



WESTCHESTER PHYSICIAN

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THOMAS J. LESTER, MD
President, WCMS

PRESIDENT'S MESSAGE THANK YOU!!!

Two simple words. So easy to say, and so rarely spoken. That was my mother – but you know that, because it was your mother too. I have had a wonderful time over the past year serving as your President, and I want to thank each and every one of you for the opportunity. Perhaps the biggest surprise for me over the past year was how much I enjoyed writing my monthly column. It was more than an opportunity to reminisce about growing up in Union County, New Jersey in the 50's. It was truly therapeutic for me to organize my thoughts about matters I considered worthy of discussion. Special thanks to Louis McIntyre, immediate past President, for his guidance, and friendship.

“Perhaps the biggest surprise for me over the past year was how much I enjoyed writing my monthly column.”

Also to my colleagues at CareMount Medical, particularly Scott Hayworth, for allowing me to take the time away from our busy practice, to serve. I would not have been able to get through the year without the best staff in all of New York State – Janine Miller, Kalli Voulgaris, and Rhonda Nathan – ladies, you're the best!!!

Best wishes to you all.



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UPCOMING EVENTS

WCMS/WAM Annual Pool Party & Barbecue
Sunday, August 21, 2016
West Harrison, New York

WAM 7th Annual Golf Outing
Thursday, October 6, 2016
Westchester Country Club
99 Biltmore Avenue
Rye, New York

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FROM THE EDITOR...**PETER J. ACKER, MD**
EVOLUTIONARY PEDIATRICS

Primary care pediatrics performance involves doing the same thing over and over again. We do our checkups in which we ask the same kinds of questions about eating, sleeping, development, etc. The non-checkups, ie illnesses and injuries that punctuate our day are of the common quotidian type consisting mainly of only a handful of chief complaints, such as fever, cough or sore throat. Certainly on the face of it, this would seem to be a set up for burnout or at least occasional ennui. I remember years ago early in my career one day looking at my roster for the day, muttering to myself "same old same old", just a few scant years out of residency, feeling world weary. Ah for the excitement of a busy urban emergency room with trauma and illness writ large. Luckily, I expressed these feelings to my older partner, Dr. Jeffrey Brown. He listened to me, a slight knowing smile playing on his face. After a pause, he counseled me to undergo a subtle attitude shift. Enter each examining room with the resolve to observe something new. Don't look at each upper respiratory infection as exactly the same as every other, but how it may be different, or focus on a different aspect such as the parental attitude toward the child's cold, or the behavior response. Sage advice!

Strangely, this seemingly simple advice really resonated with me and I learned to be more mindful as I entered each room, a subtle attitudinal shift in which I contemplated with a sense of wonder of what I might find behind the next exam room door. It increased my satisfaction and it caused me to think and contemplate in different ways about what I was observing day to day. Take the simple example of fever. Clearly a very common chief complaint, with a vast differential diagnosis in theory, but really confined to a small number of possibilities for the most part. Yet, there may be that occasional zebra that you always have to consider, like the case of South African Tick Borne fever that walked into my office one Saturday a few years ago. Then there is the focus on the parental attitudes toward fever and trying different ways to reassure a parent. It can be a difficult task because we have evolved into a species with a considerable ability to worry. I found it helpful to explore that a bit with parents, that feeling of impending doom that descends on a parent at 1 AM when they stare at the high reading on the thermometer. I often share with a parent that when my kids were young, despite all my "knowledge", becoming startled when it was my own with a high fever.

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Dr. Peter Liebert, Past
President WCMS

AGE IS NO LIMIT FOR SURGEON PURSUING MBA AND NEW CA- REER

By John Golden

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lished in Westfair Mag-
azine May 26, 2016**

With a cap and gown draped over one arm and sporting his signature bow tie, Dr. Peter S. Liebert arrived for a meeting on the Iona College campus from his weekday rounds as staff pediatric surgeon at Greenwich Hospital and NewYork-Presbyterian/Lawrence Hospital in Bronxville.

Iona's commencement ceremony in Madison Square Garden for some 1,100 recipients of graduate and undergraduate degrees was two days away. There the doctor would join the procession of MBA students, donning his tasseled mortarboard and the Gaels' tartan stole over a black academic gown that bore a gold honor society pin.

