

LANE COUNTY MEDICAL SOCIETY | JUNE 2019

MEDICAL MATTERS



From Rural Roots

How Dr. Koester's rural upbringing led him to sports medicine.



Society Event

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MEDICAL MATTERS

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President-elect
Alice Horrell, DO

Past President
Sara Batya, MD

Secretary-Treasurer
TBA

Editorial Staff

Managing Editor/Designer/Photographer
Kianna Cabuco

Advertising Inquiries

Shondra Holliday
shondra@lcmedsociety.com

Lane County Medical Society

PO BOX 7192
Springfield, OR 97475

Phone: 541-686-0995
Fax: 541-687-1554

info@lcmedsociety.com
www.lcmedsociety.com

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Meet Dr. Mark Mueller, Incoming LCMS President

Dr. Mark Mueller is a family physician, employed by the Community Health Centers of Lane County (CHCLC). He is a full-spectrum practitioner and enjoys taking care of all ages. He has worked for the CHCLC for the duration of his 4 years in the Eugene area. He does a wide range of procedures, has an interest in sports medicine, and very much enjoys taking care of the underserved. He also helped start a Medication-Assisted Treatment (MAT) Suboxone program for the CHCLC and has incorporated this rewarding piece of medicine into his practice.

What made you want to get involved as a Board member for LCMS?

I was excited to join LCMS for an opportunity to meet, socialize with, and learn from my colleagues across the county. Joining the Board has been a great chance to meet other motivated physicians who want to support our membership, improve social and academic interactions, and take a leading role in health policy advocacy work on local issues.

What are some of your favorite leisure activities?

As a Midwest transplant, my family enjoys all the outdoor activities that the Pacific Northwest has to offer. I enjoy skiing, camping, and hiking with family when not training for a run, coaching soccer, or attending sporting/academic

events with my three school-aged children. With all the things that keep me busy at work and at home, I truly appreciate the rare Saturday morning when I'm able to enjoy the newspaper and a cup of coffee before kids and pets are awake.

What would you like to see happen while you are president?

During my tenure as Board president, I'd like to see LCMS become a more inclusive organization. I want Lane County physicians to start asking "Why haven't I gotten involved with LCMS sooner?" The entire board is interested in continuing to foster high quality educational events, but also to begin bolstering inter-specialty conversations. How great would it be to have paneled conversations about how we manage the cross-sectional issues that affect all of us as practitioners (e.g., treating the unhoused, substance abuse, mental health services)? We can learn a great deal from each other and constructive discussions as a group are key to providing the best care for Lane County residents. We are already fostering these discussions with our new monthly social events at the Oregon Electric Station and learning about the interesting work of our members. More to come!



What's your favorite part about being a member with LCMS?

My favorite part about being a member of LCMS has been meeting other physicians in the community. The complexities of our daily tasks can prevent us from collaborating on patients the way we would all like to in an ideal system. Social, educational events, and working with the Board have made it possible for me to network with other doctors, learn about their work and find creative ways to discuss solutions for healthcare issues that affect all Lane County residents. I encourage every physician to become an active member and let us know how LCMS can better serve you and our patients.

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Hip and Knee



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Dan Cunliffe, PA-C
ORTHOPEDICS



Brittini Thomas, PA-C
ORTHOPEDICS

Chart Notes

“Not recognizing a sports-related injury can have lifetime effects on an individual.”

– DR. KOESTER
ON THE SPORTS
CONCUSSION PROGRAM

AWARDS

Dr. Fran Munkenbeck has been selected to receive the 2019 IBHRE Ambassador Award for her contributions to IBHRE certification.



Raptor Center Event Saturday, June 8th

LCMS is hosting a family-friendly event at the Cascades Raptor Center on Saturday, June 8th with two times for presentations: the “Early Bird” at 11am and the “Night Owl” at 1pm with 30 tickets available for each session.

Tickets are \$12/person and include boxed lunches to enjoy at the picnic tables afterward. Be sure to RSVP and get your tickets as soon as possible—space is limited!

This event is sponsored by Sapiient Private Wealth Management.



UPCOMING EVENTS

The 64th Annual LCMS Golf Tournament will be held at Tokatee on Saturday, June 1.

Sponsors for this event include McKenzie-Willamette, PT Northwest, and PeaceHealth.



The Women’s Circle will meet on Thursday, June 27, at 6 pm at the LCMS office.

For more information or to RSVP, please contact Shannon O’Leary at catalystbcandc@gmail.com or 541-255-2669 or register at lcmedsociety.com.

PeaceHealth Rides is on a Roll

Eugene's bike share system celebrates successful first year.

COURTESY OF PEACEHEALTH

In just one year, PeaceHealth Rides has become an integral part of the city's transportation system and bike culture.

