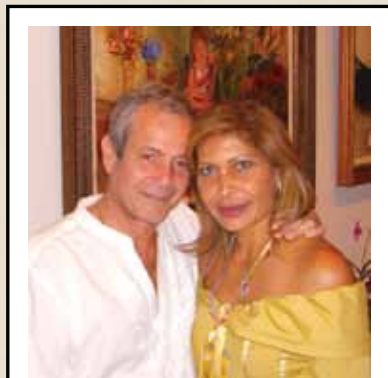


THE FIRST MESSENGER

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INSIDE



MEMBER SPOTLIGHT

AAACE President Elect, Yehuda Handelsman, MD, FACP, FACE, FNLA, talks about his wife's gift as an artist and how art can relate to the science of endocrinology (page 18).

2011 AAACE/ACE Award Nominations

Page 4

ALSO...

- President's Perspective 3
- Socioeconomic Affairs 5
- CME Corner 8
- Coding Corner 10
- International Corner 12
- The Second Messenger 13
- Membership News 14
- Power of Prevention 16
- Disaster Preparedness 17
- AAACE Endocrine Careers® 21
- Upcoming Meetings 24



What Does the **HEALTH CARE REFORM LAW** Mean for the Clinical Endocrinologist?

Jonathan D. Leffert, MD, FACP, FACE • Chair, Legislative and Regulatory Committee



In the last issue of *The First Messenger*, I gave a detailed timeline of the Patient Protection and Affordable Care Act (PPACA) signed by President Barack

Obama on March 23, 2010. In this issue, I will provide my thoughts on its effect on the practice of clinical endocrinology.

PPACA was the culmination of over a year long legislative drive, led by the White House and the Democratic majorities of both Houses of Congress to expand care to the uninsured while

“bending the cost curve.” There are many new and beneficial aspects of this legislation for patients, particularly for the uninsured and underinsured, while for physicians, there are significantly more administrative burdens, including quality reporting, mandatory EMRs and e-prescribing.

These burdens on the providers of care are intended to decrease the costs of health care. We are all familiar with preauthorizations for medications and diagnostic tests, and we certainly all understand the burden in cost and hassle that these administrative tasks have put on our offices over the past several years. Significant changes have already taken place in the delivery of health care

in the endocrinologist's office, as overhead costs have increased over the years and reimbursements have declined. The Health Care Reform Act will accelerate this process as it puts into place a defined timeline for many regulatory activities of the federal government, without any real improvement in reimbursement for the practicing physician.

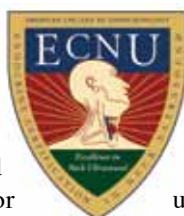
So what will be the consequences for the clinical endocrinologist of this “new paradigm”? First, it depends on your current practice setting. For the solo practitioner with an EMR, the requirements to get up to speed with EMR purchase, implementation, and ongoing

Continued on page 11

ACE Awards 100th ECNU Credential

H. Jack Baskin, MD, MACE • Chair, ACE Neck Ultrasound Certification Council

ACE IS PROUD TO ANNOUNCE that the Endocrine Certification in Neck Ultrasound (ECNU) Program has reached a milestone! The 100th ECNU-certified endocrinologist was recently awarded to Dr. Prashant V. Nadkarni for successfully completing the entire certification process.



Endocrine Certification in Neck Ultrasound (ECNU) is a professional certification in the field of neck ultrasonography for endocrinologists who perform consultations and diagnostic evaluations for thyroid and parathyroid disorders through both diagnostic ultrasound and ultrasound-guided fine needle aspiration (UGFNA). The ECNU credential signifies that an indi-

vidual has passed the Comprehensive Certification Examination (CCE) and successfully completed the Validation of Competency Process (VCP). Successful candidates can use the ECNU designation after their names.

ECNU is recognized by the American Institute of Ultrasound in Medicine (AIUM), one of the preeminent, national accreditation bodies for ultrasound practices, and allows those with the ECNU credential to be directors of ultrasound laboratories and apply for AIUM Practice Accreditation. The AIUM recognizes successful completion of the ECNU Program as evidence of sufficient physician training in thyroid/parathyroid ultrasound, and certification in this area may become increasingly important for reimbursement from

Continued on page 11

MEMBER SPOTLIGHT

The Marriage of Art and Science

AACE President Elect, Dr. Yehuda Handelsman, discusses his appreciation for the artistic achievements of his wife, Nava, and the similarities between art and the practice of endocrinology.

