What They Don’t Teach You In Medical School About Addiction

(Editor’s note: we are grateful to share this article submitted anonymously by a PHP participant.)

According to the National Survey on Drug Use and Health, in 2013, the year I graduated from medical school, 8.5 percent of the U.S. population suffered from substance use disorders in the previous year alone. It is estimated that drug and alcohol abuse costs this country $428 billion a year. Despite its enormity, the suffering of the individuals, families and communities affected by addiction is poorly represented by this number.

For an affliction which affects so many, and dispenses such a huge and widespread burden of disease, I was taught little about addiction in medical school. In my preclinical education, I learned the myriad complications of substance abuse disorders. I duly noted how many different organ systems were ravaged by the toxicity of alcohol abuse, the different ways cocaine could cause cardiac and vascular catastrophes, and the various infectious complications brought on by intravenous drug use. However, when it came to the root disease, the underlying disease of addiction itself, less seemed to be known and a single take home lesson stood out. I was taught that addiction is a chronic disease, or a disease without a cure. This meant that much like care of the diabetic, a tenuous, haphazard control of an otherwise relapsing and remitting course might be wrested with optimal management. Harm reduction strategies such as maintenance or replacement therapies, that assumed continued drug use was inevitable and unavoidable, were briefly mentioned as the most effective treatment. To me, these strategies sounded like more of the problem, dependence on a substance, minus the worst medical and legal complications. Invaluable for this reason, harm reduction still managed to underscore the fundamental idea that there is no solution to addiction itself.

The worst version of this axiom was further emphasized when I got to the wards. During rounds the first day of my first rotation, my attending continued on page 8
Change is the one constant in all of our lives. How we have prepared ourselves to respond to change determines our ability to survive and thrive. During the fall and early winter the Foundation and its Physicians’ Health Programs (PHP) prepared for possible change. For the first time, our commonwealth’s Department of State, Bureau of Professional and Occupational Affairs, issued a request for proposal to offer physician peer assistance programs. Prior to the issuance of this RFP, the Foundation’s PHP was the sole source contractor working in conjunction with the Professional Health Monitoring Program (PHMP) within the Bureau of Professional and Occupational Affairs (BPOA) and the professional licensing boards to provide peer assistance for physicians, osteopathic physicians and dentists with a chemical dependency or a mental and/or physical illness which may interfere with their job performance.

For more than 40 years, the Physicians’ Health Programs has served as the trusted guide to provide monitoring services to physicians. The hallmark of our program is authentic physician to physician outreach provided by our medical directors with more than 63 years of combined experience. Our CADC credentialed case management staff is experienced, credible, and unbiased as they help physicians and other health professionals navigate the road to recovery. While the Foundation understood that competitive bid is the norm for most state contracted services, it was very pleased to secure the contract and continue the PHP’s work on behalf of physicians. In truth, a collective sigh and thankfulness was expressed by participants, PHP Committee members and our Trustees. The issuance of the RFP was a healthy reminder that the PHP needs to remain vigilant in its pursuit of service excellence and maintain a nimbleness to respond to the changing health care environment to meet the needs of its current and future participants.

As the Foundation strives to build the capacity of the PHP program it is pleased to celebrate with Jon Shapiro, MD, his accomplishment of becoming American Board of Addiction Medicine (ABAM) certified. The ABAM certification signifies excellence in the practice of addiction medicine. Dr. Shapiro has met vigorous standards through intensive study, assessment and evaluation, and his certification assures our PHP participants that he has the knowledge, experience and skills to provide high-quality monitoring services. In addition, the Foundation Board of Trustees has formed a task force to examine our programs focused on physician well-being to ask ourselves the critical questions, “Do we have the right services and where are opportunities for change?” If you have an interest in serving as part of that task force or in sharing your ideas, please contact me. I look forward to sharing our progress in future editions of the PHP Update.