The bike share system is gaining both followers and recognition. Last month PeaceHealth Rides was honored to be named a finalist for the Better Eugene-Springfield Transportation Award for Transportation Options.

Thousands of people, from college students to senior citizens, are getting outside, hopping on the fun, blue bikes and moving -- improving their personal health, as well as the health of their community and environment.

"Eagerly embraced by this community, the bike share system has exceeded expectations from the very start," said Lindsey Hayward, general manager for PeaceHealth Rides.

Over 13,000 people have become PeaceHealth Rides members since the system launched on April 19, 2018. Those riders have logged over 190,175 trips totaling 210,000 miles.

Collectively, riders have burned more than 8.2 million calories and prevented more than 181,177 pounds of carbon from entering the air by choosing to travel by bike, instead of in a fuel-burning vehicle.

"PeaceHealth Rides is amazing on so many levels," said Susan Blane, PeaceHealth Oregon director of community health. "Riders are getting a great cardiovascular workout, reducing stress, building muscle, and improving balance and coordination. They're accomplishing this at the same time they're getting from place to place and reducing traffic congestion and carbon emissions."

Responding to popular demand, PeaceHealth Rides

recently expanded its boundary area, adding four stations in Eugene: Valley River Center, Amazon Park, Lane Events Center and 19th and Agate. Now there are 39 stations in Eugene and one in Springfield at PeaceHealth Sacred Heart Medical Center at RiverBend.

The system launched with 300 bikes and 35 stations, mostly clustered in downtown Eugene, the University of Oregon campus and the Whiteaker neighborhood—a dining and entertainment hotspot. For a modest charge of \$1 to ride for 15 minutes or \$15 a month to ride up to 60 minutes a day, riders pick up and drop off bicycles for one-way trips around town. PeaceHealth Rides is a partnership between the city of Eugene, UO and Social Bicycles by JUMP Bikes.

To ensure the bikes are accessible to everyone over 18, PeaceHealth Rides offers discount fare plans for students at the UO, Northwest Christian University and Lane Community College. A reduced fare option of \$20 a year is available for Oregon Trail Card recipients and clients of not-for-profit organizations that partner with PeaceHealth Rides.

PeaceHealth Rides has been a fun, dynamic way for PeaceHealth to show its commitment to local health and

wellness. This spring PeaceHealth seized the opportunity to combine two of its community health passions – PeaceHealth Rides and the Eugene Marathon. PeaceHealth has operated the marathon's medical tents since 2007 and this year became the race's exclusive health care sponsor.

Over marathon weekend, April 26-28, PeaceHealth celebrated the bike share system's first birthday at its "Run, Ride, Rejuvenate" booths at the marathon's Health and Wellness Expo at Lane Events Center and the Finish Festival at Autzen Stadium. PeaceHealth volunteers interacted with thousands of residents and visitors and gave away bike-blended smoothies, cake pops and more than 3,700 cowbells. PeaceHealth Rides signed up 270 new members over marathon weekend.

Then, in honor of "May is Bike Month," PeaceHealth Rides gave away free memberships in May to thank members and encourage newcomers to try the bikes.

"We're looking forward to a very active summer and seeing even more people use PeaceHealth Rides to explore Eugene," Hayward said.

For more information, visit peacehealthrides.org. ♦



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No Excuse for Boredom

BY SHERIDAN KOWTA

FOR LANE COUNTY MEDICAL SOCIETY

On any given Tuesday, you might find Dr. Mark Lyon hitting the back nine with a few fellow doctors. His weekends aren't the usual Saturday and Sunday, but despite the atypical schedule, he's collected a group of friendly colleagues who also find themselves free on a weekday afternoon.

In his mid-50s now, Lyon has been playing golf since he was 29—he took up the sport during his residency. This year, he finds himself serving as the host of the annual LCMS Golf Tournament for the fifth or sixth time—he can't say

“The thing I'm impressed most about Oregon is just the variety of things to do here--it kind of overlaps my career...I'm a family doctor--a jack of all trades; a master of none. I've got this crazy list of things that I have done for fun and I never got great at anything, but you can do everything here.”

- DR. LYON

ON ALL THE ACTIVITIES HE ENJOYS

for certain. Hosting typically involves entertaining folks on the bus ride out to the green, giving a speech, and keeping track of the scores. “That's not too hard,” Lyon jokes. “If you try to do all of that and eat your hamburger at the same time, then it gets messy.”

