



The Foundation
of the Pennsylvania Medical Society

NEWS FROM
THE FOUNDATION OF
THE PENNSYLVANIA MEDICAL SOCIETY

SUMMER 2017

CONNECTIONS

Education. Wellness. Excellence. *Always.*

The Foundation Student Financial Services proudly highlights past scholarship winners to find out "Where are they now?"

Foundation past scholarship winner Lt. Cmdr. Loretta Stein's current adventure has her living in Yokosuka, Japan, outside of Tokyo. She serves in the U.S. Navy as the staff ophthalmologist at the U.S. Naval Hospital Yokosuka and the only military ophthalmologist on mainland Japan.

"The best part of my day is caring for the people who chose to move to Japan to serve our country and protect our freedom," Dr. Stein says.

Dr. Stein's patients are all active duty military members from the Army, Navy, Air Force and Marines and their families living in Japan. She also cares for other civilians and contractors working for the Department of Defense. Her fiancé, Joshua Green, joins her in Japan. "We have loved

WHERE
ARE THEY
NOW?

taking advantage of the opportunity to be living abroad and experience life in Japan as much as we can," she says.

Medical students earning Foundation scholarships to combat the increasing costs of medical school have shared their stories this year about how funding has shaped their outlook on practicing in the medical field. In 2007, Dr. Stein received the \$1,000 Myrtle Siegfried, MD, and Michael Vigilante, MD, Scholarship available to first-year medical students who are residents of Berks, Lehigh, or Northampton counties.

"I was very grateful for the award from the Foundation of the Pennsylvania Medical Society. My father, Arthur V. Stein, was a plastic surgeon where I grew up in Allentown. He was a member of the Pennsylvania Medical Society, as well as leader of the Young Physicians Section. Being awarded the scholarship not only was a financial assist, but a vote of confidence from the

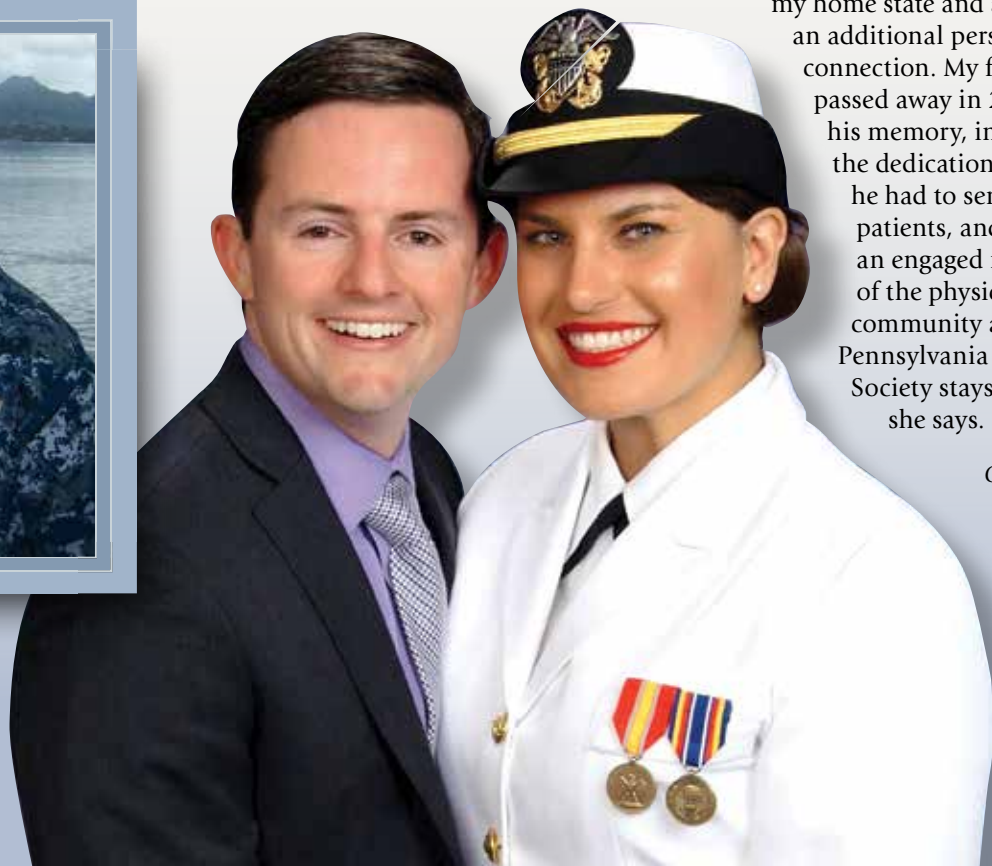
Medical Society's foundation in my home state and added an additional personal connection. My father passed away in 2013, but his memory, including the dedication that he had to serve his patients, and to be an engaged member of the physician community and Pennsylvania Medical Society stays with me," she says.

