “Ulnar Longitudinal Deficiency”.

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Samantha Runyon, Intern

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