



Dr. & Mrs. James Gilbert



*Welcome*

- Nessy Abraham, MD**  
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 201 Sivley Rd Ste 500  
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- Sanat Dixit, MD**  
 Neurological Surgery  
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 256-881-5151
- William Gibson, MD**  
 Pathology  
 2904 Westcorp Blvd Ste108  
 256-533-1480
- Tyler Green, MD**  
 Hospitalist  
 380 Woods Cove Rd  
 256-259-4444
- Kelsey Ivey, MD**  
 Infectious Disease  
 420 Lowell Drive Ste 301  
 256-265-7955
- Ryan Redelman, MD**  
 Diagnostic Radiology  
 2006 Franklin St Ste 200  
 256-539-0457
- Jefferson Sabatini, MD**  
 Orthopedic Surgery  
 927 Franklin St 4th FL  
 256-539-2728
- Thomas Spain, MD**  
 Internal Medicine  
 247 Chateau Dr SW  
 256-882-1510
- Lacey Sullivan, MD**  
 Pathology, Anatomic  
 2904 Westcorp Blvd Ste 108  
 256-533-1480
- Donald Tighe, DO**  
 Family Medicine  
 30694 Hwy 72 Ste E  
 256-230-6130

Stress can lead to burnout, but is it possible to deal with long hours, multiple decisions, and the high pressure of a physician's work without getting burnt? When we surveyed the Madison County Medical Society membership, we found that 83% of respondents knew of a physician who was suffering burnout. Moreover, over 94% of us view burnout adversely affecting patient care, personal relationships, and personal health. Over 89% of physician survey respondents in Madison County witness burnout as leading to medical errors. However, 88% said that we do not have adequate support for dealing with burnout and job related stress.

In addressing burnout, we must not envision it as simply a personal failure of the physician, but as a complex systemic phenomenon found in many industries. Although there are system problems beyond our control leading to burnout -- when we can choose -- we must choose emotional self-awareness and a different response to stress. Rather than seeing everything as a threat to something of value, choose to see stressful events as opportunities to solve a problem. When possible, choose to remain calm, control reactive impulses, and act proactively when dealing with stress. Understanding choice in self-management prevents us from being the source of our own stress.

As physicians we receive no training on conflict management even though we often find ourselves in care negotiations, management skirmishes, and outright escalating conflicts. Successful conflict management requires that we focus our emotion and anxiety on collaborative problem solving. Avoidance as a coping skill can often lead to further stress. Empathic listening is actually a great skill set in conflict management; it promotes trust, projects influence, and reduces the physiological effects of stress as problem solving occurs. Ask questions, be inquisitive, and listen deeply.

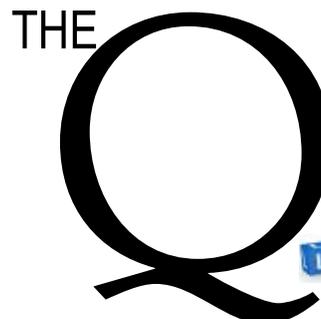
We cannot always control the challenges we face in the management of more complex and chronic patients, but we can choose our emotional response. We can change bad stress into good stress by changing our mindset: stress as a threat to stress as an opportunity to problem solve. Be patient and kind to yourself; don't be your own worst enemy causing self-inflicted stress injuries as a source of your burnout.

We as a community of physicians must help heal the healers. Your medical society is addressing this burnout issue. In the spring we will have a Burnout Prevention Seminar and initiate the Heart of the Healer Program.  
 More to come.

~James Gilbert, MD  
 MCMS President



THE HEALER  
 SAVE THE DATE  
 HEART THE HEALER  
 Burnout Proof LIVE Event  
 FRI., FEB. 2 AT 5:30 PM  
 Huntsville Botanical Gardens  
 Make plans to bring your SO for a date  
 night you really don't want to miss!



MCMSQuarterlyNewsletter

FALL 2017

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## Our Mission

The Madison County Medical Society has been organized to serve its members as an advocate for the physician/patient relationship, and to promote and preserve the highest standards of professional, educational, and moral conduct.

