



September 25th Quarterly Meeting a great success!



**DR. JOHN IVES,
WITH WIFE, CARMEN**

On September 25th, at the Mobile Convention Center, Dr. Don and Mary Colbert addressed the Medical Society at our joint Fall Quarterly Meeting with the Alliance.



DR. DAVID & MARY KATHLEEN SHAW



**MEDICAL SOCIETY & CAMP RECEPTIONIST,
CARMEN NOLFE AND MELISSA MCNICHOL**

**IN MEMORIAM
DR. JACK HAYS**



**DR. CECIL PARKER GREETES BOARD
MEMBER, DR. RAYMOND BROUGHTON**

**MEDICAL SOCIETY OF MOBILE COUNTY
2701 AIRPORT BLVD
MOBILE, AL 36606**

**PRST. STD.
U.S. POSTAGE
PAID
PERMIT #625
MOBILE, AL**

Visit Us On The Web! www.msomc.com

Dr. Gardner's article continued

It was not intended for us to live a mundane existence on earth, but for us "to prosper and be in health even as our soul prospers." We were meant to live life "to the full even till it overflows." These things we have experienced have brought the value and meaning of life, love, family, and relationships to the forefront. Everything else pales and seems irrelevant in comparison. With each newsletter and quarterly meeting, I have tried to bring you a little something different from the usual and customary medical issues: something to make you think about your life. Life is not just medicine as I hope you have discovered by now, but it encompasses a great number of issues: social, economic, relational, spiritual, academic, and physical. I hope that you were stimulated in your thinking as we heard about underage drinking, financial independence, and recently at the last quarterly meeting, how stress and deadly emotions can negatively affect your health and life and what we can do to reverse the process.

Dr. Don Colbert and his wife Mary did an awesome presentation on two of his more than 40 books, Stress Less and Deadly Emotions. Dr. Colbert talked about how excessive stress and deadly emotions (anger, hostility, rage, fear, unforgiveness, depression and anxiety) increases cortisol levels and is associated with the following diseases: Cardiovascular, skin eruptions, GI disorders, autoimmune diseases, genitourinary problems, immune impairments and pain and inflammatory conditions, to name a few. Some of the

major stressors in our lives are finances, loss of loved ones, and problems with our children. Hence, what we have talked about in our meetings and newsletters thus far. He talked about how we can overcome stress by relaxation, creating margin in our lives, learning to say no, sleeping, proper diet, aerobic exercising, and humor. Dr. Colbert gave his own personal testimony as witness of the success of his treatment plan. He even has cured some of his patients by laughter therapy. He recommends 10 belly laughs a day! Some of the types of relaxation that he recommends are relaxation breathing (abdominal), deep breathing, progressive relaxation, massage, biofeedback and adaptogens. He stated that unforgiveness is equivalent to stewing in your own stress juices, whereas forgiveness turns off the stress response and decreases the stress hormones and cortisol. He recommends forgiveness therapy for many of his patients. We even had a testimony from an attendee that this truly worked for him. According to Dr. Colbert, we can overcome Deadly Emotions by practicing the love walk: love God, love other people, and love yourself. What if all the pain, suffering, and loss that we've experienced this year and previously could have been prevented by decreasing our stress and ridding ourselves of deadly emotions? It seems we all need to lighten up, laugh, love and live! Invest time in your family and friends because missed opportunities may never return again.

We will be ending the year with instructions on how we

can live as healthy as we were created to live as Dr. Monica Reed talks on her book, CREATION Health. I look forward to seeing you at the next quarterly meeting on December 4th, 2007 at the Country Club of Mobile.

On behalf of the Medical Society of Mobile County, I have continued Dr. Blankenship's initial support of the ban on smoking in public places in Mobile. Due to a lack of response to Alex's letter from the Mayor's office, I have sent a follow up letter soliciting support from interested and/or influential parties to include Mayor Sam Jones, the City Council, County Commissioners, Alabama Chapter of the American Academy of Pediatrics, Medical Association of the State of Alabama and the Mobile chapters of the March of Dimes, American Cancer Society, American Lung Association, American Heart Association and American Diabetic Association, State Senator Vivian Figures and Mobile County Department of Health. We have received one response in terms of a phone call thus far. Stay tuned for more regarding this issue. We are not giving up on this one.