Sincerely,

Heather A. Wilson, MSW, CFRE
Executive Director, The Foundation;
Deputy Executive Vice President,
Pennsylvania Medical Society
Shirley Stuppy
Program Director

The staff of the PHP are used to ringing telephones. From the minute we start our day at 7:30 a.m. to the end of the day at 5:00 p.m., the phone is constantly ringing.

This past year, we thought they were ringing more than usual. Indeed they were! We received a total of 273 referrals in 2014. Our previous high number was 224 in 2013. This is a 26 percent increase in the yearly number of referrals to the PHP.

I thought a short review of our referrals might be enlightening. Referrals can be received from the Professional Health Monitoring Program, Department of State, hospitals, treatment centers, or other state PHPs, for example, from someone moving into Pennsylvania already monitored in another state.

We also get referrals from family members, or even the person having the issue. Of the 273 referrals we received, the breakdown for the reason why they called or were referred is listed at left.

Not everyone that has an evaluation needs monitoring. As an example, the 124 referrals made because of a DUI resulted in 37 that were closed due to no diagnosis, eight withdrew license application, two surrendered their license, 35 refused to cooperate (these referrals were made by the PHMP and are forwarded to the legal department of the State Board), 20 became cases and 22 remain pending awaiting action.

We are never sure who is on the line or what we may be talking about next, but we are here and ready to take the call. Our staff is highly qualified to answer your questions, give you appropriate resources for evaluation and/or treatment and provide support for follow-up aftercare. Our Medical Director Dr. Jon Shapiro, is now certified by the American Board of Addiction Medicine and our case managers have or are very close to earning master level degrees. Please don’t hesitate to call the PHP with any questions or concerns you may have about yourself or a colleague. We are here to help.

Jon Shapiro, MD
Medical Director

A BUSY YEAR

<table>
<thead>
<tr>
<th>Reason for Referral</th>
<th>Number of Referrals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Receiving a DUI (This can be reported to the state when it happens but it must be disclosed on your license application or renewal.)</td>
<td>124</td>
</tr>
<tr>
<td>A complaint is made to the state board or to the PHP.</td>
<td>22</td>
</tr>
<tr>
<td>Drug charges are pending or have been filed.</td>
<td>25</td>
</tr>
<tr>
<td>Other state PHP (You may be moving to Pa. and are already in an existing PHP program.)</td>
<td>12</td>
</tr>
<tr>
<td>The state board has become aware of license action taken in another state.</td>
<td>15</td>
</tr>
<tr>
<td>The referral had a positive drug test at the workplace.</td>
<td>8</td>
</tr>
<tr>
<td>There are concerns about your psychiatric health.</td>
<td>9</td>
</tr>
<tr>
<td>You have a past history of dependence/abuse and are applying for a license in Pa.</td>
<td>15</td>
</tr>
<tr>
<td>Disruptive issues in the workplace.</td>
<td>8</td>
</tr>
<tr>
<td>Sexual and/or boundary violations are being questioned.</td>
<td>5</td>
</tr>
<tr>
<td>A suicide attempt was made by the individual referred.</td>
<td>3</td>
</tr>
<tr>
<td>You could be facing other legal issues.</td>
<td>11</td>
</tr>
<tr>
<td>You have presented for treatment and you have been asked to contact PHP for further advocacy and monitoring.</td>
<td>11</td>
</tr>
<tr>
<td>Other concerns.</td>
<td>5</td>
</tr>
</tbody>
</table>

A BUSY YEAR

Jon Shapiro, MD, was recently certified by the American Board of Addiction Medicine. ABAM certification signifies excellence in the practice of addiction medicine. Dr. Shapiro continues to gather up-to-date information on the intervention and treatment of substance use disorders and addictions and our program benefits from his knowledge and leadership.
Physician impairment can take many forms. The majority of the referrals to PHP are concerned with substance abuse. A small fraction of our cases involve “disruptive physicians” who are accused of disturbing the healthcare environment and threatening patient safety. Another minority of the referrals are for potential cognitive difficulties including dementias.

