

Tar Heel Tandem

THE NEWSLETTER OF THE NCMS ALLIANCE: MAKING A DIFFERENCE!

Volume 59 Number 3

Winter 2009

The true meaning
of life is to plant
trees, under whose
shade you do
not expect to sit.

~ Nelson Henderson



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Medical Society Alliance
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NCMS Alliance Annual Meeting April 16-17, 2009 in Charlotte, NC

*The NCMS Alliance
invites all members
to be a part of the
2009 Annual Meeting
on April 16 and 17
at the
Hampton Inn & Suites
SouthPark at Phillips Place
in Charlotte, NC.*

The conference includes a number of special events, presentations and speakers to help celebrate a year of incredible health promotion projects and a shared commitment to building healthy communities in North Carolina. The 2009 Awards Session will recognize

members and county Alliances for outstanding achievements and honor 30 and 50 year Alliance members.

The NCMS Alliance is pleased to have AMA Alliance Director Julie Weir take part in this year's program. Weir, who is from Kearney, Nebraska, was elected to her position in June 2008 and also serves as a member of the AMA Alliance Finance Committee. She will join NCMS Alliance President Beverly Wright in welcoming members during the opening session and preside over the installation of 2009-2010 state officers and board members.

The program also features a special presentation on the Go Red For Women Campaign. The campaign is a national movement founded by the American Heart Association (AHA) to help fight back against the number one killer of American

Annual Meeting *continued on page 3*



Angie's Notes



We are very busy planning an exciting 86th Annual Meeting for the NCMS Alliance. President-elect Anne Kahn and the planning committee have put together an interesting, inspiring and enjoyable program designed just for Alliance members.

It is important to point out that the NCMS Alliance's 86th Annual Meeting is much more than a meeting. It is a resource for our members and a celebration of everything the Alliance has accomplished over the last year. If you have never attended the annual meeting, we encourage you to join us and take part in this year's event.

The annual meeting is a valuable opportunity to meet Alliance members dedicated to working together for the benefit of their communities, their families and the profession of medicine. Members attending the annual event find potential projects, develop helpful resources and share their passion and energy as part of the Alliance.

The planning committee worked very hard to find a great location for our members to "link and learn" in Charlotte. The meeting will take place at the Hampton Inn & Suites Southpark at Phillips Place near lots of wonderful restaurants and shopping.

We encourage you to take time to join us for one or both days. If you have any questions about the conference, please let me know. Hope to see you there!

Angie

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ncmsalliance@ncmedsoc.org

From Your President

Beverly Wright

NCMS Alliance President



Spring is just around the corner. As we look forward to warm weather and longer days, the NCMSA is looking forward to our Annual Meeting.

This year our board has restructured our fund raising projects. We have reevaluated our community service projects and worked to develop new projects. We look forward to unveiling these at the Annual Meeting.

As we move ahead to our new Alliance projects, I would like to encourage our members to take on a couple of personal projects. First, I would like everyone to put ICE in their cell phone. For those of you who think that the stress has finally gotten to me... ICE means "In Case of Emergency." Putting the acronym ICE next to one of the names stored in your cell phone allows emergency personnel to immediately know whom to call if you are not able to communicate. Secondly, I would like to encourage everyone to put the poison control number (800-848-6946) in your cell phone and in your home with the other emergency numbers. While you can get this number by calling 911, having it stored will save a step. Poison Control is not just for swallowed poisons. They are able to give helpful advice for dealing with many harmful substances and even know how to remove cactus needles which are so small that they are almost invisible.

This year's Annual Meeting will provide an opportunity for our members to meet and network while learning new skills, learning about the new projects of the NCMSA and hearing guest speakers including Sharyn McCrumb, author of *St. Dale*. Our Annual Meeting Committee has endeavored to plan events that will appeal to all of our members. In addition to the information sessions and speakers, there will be opportunities to learn what is happening in other parts of the state and to share ideas. There will also be opportunities to get to know other Alliance members at social events. I look forward to seeing many of you there.

Tarheel Tandem

Tarheel Tandem is published four times a year by the North Carolina Medical Society Alliance.

Next Deadline: April 24, 2009

Annette Gehle, Assistant Editor

Please send submissions by email at editor@ncmsalliance.org

Alliance Members Advocate for America's Health

2009 AMA Alliance Capitol Conference

Alliance members will gather in Washington, D.C. March 9-11 to show unity with the advocacy agenda of the American Medical Association (AMA) on behalf of their spouses and to gain personal growth and leadership skills benefiting Alliance goals for the families of medicine

For three days, the Alliance will work side by side, participating in the AMA Alliance Capitol Conference, Winter Session, and the AMA's National Advocacy Conference (NAC).