Iona officials think the pediatric surgeon from Harrison — Princeton Class of 1957, Harvard Medical School Class of 1961, Iona MBA Class of 2016 — is the school's oldest graduate student.

How old is that? You'll have to calculate on your own. Age is one biographical detail that Liebert adamantly will not disclose.

His age could scare off a future employer, he said, impede his hiring in a new career that, like his ongoing career of more than half a century, will involve him in some area of health care.

"I have my own prejudice," he said. "I always feel that people my age have one foot in the grave and one foot on a banana peel."

Liebert himself has two feet still very active in the workaday world of surgical medicine and the health care industry. In his leisure time, he puts a foot to the pedals of the 1952 Porsche he races — at safe, gentlemanly speeds — as a member of the Vintage Car Club of America in Westchester.

"I started racing a little over 20 years ago," he said. The father of a patient, knowing the doctor's fondness for cars, let him use his auto to qualify for the vintage car club.

A former chief of pediatric surgery at both White Plains Hospital and Stamford Hospital, Liebert continues to perform surgeries on patients ranging from "tiny infants to big strapping football players" in their teens at the community hospitals in Bronxville and Greenwich and at Maria Fareri Children's Hospital of Westchester Medical Center. He serves on the Westchester County Board of Health. He is a former president of the Westchester Surgical Society and the Westchester County Medical Society, which he now serves as chairman of its finance committee. He also is the author of the textbook "Color Atlas of Pediatric Surgery," which features the author-surgeon's photography.

Outside the region's hospitals and his White Plains medical office, the Brooklyn native is a co-owner and board chairman of RX Vitamins Inc. in Elmsford, a company he founded about 15 years ago with his wife, medical and scientific publisher Mary Ann Liebert, and a third partner to manufacture lab-tested nutritional supplements for distribution directly to physicians and veterinarians.

Liebert recently returned from a national conference of pediatric surgeons in California, where he was reminded anew of his longevity in the profession. "I saw many of my colleagues — some of whom I had helped train — who had retired," he said. "I guess it's unusual for me to continue to practice at this age."

"But my objective evaluation is that I do it as well or better than many of my colleagues and I have many years of experience and accumulated knowledge."

In his practice, Liebert said, he deals with one patient at a time. "That's very, very satisfying." Yet he has felt driven to reach more patients in America's health care system. "There needs to be a way to help large populations, more people — to alter or at least affect the system so that more people get better care," he said.

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Physician Wellness: Mindfulness and stress management for the busy doctor.

Beginning Monday, October 17th

This course will run 8 weeks (no class on 10/31).

8:00pm – 9:00pm (Online course)

Please contact jmiller@wcms.org to register

Presented by Mark Bertin, MD

Together with the Westchester County Medical Society, Dr. Mark Bertin will present his class, *Physician Wellness: Mindfulness and stress management for the busy doctor*. This eight week course is designed to reduce the risk of chronic stress and burnout that is on the rise. This program will be offered online to cut down on logistics. While live and interactive, anyone can log in from any internet-connected device. If you need to miss a class, recordings are available to watch at any time. We hope you'll be able to join us for this exciting trial program.

If you're a practicing physician, you don't need anyone else to tell you that the risk for chronic stress and burn out has been rising. A recent Mayo clinic survey found more than half of physicians today have at least one symptom of burn out. Excessive stress of this kind doesn't affect only your own wellbeing, but often affects communication and patient care.

Mindfulness-based stress reduction programs have been shown through hundreds of studies to decrease stress and anxiety, along with many other specific benefits. Smaller studies report improvements in how health-care providers feel, and suggest gains in patients' perceptions of provider empathy, as well as other measures. The evidence behind mindfulness has become so strong that is now considered 'mainstream' medicine instead of 'alternative' for the purpose of funding grants.

Most importantly, mindfulness is meant to be practical and accessible to anyone. It isn't specifically a meditation technique, nor does it aim for bliss, perfection, or the elimination of stress – none of which is possible. It also doesn't take a lot of time, and can be integrated into anyone's busy life.

