

# JCMG Group Talk

October 2011 Vol. 15 / Num. 9



## JCMG Oncology/Hematology Welcomes Dr. Laux



Working as a cancer research scientist prior to becoming a physician, Douglas Laux gained valuable insight into understanding how different cancers develop. But after a few years, he began to realize he wanted to use that knowledge outside the laboratory. "I wanted to be able to apply what I was learning in the lab in the care of patients," he says.

Building on that knowledge, he went to medical school at the University of Missouri-Columbia. He then completed a residency in internal medicine at Case Western Reserve University Hospitals of Cleveland, Ohio, followed by a fellowship in hematology and oncology at the University of Iowa Hospitals and Clinics in Iowa City.

Dr. Laux joins JCMG in October as an oncologist. "It's an exciting time to be in oncology because many new therapeutics are being designed to selectively target various cancers. Using our improved understanding of how genes and proteins work, these drugs take advantage of potential weaknesses specific to the cancer, while sparing normal tissues. In this way, we are gaining an improved ability to treat cancer without the many side effects of more traditional chemotherapies," he says. "We're seeing new medications become available that are able to help cancer patients not only live longer but with a better quality of life."

His interest in the disease is rooted in a personal experience when he was only 9 years old and lost an older brother to cancer. "His death helped shape my future in a number of ways ... in my interests and how I could use my experience and memories of him."

Dr. Laux joined JCMG because of the group's commitment to continually advancing patient care. "JCMG is really striving to be on the leading edge. I wanted to be part of a growing team that seeks to provide the best possible medical care for the community."

He and his wife, Natasha, also wanted to return to central Missouri. He met Natasha while taking a class in swing dance. A former member of the Ukrainian national ballroom dance team, she was assisting the class instructor. She had immigrated to the United States, seeking a better life.

He fell for her and "had to quickly learn to pick up my feet if I wanted to be with her." Today, Latin dancing is still one of their favorite activities. Together with their 6-year-old daughter, Anastacia, they also enjoy hiking with their dogs, traveling, boating, gardening and Cardinals baseball.

For an appointment with Dr. Laux, call 573-635-JCMG.

## A New Face in Plastic Surgery

Hurricane Katrina was a life-changing experience for thousands of people when it hit the Gulf Coast in 2005 -- and no less so for Dr. Esteban Marten, one of JCMG's newest physicians. He was in his general surgery residency at Tulane Medical Center in New Orleans when the hurricane hit, the levees broke and much of the city was flooded.

With the training hospital badly damaged, the residency program was temporarily moved to Vanderbilt University in Nashville.

During his first month there, Dr. Marten met the woman he later married, Mary Eva, known as "Emme," a medical aesthetician. "Hurricane Katrina was mostly bad, but something good came out of it," he says. The couple later returned to New Orleans to complete his residency.

He was chosen chief resident and played a critical role in rebuilding Tulane's surgery program. "Once the hospital was open again, we had to start over because a lot of people left and did not come back. There were a lot of worries about the city and the future of the program." When he left in 2008, he felt more confident that New Orleans and Tulane were on their way back.

New Orleans holds a special place in his heart. His father, while doing his own surgical residency at Tulane, met his mother there. They returned to Costa Rica, his father's native country, where their children were raised. With a set of grandparents living in New Orleans, Marten finished his last year of high school there. He then attended Cornell University in New York. **Please see Dr. Marten, p. 2**



2 Sideline Head Injuries

2 First Cup Cafe Celebrates Anniversary

2 Fall Photo Fundraiser

3 Keeping a Watchful Eye on Aging Parents

4 A Look at the Month Ahead

## Dr. Marten:

Continued from p. 1

In addition to medical school and a general surgery residency at Tulane, Dr. Marten's extensive training includes a residency in plastic surgery at The Cleveland Clinic, which performed the first full face transplant in the U.S. while he was there. He also completed a fellowship in aesthetic surgery and breast reconstruction at The Cleveland Clinic. Following his training, he joins JCMG as a plastic surgeon. "We are amazed at how pleasant and courteous everyone is, how they welcome outsiders into the community and how, despite being in a relatively small community, they have a medical group that is world-class in its function," Dr. Marten says.