# Membership Spotlight



**Name:** Nemil Shah, MD

**Specialty:** Primary Urgent Care + Healthcare Entrepreneur

**Practice Name:** ApproXie, Inc & Urgentio, LLC

**What do you like best about your practice?** I've always believed that you have to be in the game to change the game. The healthcare delivery landscape is changing rapidly. Unattached and non-relational patient care is becoming a standard with care delivery. Without the tools to facilitate convenience, primary care practices now consist mainly of elderly patients with multiple medical problems who need more support and attention. The growth of retail clinics, convenient care options, and telemedicine has largely been fueled by patient's choosing convenience over the once sacred doctor-patient relationship. The younger, healthier, and more tech savvy patients are seeking episodic and unattached care options. It is very difficult to start and maintain a practice in this type of environment.

Since graduating from UAB Internal Medicine, my focus has been to create technology solutions to empower both patients and healthcare providers. Practices NEED the RIGHT technology tools to reduce the financial burden or high real estate costs and marketing expenses in order to stay competitive and independent. Solving this problem through ApproXie and Urgentio keeps me working to my highest potential on a daily basis. The best part about practicing to me is finding and creating solutions to problems that we face in healthcare practice.

**What advice would you give to someone entering the profession of medicine?** Mark Twain once said, "The two most important days in your life are the day you are born and the day you find out why." My advice to anyone entering any profession would be to continue to find what drives you to reach your maximum potential on a daily basis. A profession in medicine is very rewarding once you find what it is that compels you.

**Who has had the most influence on your professional career?** Early on, and still today, my parents continue to be a driving force in my life. However, it wasn't until I lost one of my closest friends to suicide that I started questioning my own purpose. Growing up, I have always tried to find solutions to problems. Tejas was one of those people I could always count on to listen to all my ideas and solutions. With his passing, I realized the importance of the pursuit of happiness and reaching one's potential on a daily basis.

**Tell us about yourself, anything you'd like to share?** It is a blessing to be practicing and innovating in Madison County, my home. My family moved here in 1987 when my father started working for TVA. We have been lucky to benefit from the great healthcare system in our area through Crestwood and Huntsville Hospital. It has also been a great place to learn medicine. My attendings Dr. Si Chi Cheng and Dr. Michael Ridner during my cardiology rotation at The Heart Center gave me the wisdom to recognize an 89% blockage in my father's "widow maker". A stent was placed shortly after diagnosis. My father is still here today because of the brilliant healthcare providers in our area. It is my hope to give back to this community: one that we have benefited from tremendously.

# Your Board

## Executive Board

PRESIDENT: James Gilbert, MD VICE PRESIDENT: Debbie Kolb, MD  
SECRETARY: W. Scott Lynn, MD TREASURER: Paul Tabereaux, MD

## Board of Trustees

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Amit Arora, MD / James Gilbert, MD / Debbie Kolb, MD / Scott Lynn, MD / Paul Tabereaux, MD

## MCMS Administrative Staff

EXECUTIVE DIRECTOR: Laura Moss / MEMBERSHIP INTERN: Macy Smith



New Physician's Reception



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# NORTH ALABAMA

medical reserve corps



The mission of the North Alabama Medical Reserve Corps is to recruit and train medical and non-medical volunteers to supplement existing community organizations in preparing for and responding to an emergency or disaster and to provide community education in disease awareness and prevention during non-crises times.

**NAMRC volunteers** can have an immense impact on the **health and safety of the communities** that they serve. During disasters, the **NAMRC** matches personnel resources with public health needs to **ensure an efficient recovery**. In non-crisis time, **NAMRC volunteers** contribute to a variety of **community outreach and education projects**. **NAMRC volunteers** play a vital part in **promoting healthy living** throughout the year and in **preparing for and responding to emergencies**.



## VOLUNTEER

October 26th  
NAMRC office  
5:30 p.m. – 6:30 p.m.

November 15th  
NAMRC office  
5:30 p.m. – 6:30 p.m.



### VOLUNTEER ORIENTATION

To register, send an email to [director@northalabamamrc.com](mailto:director@northalabamamrc.com)

### NAMRC STAFF

DIRECTOR: Brooke Rawlins  
[www.northalabamamrc.com](http://www.northalabamamrc.com)

GO ONLINE AND  
SUPPORT THE NAMRC BY  
VOLUNTEERING!