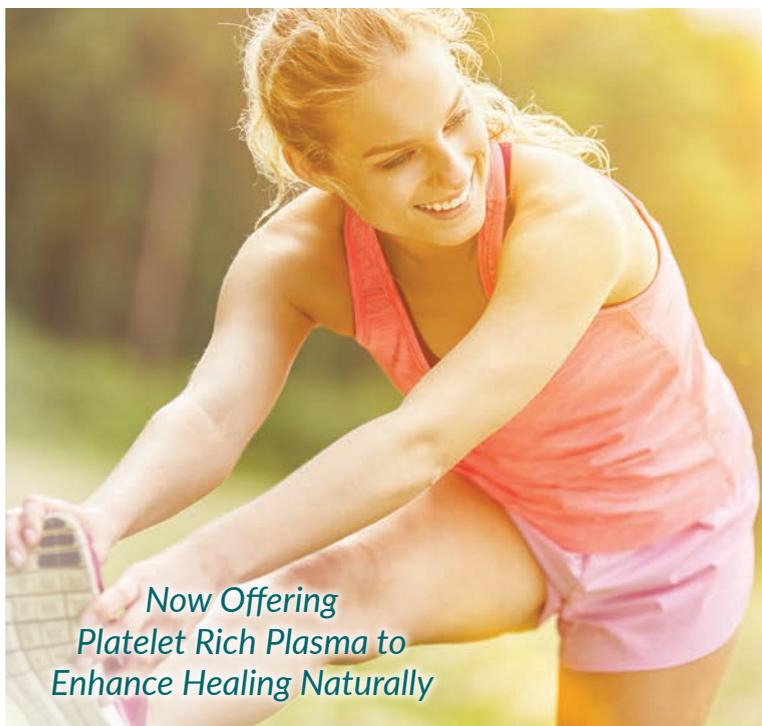
“When I first joined [the golf tournament] 25-26 years ago, I couldn't believe I was seeing these really serious doctors living it up, hooting and hollering,” Lyon says. “All I knew was how serious they were in clinic or in the hospital—they were like wild men all of a sudden.”

While Lyon says golf has been his main activity lately, he mentions that motorcycling is still at the top of his list of thrills. He's had a bike since he was a preteen. Growing up, he even competed in dirt biking races. Lyon currently rides

a Ducati 796 Monster. “The Ducati is just the latest in a long line of stupid things that I do,” Lyon says. “I swear, after a day of track riding, I am more beat up than anything else I do. There's a lot of things I've done over the years, whether it's mountain biking, skiing or snowboarding—from none of them am I as stiff and sore as I am from track riding.”

Lyon maintains a long list of sports and hobbies that keep him outside and exercising. “The motorcycle gang is a little different from the golf gang which is a little different than the skiing gang,” he says. “The thing I'm impressed most about Oregon is just the variety of things to do here—it kind of overlaps with my career. I'm a primary care doctor. I'm a family doctor—a jack of all trades; a master of none. I've got this crazy list of things that I have done for fun and I





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***Substance Abuse and Mental Health Services Administration. (2017). Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health (HHS Publication No. SMA 17-5044, NSDUH Series H-52). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/>.

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ATHLETIC HOBBIES

never got great at anything, but you can do everything here.”

No matter what the weather looks like outside, Lyon has an activity that will match it. In the winter, it's snowboarding and skiing. He's ambitious enough to drive to and from Mt. Bachelor in a single day, but he also frequents Hoodoo and Willamette Pass. “I've even snowboarded my own street. When we have a big snow, it's steep enough,” he says. “If the timing is right, and there aren't a lot of car tracks out there, you can hike up to the top of the hill I live on and make about 20 or 30 turns.”

In the early days, before he had a Ducati, a set of clubs, a snowboard and pair of skis, Lyon was an athlete on a budget. With just a pair of sneakers and some shorts, he ran. “I ran a marathon in medical school. That was dumb, but in medical school you have no money and no equipment,” Lyon says. He ran the approximate 26 miles in three hours and

21 minutes—the 2018 world average is four and a half hours. “It's the only thing a poor medical student can afford to do.”

Lyon thinks there's no excuse for being bored at home in Oregon—a state with so much to offer. Whether it's summer or winter, indoor or outdoor, he laughs and emphatically says, “nobody should be bored here, and everybody

should own plenty of GoreTex,” referring to his favorite outdoor sportswear brand trademarked for its waterproof, yet breathable fabric.

“Actually, in a couple of hours, I've got a T-time at Emerald Valley, playing with a couple of those guys,” Lyon says, referencing his golf gang, on a late Tuesday morning. ♦



Photo provided by Dr. Lyon

Society Socials!



UPCOMING DATES:

July 10

August 14

September 11

Our LCMS member socials will be held on the second Wednesday of each month at the Oregon Electric Station from 5:30-7:30 pm. We'd like our members to use this opportunity to build relationships with other physicians throughout our community. All members are welcome!





MEMBER PROFILE

From Rural Roots

How rural living became the root
for one doctor finding his way
in the medical community.