The remainder of our referrals involves psychiatric difficulties. Psychiatric illness commonly represents a co-occurring problem with substance abuse, but can also appear as the primary presentation.

Let’s review a recent case (modified for conciseness and anonymity):

Following a crescendo of disorganized activity at work leading to a psychotic presentation, Dr. Jones was diagnosed with Bipolar Affective Disorder. He was practicing in a state neighboring Pennsylvania. His license was suspended and he was mandated to treatment where he was stabilized and diagnosed as an inpatient. He was introduced to an outpatient psychiatrist for individual therapy and medication management. He has reportedly been diligent at medication compliance and follow-up. He has suffered no further episodes of mood or behavioral aberration in the intervening two years. No substance abuse history was obtained.

A change in his job required relocation to Pennsylvania. He was referred to the PHP so that the program could supervise an evaluation and provide ongoing monitoring. With a proper release of information, PHP communicated with his home state and obtained a copy of his clinical history. Due to the thoroughness of his records, PHP was able to proceed without a new independent evaluation. We assisted him in locating appropriate psychiatric care for his new location and invited him to our office in Harrisburg to sign a monitoring agreement.

The substance of our agreement is for Dr. Jones to continue the therapeutic relationship with his attending psychiatrist. He is to make regular contact with the staff here at the PHP. A monitor was selected at his work to give PHP feedback on his appearance and behavior.

Our goal is to assist healthcare professionals to succeed and advance in their careers. We strive to treat them with respect while helping to guide them to healthy life choices. In the vast majority of cases our work is successful. The staff at PHP only hope that our relationship with our participants is as rewarding to them as it is for us.

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

‘Like’ us on Facebook and follow us on Twitter! www.foundationpamedsoc.org

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Former PHP participant Steven Heird, MD, of York, says that sharing his experiences helped to put him on the path to healthy recovery. He recently released a book, *To Hell and Back: A Surgeon’s Story of Addiction: 12 Prescriptions for Awareness.*

As head of the Department of Vascular Surgery at a large community hospital, Dr. Heird wrote illegal prescriptions for himself to maintain the level of energy needed for surgery, practice, lifestyle and family. After a visit from the Drug Enforcement Agency, he finally accepted help with his addiction and entered a rehabilitation facility. It was this or face a ten-year prison sentence.

“When you see your own personal truth, it sets you free to admit there is a problem. You then can change your habits and behavior to heal yourself and live a disease-free life,” says Dr. Heird.

His personal healing has led to the creation of a system of strategies for recognizing the warning signs — whether in yourself or others - and overcoming any addictions, along with the fear and self-doubt that feed them. His book accounts the arc of his new life and notes that no one is entirely “above the reach” of addiction, and no addict need ever feel doomed to remain forever within its grasp.

There are 12 Prescriptions in his book that Dr. Heird said saved his life and ultimately allowed him to create a solution to his problem. The 12 prescriptions can be found at www.prescriptionsforawareness.com.

Dr. Heird, now president and owner of Advanced Vein and Laser Center, in York, said his enlightenment in rehab also led to him founding the Theia Light Center, a body, mind and spirit wellness center that helps guide people to healthy living.

In an effort to lead the integration of spiritual medicine with traditional science, Dr. Heird has located his facility adjacent to Wellspan Health in York.

Coping with Medical School Stress  
*continued from page 1*

We talk about the different elements of life that are imperative for them to manage on a day to day basis such as having a daily schedule that supports their goals, taking regular study breaks, balanced nutrition, exercise, spending time engaged in pleasurable activities, relationships with family and friends, and sleep hygiene. Many people find it difficult to make changes in this prescription when they are on the edge of burnout.

Medical students in the PHP are encouraged to seek assistance through self-help support group meetings, group and individual counseling, psychiatric medication management when indicated, and mentoring from other medical professionals. In addition, the PHP is available to answer any questions or provide additional resources. Visit www.pamedsoc.org under the “Life of Medicine” for more information.