Casey Jones • Public & Media Relations Coordinator

AFTER A FULL DAY of seeing patients at his private practice in Tarzana, California, Yehuda Handelsman, MD, FACP, FACE, FNLA, relaxes by visiting an art gallery and checking out the new works. Then he enjoys a cup of coffee, or sometimes a glass of wine, with the artist, Nava, who is also his wife. The gallery is in their home.

Art brought the Handelsmans together in Israel. While attending medical school near Tel Aviv, Dr. Handelsman worked full time managing culture clubs for adults. He met Nava while she had an exhibition at a gallery he managed.

They have been married for 24 years and enjoy living in Tarzana, a suburb of Los Angeles nestled in the Santa Monica Mountains. The weather

and light, important elements for art, are very similar to Israel. Nava finds Los Angeles an ideal place to paint while raising their two sons, Tomer, 23, a psychology major who will soon start Pepperdine Law School for a JD/MBA degree, and Roy, 19, an electrical computer engineering major and a premed student in UC Santa Barbara.

Nava is quite an accomplished artist. Her work is displayed in art galleries and in the homes of collectors in Palm Springs, Beverly Hills, Los Angeles, Malibu, San Francisco, New York, Miami and Israel. She studied at the Avni Institute of Art and Design College in Tel Aviv, the Art Students League of New York, and in the studios of renowned artists in Israel and New York. She has been a curator, art director, and juror of many shows and exhibitions and has won several awards and recognition by her peers.

She started painting very early and is gifted, with a great eye and a talent

for reproducing subjects and recreating objects. Using oils, water colors, and acrylic Nava has painted realism, abstract, and the classics using dramatic and warm colors as well as stark black and white. She developed her own distinctive style while expressing her passion, thoughts, beliefs and ideas through each discipline.

Nava's unique style depicts human relationships through her use of vivid colors and the human figure. She has an affinity to painting women, children, and their relationships. This is shown, in particular, through a water color painting named "Women Only." The painting was chosen by the charity sponsor a Child Program. Nava created a special edition named "Women Who Care" and donated it to the charity. They now present her original

lithograph as a gift to large donors. Some of her latest creations, "The Spring Girl" and "The Lady in the Garden" were chosen to be on the cover of specialty journals.

One of her favorite paintings, "If You Will - It Is Not A Dream," celebrates Israel. It was selected to be reproduced as a limited edition and was presented during a special gala event to the Israeli Prime Minister Netanyahu, the Israeli Secretary of State, and other dignitaries, including a U.S. Senator and the Governor of California. "If You Will - It Is Not A Dream" is the product of her deep relationship with Israel and her Jewish roots, which are vividly expressed in this beautiful painting.

Her process involves utilizing personal experience and then trying to capture that moment in her work. Her art represents her feelings, senses, and beliefs. In fact, it is an interesting combination of both impressionism and expressionism.

Nava is a perfectionist. She may observe her work for several hours or even days at a time while trying to figure out if something is missing. It may



The Handelsman family (from left to right): Tomer, Nava, Roy and Dr. Yehuda Handelsman.

be a shade of color, a line, or just a dot, but she won't release a work until she is convinced it is complete.

Philanthropy is also very important to Nava. She enjoys donating her time and art to charity, particularly charities benefiting children. Following the first Iraq war, she created a series of paintings and held a show to benefit children who suffered during the war. She also collected paintings from kids who were affected by violence in Israel and brought them to Los Angeles for a special exhibition.

Nava also designs landscapes, hardscapes, curtains, home interiors, brochures, and exhibit space for large conventions with the same talent and uniqueness she displays in her paintings. She has also introduced a special line of artistic greeting cards.

Dr. Handelsman loves watching his wife work. While he is a man of science, he is also a lover of art. He is a staunch believer that science and art have much in common, as both require creativity and are based on mathematical formulas.

"I have a great deal of appreciation for art," says Dr. Handelsman. "I can't sing or draw a straight line, but I can appre-

ciate good art, music and performance when I encounter it."

"Dr. Handelsman loves watching his wife work. While he is a man of science, he is also a lover of art. He is a staunch believer that science and art have much in common, as both require creativity and are based on mathematical formulas."

show host on radio and TV. In the end, however, he became an endocrinologist and learned to practice the art of medicine.

"It requires curiosity, imagination, and creativity to find answers, to develop research and even examine symptoms to derive a diagnosis," he says. "It is not unlike an artist sitting in front of a blank canvas."

