

Academy of Medicine of Cincinnati 164th Annual Meeting



Awards Celebration & Wellness Webinar

March 3, 2021

Meeting will start promptly at 7:00 pm

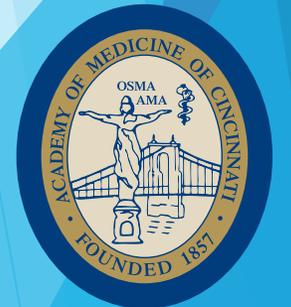


Natalie Peterson Executive Director

Thank you for your support

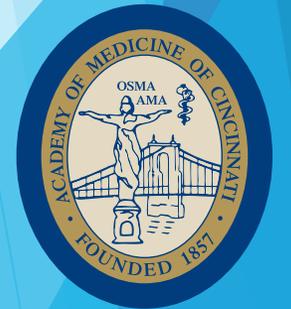
Agenda

- ▶ **Welcome - Natalie Peterson, Academy Executive Director**
- ▶ **Presentation of the Daniel Drake Humanitarian Award**
 - ▶ Presented by Andrew Markiewitz, MD, Academy Foundation President
 - ▶ Awarded to David R. Barron, MD
- ▶ **50-Year Physician Award Recipients - 11 will be recognized**
 - ▶ Presented by Wyman Morriss, MD, Academy of Medicine President
- ▶ **Wellness Webinar**
 - ▶ Longevity - Current research to consider now to improve YOUR tomorrow
 - ▶ Presented by Amy Mechley, MD



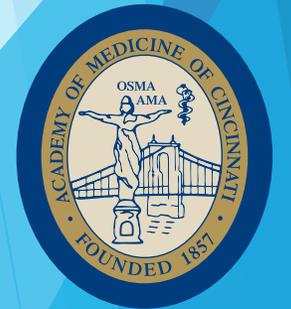
What is the Academy of Medicine of Cincinnati?

- ▶ Founded in 1857, the Academy of Medicine of Cincinnati is a nonpartisan medical society, representing physicians in all medical specialties and practice environments.
- ▶ Not-for-profit, professional association for physicians who practice or live in Hamilton County, Ohio, also serves physicians in surrounding Tri-State counties; physicians in training; and medical students.
- ▶ In 1960, the Academy organized a Foundation, which serves as its philanthropic arm providing grants to local health related organizations. Additionally, it supports Academy educational programs for area physicians and provides an annual \$5,000 scholarship to a 4th year UC medical student.



What does the Academy of Medicine of Cincinnati do?

- ▶ **Advocacy ... Voice**
Speaks out on behalf of physicians on legislative issues
 - ▶ **Community ... Patients**
Links member physicians with patients through member referrals
 - ▶ **Networking ... Education ... Social Activities**
Programs and special events for members and guests. Partners with others in the health care community to support continuing medical education activities.
 - ▶ **Physician Wellness**
As part of the Cincinnati Coalition for Physician Wellness, the Academy of Medicine focuses on prevention and education
 - ▶ **Member Benefits and Services**
Offers a variety of services and benefits for members' professional and personal lives including alliances with local businesses to provide special discounts and savings to members.
- Members who use these offers can recoup the full investment of their dues.



2020-2021 Academy Council

President E. Wyman Morriss, MD (TriHealth)

Past President Matthew E. Hardin, MD (UC Health)

President-elect Anne C. Like, MD (The Christ Hospital)



Councilors

Barry A. Brook, MD (Mercy Health) • Joseph Cheng, MD (UC Health)

Gregory Kennebeck, MD (UC Health)

Becky S. McGilligan, MD (McGilligan MD, Inc.)

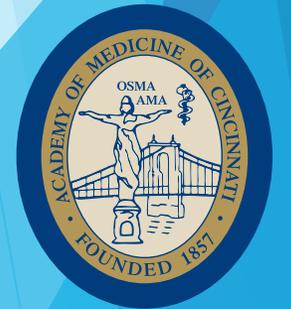
Adam G. Miller, MD (Beacon Orthopaedics & Sports Medicine)