The first day, the Alliance Capitol Conference-Winter Session consists of educational programming covering a wide range of topics, including fundraising and development, how

to talk to legislators and "Screen Out!" training.

Alliance President Sandi Frost will give a presentation called "21st Century Medical Families: Engaged, Enlightened and Empowered." The presentation will discuss the changing demographics in medical families, work/life balance, stress reduction and the importance of joint advocacy and community outreach efforts.

Alliance members interested in attending the conference should visit the AMA Alliance web site at www.amaalliance.org or call 312-464-4470. Look for an update in the next *Tandem* with

reports from members attending the conference from North Carolina.



Annual Meeting *continued from page 1*

women. The Alliance is committed to partnering with the AHA to continue efforts to educate women about their

risks and help them find their own personal path to better health for life.

This year's Anne H. Holmes Memorial Lecturer is Sharyn McCrumb

whose works include the award-winning *St. Dale*, the story of ordinary people who go on a pilgrimage in honor of racing legend Dale Earnhardt, and find a miracle. This "Canterbury Tales" in a NASCAR setting, won a 2006 Library of Virginia Award as well as the AWA Book of the Year Award. Her newest novel *Once Around the Track*, again set in NASCAR, is a nominee for the 2007 Weatherford Award.

As a reminder, attendance at the 2009 Annual Meeting is open to all NCMS Alliance members. Each County Alliance is also allowed to send up to four (4) delegates to vote during the House of Delegates held on April 17. Delegates must be NCMS Alliance members. Also note that attendees are welcome to register and attend any portion of the meeting.

For more information, please see the registration brochure insert or visit our web site at www.ncmsalliance.org. We look forward to seeing you there!

Hotel and Meeting Site Information

Hampton Inn & Suites SouthPark at Phillips Place

6700 Phillips Place Court, Charlotte, NC 28210
704.319.5700

A limited number of rooms are available at the Hampton Inn & Suites SouthPark at Phillips Place for \$159 a night. The hotel is located less than a half mile from SouthPark Mall, outstanding restaurants and specialty retail shops. The hotel also offers free high speed internet access in all rooms and complimentary breakfast. Make your reservation today by calling 704-319-5700. Be sure to mention the NCMS Alliance to receive the reduced group rate. Group block reservation deadline: March 16, 2009.

Please visit www.HamptonSouthPark.com for more information and directions to the hotel.

***You Are Cordially Invited to Attend
The 86th Annual Meeting
of the North Carolina Medical Society Alliance***

Wednesday, April 15

6:00 p.m. – 8:00 p.m.

Alliance Wine Tasting and Tapas

Home of Jamie Hosseinian
(open to all members/registration required)

Thursday, April 16

8:00 a.m. - 10:00 a.m.

NCMS Alliance Board of Directors Meeting

10:30 a.m. - 11:00 a.m.

Annual Meeting Registration & Coffee

11:00 a.m. – 12:00 p.m.

Opening Session

Beverly Wright, NCMS Alliance President
Julie Weir, AMA Alliance Regional Director

12:00 p.m. – 1:00 p.m.

Leadership Luncheon

Honoring Past NCMS Alliance Presidents and 2008-2009 County Leadership
Anne Hubbard Memorial Lecturer: Sharyn McCrumb

1:00 p.m. - 1:30 p.m.

Book signing with Sharyn McCrumb

1:30 p.m. – 2:30 p.m.

Go Red for Women Campaign

American Heart Association

2:30 p.m. - 3:00 p.m.

**What's is All the Hype about Skype?:
Using Skype to Connect**

Julie Newman, NCMS Alliance Immediate Past President

3:00 p.m. – 5:00 p.m.

County Reports & Awards Program

Introduction of County Presidents and County Reports
Award Program and Recognition of 30 and 50 year members

6:30 p.m. - 8:00 p.m.

Alliance Reception and Dinner

Café Monte; *Reception hosted by the Greater Greensboro Society of
Medicine Alliance and Gaston County Medical Society Alliance*

Friday, April 17

9:30 a.m. - 10:00 a.m.

Registration, Coffee, & Refreshments

10:00 a.m. to 11:30 a.m.

Reports for the House of Delegates

Report from the NCMS Alliance President, Beverly Wright
Nancy Brant, Southern Medical Association Alliance President
Emily Hill, South Carolina Medical Society Alliance
Presentation of the Proposed 2009-2010 Budget
Proposed Bylaws Changes
Report of the Board Development Committee

11:30 a.m. to 1:00 p.m.