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page 3



Dr. Stein and her fiancé Joshua Green after her Ophthalmology graduation. (right)

Dr. Stein on the USNS Mercy during a humanitarian mission in Fiji. (top)



CONNECTIONS

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Connections

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EXECUTIVE DIRECTOR MESSAGE



Heather A. Wilson, MSW, CFRE

"You may not always end up where you thought you were going, but you always end up where you were meant to be."

Life never goes according to plan. In a moment, the predicted life path you imagined becomes a twisted and complicated journey. Your planned destination is obsolete and your new place of arrival feels very unfamiliar. For me personally, each time I try to predict the path – life offers another creative curveball. I went to college and planned to be an elementary school teacher in an urban school district. Thirty years ago, you could have never convinced me that I would currently serve as an executive in the association and non-profit arenas.

"In a moment, the predicted life path you imagined becomes a twisted and complicated journey."

In the same vein, we are pleased to announce that during July 2017, Raymond Truex Jr., MD, FAANS, FACS, will embrace a new path destination and join our Foundation staff compliment as a part-time Physicians' Health Program medical director. While an unplanned destination for Dr. Truex, we are thrilled that he has chosen to embark upon a new opportunity with the Foundation after a successful career in neurosurgery. Dr. Truex never predicted that he would have the opportunity to assist as a medical director for the Physicians' Health Program; but his passion for helping physicians who suffer with addiction and his reputation for empathy and respect has created a legacy of enduring influence that intersects with this current opportunity.

Many of the physicians we serve in LifeGuard and the PHP express how their current reality or destination is far from the path they imagined. However, with personal perseverance and fortitude, complimented by the services of PHP and LifeGuard, many participants discover new pathways and career opportunities far beyond what they imagined in their moments of challenge.

As we embark upon this opportunity to build the PHP's capacity to serve health professionals suffering with addiction and as I reflect upon recent conversations with physicians who seek out our services, I am reminded of the quote, "You may not always end up where you thought you were going, but you always end up where you were meant to be." I am grateful for those who bravely step out of the expected pathway and embrace the new opportunities that often lead to a better life.

Be well,

Heather Wilson, MSW, CFRE
Foundation Executive Director
Deputy Executive Vice President,
Pennsylvania Medical Society

OUR MISSION

The Foundation of the Pennsylvania Medical Society provides programs and services for individual physicians and others that improve the well-being of Pennsylvanians and sustain the future of medicine.

WHERE ARE THEY NOW?

Continued from page 1

"I also applied and was accepted to the U.S. Navy Health Scholarship Program for medical school which provides participants with tuition and a stipend throughout medical school in exchange for four years of service as a practicing physician. This alleviated a significant portion of medical school debt for me, but even so, I had to take out private loans in order to cover the cost of living in Boston. The Foundation scholarship supported me essentially in my educational supplies and cost of living in Boston at Tufts University School of Medicine," she says.

Using a combination of federal and private loans, Dr. Stein paid for her undergraduate education and master's degree. Without the Navy's and Myrtle Siegfried, MD, and Michael Vigilante, MD, Scholarship, she said she would have more than \$800,000 in debt at this point in her career.