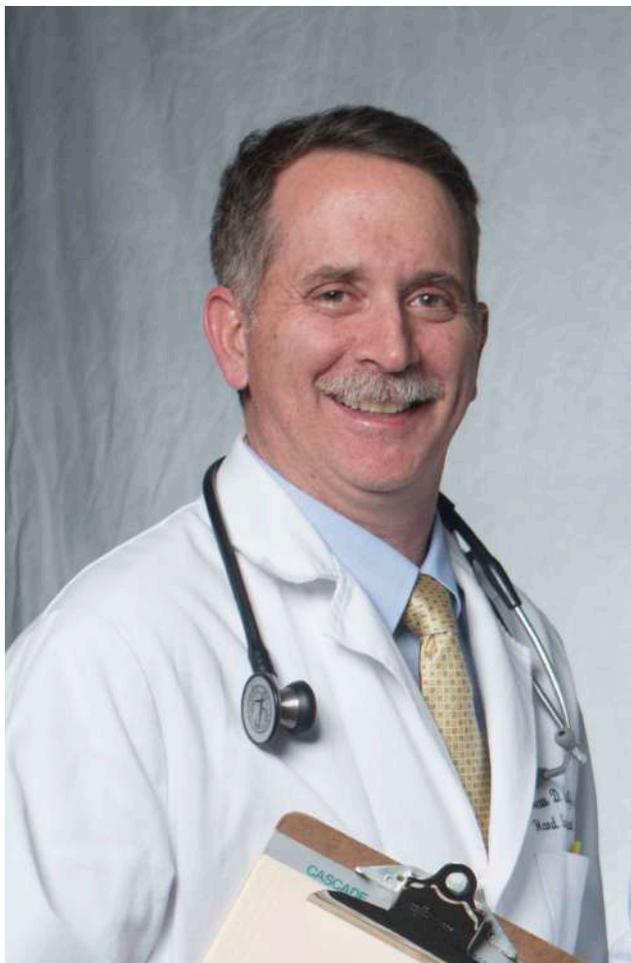
Kathleen O'Leary, MD (Institute for Reproductive Health)

O'dell M. Owens, MD (Interact for Health)

Chris M. Paprzycki, MD (The Christ Hospital)

Michael R. Schoech, MD (UC Health) • Rebecca Short, MD (TriHealth)





Presentation of the Daniel Drake Humanitarian Award

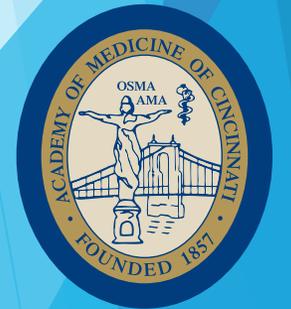
Presented by Academy
Foundation President
Andrew Markiewitz, MD

Daniel Drake Humanitarian Award Recipient David R. Barron, M.D.



- ▶ Dermatopathologist

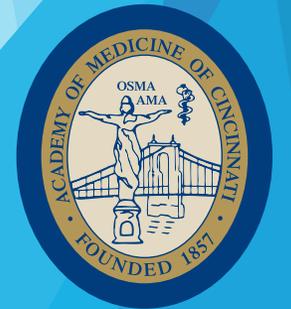
Recognized for his dedication and service for more than 30 years with the Preparatory Course for Dermatology Residents, Shelter House, Prospect House, New Beginnings and Bethany House Services.





Presentation of the 50-Year Physician Awards

Presented by Academy of
Medicine President
E. Wyman Morriss, MD



50-Year Physician Award Recipients

John R. Babcock, Jr., MD

David V. Berkowitz, MD

Byron W. Gustin, MD

Stanley B. Ignatow, MD

Richard H. Keys, Jr., MD

Wilfried Leder, MD

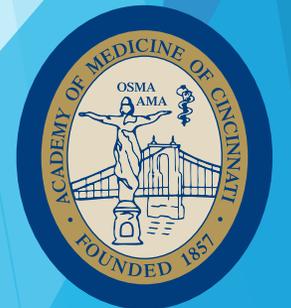
Anne W. Lucky, MD

Thomas W. Panke, MD

Hezekiah Shani, MD

Peter J. Stern, MD

David Tondow, Jr., MD



50-Year Physician Award Recipients

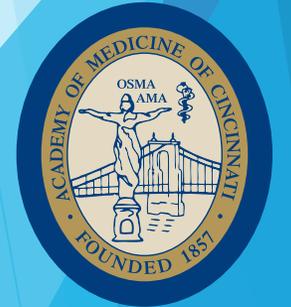


David V. Berkowitz, MD

Specialty-Psychiatry and Sleep Medicine

Education & Training- University of Cincinnati
College of Medicine

Medical Practice-US Army 1973-75
Private Practice in Cincinnati from 1975-2016



50-Year Physician Award Recipients

Byron W. Gustin, MD

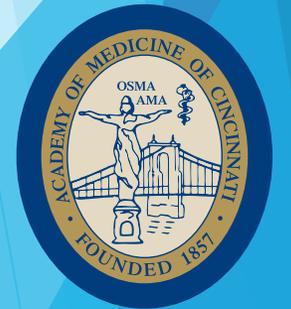
Specialty-Cardiology

Education & Training-The Ohio State University, University of Cincinnati and Columbia Presbyterian Hospital NYC

Medical Practice -Practiced Cardiology at Deaconess, Christ and Mercy Hospitals. Head of Medicine at Deaconess and Head of Cardiology at Deaconess and Mercy Fairfield Hospitals.

