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MESSAGE FROM THE PRESIDENT



Dr. Kim Rosdeutscher

FOR TMF, SPRING BRINGS THE SEARCH FOR A NEW MEDICAL DIRECTOR

As Spring and Summer approach, many of us begin thinking of new beginnings. The same is true for the Tennessee Medical Foundation (TMF).

Dr. Roland Gray has led the Foundation as its Medical Director since 2002. He has been instrumental in making Tennessee's Physician's Health Program one of the most respected programs in the country. He considers the education of physicians to be vital to the mission of the TMF. Accordingly, he takes every opportunity to speak to medical students, medical staffs, and other healthcare audiences about the importance of physician health and its impact on patient care. All physicians in Tennessee have benefited from his leadership and appreciate the time he has served. As the time for his retirement approaches, the TMF is beginning to look toward the next chapter in its growth.

The search for a new Medical Director is a responsibility the members of the Board of Directors see as one of our most important tasks. Finding the right person with the vision to lead the TMF into the future is vital to successfully continuing the important work of the Foundation. At its Spring meeting, the Board appointed a search committee to find that person. The committee is made up of Tommy Malone, DPh, Michael McAdoo, MD, David Gerkin, MD, J.D. Rosdeutscher, MD, and Tim Davis, MD. The committee hopes to have candidates identified and ready for presentation to the full Board at its June 2016 meeting with the new candidate in place by early 2017. Dr. Gray has graciously agreed to remain until June 2017 to work with the newly-selected Medical Director during transition.

This is a very exciting time for the TMF. We are eager to meet with new candidates and hear their vision for the TMF as it moves forward. †



TMF MOURNS "FAMILY MEMBER" BOB REDDIG

Brentwood therapist and longtime TMF friend Robert Reddig, MDiv, LCSW, will be very much missed by the Tennessee Medical Foundation. That from Foundation officials who say they considered him part of the TMF family.

Reddig died peacefully on Thursday, March 3, 2016, after a courageous battle with cancer.

"Bob was a huge supporter of physician health and, in particular the mission of the TMF," said TMF Administrator Michael Todd. "He was kind, soft spoken and when first meeting him you felt as if you had known him for a much longer period of time. I was blessed to not only know him but to count him as a friend. We will miss him greatly."

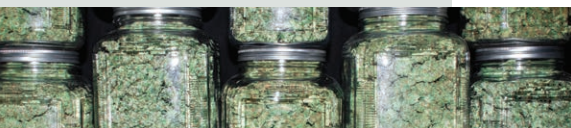
Reddig appeared as a closing speaker at the TMF Caduceus Retreat in June 2015,

addressing PHP participants on the topic, "How High is Your Higher Power?" A resident of Nashville, he worked for the Williamson County Counseling Center in Brentwood until 1996 when he entered private practice as a family therapist, retiring in 2014.

He is survived by his loving wife, Betsy, a son, step-daughter, three grandchildren; and three brothers. †



Robert Reddig



INSIDE: IS MARIJUANA MEDICINE?



IS MARIJUANA MEDICINE?

BY ROLAND GRAY, MD, DFASAM
Medical Director

There's a lot of myth and misinformation out there, pro and con, about marijuana.

As the TMF becomes more in demand as a consultant on prescribing issues, I was recently asked to develop a presentation for the State of

Tennessee on medical marijuana. What I set out to do was to look at this from an evidence-based perspective and ask: Does the literature support or not support its use as medicine, and are there indications for therapeutic use?

History

Marijuana contains 484 known biological compounds - the two most important compounds are tetrahydrocannabinol (THC) and cannabidiol (CBD) - those are the ones most people talk about. Of those 484, about 84 are active in the brain and with most of those, it is unclear how they work on the brain.