"Student debt is the most central issue to today's professional students. The sky rocketing tuition and cost of living has left students with a huge amount of debt. It has created a shift in medical students pursuing more specialty training compared to primary care in an effort to make more money to pay loans down faster. We are already seeing the effects of this shift with a major deficit in primary care providers, forcing our care to be outsourced to mid-level providers like physician assistants and nurse practitioners, as well as foreign medical graduates willing to become primary care providers. Because mid-level providers have less training and experience than physicians, they often run more unnecessary testing and order more specialty referrals, thereby driving up the cost of care. I believe addressing medical student debt can help our country address the high cost of health care we see today," Dr. Stein says.

Dr. Stein completed her training in ophthalmology at the Naval Medical Center San Diego, in 2015. She also has had the privilege of participating in medical humanitarian missions in Guatemala, Fiji, and Malaysia. Following her tour in Japan, she hopes to return to the U.S. to practice ophthalmology and pursue a career in military global health engagement.

Dr. Stein said that mentors and people who fund educational scholarships are essential to the future of medicine. "A career in medicine is a long road with many different paths toward finding satisfaction in what you do. There are people who have traveled that road before you that can help you navigate your own way forward," she says.

For now, Dr. Stein and her fiancé have been living abroad for two years. They traveled all over Japan from the northern tip of Hokkaido to the Okinawa Islands, as well as to nine different countries, and back to the states several times to see family or go to conferences. "I love living in Japan," she says. "I find the



Dr. Stein and patients from a cataract mission in Guatemala. (top)



Dr. Stein performing a re-enlistment of a sailor under the beautiful Japanese cherry blossoms. (left)

people really polite and friendly. Practicing here in the Naval Hospital is not unlike practicing in the U.S., except that I have to take into consideration the military and operational side of my patient's care - questions such as: When are they

deploying? Are they able to perform their duties? Should I medivac them back to the States for sub-specialist care or refer them to a Japanese sub-specialist? There are some special considerations when you are taking care of patients in such a unique setting."

Foundation Executive Director Heather Wilson says, "We are inspired every day by our scholarship winners and the success they find in this profession that ultimately helps humankind. Throughout 2017, we will be featuring their stories and their advice to current medical students on our website. We invite you to share your experience with this scholarship or any of the other scholarships we offer to medical students."

The Foundation of the Pennsylvania Medical Society, a nonprofit affiliate of the Pennsylvania Medical Society sustains the future of medicine in Pennsylvania by providing programs that support medical education, physician health, and excellence in practice. It has been helping to finance education for more than 60 years.

To find out more about scholarships call the Foundation at (717) 558-7852 or visit the Student Financial Services page at www.foundationpamedsoc.org. Want to donate to a scholarship or create a naming opportunity? Call the Philanthropy Department at (717) 558-7846.



Don't wait for the next newsletter to see what we've been doing — visit us online!

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www.foundationpamedsoc.org

FOUNDATION SCHOLARSHIPS APPLICATIONS

Available July 1 – Sept. 30

Please apply online at www.foundationpamedsoc.org

- Allegheny County Medical Society Medical Student Scholarship \$4,000
- Blair County Medical Society Scholarship \$2,000
- Endowment for South Asian Students of Indian Descent Scholarship \$2,000
- Lehigh County Medical Auxiliary's Scholarship and Educational Fund \$2,500
- Lycoming County Medical Society Scholarship two \$3,000
- Montgomery County Medical Society—William W. Lander, MD, Medical Student Scholarship two \$2,000
- Myrtle Siegfried, MD, and Michael Vigilante, MD, Scholarship \$1,000

Montgomery County Medical Society Scholarship Name Change



In tribute to the many selfless gifts of time, talent and leadership expressed by Dr. William W. Lander to and for the Montgomery County Medical Society (MCMS) and the Pennsylvania Medical Society, the MCMS took a board action to rename their scholarship *the Montgomery County Medical Society—William W. Lander, MD, Medical Student Scholarship*.

The Foundation is most thankful for the generous gift of \$50,000 provided by Lehigh County Medical Auxiliary's Scholarship and Educational Fund, Inc., in support of the scholarship that it established in 2009 within the Foundation. The Foundation's expertise in financial management means the Lehigh County Medical Auxiliary transfer of funds will be held to the highest accounting standards. The Foundation staff will continue to work with the scholarship committee to ensure the scholarships are awarded by the established criteria.

