



PULASKI COUNTY MEDICAL SOCIETY News

December 2020

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When you think professional, ethical, quality healthcare,
think physicians of Pulaski County Medical Society.

2020 Annual Meetings Held

The Annual Membership Meetings for the Pulaski County Medical Society (PCMS) and Pulaski County Medical Exchange (PCME) were held Thursday, December 3, 2020 in a virtual format.

During this unique meeting venue the 2020 President’s Award for a Lifetime of Service to the Practice of Medicine was presented to Dr. Joseph Beck. The actual presentation was recorded earlier in the fall and played for those online members who were present.

After the awards presentation the members heard reports from UAMS Students who received PCMS funding for their projects during 2020. The presentation’s included the LULAC Medical Spanish project, and the Clean Water for the Natural State project.

After the reports from the students, Lieutenant Governor Tim Griffin spoke to the group live.

PCMS wishes to extend a special **thank you to our event Sponsors** who gave items for the gift bags.

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Arkansas Money & Politics (AMP) Best of 2020

AMP asked its readers to nominate those businesses they considered “the best” in their fields and the following society members were chosen. Congratulations to all our physician members who are part of these teams.

Healthcare Providers:

Arkansas Urology
Bowen Hefley Orthopedics
Little Rock Diagnostic Clinic



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\$250,000 Gift Supports Education, Research, Patient Care at UAMS Psychiatric Research Institute

The University of Arkansas for Medical Sciences (UAMS) has received a gift of \$250,000 to support the priorities of the Psychiatric Research Institute on its Little Rock campus.

The gift will have a far-reaching impact for patients across the state. The donor asked to remain anonymous.

"I want to personally thank this donor for their commitment to improving access to quality mental health care," said UAMS Chancellor Cam Patterson, M.D., MBA. "Their investment in the Psychiatric Research Institute and its programs for mental health will make a huge difference for patients across our state. During the COVID-19 pandemic, the institute's virtual health programs have been a lifeline for countless Arkansans."

The gift supports the G. Richard Smith, M.D. Fund for Excellence in the Psychiatric Research Institute. Smith is chair of the Department of Psychiatry and oversaw the design and construction of the Psychiatric Research Institute, which opened in 2008. In 2013, he became dean of the UAMS College of Medicine and executive vice chancellor, a position he held for two years before stepping down to become a professor of psychiatry, medicine and public health. In 2018, he was again named chair of the Department of Psychiatry.

Smith will retire from UAMS in June 2021. He leaves behind a legacy of service to the state of Arkansas, particularly his leadership role in the founding of UAMS' Psychiatric Research Institute, his tireless advocacy for increased access to mental health services and his contributions to the research and treatment of psychiatric illness. This gift honors his legacy and provides funding to address urgent priorities at the institute.



G. Richard Smith, M.D.

"This generous gift will allow the Psychiatric Research Institute to invest in research, educational and clinical programs," Smith said. "The flexibility allows us to meet critical unexpected needs or take advantage of quickly developing opportunities. We are very grateful for this wonderful gift."

New ASAP Clinic to Open

Arkansas Spine and Pain is pleased to announce the opening of our NEW pain treatment/pain management clinic in Searcy, Arkansas. The clinic will be offering all of our services including: comprehensive diagnostic and treatment services for patients that have sustained sports injuries or patients that are living with chronic pain

Dr. Mohamad Tolba will be opening the clinic in Searcy – he has been with Arkansas Spine and Pain since 2014. Dr. Amir Qureshi, Arkansas Spine and Pain's Owner and Operator will also work out of the clinic when needed.

Please join us in celebrating this new adventure in Searcy, Arkansas. The Grand Opening is scheduled for January 08, 2021.