Marijuana is a part of ancient medicine; it goes back to the Chinese, who used it over 5,000 years ago. In America in the 19th and early 20th centuries it was used for muscle spasms, stomach cramps and in a lot of patent medications. In 1930, Henry Anslinger was appointed the first commissioner of the Federal Bureau of Narcotics; he felt marijuana caused a lot of criminal behavior and severe mental illness and was very opposed to it. The Marihuana Tax Act of 1937 put the lid on marijuana use.

It wasn't until 1964 that THC, the psychoactive structure of marijuana, was discovered. In 1970 the Controlled Substances Act made it a schedule I drug which meant it was deemed as having no medical value. In 1971, U.S. President Richard Nixon began his war on drugs, imposing severe legal consequences for possession of relatively small amounts of marijuana. As of 2016, there are 23 states and the District of Columbia, and one more state pending with medical marijuana laws on the books.

To bring something to market as a medicine in the 21st century, there are certain required measures that have to be fulfilled. First, there has to be known purity of the drug; with marijuana, the purity is unknown even when you go to marijuana dispensaries - they cannot tell you the concentration of the different strains they sell. Second, there need to be specific indications, or evidence, of efficacy. And third, there has to be an accurate specific dosage. So there is research behind medicines on the market today on their efficiency, efficacy, safety and adverse side effects. The question is, has this been fulfilled with marijuana?

Marijuana in Tennessee

There is some legal use of medical marijuana in Tennessee. Charlotte's Web or Realm Oil has a high concentration of CBD but a low level of THC; it was named after Charlotte Figi, a little girl with Dravet's Syndrome whose seizures were successfully diminished with the use of medical marijuana. It is also called Hippie's Disappointment because you could smoke a roomful of it and never get high. In Tennessee, Realm Oil is legal to use if recommended by a physician, but it is not available for purchase in the state. Current state laws don't allow for smoking the substance but it can be ingested; the Legislature is being very careful at this point as it moves forward and tracks how medical marijuana laws are impacting other states.

Dranabinol, or Marinol as it's marketed, is a Schedule 3 drug used for chemotherapy-induced nausea and vomiting and for AIDS-wasting syndrome. Nabilone, marketed as Cesamet, is Schedule 2 and has been approved for chemotherapy-induced nausea and vomiting. These drugs are available now for use in Tennessee by doctor's prescription, but very few patients use them because there are better drugs on the market for these conditions.

Pros v. Cons

Cochrane Review

A 2010 review by Cochrane Drugs and Alcohol examined the claims made by proponents of the use of marijuana as medicine:

- **Chemotherapy-induced nausea and vomiting** - Cochrane reviewers said it was probably effective in children but with a high incidence of side effects; they found inadequate evidence for the use of medical marijuana for these purposes in adults.
- **Insomnia** - the Cochrane review said there was a study that did show sleep improvement but the studied population was small.
- **Fibromyalgia pain** - Cochrane concluded there were too many different preparations and it was hard to compare, since there is no standardization even where it is legal.
- **Glaucoma** - Cochrane concluded it is not effective in "reasonable doses." Studies have shown for it to be effective, a patient would have to smoke one joint per hour around the clock.
- **AIDS-wasting syndrome** - the Cochran review said studies were flawed and there was inadequate evidence for efficacy.



MEDICAL DIRECTOR'S MESSAGE

Overall, Cochrane noted some of the cons of medical marijuana use include addiction in three- to seven-percent of the patient population; impaired motor skills; possible cognitive impairment; motivational impairment; and that these effects were more prevalent in children and adolescents.

JAMA Report

In June 2015, the *Journal of the American Medical Association (JAMA)* published a research paper on medical marijuana from University Hospitals Bristol NHS Foundation Trust in the UK. The study examined 79 randomized trials. It found:

- Moderate quality evidence for reducing chronic pain, spasticity in multiple sclerosis or paralysis; and
- Low quality evidence for efficacy in chemotherapy-induced nausea and vomiting, AIDS-wasting syndrome, sleep disorders and Tourette's syndrome.
- Adverse side effects including very common dizziness, dry mouth, nausea, fatigue, somnolence (sleepiness), and euphoria; less common was more severe psychosis,

disorientation, loss of balance, and vomiting. In the review, two-percent of individuals in the studies had to withdraw because of side effects.