Married with 2 children- Daughter is a dermatologist and Son is in management at Google.

[Dr. Gustin comments by video](#)



50-Year Physician Award Recipients

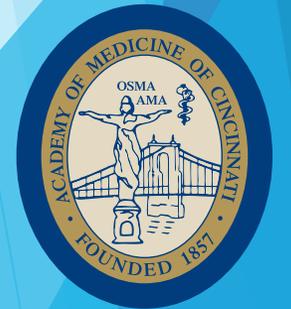
Stanley B. Ignatow, MD

Specialty-Diagnostic Radiology

Education & Training-University of Louisville,
University of Louisville School of Medicine, Tufts-
New England Medical Center Hospitals

Medical Practice-Fort Hamilton Hospital, High Field
& Open MRI, Currently at ProScan Imaging

Married to Evelyn with 2 children and 6
grandchildren



50-Year Physician Award Recipients

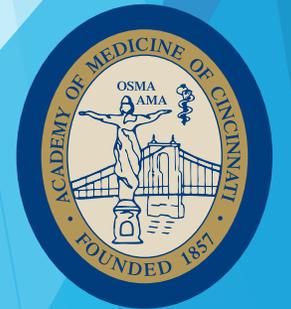
Anne W. Lucky, MD

Pediatric Dermatologist
Yale University School of Medicine 1970
Boarded in Pediatrics (Boston Children's Hospital 1973), Dermatology (Yale 1981), and Pediatric Dermatology (2004 and 2014)
Currently practicing at Dermatologists of Southwest Ohio

Adjunct Professor of Dermatology and Pediatrics, Cincinnati Children's Hospital

Director of the Cincinnati Children's Epidermolysis Bullosa Center

Fondest memories are seeing former students, residents, junior colleagues and even patients flourish in their careers in Medicine



50-Year Physician Award Recipients

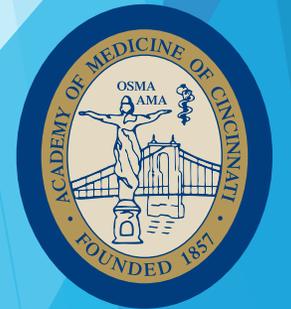
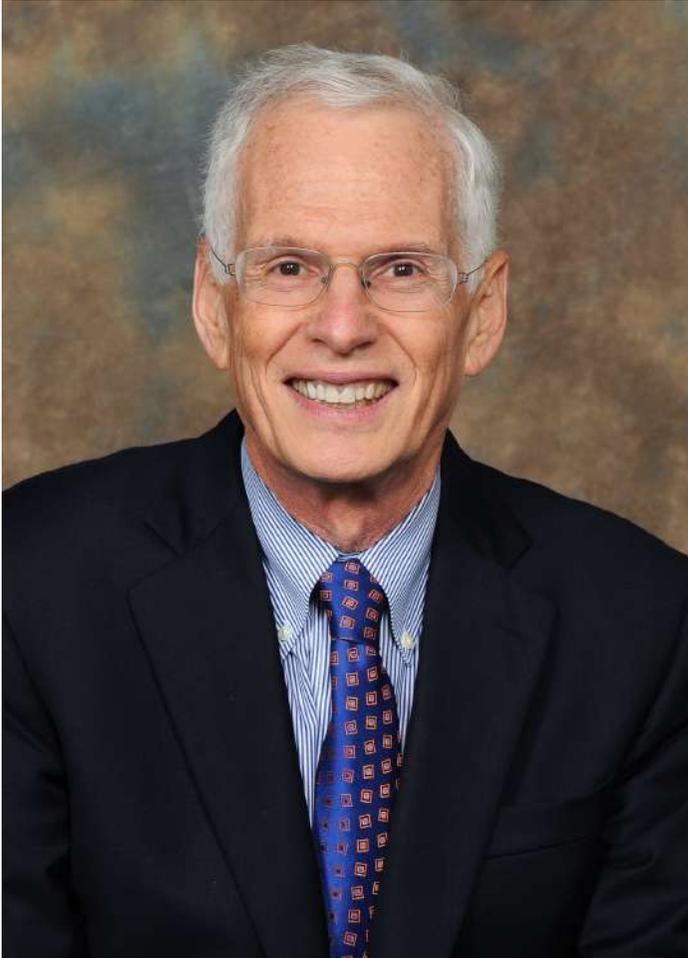
Peter J. Stern, MD