He's excited to bring the latest advances in aesthetic surgery, including breast reconstruction after cancer. "Plastic surgery allows you to give back what disease has taken away from people or offer them cosmetic enhancements for a more youthful or attractive appearance," he explains.

The couple has a young son, Evan, and they enjoy water sports and look forward to bicycling the Katy Trail.

For an appointment with Dr. Marten, call 573-635-JCMG.

## Open House

Be sure to make plans to meet Dr. Marten and tour the new JCMG Plastic Surgery department (JCMG Medical Building, lower level) at an Open House being held from 4 to 6 p.m. on Tuesday, October 25.

## Sidelining Head Injuries

JCMG is committed to the health and well-being of area high school athletes. For this reason, JCMG has contributed \$3,000 to Helias High School and Jefferson City High School to implement IMPACT - Immediate Post-Concussion Assessment and Cognitive Testing.

The high schools are among the first in central Missouri to implement a program to ensure the management of concussions on an individualized basis, including baseline and post-injury testing. This type of computer-based testing assessment can help to objectively evaluate the athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion.

Dr. Michael Steenberg, FM, is the concussion coordinator for the program.

## First Cup Cafe Celebrates Anniversary



You don't have to be sick to get a good cup of coffee according to Dan Bull. He and his wife Linda are owners of the First Cup Cafe located in the front lobby of the JCMG Medical Building.

October marks the first anniversary of the business. Since then the menu has expanded to include soup, salad and pie. Recently, biscuits & gravy have been added to the Friday menu. "Come early because they go fast," Bull advises.

Be sure to stop by and congratulate the couple (and get a good cup of coffee)!

## Fall Photo Fundraiser

Do you need to update your family photo? Or, maybe you would like to get a head start on your holiday photo card - whatever the reason - here's your opportunity.

Lisa's Photos will take Fall photos at JCMG (outdoors, weather permitting). Packages including an 8X10, (2) 5X7's and (4) wallet prints may be purchased for \$25. A CD of all poses may be purchased for \$30. Additional prints/packages may be ordered.

Appointments are required and may be made by contacting Anneke at ext. 5310 or [astefka@jcmg.org](mailto:astefka@jcmg.org).



## What's Happening!

## JCMG's Mission

To advance the health of the patients and communities we serve through a culture of compassionate care, cost-effective health care management, and comprehensive community health care services, which are easily accessible, and of the highest quality.

# A Watchful Eye on Aging Parents

by Ashley Schreiner, Pharm D, Manager, JCMG Healthmart Pharmacy, 556-7780



As your parents enter their twilight years, you may feel as though you don't want to meddle in their affairs. But when it comes to their health and safety, try not to stay in the dark. By paying attention to any warning signs, you'll be in a better place to take steps that can help them stay independent as long as possible.

Here are a few things to watch for.

**Parent trap?** Has a parent suffered a fall at home? Or, is one of them about to undergo a major surgery such as a hip replacement? If so, it's likely time to view your parents' home through a new "lens." The loose throw

rugs that were once no big deal may now be a set-up for trouble. See if other adjustments are needed, such as a raised toilet seat, extra handrail, or shower chair, for example.

**Mysterious weight loss.** This is a red flag at any age, and is worth checking out. Often, it's the result of an underlying medical condition. But it can also mean something's "brewing" in the kitchen. Maybe the chef of the family is now having trouble with cooking tasks. Or, problems with taste or smell may have developed due to aging, illness, or a medication.

**Declining self care and home care.** Is your normally fastidious father letting himself go – wearing the same clothes for three days in a row? Do you increasingly find rotten food in the fridge or an overgrown garden that was once your mother's pride and joy? These can be signs of Alzheimer's or depression. Or, there may be another underlying health condition that's partly to blame.

**Shifting behaviors.** Have neighbors or friends noticed a change in one of your parents' behaviors? Maybe they've become unusually noisy, more agitated, or up at strange hours of the night. Maybe finances are in disarray or a large number of magazines are now showing up in the mailbox. Has a parent become unwilling to get out and see friends or to keep up with hobbies and activities? These could be signs of Alzheimer's or depression. But don't rule out physical sources for some of these problems.