Since 2009, 11 students have received a total of 12 scholarships totaling \$30,000. The Lehigh County Medical Auxiliary's Scholarship and Educational Fund, Inc., intended to assure that more scholarships would be awarded in perpetuity, thus their reason for increasing their fund's principal.

We thank you. And Pennsylvania residents from Lehigh County attending medical school also thank you.

► Susan Branton, MD, FACS, awards The Lycoming County Medical Society \$3,000 medical school scholarship to **Alexandra Digenakis**, of *Williamsport*. She attends Philadelphia College of Osteopathic Medicine, Philadelphia, and plans to specialize in emergency medicine. Digenakis said, "I am committed to applying holistic care to the medical career I ultimately pursue. I plan to foster a combination of my medical knowledge, osteopathic manipulation training, counseling skills, and social work-related experiences to treat my patients. Another important contribution that I would like to make to the medical community is to be a good teacher. My past and current experiences teaching students have me devoted to furthering the advancement of medical education for future generations."



THE PHYSICIANS' HEALTH PROGRAM REACHES FAR AND WIDE

*Jon Shapiro, MD, DABAM
PHP Medical Director*

The Pennsylvania PHP does not operate in a vacuum. We are nestled with our sister programs of the Foundation in a cozy corner of the Pennsylvania Medical Society. We meet with an advisory committee and we are responsive to the health care professionals whom we serve. We also partner with the Federation of State Physician Health Programs (FSPHP) working with us.

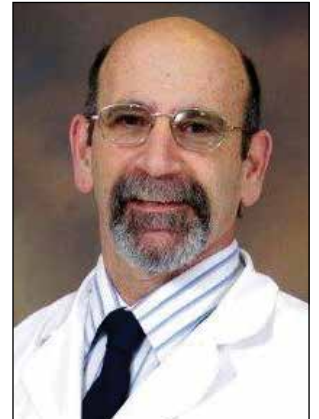
Since 1990, the FSPHP has worked with the individual state PHPs to assist doctors around the nation. Following the American Medical Association publications about physician "impairment" in the 1970s, attention was focused on the needs of clinicians recovering from substance use disorders and other psychiatric diseases. The FSPHP was born from the recognition that the health and well-being of these physicians was not being met.

FSPHP sponsors national meetings annually where member PHPs receive education, guidance and updates in the field of physician health. The Pennsylvania PHP also has the pleasure of meeting with our peers at an annual Northeast Regional PHP meeting. Committees have been established to deal with the media, public policy and ethics, as well as the usual maintenance of committees for finance, bylaws, nominations and membership.

One fairly new committee focuses on accountability, consistency and excellence (ACE). The Pennsylvania PHP is honored to have had our own director, Kendra Parry, participate in this crucial group. The ACE committee assures that the individual state PHPs have guidance for policies and procedures which engender effective and professional programming. It is also establishing quality assurance methods to guide us further into the 21st century.

The FSPHP Annual Education Conference & Business Meeting coincides with that of the Federation of State Medical Boards. This synchronicity has allowed joint conferences and projects to facilitate physician well-being while also committing to patient safety.

Jon Shapiro, MD, DABAM, medical director of the Pennsylvania PHP, has served on the FSPHP nominations and bylaws committees. He also lends expertise to various task forces. Dr. Shapiro was recently elected to represent the Northeast region on the board.



Jon Shapiro, MD, DABAM



▲ To help local medical students offset the cost of education, former Foundation trustee, Elena Pascal, and her sister, Carla Vigilante, established the Myrtle Siegfried, MD, and Michael Vigilante, MD, Scholarship in memory of their parents who were Allentown physicians.

Here, Mrs. Pascal presents medical student **Lucas T. Wittman**, from Berks County the \$1,000 scholarship available to first-year medical students who are residents of Berks, Lehigh, or Northampton counties. Wittman attends Harvard Medical School, in Boston.

Wittman said that his appreciation for education and desire to practice medicine in underserved communities has stemmed from his own humble upbringing as the youngest in his small-town household of seven. He said, "Motivated in part by my own socioeconomic background, I dedicated a significant portion of my undergraduate years seeking to better understand some of the implications involved at the interface of society, neuroscience, and health by leading research projects on poverty and pediatric brain development at the Children's Hospital of Philadelphia."



