The 2014 calendar has barely scratched the surface of this New Year and already an event of significance has occurred, that being a celebration of forty-three years of exemplary service to the Lexington Medical Society. I am speaking about the departure of Ms. Carolyn Kurz who guided the Society in laudable fashion for, should I say it, nearly half a century. Many society presidents have come and gone but she remained the “face of the Society.” The celebration at the Signature Club only touched on Ms. Kurz’s many achievements, I thought I would devote this “message” to her so our members can truly appreciate her impact on the Society, the community, and the Commonwealth.

Ms. Kurz’s list of professional society memberships and faculty appointments is quite extensive but I will summarize them here:

1. American Association for Medical Society Executives; Chair CAE Task Force and Chair Professional Excellence Task Force
2. Better Business Bureau of Central KY; Board of Directors 2000-2003, Member, Ethics and Education Committee
3. Commerce Lexington; President’s Council; Member, Lexington Health United, a Commerce Lexington initiative
4. Cystic Fybrosis Foundation of KY; Member, Sixty Five Roses Winter White Ball
5. KET Women’s Health Task Force
6. KY Society of Association Executives
7. Bluegrass Medical Group Management Association
8. Mayor’s Training Center: Business Administration Advisory Council
9. Midway College: Business Administration Advisory Council
10. The Rotary Club of Lexington, First Woman President (2004-2005) of Rotary Club (founded 1915), Rotary Club Endowment Board Member
11. Toyota Bluegrass Miracle League
12. U.S. Congressman Larry Hopkins: Steering Committee for KY Seniors Conference, Committee for KY Women Conference
13. United Way of the Bluegrass: Fund Distribution Committee
14. University of KY: College of Business Planning Committee and Women Mean Business Conference; Board member, Sanders-Brown Center on Aging Foundation.

By being involved and a working member of so many community institutions she has displayed leadership and in so doing has received many honors such as:

- Certified Association Executive, Oct. 1992 (the only Kentuckian certified in 1992)
- The Lane Report: Top Women in Business, 1994
- Lexington Medical Society Layperson Award, 1995
- KY Medical Association R. Haynes Barr Layperson Award, 1996
- The Presidents Cup of the Rotary Club of Lexington, KY, 2007
• AMA 2011 Medical Executive Lifetime Achievement Award.

Under Ms. Kurz’s leadership and with the hard work of the staff members, the Society has grown to more than 1500 members. The Medical Society Exchange was initiated in 1984 and in 1994, the mini-internship program was created. In 1995, Commonwealth Credentialing commenced a centralized verification service for area hospitals and facilities. During her tenure, eight KMA Presidents and six Chair of the KMA Board of Trustees serving a total of eleven terms have come from the LMS membership. Most recently an AMA President and Chairman of the Board of Trustees have been added to that distinguished list.

In 1637 the French philosopher and mathematician Rene Descartes, also known as the Father of Modern Philosophy said the words “I think therefore I am”. About 350 years later in the biographical book, “Grinding It Out,” Ray Kroc, the founder of McDonalds, maligned the “thinkers” who did little else and praised the hard workers who brought a vision to reality. “I do, therefore I am” would be a fitting phrase for Ms. Kurz. Through her vision, sound judgment, and organizational skills she has guided the Society for fully one-fifth of its existence. Her total involvement in our community has been her journey and her reward, and a benefit to all of us.

For many years the Society has had the Jack Trevey Physicians Award, but there has never been an eponym associated with the Layperson award. It is with great pleasure that I can announce the Lexington Medical Society’s decision to bestow that honor with the title of “The Carolyn Kurz Layperson Award,” for all of her service to us. It will be a remembrance each time it is awarded.

Photos from Carolyn’s retirement party
January 24 at the Signature Club

Dr. Waid presented Carolyn with an oil painting that will hang in the board room at the Society.

Carolyn with friends Shelia Bayes (top) and Susan Enlow (below)
Welcome New Members

The following were elected to membership at the January 14, 2014 meeting of the Society:

**ACTIVE**
- Deborah K. Phillips, M.D.
- Thomas A. Pittman, M.D.
- Lowell R. Quenemoen, M.D.
- Brett A. Scott, M.D.
- Dana Scott-Finley, D.O.

**LIFE**
- Thomas J. Duncan, M.D.
- Allen E. Grimes, M.D.
- Brian T. Nolan, M.D.
- William W. Walton, M.D.

Applications Pending

The following applications for membership in the Lexington Medical Society have been received. Please forward any pertinent information about the applicants to Thomas F. Whayne, Jr., M.D., chair of the Administrative Council, 2628 Wilhite Court, Suite 201, Lexington, KY 40503-3328.