If you notice signs of a problem, where should you begin? Start by expressing your concerns with your parents. You might do this together with other loved ones or maybe a clergy. Or, offer to take your parent to a doctor appointment. Take an inventory of the house to see which safety issues need to be addressed first. Is it possible to hire someone to handle household chores or to run errands? Or, can you arrange for meals to be delivered or for a home health care aide to help with daily activities? If these measures are not enough, it may be time to suggest a move to an assisted living facility.

If you don't know where to find resources, try the Eldercare Locator at [eldercare.gov](http://eldercare.gov). It can connect you with services in the area where your parents live. And, remember that I'm always glad to consult with you about any concerns you have about your parents' medication.

These can be challenging times, but with the right support, you can do it.

## Notable News & Calendar of Events

- All non-clinical staff are required to attend one Skills Days session. Please register in advance on eRegistrar. Registration instructions are located on the Intranet under Training & Education.
- Annual Wellness Screenings will take place in October and November. Employees wishing to participate in the JCMG Wellness Program must register for a screening date via eRegistrar; go to the JCMG Lab for a lab draw; attend screening on date selected during registration and complete the online Health Risk Assessment.
- The JCMG Employee Quarterly Meeting will be held Tuesday, October 18 at 11:30 a.m. and 12:30 p.m. in the Lounge. All employees should plan to attend. Lunch will be provided.
- Quarterly cleaning day is scheduled for Friday, Oct. 21. Please help the cleaning staff by picking up in your area.
- Employees may wear this year's LIVE UNITED T-shirt to work on Friday, Oct. 28. A group photo will be taken at 8:10 a.m. in the JCMG Lobby.

## Refinancing Costs

by Sean Duggan, Moneta Group

When shopping for a mortgage, comparing offers can be difficult. The interest rate lenders use to determine your monthly payment is only one part of the overall cost of a mortgage. A better means of comparison is the annual percentage rate, or APR. The APR formula combines a loan's interest costs with other fees charged by a lender over the life of the loan, and expresses them as a yearly percentage. The APR is therefore a better reflection of the true cost of borrowing than interest rates alone and is a good benchmark for comparing loan offers.



1. New employees (front L to R): Erica Isaacson, RAD; Karen Luebbert, CBO; Nicole Allen, FM; Krystin Schupp-Hall, IM; Karen Brown, INFO; (back L to R) Morgan Downing, EC; Christine West, CBO; Courtni Kolb, FM; Stephen Underwood, HSKP; Amelia Stegman, ONC/HEM; Jacqueline Wessel, PS; Carrie Utterback, RAD.
2. Dr. Anne Petersen, Surgical Specialists, is awarded the Mission Exceptional Physician Award from St. Marys Health Center.
3. & 4. The 4th annual Fun Walk/Run was held in conjunction with the ground breaking of the JCMG Women & Children's Center. A collection of photos from the event have been placed on the JCMG Intranet and on Facebook.

# JCMGroupTalk

is a monthly publication of Jefferson City Medical Group.

The deadline for submitting materials for the November issue is October 17. Send comments, suggestions and article information to the editor, Emily Mantle, Community Relations.