Specialty- Orthopedic Surgery (Hand)

Education & Training-Williams College, Washington University, Harvard University and Fellowship with Harold Kleinert

Medical Practice-University of Cincinnati,
Department of Orthopedics

Married Sandy in 1970- has 3 children and 6 grandchildren



50-Year Physician Award Recipients



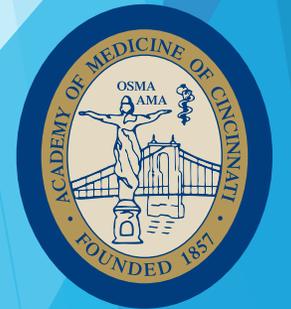
David Tondow, Jr., MD

Specialty-Cardiology

Education & Training-Georgetown University School of Medicine, University of Pittsburgh, US Air Force, FACC and FAHA

Medical Practice-Cardiology Associates of Cincinnati

Married to Margaret for over 50 years with 3 daughters and 7 grandchildren



50-Year Physician Award Recipients Unable to participate tonight

John R. Babcock, Jr., MD - Urology-Northwestern University
School of Medicine-Retired from UC Health General Surgery

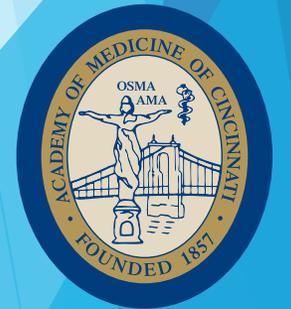
Richard H. Keys, Jr., MD - Urology-University of Tennessee
College of Medicine-Retired from The Urology Group

Wilfried Leder, MD - Medical Oncology-University of Cincinnati
College of Medicine-Retired from Ohio Hematology Care

Thomas W. Panke, MD -Anatomic & Clinical Pathology-
University Of Rochester School of Medicine-Retired from Southern
Ohio Pathology Consultants

Hezekiah Shani, MD -Cardiovascular & Thoracic Surgery-
Makerere University Medical School

Thank you ALL for your service!

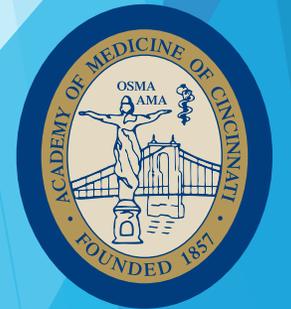




Longevity - Current research to consider now to improve YOUR tomorrow

Anne Like, MD, MS
Academy of Medicine
President-elect
introducing our speaker

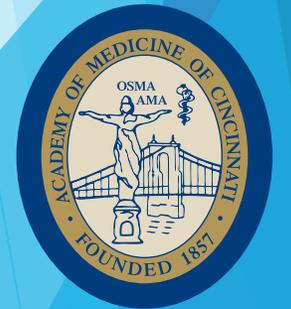
Amy Mechley, MD





Longevity - Current research to consider now to improve YOUR tomorrow

Presented by
Amy Mechley, MD



Longevity:

**Current research to consider now...
To improve YOUR tomorrow**

Contents

- ▶ Define
- ▶ Blue Zones: Dan Buettner
- ▶ Fasting: Valter Longa
- ▶ The telomere Effect: Dr Elizabeth Blackburn
- ▶ Simple Changes Today
- ▶ Personal Action Plan



Longevity

Today we will focus on not just life expectancy but the life in your years.

Dan Buettner



Sardinia

the world's highest
concentration of male
centenarians



Ikaria, Greece



Aegean Island with one of the world's lowest rates of middle age mortality and the lowest rates of dementia



Nicoya Peninsula, Costa Rica

World's lowest rates of middle age mortality, second
highest concentration of male centenarians