BY ALAN SYLVESTRE

FOR LANE COUNTY MEDICAL SOCIETY

Michael Koester's path into sports medicine was not what some might call the traditional route. Now an influential expert on concussion research, the path to becoming a physician was one highly influenced by his rural roots.

Growing up in Stanfield, OR he hadn't been exposed to as many career paths as others might have been who lived in larger areas. According to Koester, there weren't a lot of career options in the town outside agriculture.

A town of about two thousand people, the majority of the economy is based around farming; and the thought was always there that after high school, he might stay and continue working on the farm. But his father wanted something more for his son.

MEMBER PROFILE

“Farming was very stressful and I always thought my father wanted me to do something else with my life,” Koester says.

What that “something else” was didn’t become apparent until Koester suffered a knee injury during football season. Also a member of the baseball team, his injury forced him to sit out his senior year of baseball. During the process of recovering from his injury, he spent a lot of time around physical therapists, trainers, and physicians.

Every time he visited his doctor for an update on his injury, he would inquire about what techniques they were using for treatment, and struck up long conversations about how his doctor got into the field of medicine. According to Koester, he used to go home after his visits with the doctor and tell his dad about what they talked about that day.

“I wasn’t exactly sure if this was for me, but I enjoyed learning about how to treat my injury and thought it might be worth exploring,” Koester says.

Upon entering college at the University of Nevada, Las Vegas Koester began working in the athletic training department and gained experience first learning how to treat athletes.

“After a few years of great experiences in the athletic training room, I then decided that I wanted to go to medical school. I wasn’t sure what specialty I wanted to do, but by that point I was certain I wanted to be a doctor,” Koester says.

Family Roots

Throughout Koester’s journey navigating the medical field, one variable has remained constant. Family.

After completing a pediatric residency at the University of Washington School of Medicine, Koester decided to return to Stanfield to be around his family more by accepting a position as an athletic trainer (ATC) at Good Shepherd Hospital in Hermiston.

“I spent 5 years of taking care of newborns and sick kids. It was very rewarding, but with 3 little kids it was

“One day, my wife went to pick up our son from school and a tornado touched down nearby...That’s the day my wife said she wanted to move back to Oregon.”

– DR. KOESTER

ON LIVING IN TENNESSEE FOR HIS FELLOWSHIP

difficult being on call every other night,” Koester says. “My dad and brother were back on the farm, and I always wanted my kids to be close with them.”

Within a few short years, Koester and his wife had adopted three, now 4, children from Korea through Holt International; a non-profit adoption and foster agency with offices in Eugene. When they were first thinking of having children, Koester said adopting from overseas was exactly what they wanted.

“To us there were no questions asked,” Koester says. “We wanted to provide someone who needed a home the opportunity to have a better life.”

And because of that, Koester has spent a lot of his free time learning the Korean language and studying Korean culture to help his children better identify where they come from. Having never been to Korea himself, it’s always been on his bucket list.

“I’m definitely not fluent [in Korean], but I like reading about the culture and learning what I can about it,” Koester says.

Koester says he has found a real home in Eugene. His family loves to escape on the weekends and hike a new trail from time to time. And on occasion you might catch him running around town when he needs a break from the office.

The Path Back to Sports Medicine

Koester’s time working at Good Shepherd Hospital solidified that sports medicine was the field of medicine he wanted to focus on for the rest of his career. And to do that, he knew he would need more advanced training. He took a fellowship at Vanderbilt University

focusing on primary care sports medicine.

“I loved the fellowship and it was looking like we might stay there long-term,” Koester says. “But I think myself more than my wife really missed the Pacific Northwest.”

But living in a new area proved vastly different both culturally and environmentally. The Pacific Northwest is prone to its share of mother nature, but Koester and his wife had never experienced what it was like to live in tornado alley. Knowing about tornadoes is one thing. But living through one is a different entity.

“One day my wife went to pick up our son from school and a tornado touched down nearby,” Koester says. “The kids and adults all lined up in the hallway in the duck and cover position for 10 minutes. That’s the day my wife said she wanted to move back to Oregon.”

In 2006, Koester accepted a position at Slocum Center for Orthopedics and Sports Medicine as a physician who focuses on treating patients in pediatric and adolescent sports medicine, along with doing research in concussion preventative management techniques and musculoskeletal injuries with an emphasis in the evaluation and care of injuries in young children and adolescents.

His approach to medicine is to create a team-oriented treatment plan that includes working with other physicians, the patient, the family, and athletic trainers and physical therapists to create a personalized plan to best suit the individual.

“I think it’s important to remember

that there's not always one right answer to treating somebody because every athlete is different," Koester says.