## October Birthdays

|    |       |                      |
|----|-------|----------------------|
| 1  | RAD   | John Lowder          |
| 1  | HR    | Melissa Downing      |
| 1  | CBO   | Amy Dunn             |
| 2  | OSC   | Mary Margaret Hill   |
| 2  | PEDS  | Shannon Boessen      |
| 3  | CARD  | Dr. John Sanfelippo  |
| 4  | ACCT  | Karen Fennewald      |
| 4  | IM    | Krystin Hall         |
| 4  | ENT   | Donna Schnitzler     |
| 5  | CARD  | Michelle Kelly       |
| 5  | FCA   | Joni Barnes          |
| 5  | RAD   | Sharon Lowder        |
| 5  | RAD   | Carrie Utterback     |
| 7  | MS    | Cindy Andrews        |
| 8  | ACCT  | Lisa Cook            |
| 8  | SURG  | Dr. Anne Petersen    |
| 8  | IM    | Dr. Alan Rauba       |
| 9  | HSK   | Kay Brewer           |
| 9  | OSC   | Julia Marty          |
| 9  | FM    | Joyce Smead          |
| 10 | IM    | Geri Vasquez         |
| 10 | FCA   | Kelly Schlueter      |
| 11 | FM    | Rita Draffen         |
| 11 | IS    | Brian Ridenhour      |
| 12 | IM    | Karen Kuttenkuler    |
| 12 | OPH   | Crystal Foley        |
| 13 | DERM  | Sherry Hirschvogel   |
| 14 | INF   | Ellen Kliethermes    |
| 14 | RAD   | Dr. Jeffrey Patrick  |
| 15 | WC    | Linda Northway       |
| 16 | CBO   | Sheila Thomas        |
| 16 | FHC   | Dr. Crystal Cook     |
| 17 | IM    | Sherry Ridenhour     |
| 17 | IM    | Cathy Schafer        |
| 18 | HSK   | Doris Summers        |
| 18 | HSK   | Joseph Henry         |
| 19 | POD   | Dr. William Duke     |
| 19 | HSK   | Stephen Underwood    |
| 20 | OSC   | Jean Carpenter       |
| 20 | HSK   | Bill Reed            |
| 21 | GI    | Dr. Richard Jennett  |
| 22 | WC    | Cassandra Hodge      |
| 22 | ORTHO | Dr. John Krautmann   |
| 23 | WC    | Heather Wildebrandt  |
| 24 | CBO   | Mary Gassen          |
| 25 | CBO   | Michelle Hancock     |
| 26 | FM    | Dr. Ronald Strong    |
| 26 | RAD   | Sherrri Whittington  |
| 26 | LVC   | Tammy Marion         |
| 29 | IM    | Dr. Christopher Case |
| 29 | FM    | Barb Thomas          |
| 30 | FM    | Dr. Nathan Byam      |
| 30 | LAB   | Chris White          |
| 31 | PHAR  | Ashley Fredrick      |
| 31 | OSC   | Natasha Gladbach     |
| 31 | ON/HM | Barno Halik          |
| 31 | ORTH  | Bethny Riecke        |



## October Meeting Schedule

|                          |                 |            |               |
|--------------------------|-----------------|------------|---------------|
| New Employee Orientation | October 11 & 12 | 8:30 a.m.  | Training Room |
| Board of Directors       | October 14 & 28 | 7:00 a.m.  | Board Room    |
| FM Staff                 | October 18      | 7:00 a.m.  | JCMG Lounge   |
| FM Physicians            | October 20      | 6:00 p.m.  | Board Room    |
| Building LLC             | October 25      | 7:00 a.m.  | Board Room    |
| Education Committee      | October 25      | 11:30 a.m. | Training Room |
| Safety Committee         | October 27      | 7:45 a.m.  | Training Room |
| Departmental Meeting     | October 27      | 9:00 a.m.  | Board Room    |
| Administrative Council   | Every Monday    | 9:00 a.m.  | Board Room    |
| Grand Rounds             | Every Thursday  | 12:00 p.m. | JCMG Lounge   |
| Cardiology Committee     | Every Friday    | 7:00 a.m.  | Board Room    |

## JCMGuessWho?

Each month GroupTalk will highlight a JCMG employee. Clip off the form or send your entry on a 3"x5" card to Community Relations, by October 17. If more than one correct entry is received, a drawing will be held.

September's mystery employee was Barb North, CBO, and the winner was Peggy Scott, CBO. They each received a JCMG lunch tote.

## Guess Who Clues

This mystery employee played softball for four years at William Woods University prior to attending nursing school at Mizzou. She loves the St. Louis Cardinals, Harry Potter, peanut butter and jelly sandwiches, and being outdoors. Camping and being on the river, as well as, biking are some of her favorite adventures. She enjoys spending time with her husband of two years and her four pet dogs. Be sure to ask her about her unique owl collection! This Guess Who has worked at JCMG for eight months.

Name of mystery employee:  
\_\_\_\_\_

Entrant's name & title:  
\_\_\_\_\_

Entrant's department:  
\_\_\_\_\_

Entrant's telephone number:  
\_\_\_\_\_