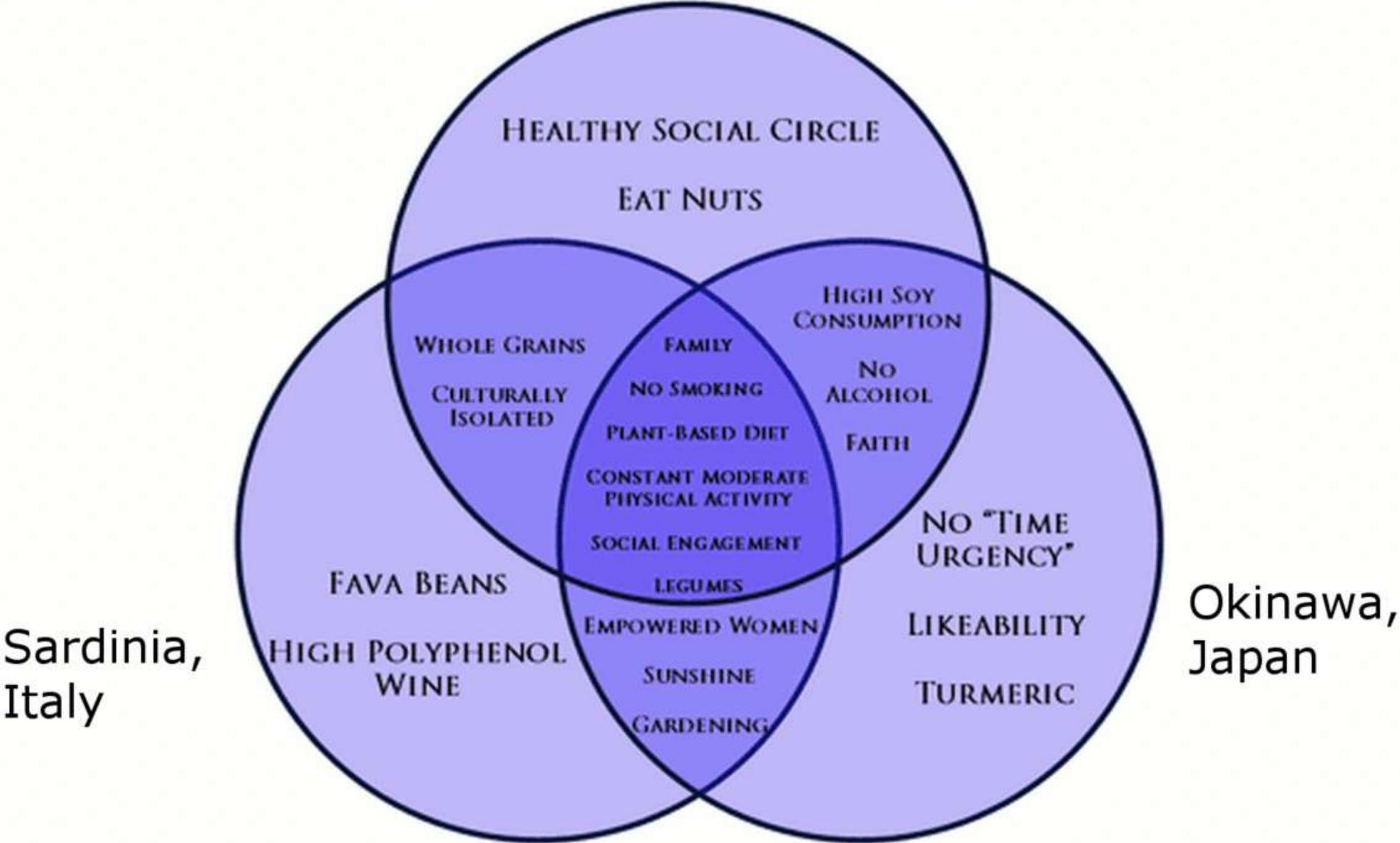
Seventh Day Adventists, Loma Linda CA