Conclusion

My point is that physicians need to look at this from an evidence-based perspective. One of the reasons we have the overuse of prescription opiates is that these drugs were promoted and prescribed by doctors without evidence that would justify their use in chronic non-cancer pain. With medical marijuana, I believe the train has left the station, but wouldn't it be nice to slow down the train and look at the evidence for the use of marijuana as medicine?

In talking with physicians about marijuana I have found, interestingly, that it is not unlike talking to them about abortion: they're either very supportive or they think it's the devil's drug. With such diverse opinions you wind up with a dumbbell-shaped curve, but I believe the truth is somewhere in-between. We do know, however, that young developing brains and psychoactive drugs do not mix. We need to slow down and look at the evidence.

For more information, contact the TMF at 615-467-6411. ♡

MEET THE BOARD: SCOTT PORTIS, MD & MICHAEL MILLER, DO



Dr. Scott Portis

Dr. Scott Portis of Huntingdon, TN, has rejoined the TMF Board of Directors after previously serving from 2001-2008, including a stint as Secretary-Treasurer.

"I'm very happy to be back with my friends there and especially my former medical school classmate Dr. Roland Gray, the current Medical Director of the TMF," he said. Dr. Portis said he credits the Physician's Health Program

with helping to save a colleague years ago. "Thus, I have seen first-hand the miracle that the TMF and its physicians and employees perform on a daily basis. The program works."

Dr. Portis completed his medical training in 1974 and joined the R.B. Wilson Medical Clinic in Huntingdon, TN, with three other physicians. The Clinic later was purchased by Baptist Memorial Hospital of Memphis.

Dr. Portis practiced family medicine for many years before becoming the full time Medical Director of Emergency Services at Baptist - a position he held until 2013, when he semi-retired. He is currently the Medical Director of Eagle Creek Medical Clinic, a satellite of Henry County Medical Center. He also serves as the Benton County Medical Examiner and the Assistant Medical Examiner of Henry County. He is a member of the teaching staff of Bethel University in the Physician's Assistant College in Paris, TN.

Dr. Portis and wife Kathy have three children and eight grandchildren, all who reside in Nashville. ♡



Dr. Michael Miller

Dr. Michael Miller, of Nashville, is a first-time member of the TMF Board of Directors.

"I am both honored and excited about being appointed as the osteopathic representative to the Tennessee Medical Foundation," Dr. Miller said.

A primary care physician for 26 years, he has focused on family medicine for the last 14 years and for the past two years has served in a part-time administrative role with St. Thomas Medical Partners. Dr. Miller is active in the recovery community, and served for six years on the board of Discovery Place, a spiritual retreat with 12-step recovery. He is a past-president and still active in the Tennessee Osteopathic Medical Association. He and his wife Becky enjoy dining and travel.

Dr. Miller believes the TMF's work will become more critical as medicine evolves. "I feel the Tennessee Medical Foundation's place as an advocate for the healthcare professional will be increasingly necessary with the rapidly changing American healthcare environment and the stress and challenges this causes for the providers," he said. ♡

• SAVE THE DATE •

2016 CADUCEUS RETREAT

June 3-5

Four Points
by Sheraton

Brentwood, TN

Register -
by May 1, 2016

Rooms -
by May 6, 2016

REGISTER NOW FOR 2016 CADUCEUS RETREAT

TMF Physician's Health Program participants can now register for the 2016 Caduceus Retreat, slated for June 3-5 at the Four Points by Sheraton hotel in Brentwood, TN. For the first time, online registration and payment is available to attendees. Details are available at www.e-tmf.org/retreat-2016.

