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THE WAKE COUNTY PHYSICIAN

Magazine

Celebrating medicine, the arts, intellect, ideas and curiosity.



THE WAKE COUNTY PHYSICIAN

The Wake County Physician is a publication for and by the members of the Wake County Medical Society. The Wake County Physician is published in April, April, July and October. We will consider for publication articles relating to medical science, editorials, opinion pieces, letters, personal accounts, photographs and drawings. Prospective authors should feel free to discuss potential articles with the editorial board.

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- with appeal to the family of medicine in Wake County and to the larger world beyond bound together by scientific, intellectual and artistic glue. (Urbi)

- with the collaboration of the Alliance, bringing together Wake County medical families through words and pictures. To know who dies, who marries, who gets promoted, and those who go to which medical school.

- a powerful instrument to attract

and induct members to organized medicine, particularly the WCMS, NCMS and AMA (orbi)

- read globally in intellectual, spiritual, academic and business centers beyond Wake County and North Carolina through online circulation.

- a globally recognized and credible instrument to bridge the gap between medicine, basic sciences, ethics and bioethics; the arts, such as music, opera, dance, poetry; and all of the humanities such as philosophy, history, patriotism, epistemology, theology and rhetoric.

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Jerry Gentry

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Editorial

Assad Meymandi, MD, PhD, DLFAPA
Founding Editor



Omnipotence or Ominous Impotence. Of Human and Humanity

[Excerpted from keynote address, 'Citizen of the World'
Raleigh, North Carolina, November 19, 2010-Editor]

Take the prerogative of the podium to ask for a minute of austere silence for the victims of domestic violence, for the victims of 9/11, for the victims of the devastating 2003 earthquake in Bam, Iran, for the victims of Katrina, for the victims of Haiti, still millions stranded and infested with cholera, for the victims of the floods in Myanmar (formerly Burma), for the victims of the recent floods in Pakistan, for the victims of tsunami in Indonesia, for the victims of hundreds of thousands of Rwandan genocide, for the victims of the ethnic cleansing and religious intolerance throughout the world, for the victims of the two ongoing wars in Iraq and Afghanistan, and for the everyday victims of drug infested streets of Mexico and America. ...

Looking over the annals of human history, it is undeniable that we have made progress in industry, mechanization, discoveries, and have made stunning advancement in health, technology and finance. After all, we put men on the moon with their safe return to earth more than 41 years ago. But one wonders if we have made any progress in civility and humanity. One wonders if we have succeeded in overcoming greed, if we have learned to stop manipulating, exploiting and using our fellow humans for selfish gain. The imperative of love and charity seems to be missing from the basic construct of human interaction.

1770 B.C., a fellow by the name of Hammurabi, in Khuzestan, a part of Susa, Persian Empire, wrote a set of 282 rules or laws, each of which dealing with the rights of individual and the ultimate respect for one another. Over 50, of the 282, codes deal with equality of humans and specifically with the dignity and rights

of women.

Cyrus the Great, the Persian Emperor, to whom the Bible has more than 100 references, over 2500 years ago, ruled his kingdom with dignity and beneficence. One of the Biblical references, for example, Isaiah 45, calls Cyrus the Great, King of Persia, the *Messiah*. Cyrus emancipated the Jews and established equal rights for men and women. In managing his vast empire, to be in touch with his emissaries, rulers in distant parts of the kingdom, he developed a formal service charged with sending and receiving communiqués to and from his lieutenants, thus the birth of the postal service which he called "*Peyk*". The cabinet of Cyrus the Great consisted of twelve Viziers (ministers or secretaries) several of whom were women. The first person in charge of the Royal mail service was a woman. Her name was Mithra (which in Zoroastrian parlance means, dignity). The father of the United States Postal Service (USPS), the polymath Benjamin Franklin, has referred to Mithra in official language, as well as in amorous terms. After all, the gentleman was a lady's man! No wonder he had special regards for Mithra. ... In 2010, in the same country, Persia, they are stoning women for as insignificant offense of showing their hair, or ankles or holding hands with a male in public. Is this progress in civility, humanity and human dignity?