PHP MEDICAL DIRECTOR PRESENTATIONS

**WE CAN MAKE THE FOLLOWING ONE HOUR CME PRESENTATIONS AT YOUR WORKPLACE:**

**Recognizing, Treating and Monitoring Physician Impairment***

**EDUCATIONAL OBJECTIVES:**

- Identify the signs and symptoms of addiction.
- Discuss what resources are available for addicted physicians in Pennsylvania and make appropriate referrals.

**Addressing Physician Burnout and Stress***

**EDUCATIONAL OBJECTIVES:**

- Identify and implement practical approaches and utilize available resources to effectively recognize and address concerns related to physician impairment, specifically burnout and stress, in the workplace.

**Presenters:** Jon Shapiro, MD, or Cliff Lyons, MD. Call us at 717.558.7819 to schedule a date!

*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 1.0 AMA PRA Category 1 Credit(s). Physician should claim only the credit commensurate with the extent of their participation in the activity.*
### Thank You

Thank you to our hospital sponsors who supported The Foundation of the Pennsylvania Medical Society & Physicians' Health Programs in 2014. We are grateful for your support and you will be recognized in our various publications including our Annual Report.

We had 98 hospitals that supported PHP last year and giving increased 8.5 percent from 2013. We would like to especially thank our new donors who recognize the value to a strong, healthy Foundation and PHP! We have been providing a “Shelter from the Storm” for more than 60 years.

#### Ambassador $10,000 or more

- Chester County Hospital — M
- Holy Spirit Hospital — M & H
- Lehigh Valley Health Network — M & H
- St. Luke’s Hospital & Health Network - Bethlehem — M & H
- Wellspan York Hospital — M & H

#### Visionary $5,000 to $9,999

- Holy Spirit Hospital — H
- Lancaster General Hospital — M & H
- Main Line Hospitals, Inc. - Bryn Mawr Campus — M
- Penn State Milton S. Hershey Medical Center — M
- Reading Hospital/Reading Health System — M & H
- St. Luke’s Hospital & Health Network - Bethlehem — H
- St. Mary Medical Center — M
- The Western Pennsylvania Hospital — M
- UPMC Altoona — M & H
- UPMC Mercy — M

#### Leader $2,500 to $4,999

- Allegheny General Hospital — M
- Chambersburg Hospital — M & H
- Doylestown Hospital — M & H
- Easton Hospital — M & H
- Einstein Medical Center Philadelphia — M
- Evangelical Community Hospital — M
- Excela Health - Latrobe Hospital — M
- Forbes Hospital — M & H
- Good Samaritan Hospital - Lebanon — M
- Grand View Hospital — M & H
- Hanover Hospital — M & H
- Heritage Valley Health System - Beaver — M
- Heritage Valley Health System - Sewickley — M
- Holy Redeemer Hospital and Medical Center — M & H
- Indiana Regional Medical Center — M & H
- Memorial Medical Center — M & H
- Mount Nittany Medical Center — M & H
- Ohio Valley General Hospital — M & H
- Pinnacle Health Hospitals — M
- Pocono Medical Center — M & H
- Sacred Heart Hospital — M & H
- UPMC Hamot Medical Center — M

#### Guardian $1,000 to $2,499

- Abington Memorial Hospital — M & H
- Aria Health — M
- Brandywine Hospital — M
- Butler Health System — M
- Charles Cole Memorial Hospital — M & H
- Chestnut Hill Hospital — M
- Children’s Hospital of Pittsburgh — M
- DuBois Regional Medical Center — M & H
- Einstein Medical Center Montgomery — M
- Elk Regional Health Center — M & H
- Ephrata Community Hospital — M & H
- Evangelical Community Hospital — M & H
- Geisinger-Lewistown Hospital — M & H
- Good Samaritan Hospital - Lebanon — H
- Grove City Medical Center — M & H
- Heart of Lancaster Regional Medical Center — M & H
- Lehigh Valley Hospital - Hazleton — M & H
- Lower Bucks Hospital — M & H
- Magee Womens Hospital of UPMC Health System — M
- Meadville Medical Center — M & H
- Mercy Fitzgerald Hospital — M & H
- Mercy Suburban Hospital - Norristown — M
- Monongahela Valley Hospital — M & H
- Moses Taylor Hospital — M
- Phoenixville Hospital — M
- Pinnacle Health Hospitals — M
- Pottstown Memorial Medical Center — M
- Roxborough Memorial Hospital — M & H
- Saint Vincent Health System — M
- Sharon Regional Health System — M & H