Installation Luncheon

Recognition of 2008-2009 Board and Committee Chairs
Installation of 2009- 2010 Officers
Inaugural Remarks of the 2009-2010 NCMS Alliance President, Anne Kahn

NCMS Alliance Delegates to Consider Changes to Bylaws

The NCMS Alliance House of Delegates will consider several motions that include changes to the state Alliance Bylaws on April 17 during the 2009 Annual Meeting in Charlotte. The Board of Directors approved bringing the motions forward for consideration by the House of Delegates during its January 2009 meeting.

The first proposed Bylaws change would impact the composition of the House of Delegates. Currently, each county Alliance is allocated four (4) delegates that may vote during the House of Delegates meeting. The recommendation from the Bylaws Committee and the Board of Directors

would remove the allocation limits and allow all state members to vote as part of the House of Delegates.

The second proposed Bylaws change creates a new officer position and an additional standing committee for the NCMS Alliance. Several motions will be presented during the House of Delegates meeting that will establish a Vice President of Membership Development position and a Membership Development Committee, which would become a separate standing committee.

The full text of the proposed changes and motions to be considered by the 2009 House of Delegates are

posted on the NCMS Alliance web site at www.ncmsalliance.org. If you have any questions or need more information, please do not hesitate to contact the state office or any member of the NCMS Alliance Board of Directors.

Nominated Slate of Officers and 2009-2012 Directors

The NCMS Alliance Board of Directors will put forward the following slate of officers and directors at the 2009 Annual Meeting for a vote by the House of Delegates. The officers are current members of the board. The nominated director class will serve a three year term on the board beginning in 2009.

President	Anne Kahn (<i>Gaston</i>)
President-elect	Racheal Kunesh (<i>Cabarrus</i>)
Secretary	Teresa John (<i>Greater Greensboro</i>)
Treasurer	Julie Newman (<i>Wake</i>)
VP Program Development	Kathy Kobs (<i>Wake</i>)
VP Resource Development	Teresa Forrester (<i>New Hanover-Pender</i>)

Nominated Director Class of 2009-2012

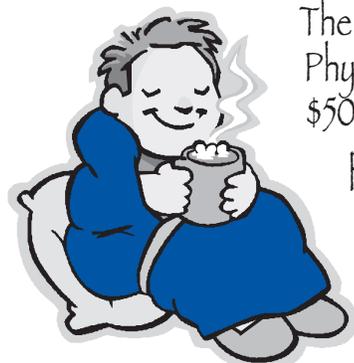
Holly Anderson (*Member-at-Large*)
 Tammy Bridges (*Mecklenburg*)
 Carolyn Green (*Greensboro*)
 LaRinda Huntley-Kaplan (*Wake*)
 Charlene Slaughter (*Mecklenburg*)
 Anne-Bee VanMeter (*Gaston*)
 Becky Williford (*Mecklenburg*)

Warm your favorite physician's heart (and toes!) on Doctors' Day with the NCMS Alliance "Honoring Physicians!" blanket.

The NCMS Alliance's cozy "Honoring Physicians" stadium blanket is a perfect Doctors' Day gift for a special physician or medical family!

These unique blankets designed to honor North Carolina physicians feature the NCMS Alliance logo. Quantities are limited so order your blanket today!

The NCMS Alliance "Honoring Physicians" blanket is available for \$50 plus shipping. (\$20 of each purchase is tax deductible).



Visit www.ncmsalliance.org to download an order form or call 919-833-3836 x124

2010 Southern Region Alliance Leadership Development Conference

The NCMS Alliance is proud to announce the selection of North Carolina as host of the 2010 Southern Region Alliance Leadership Development Conference. The region just completed its third annual conference in Atlanta, GA drawing more than 50 participants representing twelve states including Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, South Carolina, Tennessee, Texas, Virginia and North Carolina.

The conference provides an opportunity to highlight state and county Alliance health projects in North Carolina and from across the region. The two-day program focuses on supporting Alliance members in their shared commitment to building healthy communities. Details will be available soon on the schedule and location for the event.



Alliance member Dave Street (Georgia) addresses the group during the conference.



From Left: 2009 Southern Region Alliance Conference participants Natalie Rude (Virginia), Sharon Moffatt (Virginia) and Julie Newman (North Carolina) support National Wear Red For Women Day during the event.



From Left: AMAA Director Jo Terry (Tennessee), Karen Morris (Mississippi) and AMAA Director John Lovin (North Carolina) during the regional conference in Atlanta.

Help Shape the Future of the NCMS Alliance



*Looking for a chance to help shape the future of the NCMS Alliance?
Then the 2009-2010 Board Development Committee needs YOU!*

There are four (4) open positions on the state Board Development Committee for 2009-2010. The committee takes the lead in shaping the state Board of Directors for the next year. Board Development Committee members serve a one-year

term which begins this spring at the end of the House of Delegates Meeting on April 17, 2009. The committee will meet at least twice by teleconference during the year.