THE DAYS OF THE IRON MEN

by Joseph Answine, MD

Years ago, during my training, a mentor of mine commonly would reminisce about the “days of the iron men”—a time when the doctor could work days and nights on end, rarely sleep, eat only when absolutely necessary, and stomp out sickness regardless of the extent of the malady. The body and mind of the physician were invincible; super-human.

I latched onto the idea, seeing myself as one of those ancient medical “gods.” Furthermore, I frowned upon those that would let illness keep them from showing up in the morning or succumb to any form of psychological weakness. Outside stressors should be unable to penetrate our psyche. Physician burnout is absolute nonsense.

Yes, it was a rude awakening. I am not sure if it was the extreme depression or anxiety that I would feel when there was a poor outcome in the OR; or the realization that I was a potential danger to patients when I was suffering from a fever, light-headedness or pain. Regardless, I know now there are no iron men, iron women, or iron anything.

Physicians are sufferers of all the same physical and psychological illnesses as “normal folks.” Doctors have a high likelihood (in most cases higher than

the general population) of depression, alcohol and drug abuse, poor marriages, and suicide. An article from 2000 entitled, “The Painful Truth: Physicians Are Not Invincible” described the suicide rate among physicians as greater than two times the rate of the general population (four times more for women), and the yearly numbers are the equivalent of one to two average-sized medical school classes. Can that be correct?

We need a couple medical school classes per year just to keep up with the attrition rate due to doctors killing themselves! I have to believe that the increased stress since 2000 with changing payment models, HIPAA, all that comes with EMR, the institution of the ACA, and so on hasn’t made the statistics any better. In fact, more recent studies show this to be true, and it may be under-estimated due to coroner reports of the deaths of colleagues as unintentional when likely they were. Furthermore, the odds of completing a suicide attempt are much higher for physicians because sadly, we are better at it due to our knowledge of drugs and the human body.

The same article reviewed studies that physicians are more likely to have traits of dependency, pessimism, passivity



Joseph Answine, MD

“Regardless, I know now there are no iron men, iron women, or iron anything.”

and self-doubt. Add in perfectionism, and an unforgiving attitude, and it becomes obvious that we are poised for self-destruction and the destruction of those around us. To throw gas on the impending fire, our colleagues, due to the same traits within themselves, are less likely to be forgiving of others’ frailties and mistakes.

Many times, I have heard an anesthesiologist describe a student, resident, or even partner as less-than-adequate because they “almost gave vecuronium instead of neostigmine” or even “gave ephedrine instead of phenylephrine when the heart rate was 99”. Our over-critical nature of ourselves and our associates has led to an inability to admit, discuss and seek help for our health issues whether physical or psychological. So, we choose to brood, suffer silently, self-medicate, destroy our relationships and die instead.

“Our over-critical nature of ourselves and our associates has led to an inability to admit, discuss and seek help for our health issues whether physical or psychological.”



◀ **Raymond C. Truex Jr., MD, FAANS, FACS,** accepts the Berks County Medical Society Compass Award presented to a physician whose career and contributions embody the four points of the society’s 2017 Compass (Professionalism, Collegiality, Education, and Advocacy). Dr. Truex was also honored with the 50 Years in Practice award.

Dr. Truex has been an active member of BCMS since 1976, serving in major leadership positions such as president and chair of the Executive Council, as well as serving on many committees.

The Foundation of the Pennsylvania Medical Society’s longest tenured trustee, having joined the Board in 1998, Dr. Truex served as chair of the board for more than a decade. He has been a leader in the Foundation’s Physicians’ Health Program committee which serves as a sounding board and is a compassionate advocate for physicians with addiction entering into a life in recovery. With a keen ear, innovative mind and a compassionate heart, Dr. Truex has guided the Foundation’s programs and has served as an inspiration of the impact of the Physicians’ Health Program.

WHAT CAN WE DO?