CHI St. Vincent Heart Institute Becomes First in Arkansas to Perform Transcaval TAVR, Expanding Alternatives to Open Heart Surgery

The CHI St. Vincent Heart Institute has become the first institution in Arkansas to successfully perform a Transcaval TAVR heart procedure, expanding heart surgery options for patients with severe aortic valve stenosis seeking alternatives to open heart surgery. The Transcaval TAVR technique, developed for patients who may not be candidates for normal TAVR surgery, was performed by CHI St. Vincent Interventional Cardiologist Dr. Aravind Rao and Cardiovascular Surgeon Dr. Thomas Rayburn.

"This marks an incredible step forward for Arkansans seeking the very best in heart care," said CHI St. Vincent Heart Institute President Marcia Atkinson. "Procedures like the Transcaval TAVR are less invasive than open heart surgery and offer dramatically reduced recovery times for patients. At this point, our team of expert heart specialists can offer about any advanced heart surgery technique being offered anywhere in the country."

The TAVR, or Transcatheter Aortic Valve Replacement, procedure allows surgeons to replace the aortic valve without open heart surgery, resulting in improved quality of life and extended lifespans. It was originally only offered to patients who were at high risk for open heart surgery, but the U.S. Food and Drug Administration

(FDA) expanded the scope in August of 2019 to include patients at low surgical risk following studies that showed TAVR procedures were as good or superior to surgical aortic valve replacement procedures.

The normal TAVR procedure relies on larger vascular access routes in the leg that can accommodate TAVR devices, but not all patients are candidates for the procedure for various reasons. Patients with suboptimal femoral access routes can now benefit from this Transcaval TAVR technique which allows heart surgeons to safely bypass problematic arterial regions.

"In this patient, the femoral access route used for a normal TAVR procedure was heavily calcified and she had no other option for a valve replacement," said Dr. Rao. "She worked with our team for six-months, had full faith in the Heart Institute and didn't want to go anywhere else. It's now been well over a month since the surgery and she's doing great."

Typical TAVR procedures take one-to-two hours to complete and require an average of a one night stay in the hospital. In contrast, open-heart surgery requires between two-to-four hours in surgery, an average of five-to-seven days in the hospital and six-to-eight weeks of recovery.

Gastroenterologist Dr. Naga Saranya Addepally Joins CHI St. Vincent Little Rock Diagnostic Clinic

Gastroenterologist Dr. Naga Saranya Addepally has joined the team of leading physicians at the CHI St. Vincent Little Rock Diagnostic Clinic, a multi-specialty medical practice founded in 1961 providing diagnostic and treatment services to patients throughout Central Arkansas.

Dr. Addepally attended medical school at the University of Arkansas for Medical Sciences, where she also completed her residency and fellowship training. She earned her Bachelor of Medicine and Bachelor of

Surgery degree from the NRI Academy of Medical Sciences in Chinakakani, India. Dr. Addepally also served as a visiting medical student at Temple University Hospital in Philadelphia.



Dr. Naga Saranya Addepally



Profiles in Excellence

J.K. Buchman, MD

What motivated you to choose medicine as a career?

I felt there could never be a dull moment in practicing medicine. There would always be new developments to learn.

Why did you choose your specialty?

I think because it is more definitive than most other specialties. You analyze the problems and take action, and the patient and you get a result. You know soon if what you did is beneficial or not and you cannot find that in most other specialties.

Who are the people who influenced you the most in your professional life and why?

Certainly my Dad and his associates, because they obviously enjoyed what they were doing and did it well.

What advice would you give current medical students?

The business of medicine is too complicated so stick to practicing your specialty. You will be an employee. This is a complete turnaround from when I finished my surgical training.

Name one interesting thing that most people would not know about you.

I have three grown sons. Because of their mother's "help" they have all grown to be fine young men, every one.



Profiles in Excellence is our way of spotlighting member physicians who are making a difference and changing our world. It is a chance to recognize doctors who have made outstanding contributions to medicine and local communities. Doctors may be recommended by fellow physicians or staff members by contacting the Pulaski County Medical Society office at 501-687-0039.