Fast forward the clock of history. Count Giovanni Pico della Mirandola (24 February 1463 – 17 November 1494), the Italian Renaissance philosopher, at the age of 23, in 1486, in his equivalent to today's PhD dissertation proposed to defend 900 theses on religion, philosophy, natural history and astronomy, against all comers. The result was the famous *Oration on the Dig-*

nity of Man. It has been called the "Manifesto of the Renaissance", and a key text of Renaissance humanism. In this essay, Pico invokes the writings and thoughts of all ancient wise men, going back to Moses, Zoroaster, Zerubbabel, Pythagoras, Aristotle, Platonic philosophers and well neo-platonic philosophers such as Plotinus to conclude: "*At last, the Supreme Maker spoke: we have made you a creature neither of heaven nor of earth, neither mortal nor immortal, in order that you may, as the free and proud shaper of your own being, fashion yourself in the form you may prefer. It will be in your power to descend to the lower, brutish forms of life; you will be able, through your own decision, to rise again to the superior orders whose life is divine.*"

So, where are we? Why we are not rising to the superior orders in advancing the cause of humanity, human dignity and enhance connectedness in human family?

Saadi Shirazi, the eloquent Persian poet (born 1210, died 1290) has a poem, the rough translation is *Bani Adam, the progenies of Adam*. That is to say, "*We humans are organs of one body...An organ separated from body cannot function...So, we humans without one another cannot function. ...*" He goes on to say, "If one organ of the body is ill and aches, the rest of the body experiences pain and becomes restless. ..." I do not know of any more eloquent and descriptive simile that illustrates human being's connectedness and brotherhood. Yet we have constant war, constant destruction and constant killing. In America, we have a population of 300 million or about 4.5 to 5% of the world's roughly six billion, yet we consumed over 25% of the world energy. We have over 2.5 million

[Continued on page 2]

people in prison more than any other developed nation. Reliable sources report up to 80% of our prison and jail population has a diagnosable psychiatric illness and should be treated rather than imprisoned. Certainly, what International Affairs Committee is doing and has done since its inception in 1995 is helpful to bring these matters to the forefront of consciousness, and bring people together. Congratulations to the Board of Director and to Todd Culpepper.

The title I have chosen for my talk today “Omnipotence or Ominous Impotence” draws on these historic facts. The life of Neolithic man on this earth is short, about ten thousand years. Looking back 8000 years ago with the emergence of Sumerians and invention of writing in Lydia, the world has witnessed rise and fall of many dynasties, empires and powerful nations. There was Mesopotamian kingdom, Accadians, Egyptians, and the mighty Roman Empire, Pax Romana, which was destroyed by Rome’s pre-occupation with the affairs of the Middle East. Then there was the Persian Empire now in shambles, and in modern day, the empires emerging in the developed world, Andalusia and British Empire. ... They have all experienced omnipotence, yet the ignominious ending has been nothing but impotence, destruction and reduction to a vague memory forgotten in the dustbin of human history. In England, there was

Lady Matilda Maud (1102-1167) who first wrote a manifesto of human and women rights. Her activities led to the emergence and development of King John’s Magna Carta in 1215. In America, Susan B Anthony (1820-1906) fashioned her activities after Lady Maud. In 1920, the 19th amendment to the Constitution, signed by President Woodrow Wilson, gave women the right to vote.

With the historical decline and retrogression of human values and the humanities, I am offering some thoughts and suggestions. The history of humanity has offered us some brilliant role models who forcefully invite us to espouse the kind of altruism which promises the salvation of mankind.

I want to invoke the names of three brilliant stars in the intellectual firmament whose teachings have influenced human behavior the most. The first one is Saint Augustine of Hippo, born 345, died 430 AD. He was born a pagan, converted to Christianity in 386, was baptized on Easter Sunday April 4, 387. He wrote 49 volumes in theology, philosophy and other topics related to humanities, a total of 20 millions words. Saint Augustine’s autobiography, 13 books of *Confessions* bravely talks about his stealing from his parents, fathering a son out of wedlock, stealing pears from neighbors’ yard, lying to his mother and finally sneaking off to Carthage. Thence, off to Rome where he

and Sainthood.