#### Benefactor $500 to $999

- Carlisle Regional Medical Center — M
- Clearfield Hospital — M & H
- Crozer Chester Medical Center — H
- Delaware County Memorial Hospital — M
- Geisinger - Bloomsburg Hospital — M
- Good Shepherd Rehabilitation — M
- Jersey Shore Hospital — M & H
- Millcreek Community Hospital — M & H
- Muncy Valley Hospital — M & H
- Roxborough Memorial Hospital — H
- Soldiers and Sailors Memorial Hospital— M & H
- The Guthrie Clinic/Robert Packer Hospital — M
- UPMC - Bedford Memorial — M & H
- Windber Medical Center — M

#### Partner $100 to $499

- Brookville Hospital — M & H
- Corry Memorial Hospital — M
- Ellwood City Hospital — M
- Jefferson Regional Medical Center — H
- Kane Community Hospital — M & H
- Meyersdale Medical Center — M
- Miners Medical Center — M & H
- Punxsutawney Area Hospital — M
- Schuylkill Medical Center - South Jackson Street — M
- St. Joseph Medical Center — M
- Windber Medical Center — H

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<th>Donor Type</th>
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<td>H</td>
<td>Hospital Administration Donation</td>
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<tr>
<td>M &amp; H</td>
<td>Medical Staff &amp; Hospital Administration Donation</td>
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THANK YOU
TO PENNSYLVANIA HOSPITALS LEADING THE WAY IN 2014

HOSPITALS CHALLENGED TO SUPPORT THEIR PHYSICIANS IN 2015

Pennsylvania hospital medical staff offices and administrations have supported the Physicians’ Health Programs consistently for many years, some for more than 20 years in a row! We are pleased that hospital giving to the PHP continues to grow enabling us to expand our commitment to physician health and wellness.

In this era of hospital mergers and acquisitions communication can be difficult.

Is this newsletter getting to the right person? We encourage you to check with your hospital, and if we need to update our contact list, please let Development Coordinator Lori Storm, lstorm@pamedsoc.org, know of any changes so that we can make sure our communications are getting into the right hands.

Though our financial numbers are strong, we still are only receiving support from 151 hospital medical staff and administrative offices across the state. If your hospital is not listed on the opposite page, please consider supporting this important program. A “blue folder” has recently been mailed to your CEO, medical staff president and medical staff coordinator that outlines this program and our need for support.

And if you are still wondering why … because we help to restore careers and save lives … one in eight physicians suffer from addiction … 50 percent of doctors suffer from burnout … our physicians ARE your physicians.

Margie Lamberson, CFRE
Director of Philanthropy
mlamberson@pamedsoc.org
717-558-7846

Lori Storm
Development Coordinator
lstorm@pamedsoc.org
717-558-7861

PAY IT FORWARD
We Are Counting On You!

Did you know that philanthropy (a desire to improve the material, social, and spiritual welfare of humanity, especially through charitable activities) accounts for a significant part of the Physicians’ Health Programs budget? This year we are pleased to see that gifts from our PHP alumni, family members, and friends have increased. Our PHP “alumni” know the value and meaning of paying it forward. Are you paying it forward?

HERE IS YOUR EASY BUTTON!