This year's retreat will feature educational presentations from Stress Management expert David B. Posen, MD, and Author and Screenwriter William Borchert. Topics will include "Managing Stress" and "Growing Up in An Alcoholic Environment."

Cost for the event registration is \$90 per

attendee. To register for the TMF's 30th Annual Caduceus Retreat, visit www.e-tmf.org/retreat-2016, or contact the TMF at 615-467-6411. Deadline for retreat registration is May 1.

For hotel reservations at the special TMF rate of \$99 per room, visit the TMF Retreat web page for the hotel link, or call Four Points by Sheraton at 866-961-8096 and use code TMF03A or mention TMF Caduceus Retreat. Deadline to reserve a room is May 6.

For more information, contact the TMF at 615-467-6411 or email jeanneb@e-tmf.org. ♡

CADUCEUS RETREAT SPEAKERS TO FOCUS ON STRESS MANAGEMENT, ADDICTION

One new and one returning expert are the featured speakers for the TMF's 30th Annual Caduceus Retreat, scheduled for June 3-5 at the Four Points by Sheraton Hotel in Brentwood, TN.

DR. POSEN ON STRESS MANAGEMENT

Retreat keynote speaker **David Posen, MD**, known as "Doc Calm" to his audiences, is an international speaker, author and seminar leader on stress management; this is his first appearance at a TMF event. Dr. Posen has written three best-selling books, *Always Change a Losing Game*, *Staying Afloat When the Water Gets Rough*, and *The Little Book of Stress Relief. Is Work Killing You?* is his newest release.

Stress management is a crucial topic for health care professionals and specifically those in recovery, according to TMF Administrator Michael Todd.

"This is particularly appropriate for our attendees. We are all busy keeping the balls in the air with work, family and everyday living, and with our recovery responsibilities. On top of that, the technology we adopt to help us keep the balls in the air may bring advantages but it also has its disadvantages, including adding to our stress," he said. "Electronic health records, smart phones, interacting online and in social media - we are always 'on' and sometimes it's part of the job. But many of us don't know how to unplug. Dr. Posen has a unique and powerful way of showing us how and when to disconnect and how to foster a more balanced approach to every day stress."

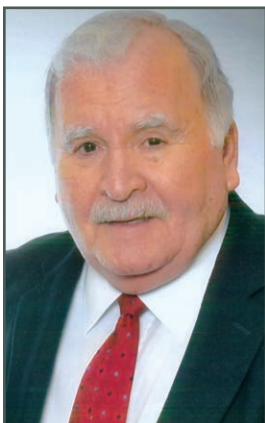
RETURNING GUEST BILL BORCHERT

The retreat's closing speaker is back for his third TMF appearance. Emmy-nominated screenwriter and author **William Borchert** is known for his movies, "My Name Is Bill W." (1989) and "When Love Is Not Enough" (2010), based on his two books of the same titles that told the stories of Bill and Lois Wilson, founders of Alcoholics Anonymous (AA) and Al-Anon. Mr. Borchert has written other books including *Sought Through Prayer and Meditation*, *50 Miracles That Changed Lives*, and *1,000 Years of Sobriety*. His newest release is *How I Became My Father ... A Drunk*. Mr. Borchert first spoke to the TMF Caduceus retreat in 2006, shortly after the release of his book on Lois Wilson; he returned later that summer to speak at the TMF-sponsored Southeast Federation of State Physician Health Programs regional meeting. "We are happy to have Bill back this year - we consider him a part of the TMF family," Todd said.

Borchert carries his own message of recovery to medical groups, college campuses, large business organizations and recovery conventions across the country. He is a Trustee of the non-profit Willingway Foundation in Statesboro, GA, which sponsors and supports college students in recovery from alcoholism and drug addiction; he also holds workshops to help educate and fight against the stigma of addiction. He lives with wife Bernadette in Stratford, CT. ♡



David Posen



William Borchert

NEW TMF WEBSITE IS LIVE!