**Active Membership**

**Stephen Strup, M.D.**
urology
Kentucky Clinic
740 S. Limestone # B219
Lexington, KY 40536-0284

**Volunteers Needed:**

The Lexington Medical Society will man the phones at the KET Telefund on Wednesday, March 5 from 6:30pm to 11:00pm. Dinner will be served at 6:00 followed by a short training session. Members, spouses & medical staff are invited to participate in this fund-raising effort for KET. You do not have to volunteer for the entire time. It's a lot of fun. Please contact the Society office if you are able to participate in any way for this worthwhile event.

The next LMS General meeting will be March 11, 2014 at the Hilary J. Boone Center at the University of Kentucky.
KMA Update
By Dale E. Toney, M.D., KMA 10th District Trustee

As I begin my tenure as your 10th District trustee, I want to first thank you for the tremendous honor and privilege. I am extremely humbled and honored by this opportunity and pledge to do my best. I will always be available to your questions, comments, and input. If I cannot answer your question then hopefully I can direct you to someone at the KMA who can. Please contact me anytime through my email address, detone0@uky.edu.

This is another exciting year in the KMA. I know that you join me in congratulating Dave Bensema as he begins the year as KMA president elect. He is following a long line of excellent Lexington KMA past presidents and I know that he will greatly exceed all of our expectations for him. He is extraordinarily articulate and thoughtful, and is well respected at the KMA. I am very proud to be his colleague and excited about his upcoming year as president.

The Kentucky General Assembly will reconvene in January and February and as always, it is extremely important to stay abreast of all of the issues that will be affecting our patients and our ability as physicians to treat our patients. The KMA and KPPAC will keep us connected with updates throughout the session. The KMA will be purchasing television time during the KET Legislative Roundup show during the session to communicate the KMA message directly to the general public. Be sure to watch! In addition, be sure to contribute to the KPPAC every year so that the KMA message can be continued. There will be another KMA Physicians Day at the Capital on February 26 in Frankfort. Be sure to mark your calendars. Also, LMS hosted a reception for the legislative delegates from Fayette and surrounding counties last fall at Larry and Emily Cunningham’s house that was well attended by both legislatures and LMS members. There was a similar reception in Northern Kentucky and an upcoming reception in Jefferson County.

The KMA Leadership Academy that was scheduled for December 7, 2013 was postponed due to inclement weather to February 15, 2014 at the Embassy Suites in Lexington. This will be an exciting opportunity for physicians interested in developing leadership skills in organized medicine and in politics, and in learning how to deal with the public. There will be sessions on dealing with difficult people and information related to the unique demographics and health care in Kentucky. Contact the KMA office if you want to attend.

The KMA is in the process of self evaluation and in developing a new strategic plan. The preliminary results are already exciting and invigorating. Thomas Slabaugh and John White have been representing the LMS throughout the process. Be watching for the latest updates in this regard.

Lastly, all KMA members should have been mailed copies of “Mediscope” to place in your lobby. The current issue deals with Kynect and walks your patients through the sign up process. It also outlines how insurance premiums will be higher if you smoke. These are very informative and helpful for your patients and are invaluable in promoting the KMA.

Again, thank you very much for allowing me the opportunity to serve as your KMA 10th District Trustee.
“Like me, you’ve probably noticed some professional liability insurance providers recently offering physicians what seem to be lower rates. But when I took a closer look at what they had to offer, I realized they simply couldn’t match SVMIC in terms of value and service. And SVMIC gives me the peace of mind that comes when you’re covered by a company with more than 35 years of service and the financial stability of an “A” (Excellent) rating. At SVMIC, I know it’s not just one person I rely on... there are over 165 professionals who work for me. That’s because SVMIC is owned by you, me, and over 14,000 other physicians across the Southeast. So we know our best interests will always come first.”

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Contact Jesse Lawler or Susan Decareaux at mkt@svmic.com or 1-800-342-2239.

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Smoke-Free Kentucky
By Andrew H. Henderson, III, M.D.

As physicians, we are continually frustrated by treating diseases that are completely preventable. Kentucky can and must do more to help patients help themselves and to protect individuals from preventable diseases. We know that 46,000 people in the United States die each year of heart disease related to secondhand smoke and that asthma attacks claim the lives of those who are forced to endure secondhand smoke at work. Another 6,000 die from lung disease and other cancers. What is Kentucky waiting for? Our state legislators must pass a strong, smoke-free law to protect all workers in the 2014 session.

In 2004, the Centers for Disease Control (CDC) issued a warning advising anyone with heart disease to avoid secondhand smoke entirely. Even a little bit of secondhand smoke can be extremely hazardous. Studies show that the rate of hospital admissions for heart attacks dramatically decreases after smoke-free laws are put in place. The science is clear: comprehensive smoke-free laws contribute to declines in heart attacks and save lives.

Even workers and patrons without known heart conditions are at risk for heart problems as a result of secondhand smoke exposure. After just five minutes of exposure, the aorta (the large artery in the heart) stiffens, making it harder for the heart to pump blood. After two hours, the heart beats faster, which can lead to abnormal heart rhythms and even death. Comprehensive smoke-free laws protect everyone. It is outrageous that so many Kentuckians who do not live in smoke-free communities still have to endure this health risk at work.