Lastly I would like to say thank you to all those who showed their love and support for me this year. A special thank you to: my husband, Andrew, who has been by my side supporting and celebrating me every step of the way; my family, neighbors, colleagues and friends; my partners, Drs. David Laycock, Shaffer Wells, and Jay Harrell and office staff of Pediatric

and Adolescent Medicine, who put up with crazy schedules to allow me to attend the necessary meetings; Sheree LaCoste for all of her hard work behind the scenes, dedication to represent the physicians in every arena, and the daily administration, management, organization, and operation of the Medical Society of Mobile County, as well as being a friend and prayer partner; the Board of Censors for their commitment and diligence with meetings and getting the work accomplished; the Alliance, Medical Society and Camp Rap-A-Hope office staff, Natasha Kendall, Kim Daniels, Wendy Bedsole, Carmen Nolfé, Melissa McNichol, Nell Gustavson and Jessica Ebersole for extended love and support; Drs. Charles Rodning, Ben Citrin, Roger Tart, Kitti Outlaw, and John Wilson for your letters of support, recognition, and encouragement; my Leadership Mobile Class of 2006 for the congratulations and shout outs; Dr. Regina Benjamin for paving the way for me; Dr. Marcia Little and Dr. Joseph Thomas for their votes of confidence; Dr. Roger Tart for taking the reigns from me and to all of you for attending the meetings, reading the newsletters, and sending acknowledgments, thank you very much.



Camp Rap-A-Hope

by *Melissa McNichol*

When I think of volunteers and Camp's greatest supporters, the Medical Society and the Alliance are the first on the list. We have so many opportunities to help children with cancer and to make a difference in the lives of their families. Without your tireless support, our efforts would come up short. In each of our lives we find times where we can use support, a kind word – just a little help. These families are there everyday! Any time we can offer support, a

Melissa McNichol, Susan Duffy, and Elizabeth Percy (l-r)



kind word or even a little "fun", changes their situation – even if only for that moment. And those moments are ours to give.

"It is a rare and high privilege to be in a position to help people understand the differences that they can make not only in their own lives but in the lives

of others by simply giving of themselves." --*Helen Boosalis*

Thank you for giving of yourselves for the children and families of Camp Rap-A-Hope.

Wishing you the best of the upcoming Holiday season!

The Alliance Report

There has been much going on with the Medical Alliance and much to come! On September 25th at the Battlehouse, we had our Fall Brunch. Kim Daniels, the current Alliance President, reports that there were 78 in attendance!

Also, the Alliance is fast at

work in planning the upcoming Tour de LADR event. Please save the date for March 16th! More details to come.

Lastly, we are always interested in adding new members to our group. So if any of you know of any new physicians in

the area whose spouses might be interested in joining the Alliance, you can contact Kim at 666-1329 or email at : kimcdaniels@comcast.net.

We are looking forward to a fun-filled year!



Dates to Remember:

- ◆ October 19, 2007 USA Grand Rounds Case Presentation 8:00am
- ◆ December 4, 2007 Medical Society Annual Meeting Speaker: Dr. Monica Reed Author of Creation Health County Club of Mobile
- ◆ 4th Annual Tour de LADR (16 and 34 mile bike ride) Sunday, March 16, 2008, 7:30 am 5 River's Delta Center.



Cathy Barnette and Santa from Santa America, and Sheila Gray at Fall Brunch



Ozanam Charitable Pharmacy by Dickie Roberts, Executive Director

While it might be difficult to imagine that a single person can play an important role in the battle to provide prescriptions to the under-insured or those with no insurance, the Ozanam Charitable Pharmacy can testify to the generosity of many Mobile County Physicians that have donated sample drugs during the past year for this very purpose. Their generosity enabled The Pharmacy to fill over 25,000 prescriptions at a total retail value of \$1,132,211.00. Our clients, the Board of Directors, and all the Volunteers are extremely grateful to these doctors.