► Make a gift in honor of your fellow physicians through our “Doctors’ Day Campaign” (see page 10).
► Go to our website and sign up for a recurring gift program – your monthly gift is automatically deducted from your credit card. Enjoy the sense of security that your gift has been made.
► Got stock? – Maybe now is time to make a gift of stock and help out your 2015 taxes.
► Maybe you have a family foundation or a donor-advised fund? The PHP could really use your support!
► Thinking long term? Make plans now through your will to support the PHP and have comfort in knowing we will be there for your fellow physicians.

Call Director of Philanthropy Margie Lamberson, CFRE, concerning these and many other opportunities to “pay it forward!”
took a moment to speculate on the true cause of one of our patient’s respiratory problems. Admitted for an asthma attack, the attending noted the patient had a remote history of substance abuse. Announcing to us that “there is a truism: once an addict, always an addict,” he suggested that the patient had lied when denying recent drug use, and that what ailed this patient was in fact an entity called crack lung. There were a few lessons to be gleaned from this brief hallway lecture. Prime among them, and seemingly the one this medical educator most wanted to impart, was the confident assertion that not only is there no cure for addiction, there are no recovered addicts.

I was already suffering from a substance use disorder at this time. I knew that something was deeply wrong with me and that I needed help, but I was loathe to admit that prescription drug addiction was the root of my problem. While my denial was fueled by many lies, chief among them was an evasion that made some sense to me—there was no good reason to have a problem to which there was no solution. Fortunately for me, and for the countless others like me, my attending’s truism of ‘once an addict, always an addict’ is not true; those of us who suffer from substance use disorders can and do recover. I have found there is a solution to my problem in the 12 step programs of Alcoholics Anonymous and Narcotics Anonymous. Through these programs, in conjunction with the accountability and support provided by the Physician’s Health Programs, I have found relief from the horrors of addiction in a daily reprieve from the obsession and compulsion to use drugs and alcohol. While substance use disorders remain a chronic disease, abstinence-based recovery is a possibility. Knowledge that there is a real and meaningful solution might make some more readily accept that they have a problem, which is in fact one of the first steps toward this recovery. If we go into medicine to heal people, whether it be ourselves or our patients, we should learn more about the solution to addiction in medical school than we do its insolubility.

“What They Don’t Teach You”

It’s easy.
You can make a simple, yet transformational gift through your will or estate that costs you nothing during your lifetime.

The Foundation of the Pennsylvania Medical Society


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Our Services:

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External Peer Review Assessment
Aging Physician Assessment
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About LifeGuard® Because of the complexities associated with the practice of medicine, situations arise when physicians need an objective clinical assessment in order to demonstrate medical knowledge and clinical skills. LifeGuard is an individualized program that provides these clinical assessment services. Additionally, LifeGuard offers clinical remediation services when a problem or deficit is identified.

A Customized Approach LifeGuard services are uniquely tailored to the individual needs and specialty of each physician. We are focused on providing physician and referral participants with the respect, unbiased support, and services they require.

More Information Call us or visit our website for more information:
717-909-2590 • www.LifeGuardProgram.com
The Foundation is your “Shelter from the Storm” during life’s most challenging moments

Please visit our website www.foundationpamedsoc.org to watch our video.

“I cannot imagine the future if it doesn’t include a healthy, strong PHP and Foundation.”
Dean Steinberg, MD, Vice Chair, Anesthesiology Methodist Division, Thomas Jefferson University Hospital

“LifeGuard can help hospitals and physicians provide the best and safest care to our patients.”
Helen Kuroki, MD, Vice President of Medical Affairs, Riddle Hospital

“The community of doctors is a lot about giving back and helping the younger generation. The Foundation really exemplifies that.”
Hallie Rozansky, Loan and Scholarship Recipient

The Foundation of the Pennsylvania Medical Society
777 East Park Drive
P.O. Box 8820
Harrisburg, PA 17105-8820
717.558.7750
The Foundation of the Pennsylvania Medical Society administers programs to serve the physician community. We help medical students receive funding for education. We’re here for physicians so that they have access to confidential programs that ensure their wellness and clinical competence. **Our programs are made possible by the support of individual donors, hospitals and organizations who sustain our efforts.**