When he first sees a patient, he evaluates their injury and creates a treatment option that's best for them. Usually, that includes bringing in other therapists, working with surgeons, and discussing the diagnosis with the family or individual so they understand what the next steps in the recovery process are.

As the Director of Slocum's Sports Concussion Program, his work is primarily focused around educating athletes, coaches, and the community about early prevention for concussion symptoms.

According to a study authored by Koester titled "Youth Sports: A Pediatrician's Perspective on Coaching and Injury Prevention," nearly 20 million youths between the age of 6 and 16 participate in a vast array of non-scholastic organized sports, with an additional 6 to 7 million high school students involved in school-sponsored athletic activity.

With a large number of student athletes across the country, the risk for injury is constantly growing in

proportion to the growth of student athletes. According to the Center for Disease Control and Prevention, one of those leading injuries is concussion. An estimated 1.6-3.8 million sports and recreational related concussions in the United States per year.

Understanding these statistics, Koester has taken a hands-on approach in the education of early warning signs of concussions and how concussion risk may be minimized.

As the Medical Aspects of Sports Committee Chair for the Oregon School Activities Association (OSAA) Koester's committee helped formulate "Max's Law," a bill passed in 2010 in Oregon that requires Oregon school districts to implement concussion management guidelines for student athletes.

He now serves as the chairman for the National Federation of State High School Association's (NFHS) Sports Medicine Advisory Committee. His committee has worked to help implement policies for preventive sports injury care for athletes across the country by working cooperatively with the NFHS rules-

"We wanted to provide someone who needed a home the opportunity to have a better life."

**- DR. KOESTER
ON ADOPTING FOUR CHILDREN FROM
KOREA WITH HIS WIFE**

writing committees to address sports medicine issues as they impact high school rules and the health and risk management of its participating students.

"Through our work, now if a referee sees that an athlete might have a possible concussion they have to remove them from the game," Koester says.

Another feat that Koester is proud of is the implementation of educational programs for the community about concussion prevention. He helped create a course titled "Concussion in Sports – What You Need to Know." The online course, launched in 2010, has been viewed by 1.4 million individuals since its launch on www.nfhslearn.com.

Koester also authored numerous articles for High School Today, the NFHS' national magazine that is distributed to the superintendent, principal, athletic director and school board president at every high school in the United States. His articles have included the topics of H1N1 virus, pre-participation exams and the academic effects of concussions.

"Growing up in a rural area with little access to medical care is why this is a big issue for me," Koester says. "Not recognizing a sports-related injury can have lifetime effects on an individual."

And at the end of it all, the root of his work has always tied back to his time in Eastern Oregon; with the hope of helping everyone acquire knowledge about sports related injuries to prevent them at an early stage. ♦



Koester and his youngest adopted child take a look at honeycomb from one of the multiple bee boxes they have on their property.

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Martial Arts and Medicine

BY VANESSA SALVIA

FOR LANE COUNTY MEDICAL SOCIETY

When other kids turn to bullying, the bullied kids turn to martial arts. At least, that's what many young people did during the 1980s. Particularly Asians. Victor Lin, a 53-year-old physical medicine and rehabilitation specialist at Rehabilitation Medicine Associates, says he recognized he was "an Asian stereotype," but he got and continues to get many physical and mental benefits from his decades of training in martial arts.

"I started getting involved in martial



arts because I would get beat up as a kid for being Asian, and martial arts represented one of the few sources of ethnic pride for an Asian male in the '70s and '80s," Lin says. "But even though that's why I started doing it, it's become one of those things that engages me, it's intellectually stimulating, and it's something you can do and always continue to learn and improve."

Lin grew up in Eugene but went away for college and medical school. He found a martial arts school in each location, and continued his training. After relocating back to Eugene to start his career at Rehabilitation Medicine Associates, Lin has studied Wing Chun and Tai Chi at Leung Martial Arts for the past 21 years. Lin currently attends class twice a week,

"Even though [getting beat up as a kid for being Asian is] why I started doing [martial arts], it's become one of those things that engages me, it's intellectually stimulating, and it's something you can do and always continue to learn and improve."

- DR. LIN

ON PRACTICING MARTIAL ARTS

but in the past has gone as often as six times a week. Now that his children are getting a little older and more independent, he says he may start going more often again.

"If I were to do basketball, I would eventually be as good as I could be," Lin remarks. "I would never be as good as LeBron James. But with a martial art like this, there are so many refinements you can make so that you keep getting better." He says Leung's school has no ranking system, but there is a respect for the people who have been there longer than others. "Practicing martial arts is like uncovering hidden treasure," he says. "You get rewarded along the way because you get incrementally better."