When you donate sample drugs to the Ozanam Charitable Pharmacy, you help continue our mission "to provide life-sustaining medications to clients who are not financially able to purchase needed medications. This service is provided free of charge to those who qualify." With your help, we can dramatically impact the health of many of our less fortunate Mobile citizens. To make a donation, please call the Pharmacy at 432-4111 and arrange a convenient time for an Ozanam Charitable Pharmacy volunteer to pick-up your donation directly from your office.

Thank you again to our special donors.

Medical Society News

VOLUME VII, ISSUE I, OCTOBER 2007



From the President, Dr. Debra Gardner



To quote Shakespeare, "Parting is such sweet sorrow." My year as President of The Medical Society of Mobile County is drawing to a close. It has been a great, but bittersweet year. The year has brought many challenges. It has been a year of joy and sorrow, laughter and tears, health and sickness, blessing and cursing, loss and gain, and life and death. We've heard of death and attended the home-

goings of many close to us, infants to adults, including several physicians, and we've heard of births and attended weddings to celebrate new life and love. We've experienced resignation, retirements, reassignments, hirings and promotions.

In the previous newsletter I talked about value. This year, I have come to appreciate the value of life much more. I attended the homegoing of a medical student I mentored who lost her battle with colon cancer, but touched the lives of many. I faced the death of a cousin at the age of 41 from complications from a gunshot wound,

massive stroke in a maternal uncle, and watched my sister struggling to walk and overcome quadriplegia as a result of a gunshot wound. I saw love and determination in my sister as she cared more for our family than her own plight. She flew from New York from another cousin's homegoing ceremony due to complications from diabetes and in less than one week, she went to another cousin's homegoing in Mobile and then to her father-in-law's homegoing in South Carolina as he lost his fight with prostate cancer.

We also learned of a paternal cousin's and

husband's survival from an MVA with a broken femur. His driver, however, wasn't as fortunate. In June, I experienced extreme joy with meeting the President only to return to the office and learn of the sudden death of one of our nurses' youngest daughter at the age of 29 from an aneurysm. Moments after receiving the award, an honorable occasion, I was standing on the lawn of a deceased young lady sharing prayers, love, and support with her family. We've seen one nurse fight breast cancer and triumph victoriously. **(Continued on Page 2)**

Changes to the Medical Society

Since 1841, the Medical Society of Mobile County has been in business. Through the years we have undergone major changes. We have grown to nearly 1,000 members!

In the past 10 years alone, there have been tremendous changes. We moved from the Florida Street location to Montlimar to our current residence at 2701 Airport Blvd. If you have not had an opportunity to visit our office, we would welcome your visit.

Our office houses not only the Medical Society, but Camp Rap-a-Hope, as well.

Recently, due to growth in both businesses, we have added a new staff member. We want to welcome Carmen Nolfe. She is the receptionist for the Medical Society and Camp Rap-A-Hope.

We have also made office renovations and built a new office for Executive Director, Sheree LaCoste.

We want to be fully accessible to you.

To make you aware-our office staff is as follows:

Sheree LaCoste— Medical Society Executive Director

Melissa McNichol-Camp Rap-A-Hope Executive Director

Wendy Bedsole—Medical Society Executive Secretary

Nell Gustavson-Camp Executive Secretary

Carmen Nolfe-Receptionist

**476-9494 –phone;
476-9495 –fax or
msome@earthlink.net**



Inside this issue:

<i>President's Article</i>	1
<i>Office Changes</i>	1
<i>Camp Report</i>	3
<i>Alliance Report</i>	3
<i>Ozanam Article</i>	3
<i>Quarterly Meeting</i>	4