After months of planning and hard work, the Tennessee Medical Foundation is proud and delighted to announce the launch of its brand new website.

Designed with a fresh new look and user-friendly navigation, the site is still accessed via the same web address: www.e-tmf.org.

“When you log on to the new TMF home page, you’ll instantly see some great visuals illustrating the important work the Foundation does for physicians: **Reconnecting** them to medicine, **Restoring** them to healthy practice, and renewing their **Relationships**,” said TMF Development Coordinator Brenda Williams, who worked with TMF Administrator Mike Todd and Designer Bo Link on the project. “You’ll see our new branding logo and colors, and a cleaner design that hopefully will allow our users to easily find what they need – forms, links, contact information, resources, etc.”

Our Goal

Most of the content from the previous site remains on the new site, it just may be in a slightly different location.

The TMF’s goal was to maintain the simplicity of the previous site but update it with current navigation and organizational tools. We wanted to give visitors an easier way to learn about our program and services, contributors an easier way to support the work of the TMF, and participants and volunteers a better way to access the tools and resources they have come to rely on.

The new website features the TMF video on each page; the seven-minute video can be shared with others via its YouTube link. The new site gives better access to How It Works, which features information on the PHP process and program services, Leadership and Staff listings, Forms & Resources, Publications, History, Mission, Sample Policies, Code of Conduct, a Sample Brochure and Contact web pages. New features include an FAQ page about the Physician’s Health Program, an easier online Donation process, and front-page access to the latest news about the Foundation.

Our Designer

Bo Link from Linked Design and Development (info@getlinked.design) helped take the new site from concept to completion. The new site is running on WordPress, a content management system that allows TMF staff to update as needed.

Our Hope

We hope TMF PHP participants and supporters find the new website to be a reliable resource with easy-to-access information, and we hope visitors find this a reliable introduction to the program and the important work done by the Foundation.

We would like to thank the TMF Board of Directors, who approved the project last June, and our amazing staff, whose input and work was invaluable in making this site what it is.

For any questions, suggestions, feedback or comments, please email brendaw@e-tmf.org or call 615-467-6411. ▼



EVENTS CALENDAR

FSPHP 2016 Annual Meeting & Conference

April 28-May 1, 2016
San Diego, CA

2016 CADUCEUS RETREAT

June 3-5, 2016
Four Points by Sheraton
Brentwood, TN

REGISTER NOW!

IDAA Annual Meeting

August 3-7, 2016
New Orleans, LA

SVMIC Risk Management Seminars

- May 5 – Leslie Town Center, Cookeville
- May 10 – Nashville Airport Marriott
- May 24 – Holiday Inn University, Memphis
- June 28 – Chattanooga Convention Center
- June 29 – Museum Center at Five Points, Cleveland, TN
- July 12 – Millennium Centre, Johnson City
- July 13 – Marriott MeadowView, Kingsport
- July 26 – Doubletree Hotel, Jackson
- August 2-3 – Holiday Inn University, Memphis
- August 9-10 – Hilton Garden Inn Vanderbilt, Nashville
- August 17-18 – Knoxville Marriott
- September 15 – Embassy Suites Conference Center, Murfreesboro
- October 12 – Millennium Centre, Johnson City
- October 13 – Marriott MeadowView, Kingsport
- October 24 – Park Vista Doubletree, Gatlinburg
- October 27 – Franklin Marriott

DONOR ACKNOWLEDGEMENTS

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JULY 1-DECEMBER 31, 2015

For many years the Tennessee Medical Foundation has enjoyed the staunch financial support of three loyal and generous benefactors: **State Volunteer Mutual Insurance Company (SVMIC)**, the **State of Tennessee Board of Medical Examiners (BME)**, and the **Tennessee Medical Association (TMA)**. Together they provide approximately 63% of the annual budget for the Physician's Health Program. Without their support, our crucial work of **Saving Lives. Saving Careers** would not be possible. We are immensely grateful to them.