Saint Augustine’s writing is replete with man’s dalliance with false omnipotence. He wrote extensively about narcissism, self indulgence and greed. As a matter of fact, he called a newborn baby not a bundle of joy and innocence, but a bundle of sin, because the baby is wrapped up in self and survival and removed from consideration of others. This is what in psychoanalytic jargon is called primary infantile autism or primary infantile narcissism. As the child grows and the central nervous system matures, reality testing skills and learning to have consideration for and, deference to, others are developed. The opportunity to grow and become more altruistic, more giving, and less selfish and self centered is the gift of life. Saint Augustine was a proponent of the concept of grace and salvation. He espoused Pauline theology of grace which briefly is described as an unearned and undeserved free gift. He wrote more than a million words on the topic of grace.

The second brightest star of the intellectual firmament we are exploring is Moses Maimonides of Cordoba, born 1135, died 1204, a Jewish physician, colleague, theologian, philosopher, clinician and practitioner. He too wrote about 20 million words in his life time. He, too, was concerned about the issue of grace and salvation. Moses, in spite of being the Caliph’s personal physician in Cordoba, was forced by anti-Semitic influence to flee to Egypt. There is a small statue of Moses (Rambam) in Cordoba. Emily and I take a single long stem rose and place it at his statue every time we are in Cordoba. We do the same when we visit the tomb of Claudio Monteverdi, father of Western Opera (Orpheo et Euridice 1607) in Iglesia de Santa María Gloriosa dei Frari, Venice, Veneto Region, Italy

The third brightest star of the intellectual constellation is Ibn Khaldoun, born 1336, died 1420, an Arab/Muslim theologian, economist, philosopher, music lover and advocate and writer. He too wrote about 20 millions words in his lifetime. Ibn Khaldoun was the father of trickledown economics which was adopted by the late President Reagan in 1981. He appointed Columbia Professor Robert Mundel, as Chair of the White House Economic Council. Emily and I had lunch with him at his villa near Florence in 1993. And our conversation was around Ibn

[Continued on page 27]



North Carolina Medicaid Implements Preferred Drug List

By Cheryl A. Viracola, PharmD, Network Pharmacist*
Community Care of Wake and Johnston County



In this tough economic climate the North Carolina Medicaid Program, like many government agencies, has been met with the challenge to dramatically reduce costs. Efforts to contain costs have resulted in cutbacks to nearly every department within the North Carolina Medicaid Program including pharmacy. In State Fiscal Year 2008, total Medicaid expenditures exceeded more than \$11 billion dollars. Prescriptions drugs represented roughly 8% of that cost totaling more than \$973 million dollars.¹ On September 15th, 2010, the North Carolina Medicaid Outpatient Pharmacy Program implemented its first Preferred Drug List. With appropriate utilization, state savings estimated from its implementation are projected to be as high as \$33 million dollars annually.

What is the Preferred Drug List (PDL)? The preferred drug list (PDL) is a selective list of brand name products, which have supplemental rebates offered by the manufacturer. Supplemental rebates tied to these so called “preferred agents” essentially enhance the cost savings to Medicaid when these agents are prescribed. Since the PDL is specific to cost effective brand name products it is important to note that it is not a complete list of all the medications covered by Medicaid. Understanding this distinction is critical to ensure there is no confusion amongst providers surrounding the current philosophy of prescribing. For all intents and purposes generic products remain the most cost effective alternatives to prescribing and although many of the generics

currently covered by Medicaid are not listed on the PDL physicians should always consider them first line whenever possible. In cases where a brand name product is warranted, the PDL would simply serve to guide providers to the most cost effective selections in those categories.

The majority of agents listed on the PDL are relatively simple for providers to prescribe and can be written for hassle free with no paperwork required. However, agents or drug classes associated with clinical criteria or quantity limit restrictions or those listed as non-preferred may require Prior Authorization. For complete access to the Preferred Drug List (PDL), Prior Authorization Criteria Forms and Prior Authorization Request Forms please visit Medicaid’s website at <http://www.ncmedicaidpbm.com>. Providers may also request Prior Authorization by calling ACS at 866-246-8505 or faxing their Prior Authorization Request Forms to ACS at 866-246-8507.