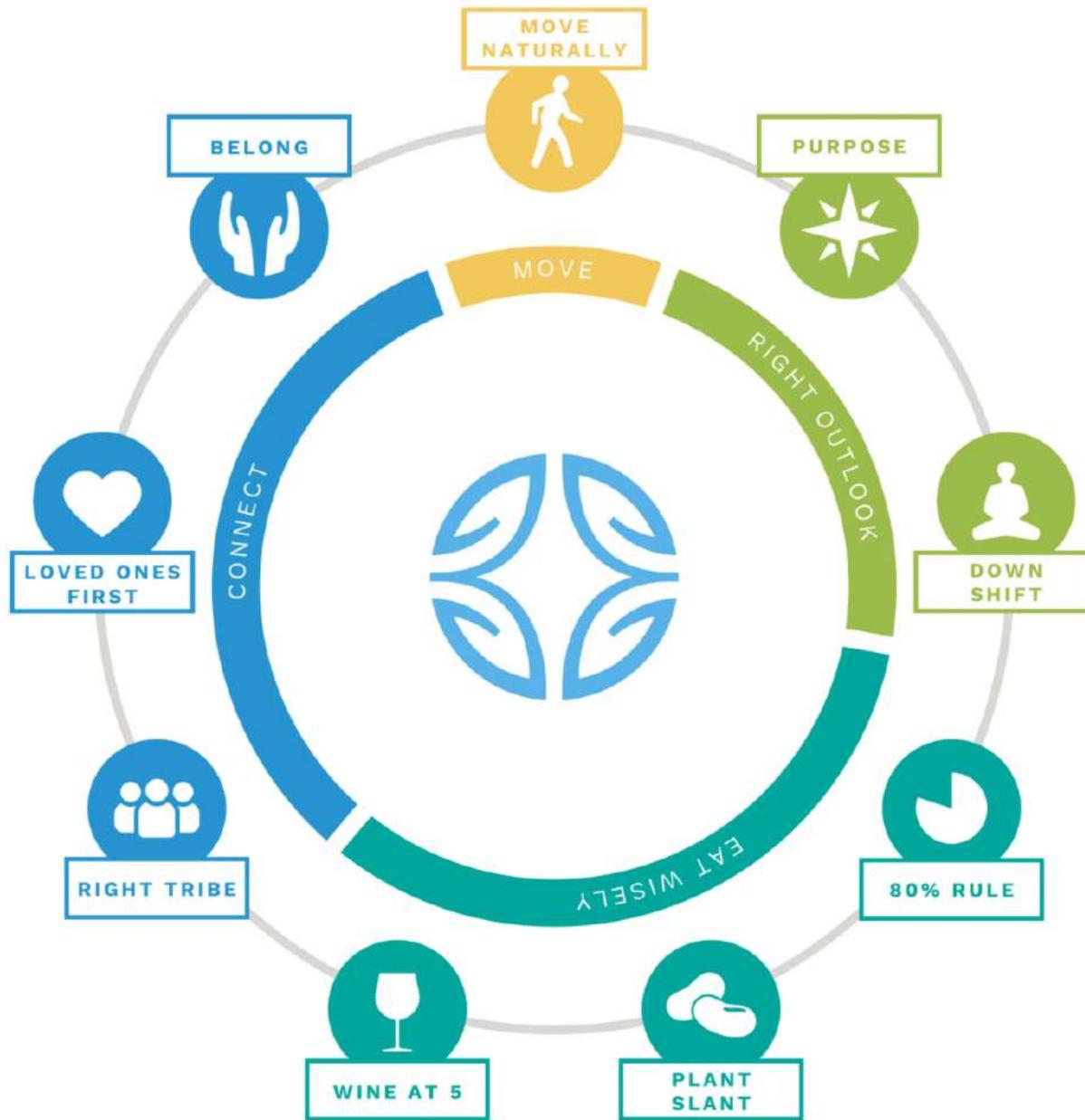
They live 10 years longer than their North American counterparts