Organizational Contributions

HOSPITAL & HEALTH SYSTEMS

Baptist Memorial Health Care Corporation	\$10,000.00
Blount Memorial Hospital	\$2,500.00
CHI Memorial Health Care System	\$5,000.00
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Siskin Hospital for Physical Rehabilitation	\$750.00
Starr Regional Medical Center	\$250.00
West Tennessee Healthcare	\$10,000.00

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Memorial Foundation	\$25,000.00
Tharp Award	\$11,250.00

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Northwest Tennessee Academy of Medicine	\$1,000.00
Tennessee Dermatology Society	\$1,000.00

GROUP MEDICAL PRACTICES

Highlands Dermatology and Surgical Associates, PC	\$500.00
Independent Radiology Associates, PLC	\$250.00

ORGANIZATIONS

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Memphis IDAA	\$223.00
Nashville Caduceus	\$525.00
Tennessee Veterinary Medical Association	\$2,500.00

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PARRISH DEPARTS TMF FOR TEACHING, CLINICAL WORK

After serving the TMF first as a case manager and more recently, six years as the Foundation's Development Director, Vince Parrish, LCSW, has returned to his first love - teaching and clinical work.

"I am so grateful to (Medical Director) Dr. (Roland) Gray and (Administrator) Mike Todd for the opportunity to work with the TMF staff, Board and especially its participants and donors," Parrish said. "It was a privilege to witness as hope and meaning returned for health professionals burdened with addiction and other problems. Their courage, resolve and recoveries are wonderful memories I will long carry with me," he added.

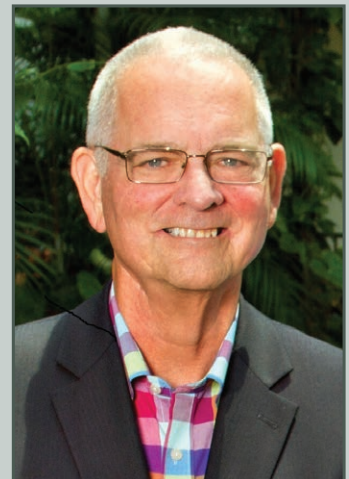
"Vince and I walked into the TMF on the same day, November 23, 2003," recalled TMF Administrator Michael Todd. "I knew Vince professionally before that date but I am grateful that, over the ensuing years, I was able to come to know him personally and call him 'friend.' We went through a lot of ups and downs together both in and out of the office. During difficult times, we supported each other and offered a listening ear and a shoulder to lean on," he added.

"When he shared with me that he was thinking about leaving to go back to clinical work and teaching my first thought was 'Who in this office can talk about sports with me?' That quickly faded into a more subdued response similar to the

one I had as a child when my best friend down the street moved from the neighborhood: I knew I would miss him. Even though we text and talk and meet for lunch, I just miss his presence," Todd said.

Parrish - who promises to stay in touch with his TMF family - is presently conducting workshops on professional ethics; consulting and doing clinical work at two Nashville nonprofits; and he and wife Janie are proudly enjoying their grandson Drew's baseball games.

In his stead, the TMF Development position has been filled by Brenda Williams, who previously served as executive assistant to Medical Director Dr. Gray and Administrator Mike Todd. ♡



Vincent L. Parrish



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CHANGE OF ADDRESS

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PHYSICIAN'S HEALTH

TMF MEDALLION SOCIETY RECOGNIZES SPECIAL COMMITMENT

Every donation to the Tennessee Medical Foundation matters and is deeply appreciated. Yet, special acknowledgement is reserved for those whose substantial contributions exemplify their commitment to the mission of the TMF Physician's Health Program. Their leadership giving is recognized by membership in the TMF Medallion Society, created in 2013 to honor individuals who have given \$10,000 or more to support the PHP over a 10-year period.

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