The Annual Membership Meetings for the Pulaski County Medical Society (PCMS) and Pulaski County Medical Exchange (PCME) were held Thursday, December 1, 2016 at the Capital Hotel.

During dinner Dr. Monica Dellimore, 2016 PCMS President, presented the President’s Award for a Lifetime of Outstanding Contributions to Medicine to Dr. Orman Simmons, and Dr. Douglas Smith.

After the awards presentation, Dr. Rebekah Bernard spoke about her book “How to be a Rock Star Doctor” published in July 2015. She is a practicing physician in Florida and is passionate about helping improve physician wellness and reduce

PCMS wishes to extend a special thank you to our event Sponsors:

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Continued on next page
Dr. Amir Qureshi and Fariha Shamsi enjoy the 2016 Annual Dinner.

David King MD and Karen King

Dr. Jim English and Gayle Kidd

Dr. Peeples and wife Carolyn

Dr. George and Mary Schroeder

Steve Shuler and Jen Shuler APRN

PingMD Team

Dr. Jim and Lyda Campbell

L-R: Glenda Watson, Dan Watson MD and Ken Singleton MD

Lydia Lane MD and Tim Trieschmann

8 UAMS students attended the annual dinner as the guest of State Volunteer Mutual Insurance Company.
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Amir Qureshi, MD
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To $499
Kay H Chandler, MD
Ashley Deed, MD
James Meserow, MD
Susan Schmitz, MD

Dr. Orman Simmons family poses by the Capital Hotel tree.

Dr. Douglas Smiths family poses by the Capital Hotel tree.

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Dr. Chad Rodgers and Dr. Kay Chandler presented the President’s Award for a Lifetime of outstanding Contributions to Medicine to Dr. Orman Simmons and Dr. Douglas Smith.

Dr. Rebekah Bernard spoke about her book “How to be a Rock Star Doctor”.

L-R: Chad Rodgers MD, Douglas Smith MD, Orman Simmons MD and Kay Chandler MD

L-R: Norton Pope MD, Emeritus Member and John Brinemen MD, Sponsor

Monica Dellimore MD and Jerry Hall

L-R: Jane Anne Smith MD, Marilynn Simmons and Jennifer Anderson MD

Dr. Lee and Nancy Archer

Phillip Deer III MD and Linda Deer

State Volunteer Mutual Insurance Company Team
James Suen, MD chosen as Physician of the Year at HealthCare Heroes luncheon.

During 2016 Arkansas Business gathered nominations from the public on the best of the best in Health Care. The result of these several months of collecting over 4,000 nominations was the announcement of the finalists of the HealthCare Heroes who were honored at a November 16, 2016 luncheon at the Embassy Suites in Little Rock.

One Pulaski County Medical Society member, Scott Schlesinger, MD, was a finalist for Innovation Hero. Two Pulaski County Medical Society members were finalists for Physician of the Year; Dr. Kristofer Freeland from Arkansas Heart Hospital Clinic, and Dr. James Suen of UAMS. Dr. Suen was chosen from the 5 finalists as the winner in his category.

Our congratulations to the Society members who were chosen this year.

Arkansas Urology celebrated 20 years in business with a reception on November 16, 2016 and with a groundbreaking on their new surgery center.
Interview with Dr. Ricardo Sotomora

**What motivated you to choose medicine as a career?**
First and foremost, I believe my mission in life is to help others. Medicine is an optimal profession to achieve that goal.

Also, I belong to a medical family from Guatemala City, Guatemala. My father was a General Surgeon. Two of his brothers and his brother in law were physicians as well. Additionally, two of my mother’s brothers were medical doctors. It was natural, though not expected, for me to follow my family’s footsteps.

I am a very creative person and considered being an architect at one point in life, but complex math was not natural for me. On the other hand, I learned early on that biology was easy for me.

**Why did you choose your specialty?**
Pediatrics was the only specialty we did not have in my family. They all were brilliant, US educated, and extremely competitive doctors. I chose Pediatrics to keep me from placing myself in no win situations and avoid conflicts with any of them. Also, it could be said that I was rebellious and resisted attempts from my father and uncles to influence my career.

Actually, I was apprehensive before my first rotation in the Pediatric department in medical school. However, when I saw ill and suffering children, I knew immediately that my role as a medical doctor was going to be to take care of sick little ones. To me there is no better motivation than to fight for a budding life.

**Who are the people who influenced you the most in your professional life and why?**
Dr. Ricardo Sotomora, Sr., my father. He was an excellent Dad, a talented surgeon, a dreamer but an extremely hard working person. He provided free care for any member of the clergy regardless of their creed. My father received the Guatemalan National Order “Rodolfo Robles”, a presidential award given for medical excellence and major contribution to medical health.

My uncle, Dr. Oscar Sotomora, a US and Oxford University UK educated Obstetrician. He was very intelligent and very kind to me.

My mother’s brothers, Dr. Harold von Ahn, a Michigan educated Internist, and Dr. George von Ahn, a San Francisco, CA, educated Orthopedic Surgeon. They were very demanding and tough with me. In fact, I felt tormented by them at times. However, they forced me to become very resilient and to build a strong character that can withstand any opposition. Dr. George von Ahn was also a recipient of the Guatemalan Order “Rodolfo Robles, which has been granted less than 50 times in the history of the nation.

In Arkansas, Dr. Robert E. Merrill, at the time chairman of the department of Pediatrics at UAMS, who opened the doors of the United States of America for me. Drs. William T. “Tom” Dungan, who actually made sure I came to Arkansas and inspired me to become a Pediatric Cardiologist. Dr. John H. Bornhofen, and his lovely wife Missy, Their friendship was crucial for the early survival of my family in the US.

In Minnesota, Dr. Russell V. Lucas, Jr., chief of Pediatric Cardiology at the University of Minnesota, who gave me the invaluable opportunity to become a Pediatric Cardiologist. Dr. Paul F. Dwan, one of the pioneer pediatric cardiologists in the US. He created the “Dwan Fund” that financed my education in Pediatric Cardiology, Neonatology, and Physiology in Minnesota. Drs. James H. Moller and Edward Kaplan, professors in Minneapolis, whose friendship was of utmost importance during my training. Finally, Dr. Jesse E. Edwards, the world known pioneer in congenital heart disease pathology, who provided me with invaluable support through thick and thin.

Finally, my loyal old friend and partner Dr. Richard M. Nestrud. He and I developed the intensive care nurseries in the private hospitals in Little Rock more than 30 years ago. Our friendship, which started during our residence in Pediatrics at UAMS and Arkansas Children’s Hospital, spans for more than 4 decades. We survived through tough times and had a wonderful run together.

**What advice would you give a medical student in school right now?**
Medicine is a profession that takes over your life. Be ready to work hard and make sacrifices to help others. If you are going to be a physician you should love what you do. Be ready for a lifetime commitment. The satisfaction of helping people while practicing medicine is worth all the effort.
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