Okinawa, Japan



Loma Linda, United States

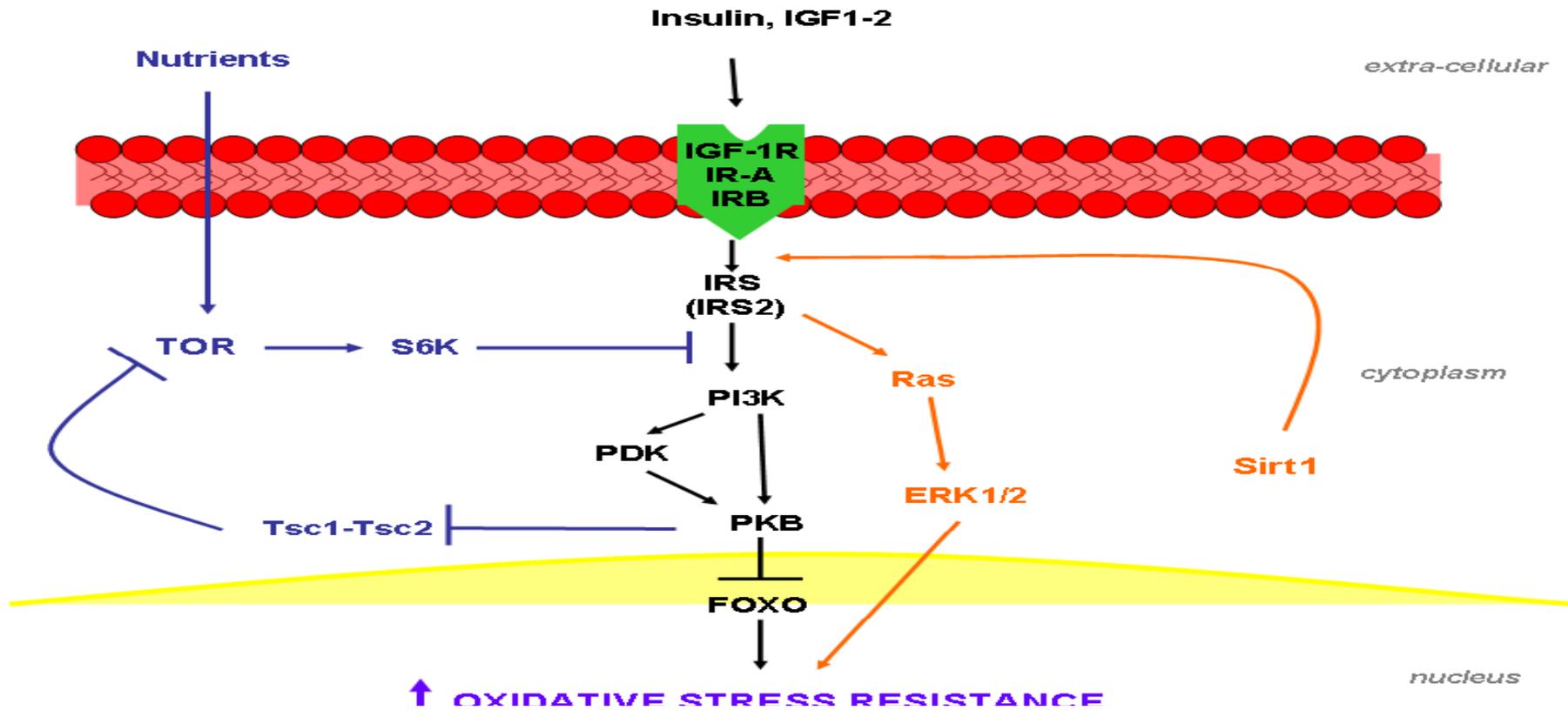






Valter Longo

Fasting Mimicking Diet (FMD)