CHI St. Vincent Heart Institute's Dr. Thomas Rayburn and Lynn Bass Awarded for Contributions to Heart Research

CHI St. Vincent Heart Institute's Dr. Thomas Rayburn III, MD, and Clinical Research Coordinator Lynn Bass, RN, have received awards for their contributions to the PROACT

Xa clinical trial and high-priority heart care research. The Heart Institute is working with the cardiac and vascular surgery company CryoLife, Inc. on a trial to answer vital clinical questions in the care of heart patients who receive mechanical heart valves.

"Our role in this important research is indicative of CHI St. Vincent's healing ministry and commitment to delivering the most advanced, compassionate care to our communities across Arkansas which suffer from a high prevalence of cardiac disease, stroke, obesity and diabetes," said Dr. Rayburn.



FROM LEFT TO RIGHT: Dr. Gerry Jones, CHI St. Vincent Infirmary Chief Medical Officer; Dr. Thomas Rayburn III, CHI St. Vincent Heart Institute Cardiovascular Surgeon; Lynn Bass, CHI St. Vincent Heart Institute Clinical Research Coordinator; Roger Swayze, CHI St. Vincent Director of Cardiovascular Services & Research; Marcia Atkinson, CHI St. Vincent Heart Institute President

CHI St. Vincent was the first participating research partner to enroll a patient in the randomized, clinical trial which will include approximately 1,000 patients across

the U.S. and Canada. The research is part of a Linked Clinical Research Centers seven-year initiative through the Cardiothoracic Surgical Trials Network (CTSN), part of the National Institutes of Health's National Heart, Lung and Blood Institute (NHLBI). The CHI St. Vincent Heart Institute announced in August 2019 that it would partner with Penn Medicine as one of five qualified institutions nationwide to participate in the research program in order to accelerate high-priority

clinical research efforts related to heart surgery and implement novel approaches into surgical practice.

Brain Imaging Studies Needing Adult Subjects

The Brain Imaging Research Center at the University of Arkansas for Medical Sciences (UAMS) is seeking healthy adults to take part in a research study on emotional processing and resilience. Volunteers should be between the ages of 18 and 40 and who may or may not have a history of childhood trauma.

Participants will be asked to make two visits to the Brain Imaging Research Center. At the first visit, subjects will answer questions about their life experiences and undergo a series of cognitive tests. The second visit will involve an MRI scan, during which the subject will be asked to perform more cognitive tasks.

"Our study is looking at how the brain processes emotions, how it regulates them and keeps them

in control," said Andrew James, Ph.D., an associate professor in the Department of Psychiatry in the UAMS College of Medicine, who is the primary investigator in the childhood trauma study.

"We need healthy subjects, including people who may have endured abuse or neglect during their childhood years, to gain a better understanding of how the human brain might 'rebuild itself' following trauma to be resilient against future trauma as adults."

Participants will be financially compensated for their time and travel. For more information, contact Natalie Morris at NMorris@uams.edu or call 501-420-2653.

Donors Making a Difference

The following are members and clinics who have donated in support of the PCMS Healing the Healer Foundation during the 2021 Annual Dues drive. Your support will insure that our doctors are taken care of so that they can care for their patients:

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Mission:

**Promote medical care,
professional growth, and
public health.**

Vision:

**To be a catalyst for change
in how healthcare is
viewed and implemented
in Central Arkansas**

Strategic Plan 2018 – 2021

1

Practice and Professional Viability

Maintain and enhance services,
professional staff and communications
to effectively implement the mission.

2

Community Voice and Outreach

Create and participate in events to
promote health; monitor and propose
government initiatives that affect public
health and safety; become the trusted
resource in the community for overseeing
the influencing of public health policy.

3

Leadership

Growing the number of active members
involved in the society's community
outreach and service, and take care of
the mental health of its members through
the foundation.

**If you would like to be involved in the
committee to help implement the
Strategic Plan please call 501-687-0039.**