I don't think "hardening" ourselves to the suffering we are exposed to in medicine is adequate or even effective. First, we need to be less critical and more forgiving of ourselves and others around us. We need to be open to accepting and giving help when it is obviously needed, without judgment. We cannot turn a blind eye to those within our ranks in obvious need. There are signs of an increased understanding of this within training programs with the limiting of resident work hours and opening up better communication between trainees and instructors.

Also, every state, whether through medical societies or government agencies, has programs for "impaired physicians." Your first thought when faced with a colleague's near-miss or mistake is to think "I've done that." Accept the fact that the blood pressure dips to its lowest, the heart rate tanks and the patient chooses to move and spit out their airway device usually at the time a colleague enters the room; and they don't think less of you.

So, who was that individual that would reminisce about the days of the iron men? That was Michael T. Snider, MD, PhD. Although I may not agree with him about the once existence of iron men; he is a mentor, role model, scholar and exceptional physician. As an educator, he looked at those less than adequate as potential superstars and made them superstars. He taught me that perfect may be unachievable; accept failure; but strive to continue to learn and advance myself and others.

Reprinted with permission from Sentinel, Pennsylvania Society of Anesthesiologists, 2017. Dr. Answine is a PAMED Board of Trustees member.

The Physicians' Health Program (PHP), a program of The Foundation of the Pennsylvania Medical Society, provides support and advocacy to physicians struggling with addiction or mental challenges including the fallout of burnout. You can speak with one of our case managers at (717) 558-7819 or php-foundation@pamedsoc.org.

THE PHYSICIAN LEGACY NEWSLETTER

The Foundation produced its planned giving newsletter titled *The Physician Legacy*.

It includes a special focus on general estate and financial planning issues. Thanks to the commitment of our donors, we are able to make a real difference in the lives of physicians. If you did not receive a copy of this newsletter and would like to be added to our mailing list or would like more information regarding planned giving opportunities, please feel free to contact Margie Lamberson, CFRE, at mlamberson@pamedsoc.org or 717.558.7846.



▲ **Foundation Board Chair Virginia E. Hall, MD,** meets with OB/GYN staff at the Christian Medical College Ludhiana, in Punjab, northern India. Dr. Hall, and her husband, John Hall, embark on this mission trip annually to advise and instruct at the medical school. She shares that India is a country of great beauty and great need.

We love to feature the interesting work of our Foundation family in *Connections!* Do you have a compelling story to share? Email Editor Kerry Royer at kroyer@pamedsoc.org.

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As of June 2017



The Foundation
of the Pennsylvania Medical Society

Education. Wellness. Excellence. Always.

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The Foundation
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Education. Wellness. Excellence. *Always.*

The Foundation of the Pennsylvania Medical Society invites our corporate business community to share in an opportunity to support the mission of the Foundation. In exchange for your support, the Foundation is pleased to offer you a unique ability to share your organization's involvement and gain recognition with our physician constituents.

PLATINUM \$5,000

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Hyperlink and logo on homepage of the Foundation website for the calendar year

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Recognition in Annual Report, printed and online versions

Hyperlink and logo on homepage of the Foundation website for the calendar year

SILVER \$1,000

Recognition on online "Corporate Wall of Honor" showcasing our charitable corporate partners

Recognition in Annual Report, printed and online versions

Hyperlink and logo on homepage of the Foundation website for the calendar year

*The Foundation publishes four (4) newsletters per year.

Two (2) *Connections* newsletters (5,000 circulation) and two (2) *Physicians' Health Program Update* newsletters (3,500 circulation).

Recognition will be for 1 year from the date gift received.



Please contact Lori Storm, Development Manager at lstorm@pamedsoc.org or 717.558.7861 for further discussion on how your business commitment can benefit our shared community health. *Thank you!*

SUSTAINER'S CIRCLE



The Foundation
of the Pennsylvania Medical Society

You are busy, you want to show your support of the Foundation ... let us help you make it a little bit easier!
Consider joining the **Foundation Sustainer's Circle** – a special group of donors who provide a sustaining stream of support for Foundation programs through their regularly scheduled and easy monthly contributions.