Community Care of North Carolina (CCNC), a state-wide program operationalized by 14 local networks, works closely with Medicaid, Medicaid Providers and patients to improve quality of care and decrease costs. Community Care of Wake and Johnston County (CCWJC) is the local network in Wake County and one of the service programs of the Wake County Medical Society. The CCNC networks, including CCWJC, have engaged in a large scale educational effort to support local providers, community physicians and hospitals in understanding the PDL and how it affects their practice. A collection of tools and materials developed by CCNC have been disseminated to many practices to assist providers in transitioning their patients with as little disruption to their practice as possible. One such tool deemed most beneficial by community providers and hospitalist is the Drug of Choice List or the (DOC) list. The Drugs of Choice (DOC) List was created by Community Care of North Carolina and the North Carolina Physician’s Advisory Group in response to repeated requests from prescribers for a “hassle free” list of medications that may be used across payers and the uninsured. The DOC List not only presents preferred medications by North Carolina Medicaid, but also presents medications designated as preferred, tier 1 or otherwise unrestricted by BCBS of North Carolina, North Carolina State Health Plan, and North Carolina Health Choice. Providers interested may access the DOC list at www.ncdoclist.com

Should you have questions regarding the North Carolina Medicaid Preferred Drug List and wish to speak with a Community Care of Wake and Johnston County representative please contact Cheryl Viracola at 919-792-3630 or email cviracola@wakedocs.org for more information. §

¹ North Carolina State Medicaid tables website:
<http://www.ncdhhs.gov/>

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Letters

Excerpts from letters to the Editor

What do you think? Share your thoughts in WCP Forum. We are reaching a multitude of readers in medicine, business, universities, public libraries, and hospitals. Letters to the Editor and contributions are welcome and will be considered for publication.

The Editor:

In your essay on American education, I was glad to see you included George Washington's Farewell Address as a required reading for college students. Washington is my hero and that speech is just as important for understanding the country as the Declaration of Independence and the US Constitution. The Constitution is the political version of the synoptic gospels. It is the story. The Declaration of Independence is Romans. It is the political theory that explains the Constitution. You cannot understand the latter without understanding the former. The Farewell Address is the political version of John or perhaps Revelation given the sound advice and warnings. Washington was the incarnate word of political virtue. These three works represent our political trinity. I fully agree that Kids should be required to memorize all three to some degree of recall.

I also have a novel idea how about making elected representatives and judges read these documents. I bet we would be appalled if we polled our solons and judicial officers on their knowledge of these three cornerstones of liberty and I bet many have never read any of them.

The fourth cornerstone is represented by leaders who have been classically trained. Madison said, to paraphrase him, that the only thing more important than writing the declaration and the constitution was teaching the next generations about their meaning. He said liberty would fail as soon as we neglected the critical and sacred obligation of educating each rising generation. It is not just lack of engineers. Lots of engineers would be great but that is not real problem.

It is lack of leaders who understand the timeless and universal nature of man , world history, the history of Britain and the United States and how those cultures evolved because of understanding and joy over Truth and what Kirk called the "Permanent Things." I was honored to be a student of Kirk and I learned at least this much from him.

Thank you for including the Farewell Address as Washington is my hero and that speech is just as important for understanding the country as the Declaration and the Constitution..

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Thomas A, Farr, Attorney
Raleigh, NC

The Editor:

You struck a responsive chord with your thoughts on making English our official language. I have thought for many, many years that it is a mistake to allow other languages to be accepted as an official language in the USA. The cohesiveness of our country requires a single language, and history has determined that it should be English, not French or Vietnamese or Spanish. When I received a ticket for speeding in the Netherlands, every word of the three pages was in Dutch, even

though the Dutch are as inclusive of English as any of the European countries.

I am not concerned that many of our first-generation immigrants do not learn a decent command of English. That has been the nature of our immigration history for two centuries. But they should have an incentive to better their English, and the incentive is that integration into American culture requires an ability to communicate in English. Their children will learn English, and communication in their household will gradually be taken over by English, and they will recognize their increasing isolation because of their lack of English. However, in my eyes, they are welcome to become American citizens, knowing all the while that they are missing part of the value and enjoyment of being integrated into our culture.