We want to hear from you. If you are interested in being a part of this

important but fun process, please contact Beverly Wright by e-mail at bbwright100@aol.com or call the state office at 919-833-3836 x124 no later than March 27.

Chronic Kidney Disease: Unrecognized Health Epidemic

One in nine North Carolinians has chronic kidney disease (CKD) and most of them are not aware of it. Among the fifty states, North Carolina ranks 9th in the percentage of its citizens those disease progresses to the latter stage of CKD. Often referred to as end-stage kidney disease (ESKD), this latter stage is when a person's kidneys fail to function and kidney replacement therapy (dialysis or transplantation) is necessary for survival. Diabetes mellitus, hypertension, heart disease and a family history of CKD are the primary risk factors for CKD. However, being either African American, Native American, Asian, Pacific Islander, over 60 years of age, a smoker, or overweight also increase a person's risk of developing CKD. The good news is that CKD can be prevented in many instances and the progression of the disease can be dramatically slowed, but this requires early intervention — *before* clinical symptoms are apparent. Most often, delayed diagnosis and intervention result from low CKD awareness among at-risk persons, primary care physicians (PCPs) and cardiologists.

In March 2008, the NC Institute of Medicine Task Force on Chronic Kidney Disease published its final report. Recommendations include establishing statewide awareness programs; expanding targeted, free screenings for the uninsured; requesting all NC laboratories to supplement serum creatinine scores with estimated GFR's supplemented with interpretative information; and providing guidelines for collaborative patient management by PCPs and nephrologists. A final report and a complete list of

recommendations can be found at http://www.nciom.org/projects/kidney_disease/kidney_disease.html.

Persons with the primary risk factors for CKD should ask their PCPs to assess their kidney function. The estimated glomerular filtration rate (eGFR) is the best measure of one's kidney function. The eGFR uses the blood serum creatinine score, race and gender to generate a two-digit score that represents a person's percentage of kidney function. You can go to http://www.kidney.org/professionals/kdoqi/gfr_calculator.cfm to generate your eGFR if you have your serum creatinine score. A self-assessment tool, SCORED, is also available at the following site: <http://www.unckidneycenter.org/testscore.htm>. Answer nine questions and determine whether you are at increased risk for CKD.

American, Asian, Pacific Islander, over 60 years of age, a smoker, or overweight also increases the risk of developing CKD. The KEOP has purchased a mobile outreach unit and participates in health fairs and presents interactive information sessions across North Carolina.

Over the past 30 months, the KEOP has conducted free screenings for over 1,700 at-risk persons across 14 counties. On Saturday, March 21st, the KEOP will host its fourth annual Kidney Kare 5K Run/Walk to raise funds for the free screenings and outreach. CKD remains in the shadows of health awareness — it is an expensive disease in terms of treatment and its debilitating effects on a patient's and the immediate family's quality of life are dramatic.



The UNC Kidney Center has implemented a statewide Kidney Education Outreach Program (KEOP). Three primary components compose the KEOP: 1) community-based focus groups, 2) interactive education sessions complemented by media campaigns with local citizens as spokespersons, and 3) free CKD screenings. Diabetes mellitus, hypertension, heart disease and a family history of CKD are the primary risk factors for CKD. However, being either African American, Native

The KEOP conducts all of its activities and programs in conjunction with local partners. If you would like for the UNCKC to conduct an information session or provide a free screening in your community, please contact Donna Harward, Director of Education and Outreach, UNCKC (919.966.2561 extension 300 or 1.866.259.2230 or donna_harward@med.unc.edu).

And, please, remember to ask . . . **HEY DOC, HOW ARE MY KIDNEYS?**[™]

2009 CALENDAR OF UPCOMING EVENTS

MARCH 4	TELECONFERENCE WITH COUNTY LEADERS
MARCH 10-11	AMA ALLIANCE CAPITOL CONFERENCE (WASHINGTON, D.C.)
MARCH 1-31	MEDICAL ALLIANCE MONTH
MARCH 30	DOCTORS' DAY
APRIL 16-17	NCMS ALLIANCE ANNUAL MEETING (CHARLOTTE)
APRIL 18	D'VINE WINE EVENT (GREENSBORO) HOSTED BY THE GREATER GREENSBORO SOCIETY OF MEDICINE ALLIANCE AND THE NCMS ALLIANCE
APRIL 24	TAR HEEL TANDEM SUBMISSION DEADLINE
JUNE 14-16	AMA ALLIANCE ANNUAL MEETING (CHICAGO)

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Celebrating 85 Years