Thank you to our current Foundation Sustainer's Circle Members

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Education

We offer scholarships and low-interest rate loans to our future physicians. Medical students are graduating with upwards of \$250,000 in debt, and with your help, the Foundation has invested nearly \$20 million in the education of physicians.

Wellness

Every day at least 450 physicians suffering from addiction, mental health and behavioral concerns are supported by the Physicians' Health Program. Your gifts help the PHP restore careers and confidence by helping more than 4,300 physicians seek and receive the recovery care that enables them to safely return to work and lead a healthier and sober life.

Excellence

LifeGuard respectfully provides a path for physicians who are re-entering medicine or who are in need of clinical skills remediation. Your support of LifeGuard provides physicians a pathway and a trusted resource to self-assess when there are clinical or cognitive concerns.

Always

Your gift to the Foundation means we will always have the needed financial resources to change and improve the lives and careers of Pennsylvania physicians.



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PHILADELPHIA
CME: 25.5*



LifeGuard offers a comprehensive two-day program led by Penn Medicine faculty, that covers prescribing issues identified by state boards of medicine for physicians who want to become more comfortable with the guidelines. We also offer practice monitoring and sessions for remediation when prescribing practices are called into question. We will assess your personal prescribing habits through chart review and provide strategies for improvement in documentation. Sessions include an overview of CDC and state guidelines. The program includes case-based discussions completed in a small group format, combined with skills training through the use of standardized patients.

Medical Records Course

HARRISBURG
CME: 16.25**



The Medical Record Documentation course, a collaborative effort between LifeGuard and KSTAR, is a two-day, in-person program designed for physicians to increase their ability to effectively maintain medical records. Maintaining proper medical records reduces risk to the provider, enhances quality of care and assists in meeting compliance standards.

Participants are expected to be onsite for the two-day course. Presentations will utilize various teaching approaches to include pre- and post-testing, lecture, precepted chart review session and skills practice. For credit, participants must be present and actively participate throughout the course.

Pharmacology & Prescribing Course

HARRISBURG
CME: 21.25***



This course is a three-day educational program aimed at enhancing medication prescribing behaviors. This program is a collaborative effort between LifeGuard and KSTAR, in concert with Rangel School of Pharmacy at the Texas A&M Health Science Center. Specifically designed for physicians, physician assistants, nurse practitioners, podiatrists, pharmacists, pharmacy assistants, nurses, and anyone who prescribes, has contact with medications, or wants to increase their knowledge of pharmacology and optimal prescribing practices. The course will examine this important topic from legal, regulatory, biomedical, clinical, patient, and patient safety perspectives.

Communications (Coming Soon)

**Medical Records Course:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Pennsylvania Medical Society and The Foundation. The Pennsylvania Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

The Pennsylvania Medical Society designates this live activity for a maximum of 16.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity

The planning committee members and faculty do not have any relevant financial relationships to disclose.

***Pharmacology & Prescribing Course:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Pennsylvania Medical Society and The Foundation. The Pennsylvania Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

The Pennsylvania Medical Society designates this live activity for a maximum of 21.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity

The planning committee members and faculty do not have any relevant financial relationships to disclose.

***Live Presentation:** Controlled Substance and Opioid Prescribing Educational Program - The Pennsylvania Medical Society designates this live activity for a maximum of 16.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Pre-course Enduring Materials: The Pennsylvania Medical Society designates these enduring materials for a maximum of 9.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activities.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Pennsylvania Medical Society and The Foundation. The Pennsylvania Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

Find out more at www.LifeGuardProgram.com



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Foundation Releases its 2016 Impact Report

Read about the impact you make! In order to put donation dollars to work, we have printed a limited amount of our annual Impact Report. Our 2016 Impact Report can be found online at www.foundationpamedsoc.org. If you would prefer a printed copy, please email us at foundation@pamedsoc.org or call 717.558.7750.

The report highlights how support of our medical student scholarship and loan programs; LifeGuard - our clinical assessment program; and the Physicians' Health Program (PHP) means careers are started, inspired and even saved:

"It is very hard for me to express in words what the PHP means to me. How can one truly express enough gratitude to an organization that saved their life? I can't; and this is exactly what the PHP did for me – they saved my life." Anonymous PHP participant