When you listed the fundamentals you would require for citizenship, my immediate thought was that I wish our native-born citizens were acquainted with those topics. It is a sign of the times that our children learn their knowledge of the Bill of Rights and the Constitution from law enforcement soap opera TV series. Their knowledge of the history of this country is minimal. What we teach about that history should have direct application to the principles we want to uphold in this country today. I have lived approximately half of the time since the Civil War and one-fourth of the time since this country was founded, so it is to be expected that my view of these issues is different than that of the younger generations. But when we look back, it should be to understand the motivation that drove our forefathers to create the republic and establish certain ground rules for our life together. I am gradually becoming a grumpy old man, and it comes precisely out of long-term thinking about what is required to have a civilization with common principles for living together. I think it is good to be grumpy!

Peter B Corson, PhD, PE
Raleigh, NC

The Editor:

Thank you for sending your most recent copy of the online edition of WCP magazine. I especially enjoyed your article on education. I think it is disturbing that American children spend less days in the classroom than many industrialized countries. After WWII, American students spent the most time in the classroom. I am afraid that we are on the decline in education and that we may end up as the next Europe, without all the charm. Are you familiar with John Dornan's work at the Public School Forum? I am sure that they would love to work with you on some of these issues.

I'm currently partnering with Bryan Setser, executive director of NC Virtual Schools, to develop free webinars for parents on such topics as standard course of study and common core curriculum; how to conduct an effective parent-teacher conference; resources and rights for parents of students with special needs and learning differences; health and nutrition; domestic violence resources; bullying and cyber bullying, and gang and drug awareness.

On another note, I just ordered *The Red Book* from Amazon.

Ashley Matlock
Perkinson, Attorney at Law
Raleigh, NC

The Editor:

Thanks for sharing your thoughts on education in America. It has troubled me or a long time that many of today's youth know almost nothing about the history of this country. And they don't know grammar. They know about computers and all sorts of technological advances, and I have to admit my ignorance in those fields. And think about the lack of appreciation for great music and great art. Top pop singers, etc., are beyond me; how they can be considered such fine performers beats me. And don't let me get started on athletes and their adoring public.

Memory Mitchell
Raleigh, NC

The Editor:

With due respect and the deepest admiration for your accomplishments, the constitution and accompanying bill of rights that you embrace is for all who embrace it -- in whatever language.

I agree that it is most robust in the full

texture and understanding of English and in the English political culture from which it comes, but its genius is that every culture and every time and every language can embrace its depth and its meaning and behave within its norms as a society. As one who lacks, admittedly, your immigrant roots in any meaningful sense, I disagree completely that an official language could or should ever become part of the American scene.

Lee Hogewood, Attorney at Law
Raleigh, NC

The Editor:

Not only should English be recognized as our official language, we should do more to spread it around the world, expanding the reach of "voice of America" and such. In other words, not only should we defend it vigorously, we should go on the offensive with it as our tool.

Mark Self
Raleigh, NC

The Editor:

Enjoyed your good history and clear thinking. I had not heard of your recital of the dictionary pages in Congress. Now and then I fracture a good word when I tell people that I am an octogeranium. One wit responded, "So you are a potted plant!"

Ben Fountain, PhD
Cary, NC
(Dr. Fountain was the first president of the NC Community College System)

The Editor:

Thank you for lighting up my screen! As an immigrant from Norway, I speak a number of languages. My son-in-law is a Professor of Linguistics and Pro-Rector of the University of Tromso, and my daughter is the Dean of the Norwegian Language Village in Bemidji during the summers. In winter she writes and teaches psychology at the University of Tromso.

I never knew why English was not made the official language, but I suspect it might be because of the close call we had when German almost became our national language.

I taught myself to read when I was three, and I memorized the contents of a substantial dictionary of loanwords in our home. It gave me a life long interest in languages, and I cannot imagine reading

French, German, English and Scandinavian poetry in any language other than the original. I do translate poetry from Nordic languages just so there will be some recognition of these unique and highly literate cultures.

Tor Dahl
White Bear Lake, MN

The Editor:

I see your point re: the Noble Peace Prize (see page --, editor), but I accept the choice of the committee. So far the reaction has been that China has broken some planned meetings with Norway in the fields of culture as well as industrial cooperation. That may show that the message has been brought through. I hope that this will not last and that they will accept that the ideas of the prize are important all over the world!