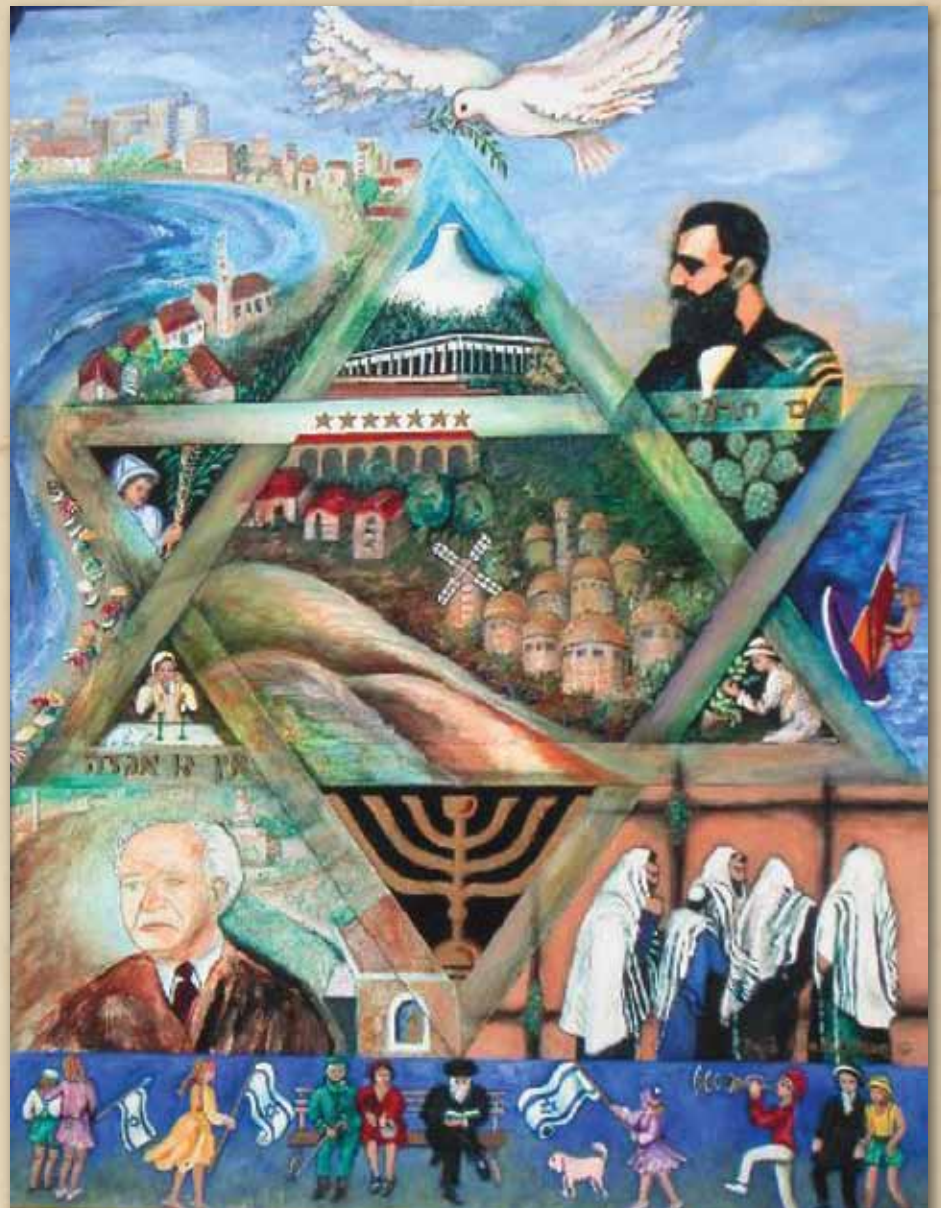
Dr. Handelsman is President Elect and an Executive Board member of AACE. An endocrinologist in private practice, he is also the Medical Director and Principal Investigator of the Metabolic Institute of America and Senior Scientific Consultant for the Metabolic Endocrine Education Foundation. He is Chair and Founder of the International Committee for Insulin Resistance and Chair and Program Director of the Annual World Congress on the Insulin Resistance, Diabetes and Cardiovascular Disease. **TFM**

Dr. Handelsman studied both art and science in school. He enjoyed learning about literature, music, and art. He earned his undergraduate degree in theatre. While in medical school he worked as a producer, director, and talk

Selected Works by NAVA HANDELSMAN



"A DAY IN THE COUNTRY"



"TOTALLY ISRAEL"

Based on the painting "If You Will-It is Not a Dream"



"WOMEN WHO CARE"



"TIBERIUS"



"THE SPRING GIRL"

*Nava's art can be viewed and purchased at
WWW.NAVAART.COM*