- We lead the nationally regarded **Physicians’ Health Programs**. PHP ensures physicians have the supportive resources and tools to stay healthy so they can continue providing healthcare for others. PHP serves hospital staffs with confidential, reliable monitoring services for physicians and physician assistants who may be experiencing **addiction, physical or mental challenges, or work-related stress.**
- We administer **LifeGuard®** which assesses a physician’s medical knowledge and clinical abilities in relation to medical responsibility. LifeGuard utilizes an individualized case management process designed to help physicians who need clinical skills assessment or who need clinical remediation. LifeGuard also provides “ability to perform” assessments for aging physicians.
- We offer **scholarships and loans** at favorable interest rates to Pennsylvania medical students in an effort to ensure the commonwealth’s future workforce.

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**Doctors’ Day** – March 30th – commemorates the date that Crawford W. Long, MD, first administered ether as a surgical anesthetic. The date was first observed in 1933 by Eudora Brown Almond, wife of Dr. Charles B. Almond, to express appreciation for the lifesaving work of doctors everywhere. In 1990, President George H. W. Bush recognized the numerous contributions of physicians by formally designating March 30th as National Doctors’ Day. The day is traditionally celebrated by sending a written expression of gratitude to a physician and also through the display of red carnations (the symbolic flower of Doctors’ Day).

The Foundation of the Pennsylvania Medical Society proudly serves as the 501(c)(3) philanthropic affiliate of the Pennsylvania Medical Society.
March 30 is recognized as National Doctors’ Day. We are so grateful for you and your support of the Foundation of the Pennsylvania Medical Society. In the spirit of Doctors’ Day we are asking for you to consider making a donation in recognition of the good work of the Foundation and on behalf of the physicians we serve.

We all have special people in our lives who inspire and motivate us to succeed. Often, many physicians have been helped along the way by a fellow physician, mentor, friend, colleague or professor. Your gift to the Foundation is a wonderful way to honor that individual’s dedication to the medical profession.

If you choose to make your gift a tribute, please complete the card below. There is also space for you to write a personal note.

Thank you very much for your contribution and Happy Doctors’ Day!

Sincerely,

Raymond C. Truex Jr., MD, FAANS, FACS
Chair, Board of Trustees

Heather A. Wilson, MSW, CFRE
Executive Director, Foundation
Deputy Executive Vice President, PAMED

P.S. Even if there’s not a particular individual to whom you would like to pay tribute at this time, you can still make a gift that will ensure medical students receive funding for education and physicians have access to wellness and clinical competence programs provided by the Foundation.

The official registration and financial information may be obtained from the Pennsylvania Department of State, Bureau of Charitable Organizations, by calling toll-free within Pennsylvania (800) 732-0999. Registration does not imply endorsement. Please feel free to contact Lori Storm at (717) 558-7861 or lstorm@pamedsoc.org with any questions or concerns.

A tribute gift was made in honor of National Doctors’ Day:

HONORARY:
☐ In honor of:

MEMORIAL:
☐ In memory of:

Name ____________________________ Address ________________ Zip ____________

Personal note (optional):

Yes! I would like to support the Foundation of the Pennsylvania Medical Society:

Please accept my tax-deductible gift of: $____________

☐ My Check is Enclosed
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Use this gift to benefit:
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The Foundation is grateful for all gifts and your privacy is important.
☐ I would like to remain anonymous.

Send appropriate acknowledgement to (if known):
☐ Memorial Gift
☐ Honorary Gift

Name: ____________________________________________________________
Address: _________________________________________________________ Zip ____________

☐ Yes I would like information about how I can make a gift to the Foundation through my will or estate.
“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.” —Brian Tracy

HAPPY DOCTORS’ DAY 2015

See inside for an opportunity to honor a favorite physician, professor, mentor or friend.

The Foundation is here for the community of doctors in Pennsylvania.