A master teacher like David Leung helps his students discover the proper



body alignments to maximize power and strength. For instance, Lin explains a demonstration of efficiency in which adjusting the alignment of the ulna and radius by 2 millimeters can add 15% to 20% more effectiveness in the movement. "That 2 millimeters might not seem like much, but when you align your hip, your knee, and you torque this way instead, you end up with a 90-year-old tai chi

Photos Left to Right: Lin practices at Leung Martial Arts off 7th Ave.; Lin takes instruction from his teacher while trying a move on his partner.

ATHLETIC HOBBIES

master flicking their hand and sending people flying!” Lin says with a laugh. “Every last bit of energy and muscle is in harmony and synchrony.”

Lin often works with dancers and athletes, who can similarly benefit from improved alignment. He frequently uses the knowledge of physics and alignment that he learns in class and applies it to his patients. “I’m able to bring in biomechanics that I’ve learned from my training that have helped me understand pathology better, because of what you see in class and what you experience yourself. Like how lifting and pushing up your shoulders is a natural programmed instinct, but it lowers the effectiveness,” Lin says. “The martial arts allows you to test the biomechanics for real, and feel the effectiveness rather than learning it from a book.”

The advantages of regular physical activity are certainly known, but for physicians regular activity can literally be a lifesaver. Lin gave an example of a realization he came to at a seminar about most physicians being naturally empathetic, sensitive, and caring. “So then you take your most sympathetic people and put them in careers where they must empathize with other people’s pain and suffering regularly—a little like making our claustrophobes become coal miners,” Lin says.

Lin acknowledges that physicians are making high-level decisions every 15 minutes, each time they see a patient, while at the same time trying to navigate their practice’s administration, their insurance billing, and also trying to do the best for their patients. “It certainly can be a high-stress job and a lot of people

may suppress these feelings,” he says. “A lot of us still want to practice ideal medicine, but there are obstacles and that creates burnout. It’s important for doctors to find some activity we enjoy to let those feelings go.”

When Lin began practicing martial arts as a young teenager, the martial arts star Bruce Lee was one of the few visible Asian role models that he had. Now, there are more options than ever and many young Asians no longer feel boxed in by their cultural or parental pressure to meet a certain standard. As a young person, he also was a competitive swimmer. Although he didn’t love it, he did it because he was good at it. With martial arts, he found something he can both be good at and loves. ♦



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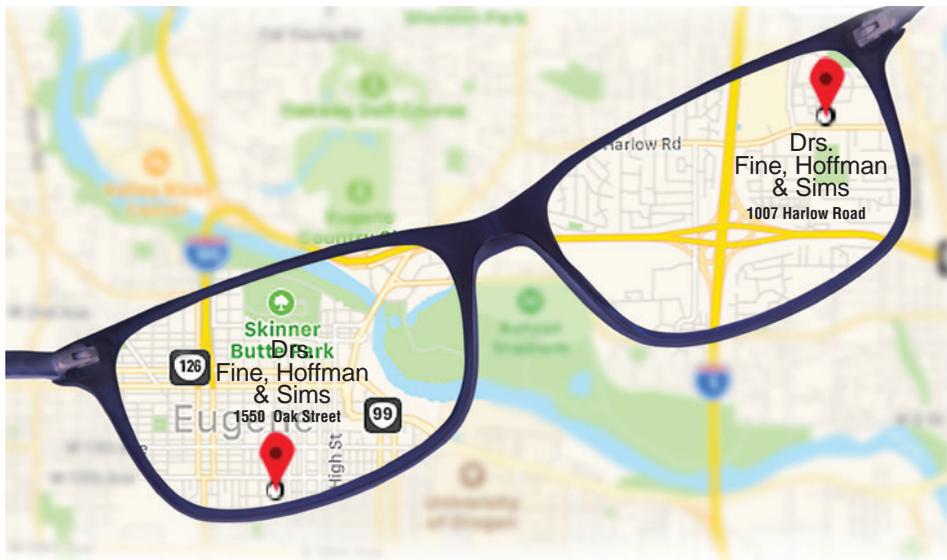
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BURNOUT TO BALANCE

Uncovering Unconscious Bias

BY SHANNON O'LEARY
EXECUTIVE AND LIFE
COACH



At a recent women physician group meeting that I facilitate monthly, the topic of gender bias in medicine was discussed. Nearly everyone in attendance spoke freely of times they had been the recipient of biased attitudes from colleagues or patients to being victims of sexual harassment. Yet when asked how they contributed to gender bias, the conversation shifted mostly from sharing personal examples to discussing the subtle nature of bias. In Dr. Esther Choo's February society presentation, she said that gender bias in medicine is built into the culture and awareness of the problem alone is not enough to change the outcome. Some questions that members of the

group raised were, "Do I ever judge other women physicians by imposing double standards, or participate in behavior in order to 'be liked' or soften my image, such as bringing cookies?" The general consensus expressed was a desire to learn more about one's own biases, work to overcome them, model that behavior for others, and speak out when bias presents itself in situations.