Ivar A. Bjørgen, PhD
Professor, Department of Psychology
University of Trondheim
Trondheim, Norway

The Editor:

What a great interview article in this month's Psychiatry! Thank you so much for sharing it with the readers of WCP. My husband, Sheldon Pinnell, MD, and I both enjoyed reading the article and the entire magazine. We like your daily rules for living, and marvel at your ability to ding a 1924 Mouton Rothschild! We look forward to reading your book when it's finished!

Doren Madey, PhD
Medical/Scientific Liaison
Raleigh, NC

The Editor:

Your October commentary recalls statement of Dennis Prager at U of Denver recently: When asked about the biggest threat to the future of our country, Dennis Prager answered that "it is . . . our failure to understand what it means to be an American." <http://www.youtube.com/watch?v=XNUc8nuo7HI> One hopes such a real world commentary from you - a distinguished friend of man - will cut some mustard with the self-adulatory educator lot - - who're less concerned with students than with themselves - - so unlike genuine articles like neurosurgeon Dr Ben Carson & caring, com- [Continued on page 6]

petent teachers . . . Fresh thanks for your giving beyond dollars, Sir!

Charles Gregory
Durham, NC

The Editor:

Thank you, again, for your insight and for sharing your experiences, which are extremely illuminating and exciting. I could not agree with you more about the English language and its absolute importance to this country's present and future. As you probably remember, I taught English for years, having my PhD in that field. Please keep me on your serve list; I read your thoughts closely each time you share them, even those to which I do not respond.

Jim Hemby, PhD
President Emeritus, Barton College
Raleigh, NC

The Editor:

I agree completely. The significance of this matches Desmond Tutu and countless others who challenged oppressive systems, faced the institutionally sanctioned state violence that allows such regimes to survive, and had the courage to face the negative consequences or death. Of course the Chinese consider his actions and violating the "law" but overlook their violation of a higher law- natural law or justice. Reminds me of the trial scene in Merchant of Venice. It might be interesting to have folks re-read that scene where Portia, disguised as a young jurists defends Antonio against the "legalistic" Shylock- who wants his pound of flesh for violating a contract.

Jarrett Barnhill, MD, FACC
Professor, Child Psychiatry
UNC at Chapel Hill
Chapel Hill, NC

The Editor:

Thank you for reminding me that I have not read the Federalist Papers since I was a political science major at Middlebury college graduating in 1946. Voters among us octogenarian readers of yours should take a refresher course. I trust that our granddaughter with the same recent major at U. Cambridge and working in DC is on top of it! You have provided a wonderful

Mary Elizabeth Nordstrom
Kennebunk, ME

The Editor:

As an Iranian American it is indeed an honor to have an advocate and a spokesperson like yourself. I commend you for what you have so eloquently stated.

Mohammad Noori, PhD
Professor of Engineering
Cal Poly
Obispo, CA

The Editor:

I like your point very much. Indeed they should have their day, Lord willing. Both governments should be pressured. The prison Liu Xiaobo lives in is no hotel either, I can guarantee. The thing is that the Chinese government told the Nobel people they "better not make Liu Xiaobo the winner." I am kind of glad they did it in their face.

Both regimes are brutish. China presents itself to the outside world better than Iran. I also believe the world is more willing to turn a blind eye to China because of the economic problems that result from China's bad feelings.

I have a friend who, year before last, was in her apartment, 8 months pregnant. Her husband was gone. Thugs broke into her house, beat her, "gave her an injection." Later that day, she began having terrible cramps and delivered a stillborn baby. She is a minority person and is allowed to have a second child by law, but the children are supposed to be 4 years apart. Her oldest child was only three.

Her experience at the hospital was horrendous, and she received blood transfusions. After a month and a half, she asked to see me because she was still bleeding. She is such a sweet woman. I had no idea what had happened to her until she called me. She apologized for disturbing me!

There are millions, hundreds of millions, with similar stories. It is unnerving to live in a place where the gift of human life is a trivial thing and people are treated like weeds in someone else's garden.

Douglas Briggs, MD
Somewhere in China

The Editor:

Those whose commitment to peace and human rights have inspired them to challenge the current regime in Iran deserve the appreciation and admiration of all people who love peace and their neighbors.

Dave Horne, Attorney at Law
Raleigh, NC

The Editor:

I agree with you. There are hundreds of dissidents in prison and probably suffering far more than Mr. Xiaobo. Although I'm a great admirer of Mr. Obama, I also felt that the prize was awarded prematurely to him. I worry over the current condition of our country.