MADISON COUNTY  
**MEDICAL  
ALLIANCE**  
Building Healthy Communities

The Madison County Medical Alliance welcomed back lots of old friends and several new ones at our New Member Luncheon on Tuesday, August 15th at the beautiful Monte Sano home of MCMA member Betsy Estopinal. Over 40 people attended our luncheon where we welcomed new members to Madison County and also heard from Cindi Williamson, Executive Director of the New Hope Children's Clinic. Luncheon attendees thoroughly enjoyed hearing about the Clinic's amazing work and also donated various supplies to the Clinic such as paper towels, copy paper, and alcohol swabs.

Our annual physician welcome event and fundraiser, On Call!, was held on August 25th at The Ledges. We welcomed approximately 40 new physicians to Madison County and enjoyed the evening with almost 275 physicians and their guests. We enjoyed a prize drawing, live auction, delicious food, a terrific band, and great time visiting and networking with friends old and new. And the best news: we raised just over \$24,000 for our community health projects and scholarships for the 2017-2018 year. Many thanks to MCMS, our sponsors, donors, and supporters for making On Call! 2017 such a success! And a huge thank you to Emily Hoffman (On Call! chair) and her committee!

*Save the Date*  
*MCMA Christmas Coffee*  
*Tuesday, December 5th, 2017*  
*Home of Dr. and Mrs. John Johnson*



Christina Tabereaux  
MCMA PRESIDENT



On Call!





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Upcoming Events  
www.madisoncountydoctors.org



2017 Annual Membership Meeting  
and Holiday Cheer  
12.5.17 • The Ledges • 6pm

REGISTER @ [www.madisoncountydoctors.org/events](http://www.madisoncountydoctors.org/events)



THE HEALER

SAVE THE DATE  
HEART THE HEALER  
BURNOUT PROOF LIVE EVENT  
FRIDAY, FEBRUARY 2ND  
5:30 PM HUNTSVILLE  
BOTANICAL GARDENS



On September 5th, female physicians gathered at the Huntsville Botanical Gardens and enjoyed an evening together. Thank you, Servis 1st Bank for sponsoring this S.W.I.M event and Aruna Arora, MD, for organizing!



Alliance Collection Service collects receivables for our customers through time tested strategies that make the consumers feel respected and honored in the collection process. One of the most important things a person owns is a good name; a positive reputation. For your organization it's a positive public image and good public relations. A good name, a positive image and strong public relations are hard earned, but are very fragile. Each requires care and attention. Each can be damaged or destroyed all too easily. It requires a different kind of collection service to convert your accounts receivables into cash without damaging or destroying your good name, your positive public image or presenting you with a public relations problem.

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### Better Business Bureau Rated A+



### Active members of:

- Madison County Medical Society
- Healthcare Financial Management Association
- Medical Group Management Association
- American Collectors Association International
- The Shepherd's Hands charity

# Congratulations

Dr. W. Scott Lynn



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*With sadness, we remember our members...*

John Balcarek, MD  
Deason Dunagan, MD  
Wayne Goodson, MD  
Lynda Hon, MD  
Peter Wick, MD



## Deason Dunagan, MD - Board of Trustees for the Madison County Medical Society

Chances are, most of you are not aware of the contributions that our board members make on behalf of each of you - our members. Every year, physicians are elected to serve two year terms representing different specialties, practice settings, age, gender, etc. This diverse group collectively makes decisions that sets the course for our priorities, programs, and allocation of dues dollars every year. I have been fortunate to serve as Madison County Medical Society's Executive Director for the past 10 years and work with these amazing volunteers physicians.