What mindfulness really shows is that we can intentionally develop traits that help manage the stress and uncertainty of life. When we regularly train ourselves to be more focused, less reactive, and to settle ourselves throughout the day before stress takes over, our lives get easier. The best analogy is exercise. Work out, your physical health improves. Practice mindfulness, your mental health does.

Registration pricing

Register before July 15 and receive a discount - \$350.00 for the full 8-week course

After July 15 - \$425.00

2016 Annual Meeting

Westchester County Medical Society Westchester Academy of Medicine



Passing the gavel: Outgoing President Dr. Thomas Lester passes the gavel to President-elect Dr. Gino Bottino. Dr. Bottino will take office July 1, 2016

On Friday, June 3rd, the Westchester County Medical Society and the Westchester Academy of Medicine held their Annual Meeting at the Westchester Country Club in Rye, New York. About 140 members and guests enjoyed an evening of fellowship with colleagues and family, great food, networking, and the opportunity to interact with WCMS preferred business partners and sponsors. Outgoing WCMS President Thomas Lester, MD, was thanked for his outstanding leadership and gave remarks on the importance of the medical society. He also thanked his colleagues for all of their support throughout the year. Newly installed President Gino Bottino MD, a Hematologist/Oncologist practicing in Mount Kisco gave his inaugural remarks and spoke about his plans for the medical society during his upcoming presidency. He spoke with regard to increasing membership, but also increasing relevance. Dr. Bottino laid out his intended plans for the year, which will include branding the Society, integrating social media and involving more young physicians. The evening was a great success.



INAUGURAL REMARKS OF PRESIDENT-ELECT GINO BOTTINO, MD



Good evening, and welcome to the 219th annual Meeting of the Westchester Medical society.

I want to welcome all the members, friends and colleagues of the society, and the sponsors who are here with us and have helped us for this and other events.

Our society is one of the oldest in the United States, and the first in NY state. Our first meeting was held in May of 1797 in White Plains at the home of Dr. Barker. We did not incorporate until 1935. The Medical Society of the County of New York (MSCNY) was officially established in 1794. This was changed to, the Medical Society of the State of New York, formed in New York City in 1806. MSCNY proposed legislation to establish a state society as well as its local county societies. This legislation was passed in 1806. The county societies were mandated to regulate the practice of medicine by: examining students and others wanting to practice medicine, for membership in the society, which in turn would authorize them to practice "physic or surgery"; disseminating scientific knowledge and enhancing the practice of

(Continued on page 11)

2016 “FRIEND OF MEDICINE” AWARDEE DEE DELBELLO



The 5th Annual “Friend of Medicine” Award was presented to Dee DelBello of Westfair, Inc. in recognition of her ongoing strong support and for the medical community and the patients of Westchester County.

Chief executive officer and owner of Westfair Communications Inc. (Westfair), a publishing firm headquartered in White Plains, Dee DelBello, also serves as publisher of the company’s publications — *Westchester County Business Journal*, *Fairfield County Business Journal*, *HV Biz* and *WAG* magazine.

A graduate of The College of New Rochelle, Dee also holds a master’s degree from Seton Hall University. Her former professional experiences include teaching, administrative positions at two universities and

regional public relations director for Bloomingdale’s.

She became an entrepreneur in 1990 when she purchased two moribund newspapers on the verge of bankruptcy – the Business Journals, which were co-founded more than 50 years ago by a descendant of Joseph Pulitzer and a former editor at The Wall Street Journal. Today, the journals are flourishing and bringing local business news to more than 90,000 readers in New York state’s Westchester County and Hudson Valley and Connecticut’s Fairfield County. The journals have become a must-read for business owners and executives, entrepreneurs and professionals.

WAG magazine, reaches more than 120,000 readers and has caused a buzz in the region for its unique editorial approach. Classy and sassy, WAG’s monthly themes bring the savvy, exciting, glamorous, cultured and successful movers and shakers to life on its pages. For the past two years it has been judged the “Best Magazine in New York State” by the New York Press Association.