A. C. Snow
Raleigh, NC

The Editor:

Certainly it seems that the protesters against the current Iranian regime are relegated to the back of the news.

Joseph C. Porter, Ph.D.
Chief Curator
North Carolina Museum of History
Raleigh, NC

The Editor:

I totally agree with you. Iran, which has always had strong understanding of reason and personal freedom, is being torn apart by the narrow minded and irrational.

William Suk
Raleigh, NC

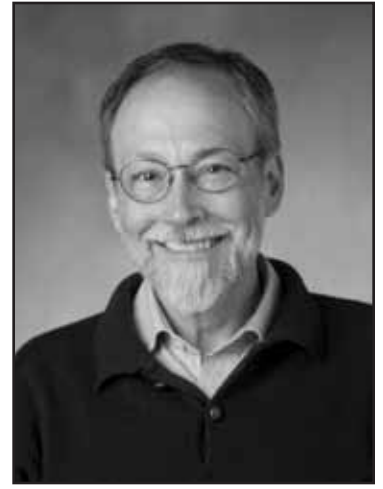
**Exalted Purgation of Elections
(see the Editor's Notebook page 20)**

The Editor:

I totally agree with the sentiment of the piece you sent. In fact, it stimulated some thoughts about the issues. I share your concern for our country now and the lack of civility in public political discourse. Ideologically constructed "facts" now dominate the news and parade as things/statements that are true. The art of persuasion has supplanted facticity in popular rhetoric found in public media, including the "news", and the social sciences. Psychiatry began and gained momentum in the moral vacuum created by the Catholic Church's loss *[Continued on page 33]*

Isocrates the Educator

By Peter Burian*



Isocrates was probably the most influential Greek writer of his time, after his contemporaries Plato and Aristotle. As a philosopher, Isocrates is completely overshadowed by these great rivals. If, as Alfred North Whitehead once remarked, all of Western philosophy is a footnote to Plato, Isocrates is no more than a footnote to the history of philosophy. But as a rhetorician and teacher his influence on education was incalculably great and his ideas still have value today.

Isocrates lived to the remarkable age of 98, and his life straddles the Golden Age of Athens and the first stirrings of the new Hellenistic world. In 436 B.C., He was born to wealthy Athenian parents five years before the beginning of the Peloponnesian War. He died in 338, the year when Philip of Macedon, father of Alexander the Great, subdued the Greeks and ended their freedom at the battle of Chaeronea. (Isocrates had supported Philip interventionist policies, considering him to be the one man who could unite the Greeks after centuries of almost uninterrupted wars, but he did not live to see the consequences.)

Isocrates' family, like many other Athenian families, was ruined financially during the Peloponnesian War. Therefore, the young Isocrates decided to make a living as a *logographer* (speechwriter), a ghostwriter of speeches to be delivered by citizens prosecuting others in Athenian courts, or defending themselves from prosecution. This was a standard and perfectly respectable practice, but Isocrates came to despise it and even to pretend that he never plied that trade, although a number of such speeches come down to us under his name.

The name Isocrates can be translated *equal power* (from Greek *isos* + *kratos*), which has a distinctly democratic ring to it; although as a political thinker he was actually quite suspicious of democracy and very much an elitist. His name, by the way, is connected with that of Socrates only by its similar (and very common) formation on *-kratês*. Socrates name translates as *secure power* (from *sôs* + *kratos*) or possibly even *saving power*.

Isocrates found his public voice in a series of orations (some delivered before

the Athenian assembly, some apparently only circulated in manuscript) excoriating the fractious and self-destructive policies of the warring Greek states and advocating a new pan-Hellenism that would unite the Greeks under the banner of Hellenic culture. For example, to those who said the Macedonians up in Thrace were no Greeks, Isocrates answered with the forward-looking idea that to be a Greek was not a matter of ethnicity or geography, but of accepting and practicing Greek cultural values and customs.