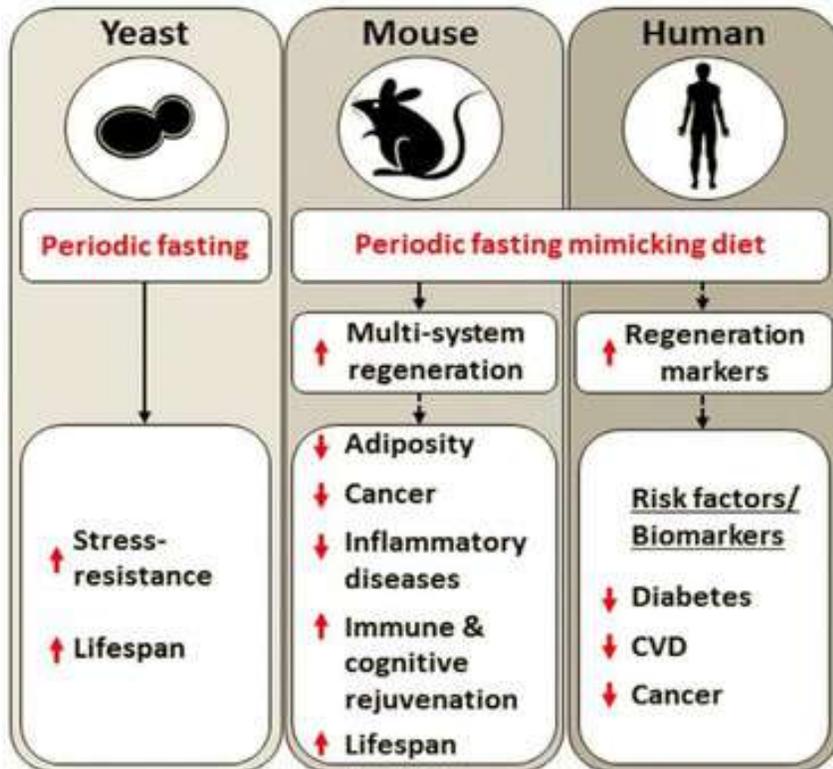


Pathways that most influence aging: Tor-sk6, PKA sugar

population age 65 and younger: role of proteins in affecting aging and disease

Fasting Mimicking Diet

- ▶ Low protein, low sugar and relatively high good fat

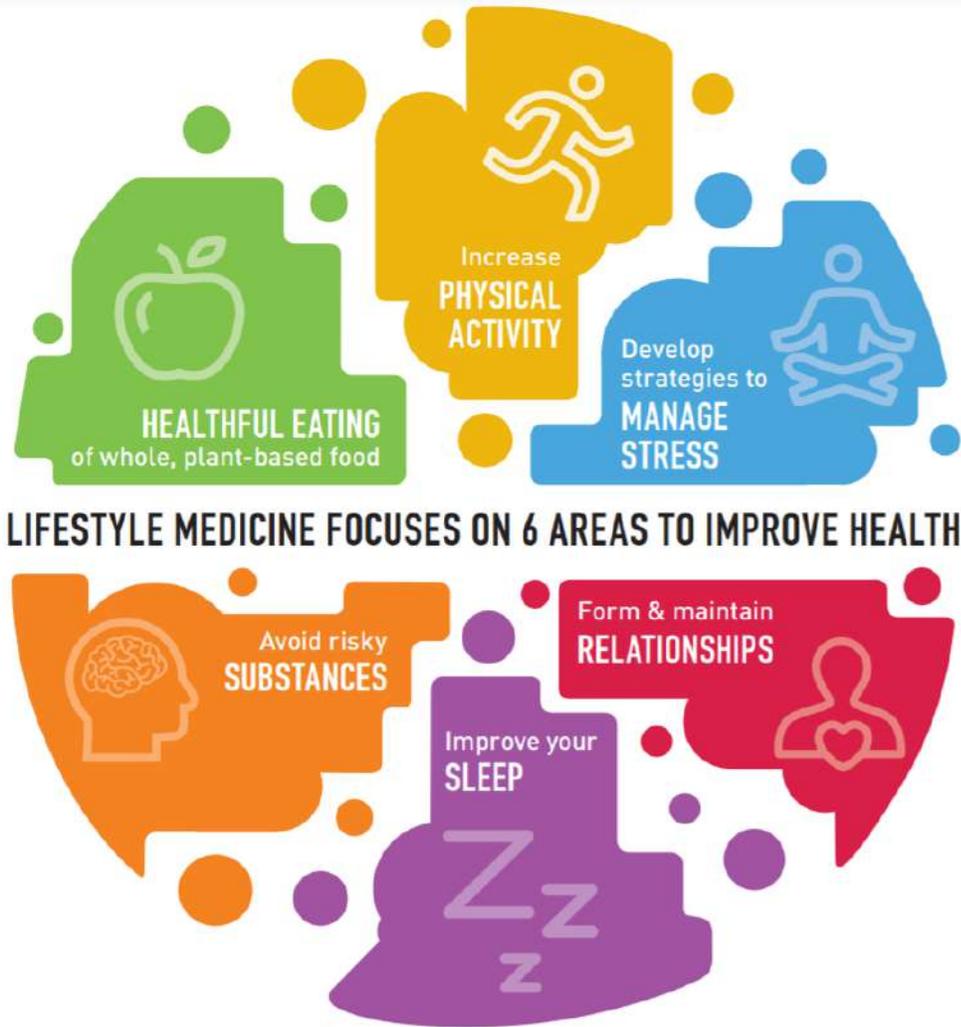


- ▶ Fasting done twice a month for four days, mice lived longer and had less cancers, then proven in human studies.
- ▶ Ongoing research with disease specific trials.
- ▶ Twice a year to monthly with significant benefits
- ▶ Key points:
 - ▶ FOCUS on less than 65:
 - ▶ make sure body has all nutrients,
 - ▶ weight training to not lose muscle.

Dr Elizabeth Blackburn

- ▶ The Telomere Effect





Clinical Application: Prostate cancer

Effect of comprehensive lifestyle changes on telomerase activity and telomere length in men with biopsy-proven low-risk prostate cancer: 5-year follow-up of a descriptive pilot study. *The Lancet* 2013

Ornish, Blackburn et al.

Comprehensive Lifestyle change increased telomere length in treatment group of men with biopsy proven prostate cancer vs control. Telomerase activity was also improved significantly.

Simple Changes you can consider now:

- ▶ Nutrition: Plant Strong lower protein, low sugar, abundant ; consider short periods of fasting mimicking.
- ▶ Movement: daily, into everyday, 20 min minimum for mental health, 150 minutes weekly, regain and keep muscle
- ▶ Meaning and connections: cultivate a tribe
- ▶ Manage Stress: perspective and downtime, playful rest
- ▶ Sleep: restorative, do not donate to any cause then your own
- ▶ Consider what goes in: substances: alcohol, tobacco, drugs, chemicals, media, processed products. Create awareness and wean/ stop.

Specific

Measurable

Attainable

Relevant

Time specific

SMART GOALS: Create one now





Thank you for joining us this evening

SAVE THE DATE for the following events. Hope to see you soon!

April 22- Dealing with Mental Health Impact of COVID-Webinar presented by Paul Keck, MD CEO-Lindner Center of HOPE

May 18-Social Determinants of Health and Their Impact on Minority Communities-Webinar presented by O'dell Owens, MD President and CEO of Interact For Health

June 7-Annual Golf Outing at Maketewah Country Club. Registration for members and guests and sponsorship opportunities will open soon.

The Academy appreciates support from Lindner Center of HOPE and Interact For Health

Visit our newly updated website at www.academyofmedicine.org for more details

Thanks to PBSI Technology Solutions for their assistance in presenting this program
If you want a copy of this video, email npeterson@academyofmedicine.org