What is unconscious bias?

This is bias of which we are unaware. It happens automatically, triggered by our brain making snap decisions and assessments of people and situations which are influenced by our background, cultural environment, and personal experiences. Some types of unconscious bias are:

- Affinity--warming to people like ourselves

- Halo effect--thinking everything about a person is good because you like them
- Perception bias--forming stereotypes and assumptions about certain groups that make it impossible to make an objective judgment about individual members of those groups
- Confirmation bias--seeking information that confirms pre-existing beliefs or assumptions
- Group think-- trying too hard to fit into a particular group, thereby stifling authenticity and creativity

In a recent coaching session with a physician leader who was tasked with conducting a collegial intervention with a surgeon who had received a patient complaint, we reviewed the content, approach, and intended outcome for the conversation. The issues identified in the complaint were that the physician had



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dispensed unsolicited advice regarding sexual conduct to an adolescent during a follow-up appointment for appendicitis. The surgeon also imposed his religious values. As we were discussing these issues and how to present feedback, the physician leader recognized she had a bias in this area, which moments before had seemed so logical and natural. This insight allowed her to provide constructive feedback in a more objective and supportive manner.

Overcoming subtle, implicit bias is challenging. Sometimes it can be difficult to tell when we're being discriminated against. And yet it may be even more difficult to tell when we're the ones doing the discriminating. We might think that we're making decisions based on the objective facts of the situation, but biases could be creeping in. How can we be sure that we're free of bias?

How to address one's own unconscious bias:

Accepting the discomfort that comes along with examining our biases and how it affects our daily interactions is a good starting place. When identifying a negative bias that you may have, make a conscious effort to learn more about that idea, individual, or group to understand how and why it makes you uncomfortable. Focus on concrete positive and negative factors and your memory of what actually happened, rather than relying on overall "gut" feelings. Solicit input and perspectives from those who can broaden your viewpoint to ensure that a balanced decision is made. Get feedback from a trusted source when you are concerned about harboring a bias.

Reducing bias in clinical decision-making:

Research has demonstrated that bias

blind spots (the ability to rationally explain away our biases) are greater in those with higher cognitive ability (e.g., physicians). In a 2013 analysis of physicians' implicit bias in the *Journal of General Internal Medicine*, researchers identified several evidence-based strategies for reducing physicians' bias in clinical decision-making. (1) Self-awareness: know they are subject to implicit bias, (2) Individuating: make a conscious effort to focus on specific information about an individual rather than social categories (e.g., race, gender), (3) Perspective-taking: make a conscious attempt to envision another person's viewpoint. ♦

Discover your own biases at <https://implicit.harvard.edu/implicit/takeatest.html>. The Implicit Association Test measures attitudes and beliefs that people may be unwilling or unable to report.



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May Society Social

Thank you to all who joined us!



Dr. Austin gave an informative talk at our May Society Social on transgender care. Each month, we are excited to see new faces at our socials, and welcome members new and old to join us for an opportunity to converse and build rapport with other physicians in the community. Our next Society Social will be Wednesday, July 10 from 5:30-7:30p at the Oregon Electric Station.

DON'T FORGET! We will not be hosting a June social. Instead, we will host a family-friendly event at the Cascades Raptor Center on Saturday, June 8th. This event will have two sessions and includes lunch: The “Early Bird” at 11a and the “Night Owl” at 1p. RSVP on our website, lcmedsociety.com or give us a call at 541-686-0995.



Announcements

New Members

Erik Poyourow, MD

Emergency Medicine
Eugene Emergency
Physicians
PO Box 5920
Eugene, OR 97405
P: 541-344-8757
F: 541-683-2527



Un Sok Julie Seo, MD

Emergency Medicine
Eugene Emergency
Physicians
PO Box 5920
Eugene, OR 97405
P: 541-344-8757
F: 541-683-2527



Loic J Fabricant, MD

General Surgery
NW Surgical
Specialists
3355 Riverbend Dr
Ste 300
Springfield, OR 97477
P: 541-868-9303
F: 541-868-9306



David J Dorsa, MD

Pediatrics
Eugene Pediatrics
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Events

Art of War MMA is hosting a Free Women's Self-Defense Training Sunday, June 2, 11a-12:15p. They are located at 164 W Broadway in Eugene and the class is free.

2019 Oregon HPV Summit will be held Tuesday, June 11, from 8:45a - 5p at the City of Keizer Civic Center. Registration is free and includes lunch. Space is limited to the first 210 people. For more information, visit <https://oregonhpvsummit2019.weebly.com/>.