Through the years Dee has served extensively on charitable and professional boards. She has also been the recipient of numerous awards and honors for her efforts and achievements from such organizations as ArtsWestchester, Hispanic Chamber of Commerce in Westchester, Women in Communications (an organization she co-founded), Visiting Nurse Service of Westchester, Family Service of Westchester, Westchester ARC, Westchester chapter of the American Red Cross, March of Dimes, Bridgeport Regional Business Council, Bar’Ilan University in Israel, Westchester Advertising Club, WAWBO, Boy Scouts of America, The Westchester Business Council, Westchester Leadership Council of the United Way, Westchester County Parks, Hudson River Museum, Westchester Community College Foundation, New York Medical College Board of Directors and so many more.

She was also a New York state commissioner – appointed by Gov. Hugh Carey – for 17 years on the New York State Commission on Judicial Conduct and was awarded the 1996 Samuel Dubroff Award from the New York State Fund for Modern Courts.

During her husband’s tenure in public service in Westchester County, Dee was helpful in establishing the county’s corporate branding, developing the Muscote Farm Park in Somers, the Bridge Gallery in the government center, the arts in public places program, the arts council and a host of arts-related county-wide events.

A resident of Waccabuc, Dee’s husband, Alfred, now deceased, was a Yonkers mayor, Westchester County executive and New York state lieutenant governor. She spends her free time at home tending to her growing alpaca farm. Her son Damon is a pediatric orthopaedic surgeon.

2016 Annual Meeting



Thomas Lester, MD giving outgoing remarks



Current MSSNY President Dr. Malcolm Reid addressing attendees



Current Academy President Dr. Joseph Tartaglia honoring Past Academy President Dr. Thomas Lee



President-elect Dr. Gino Bottino with Friends and Family



Academy President Dr. Joseph Tartaglia



President-elect Dr. Gino Bottino giving his inaugural remarks and presentation.

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FROM THE EDITOR...

PETER J. ACKER, MD
EVOLUTIONARY PEDIATRICS

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Throughout our eons of history up until the advent of the antibiotic era, fever often portended a fatal outcome. Our species survived due to phenomenal parental vigilance, fueled by a fertile and creative brain that allowed contemplation of any possible risk, of which the primitive world was fraught with. Of course, this ability to worry so deeply embedded in the deep recesses of our brains, is not always very functional as we do our worst case scenario analysis which tends to skew towards the rare and obscure. I have termed this parental tendency as being “parent oid”. I find it reassuring to look at this and explain to parents through an evolutionary lens and how it applies to other symptoms such chronic cough which also in ancient times was a sign of imminent peril (as recently as 1900, tuberculosis was the leading cause of death in the United States).

I have applied this evolutionary analysis to aspects of pediatrics and child behavior, not in any rigorous academic way, but more as an interesting and entertaining way of speculating. For example, children’s eating behavior, with its ability to drive any parent to despair. I am often struck by the sheer angst in the faces of mothers as they describe their child’s refusal to eat. Once again, doing an evolutionary analysis: in olden days famine was always lurking and a parent’s job was to feed and by god, if they don’t eat now, there may get nothing later! Doctor, look at his ribs! Of course, in today’s America, it is totally dysfunctional as we are witness to an obesity epidemic. Recognizing the origin of those inchoate anxieties can be helpful in toning them down a bit and allowing a child to eat when he is hungry, and not eat when he’s not. Simple, huh? The child’s refusal to eat green vegetables can also be analyzed from an evolutionary per-

spective – in a primitive jungle, avoiding a poisonous plant can be lifesaving.

There are numerous other examples, which space does not allow me to get into, but watch for it in my next column!



INAUGURAL REMARKS OF PRESIDENT-ELECT
GINO BOTTINO, MD

(Continued from page 6)

medicine; and suppressing unlicensed practitioners while promoting public health. An act of 1827 recognized the MD degree as a license to practice medicine, but also required practicing physicians and surgeons to belong to their county society. The only discipline for misconduct was expulsion from the society. The society continued to examine candidates for licenses until 1880 at which time, legislation reserved the licensing power for the state. The society’s role was then “to aid in regulating the practice of physic and surgery.”

So What is the state of Medicine today?

- In NYS there are about 78,000 doctors
- In Westchester County there are 7, 449 or about 10% of the doctors in NYS.

Interesting that in the county we have about 10% of all cancer cases and heart disease.