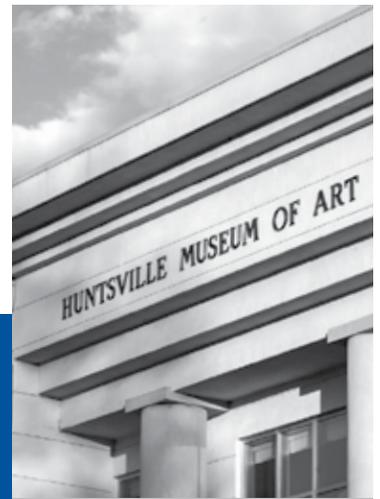
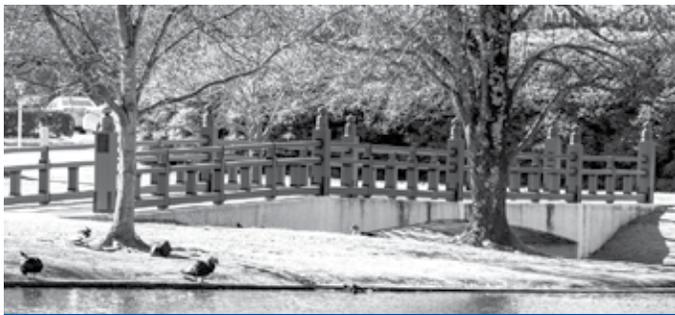
Since day one, I had the honor of working with Dr. Deason Dunagan who passed away on June 30th. Deason served you, our members, selflessly. He attended almost every single monthly board meeting. He was a good listener first and shared opinions carefully. He asked questions to understand issues completely and he always chose the common good. He was patient with me as I turned to him with ideas and concerns, knowing he knew the history of the organization and our board.

He was a dedicated advocate, rarely missing a legislative meeting in town or in Washington, DC. And he was generous. Yes, he donated to every cause that I asked him to support whether through the Society, Alliance or outside organization, but he also donated his time. Need a physician to interview? Need a physician to treat an uninsured patient? Need a physician to cut ham off a ham bone?

That's my first real memory of Dr. Dunagan. In 2007, the board had decided that it was important that the community saw the Society giving back - not just in medicine but in other ways. A day of service was organized at the Salvation Army soup kitchen where we would help prepare and serve meals to its clients. I was new, nervous, and not sure what to expect of the physicians who volunteered. I finished the day truly humbled and very grateful to have the opportunity to work with Madison County's physicians. Not only did our doctors go to work in the kitchen but they got out with the people they were serving and were so kind. Of note, I remember looking across the kitchen at a man I knew only as a talented plastic surgeon, and seeing Deason, scalpel, scratch that knife, in hand carefully removing the last remnants of meat left on the donated ham bones to be added to the macaroni and cheese that would be served that day. While he worked, he smiled and chatted with the Salvation Army staff and other physicians. I knew at that moment that he was one of the good guys. We mourn for his family, friends, coworkers, and patients with whom he shared his life. Dr. Dunagan will be sorely missed and the Society, and I, can't thank him enough for his service.



-Laura Moss, MCMS Executive Director



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# What a story...

Tulio Figarola, MD



Dr. Tulio Figarola is a retired physician who has been a member of the Madison County Medical Society for 41 years. Although he made a name for himself as a physician, Dr. Figarola's life story involves much more than the average man. He was born in and spent the first twenty-eight years of his life in Cuba. During his time there, Tulio gained acclaim with his athletic achievements. As a child, he participated in many sports including baseball, football, swimming, and rowing. He started playing baseball at the young age of five and continued until he had the opportunity to play in the World Series. Representing Cuba, Tulio and his team won the World Series and Dr. Figarola still has his medal to show for it!

After this amazing accomplishment, he continued his education by attending Havana University Medical School. Just 6 weeks after he graduated, he boarded a boat with only a bag of clothes, a toothbrush, ten dollars, and his diploma to move to the United States. He talked of the difficulties of beginning his medical career in a country in which he was not yet fluent in the language. However, with much perseverance, Dr. Figarola succeeded in his residency and in finding a job. It was not easy though, as his starting salary was just one hundred and fifty-six dollars a month. Not to mention, he endured twelve-hour days without days off.

Despite the hardships, Dr. Figarola continued to work hard to establish himself as a medical professional. During his residency, he worked nights doing physicals for astronauts. This led him to teaching a class at the University of California, Los Angeles, on aerospace medicine. He created the course himself because there had never been one like it before. Because of Dr. Figarola's expertise in aerospace medicine, he was invited to work at Redstone Arsenal. During this time, he did research involving how the human body reacts to a zero-gravity situation and continued to do astronaut physicals. Eventually he started his own private practice which was open for twenty years and now, Dr. Figarola enjoys his retired life, centered around his family.

by Macy Smith, MCMS Intern



## Keeping the game fair...



## ...so you're not fair game.

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