The Owen Rose Garden Monthly Work Party will be Thursday, June 13, at 9a. The event is family friendly. To RSVP or for more information, contact Vanessa Young at vyoung@eugene-or.gov or 541-510-9318.

GloryBee and Mountain Rose Herbs are co-hosting the 6th annual Bee Jazzy benefit to Save Oregon's Bees at Silvan Ridge Winery on Thursday, June 13, from 5:30-9:30p. Live jazz music will be played and there will be a silent auction. Advance tickets are \$25 and \$30 at the door. For tickets and more information, visit beejazzy.org.

The LC Master Gardener Association and OSU Extension-Lane County are hosting a seminar on Tuesday, June 18, Tips & Tricks for Preserving Your Garden Produce Safely.

The event will be held from 7-8:30p at 996 Jefferson St in Eugene free of cost. For more information, visit <https://extension.oregonstate.edu/program/mg/lane/events>.

St. Vincent de Paul is hosting the 2019 First Place Paella Feast on Saturday, June 22, from 5:30-9p at Hayworth Estate Wines.

Tickets are \$45 and include dinner, a drink, and access to the silent auction. First Place Family Center helps homeless families in Lane County (see our article on them in the May 2019 Medical Matters). For more information and tickets, visit www.eventbrite.com/e/2019-first-place-paella-feast-tickets-61324326712.

Breakfast at the Bike Bridges will be hosted Friday, June 28, from 7-9:30a at Greenway Bridge in Maurie Jacobs City Park. The event encourages active transportation and gives community members the opportunity to meet city staff from the City of Eugene Transportation Planning and We Bike Eugene. For more information, visit www.eugene-or.gov.

LCMS has a limited number of tickets reserved for our members for the Thursday, August 1st showing of Wicked at the Hult Center.

For more information or to reserve tickets, please contact us at info@lcmcsociety.com or 541-686-0995.

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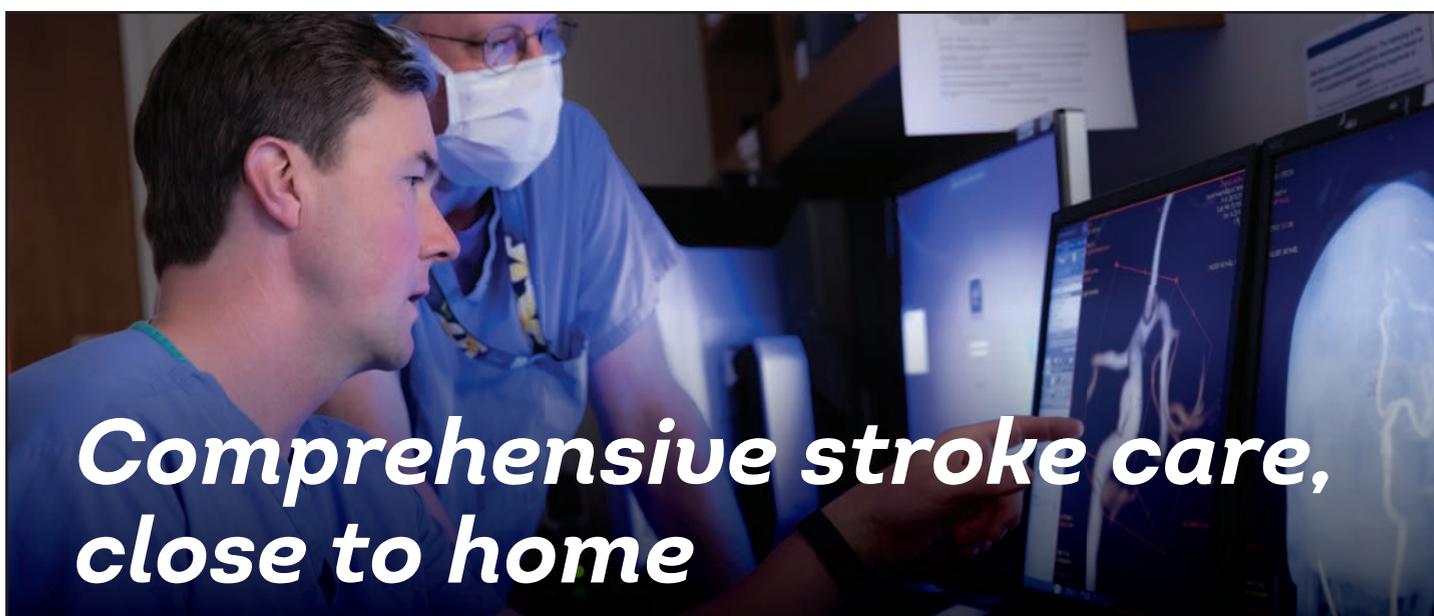
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