The expenditure of money for medical care in the state is over 160 billion dollars with 16 billion in our county, our county has a medical expenditure of the 8th largest economic country, Italy, and larger than most countries in the world! Again, as we are about 10% of the state in terms of number of doctors and population, the number of doctors per capita is going up not down and has increased over 10%; in the last ten years we have had a continual

(Continued on page 14)



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Congratulations to the Newly Elected WCMS Officers & MSSNY Delegates!



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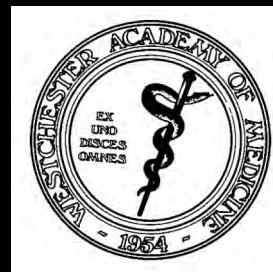
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(One for one year; term ending 2017)

Richard Stumacher, MD

INAUGURAL REMARKS OF PRESIDENT-ELECT GINO BOTTINO, MD

(Continued from page 11)

growth from a low of less than 700 members to about 950, which has been stable in the last few years. The bump after 2013 is the first institutional membership of the staff of Northern Westchester Hospital.

We believe these memberships are important to the continued wellbeing of the society. But this is only 8% of the doctors in the county! Economically, after struggling for the last number of years since 2006, when we sold the property owned by the society; we have a balanced budget and recently we are in the Black.

Participation has been an issue and is down.

We need a Plan. To make a plan that works we need to start with the right attitude!

Here is an example. The nurse practitioner issue. We stand against it. Why? Because we do not want things to change, but they are changing. We need to embrace the change and make it work to our advantage.

Society wants low level practitioners. Let them have them but ensure that they are paid at a lower level, and have liability.

So far the placement of urgi-centers, orhto-centers, and the like have not decreased business for the big groups at all, in fact volume is up all over! If we want the young doctors to join us, we need to be upbeat, with a mission they can get onboard with.

Attitude is everything. Our Aims should be:

- Manage the present moving on to new ideas
- We need to Selectively Forget the past Create the future

I think we need to update this and separate out the goals from the mission, and create a vision statement for our organization.

So What does motivate us?

I believe there are 3 main areas of importance in terms of what motivates us. The first is our profes-

sional goals. We tend to concentrate on several of the many goals physicians have, keeping in mind what our brothers and sisters are doing, as they are all important. We also share these same areas with other entities such as corporations, hospitals and government.

I will not go into each in detail, but many of us concentrate on the clinical aspects, making us somewhat myopic; not seeing the possible partnerships we can get into.

The work environment is important to prevent burnout and poor mental and physical health. Our relationships are also quite important, not just to complete the work, but in how we enjoy the life we have chosen to live. One of the things I find in our “modern” practice of Medicine is the lack of time we have to interact with our patients, those that work with us, and our colleagues. We need to find a way to stress this as a way to achieve the goals of good competent care and safety for all. What we tend not to talk about are our personal needs and goals. These need to be discussed in the open. I think about the profession of medicine a lot and where it is going. What is going to happen to the younger doctors in our current work situation. I feel obligated to do something about it and make it better for them. I also think about the oath I and we all took. In it we pledged to take care of each other, and to take care of our children, helping them into the profession. That means having enough money to do that. Of the thousands of doctors that I have met, and the thousands I have taught; I believe that the overwhelming majority never cared about getting rich, or expected to get rich. However, we expected to have a decent enough life to live comfortably and be able to educate our children through medical school (or Graduate school). That is getting harder and harder to do; and we need to do something about it. I have developed this as an overview of the strategy for the future.

What is new in this scheme are the following ideas. Marketing ourselves is something that we did not do, and we “old people” were told not to. That has to change. Social media is a new must. These are the issues that I will try to address as best as I can; our joint commitments; my goals.





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Westchester County Medical Society
Westchester Academy of Medicine

Annual Member Pool Party & BBQ

Sunday, August 21, 2016 1-5 PM

At the home of Drs. Kira & Robert Ciardullo
135 Osborn Road, Harrison, NY

You and your family are invited to spend an afternoon of fun and fellowship with WCMS Members, Colleagues and their families. Bring your bathing suits and towels—don't forget the sunscreen!



Food and beverages will be provided. Invite a non-member or colleague to join us.