Secondhand smoke causes numerous other health problems—from lung cancer to asthma attacks to stroke. A University of Kentucky study found a 21% decrease in asthma emergency department visits following Lexington-Fayette County’s smoke-free law. In a separate study, UK researchers found that smoking rates declined in smoke-free Fayette County resulting in 16,500 fewer smokers and an estimated annual healthcare savings of $21 million.

The evidence is overwhelming that strong, comprehensive smoke-free laws save lives and improve health. As the U.S. Surgeon General stated in his 2006 report, “The debate is over, the science is clear. There is no safe level of exposure to secondhand smoke.” We understand the problem and we have a solution that the voting public strongly supports. It is time for the Kentucky General Assembly to act to protect the health of all workers and patrons throughout our state.

In Memoriam

John W. Garden, M.D. passed away December 24, 2013 in Lexington. He received his medical degree from The University of North Carolina, Chapel Hill. After completing his internship at Bellevue Hospital in New York City, he entered the US Navy, followed by his ophthalmology residency at Yale University. He served in Haiti as a volunteer physician and was very active in the community once starting his private practice in Lexington. Doctor Garden served as President of the Lexington Medical Society in 1982 and was a member of the Society since 1968.

Doctor Garden is survived by his wife, Ann, one daughter and one grandson. In lieu of flowers, memorials may be made to The Blue Grass Trust for Historic Preservation, 253 Market Street, Lexington, KY 40507; The Department of Ophthalmology at the University of North Carolina at Chapel Hill General Alumni Association, P.O. Box 660, Chapel Hill, NC 27514; The Lexington Humane Society, 1600 Old Frankfort Pike, Lexington, KY 40510; or Christ Church Cathedral, 166 Market Street, Lexington, KY 40507. The Lexington Medical Society has made a memorial contribution to The Lexington Humane Society in honor of Dr. Garden.
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KMA Physicians Day at the Capitol
Wednesday, February 26, 2014

Plan to attend the KMA Physicians Day at the Capitol on Wednesday, February 26, to demonstrate the power of organized medicine through legislative advocacy. Participants can also earn CME credits by attending an afternoon program designed to enhance their advocacy skills. The day will conclude with a legislative reception in Commonwealth Hall at the Thomas D. Clark Center for Kentucky History where attendees will include members of the Kentucky General Assembly.

Schedule of Activities: (all times are Eastern Standard Time)

8:30 AM – 9:30 AM Legislative Briefing – Capitol Annex
- KMA Lobbyists will provide an overview of pertinent legislative items to discuss with legislators

9:30 AM – 12:00 PM Legislator Visits and/or Legislative Committee Meetings – Capitol Annex
- Participants will meet with their legislators

12:30 PM – 1:30 PM Box Lunch – Thomas D. Clark Center for Kentucky History

1:30 PM – 4:30 PM Legislative Advocacy 101 – Thomas D. Clark Center for Kentucky History
- AMPAC representatives will present information regarding advocacy and communication practices

5:00 PM – 7:00 PM Legislative Reception – Thomas D. Clark Center for Kentucky History
- Participants can attend a social gathering to meet and greet legislators

Important Details:
- This is an exclusive event for KMA and KMA Alliance members only.
- Participants are responsible for setting appointments with legislators. Appointments can be made by calling (502) 564-8100. Please contact Cory W. Meadows, KMA Director of Advocacy & Legal Affairs, if you need assistance identifying your legislators.
- Be sure to personally invite your legislators to the legislative reception.
- Complete the following Response Sheet and fax or email to KMA as indicated below to register.

Response Sheet

Name: ________________________________
Address: ________________________________
Phone/Fax/E-mail: ________________________________

Events you plan to attend:
- Legislative Meetings ___________ Lunch ___________
- Legislative Advocacy 101 ___________ Legislative Reception ___________
- ALL EVENTS ___________

YOU CAN REGISTER ONLINE FOR THIS EVENT AT THE KYMA WEBSITE, WWW.KYMA.ORG, OR RETURN THIS COMPLETED FORM TO THE KMA, ATTN: LAURA HARTZ, 4965 US HWY 42, STE 2000, LOUISVILLE, KY 40222. PLEASE RESPOND WITH YOUR INTENTIONS NO LATER THAN FEBRUARY 6, 2014. FOR FURTHER QUESTIONS CONTACT LAURA HARTZ AT (502) 426-6200 OR BY EMAIL AT HARTZ@KYMA.ORG.
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Scenes from the January meeting:

2013 LMS President, Larry L. Cunningham, Jr., M.D.
presenting Dr. Waid with his Presidential gavel

Dr. Waid with his family at dinner

Members of the Society & their guest enjoyed the new venue at the Hilary J.
Boone Center on UK’s campus. Make plans to join us there in March.