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Healthcare News is a respected monthly publication which focuses on health, wellness and other important trends in healthcare and the medical field. Started in 2006, *Healthcare News* has a circulation of nearly 100,000 with editions in Westchester, NY and nearby Fairfield County, CT. The target audiences are residents who seek the best health options, along with a diverse array of physicians aiming to promote their services in the community. Inserted into each edition of *Healthcare News* is *Boomer's & Beyond* publication for the ever growing 55 and over demographic.

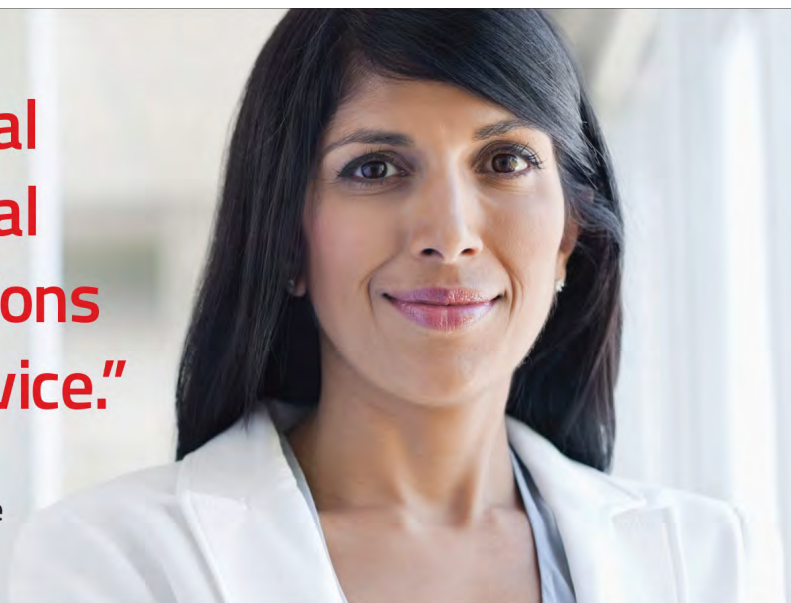
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AGE IS NO LIMIT FOR SURGEON PURSUING MBA AND NEW CAREER

(Continued from page 3)

Toward that end, Liebert decided to enroll in health care management courses offered at Iona's Hagan School of Business in New Rochelle. He began his studies in 2013, about 52 years after his graduation from medical school.

Charles Cante, the business school's interim dean, recommended that Liebert pursue the full academic program toward an MBA degree, and the surgeon took up the challenge of balancing graduate school with his demanding work.

"My specialty has emergencies," he said. "Emergencies don't always happen at convenient times." Attending three-hour classes four nights a week "put me under some stress in taking care of my practice and my patients."

The returning student was able to take some distance-learning online courses to accommodate his busy schedule. "But for most of the program I was here four nights a week," he said. "I learned a lot from the undergraduates in the MBA program who already had an undergraduate program in finance and business." Liebert had majored in biology as a Princeton undergraduate.

"None of it was a breeze," he said. "All of it required work and study."

In a finance course, for example, students were required to write a research paper on a particular company. "I chose Google," he said. "That was a big project. Try googling Google."

The Iona program "opened up another world to me — the world of business and finance."

Liebert has been contacting people to explore new career possibilities, especially in population health. "It's a large topic and a large area, but that has become the focus of my interests," he said.


He looked into the health insurance field "but nothing seemed attractive." Cante, the business school dean, has raised the prospect of Liebert teaching Iona undergraduate and graduate students. "I would very much enjoy that," he said.

A lawyer in North Carolina is setting up a statewide community health program and might tap Liebert as his consultant. If he seizes that opportunity, "I might reduce my practice," said the surgeon. "And if I go down to North Carolina I might have to sign up for my son's classes and learn how to fly." Liebert's son Lewis owns Performance Flight, an aviation training center at the Westchester County Airport.

"Those are possibilities; I have not firmed up anything. If something comes along that's really of interest and I think will challenge me, I'm willing to do it."

Just don't challenge the MBA graduate to reveal his age; he won't do it.


"I intend to be active and do new things, constructive things, innovative things, for the next 20 years," said Liebert. "After that, I might consider retiring."

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