Isocrates' influence on Athenian politics (if any) is still a matter of debate, but his acknowledged greatness comes in his long career as an educator. Five years before Plato established his Academy, Isocrates opened a small, exclusive school to train young men in the art of rhetoric. As a school for the elite, it was expensive. In this respect, he seems at first blush to be nothing more or less than the sophists who taught persuasive speech and acted as life coaches to several generations of elite Athenian males. However, he himself distinguished his practice from that of the sophists on the grounds that he taught not only persuasive speech—the art of making even a bad case sound good—but ethical values. His pupils were to learn not merely how to speak, but how to speak well on noble subjects.

Rhetoric, in Isocrates' view, must be the central subject of instruction because speech is the fundamental trait that separates humans from the other animals, but its object, the art of speaking well, is not simply a matter of persuading by any means, but of using cogent reasoning and promoting sound knowledge and behavior. Thus, Isocrates begins a tradition that develops through antiquity into the educational ideal of producing the *vir bonus dicendi peritus*, the "good man skilled in speaking," to cite the famous phrase of the Roman rhetorician Quintillian.

Isocrates' lasting importance, then lies not least in the influence he exercised on generations of teachers and students in the Greco-Roman world, both through his pupils and their pupils and through the dissemination of his own orations and rhetorical works. This tradition was passed on to the Middle Ages and Renaissance

as an important component of *liberal arts* education, literally *the arts that befit free people*. Indeed it runs like a golden thread through Western intellectual history, above all as the recognition that all human practices depend upon effective communication for their success.

Beyond that, Isocrates' emphasis on practical knowledge rather than abstract, metaphysical speculation keeps reappearing as a healthy antidote to claims of absolute truth. Isocrates tells us it is through language, discussion and debate in which we can reach a kind of consensual truth, remaining ever ready to modify it as we are persuaded by new evidence, new argumentation, and new debate that our previous formulation was inadequate.

Finally, Isocrates insisted that education in speaking well is essential to preparing the individual for citizenship, for an active life in the service to the common good. This concept was essential to widening the bounds of education from individual accomplishment to encompass the betterment of society. This is something to think about in an age where instant messages and tweets seem to be replacing more measured discourse, and rampant rumor threatens to replace solid information in the marketplace of ideas. We will be inestimably poorer if we forget the arts that befit free people. §

**The writer is a professor of classical studies and theater studies at Duke University. He has served a term as chair of the Academic Council (Duke's faculty senate) and was recently professor in charge at the Intercollegiate Center for Classical Studies in Rome. His publications are largely devoted to fifth-century B.C. Athenian drama and aspects of the classical tradition.*

PHYSICIAN PROFILE:

Drs. George Edwards

By Fiona Morgan

For George Edwards, Sr., the obvious path led nowhere near medical school. After graduating from Davidson College in 1950 with a degree in business, he moved with his wife Katherine to Rocky Mount and joined his father and grandfather in business. In 1951, his son George Edwards Jr. was born.

The following year, he decided to venture down another road. He enrolled at University of North Carolina-Chapel Hill to take courses to prepare for medical school there.

“My parents did not encourage me to go into medicine, they tried to discourage me,” George said. His exposure to the field had been minimal: besides delivering newspapers as a teenager to Park View Hospital in Rocky Mount, he knew the profession through a favorite uncle who was a urologist in Greensboro whom he saw only occasionally. However, he said it was enough to like his profession.

During this time, the field of orthopedics advanced rapidly. Total joint replacement, arthroscopic surgery, microsurgery, CT and MR imagine all led to enormous advancements in care throughout the 1970s and 1980s.

Meanwhile, the next generation of Edwards was discovering his own love of medicine.

You might say that George Edwards, Jr. began his career in the third grade, when he helped dip plaster for body casts at the North Carolina Orthopedic Hospital in Gastonia, where his father spent one year of his residency. Later, when the family moved to Raleigh, the son recalls that after church on Sunday, he would occasionally accompany his father on rounds at the old Rex Hospital, where he would watch his father set wrist fractures.

The younger Edwards developed a view of medicine as a combination of science and human communication. His father

Three generations reflect the modern history of orthopedic surgery in Wake County

Medicine appealed to Edwards both because of the freedom and independence it offered and because of the opportunity to help people and “mend the maimed.” He said, “After two years of training in surgery, I knew orthopedics was for me. I chose surgery over medicine, as I liked the action and quick decisions. I chose orthopedics for the fun, carpenter skills, and the atmosphere seemed more fitting to my personality.”

Ultimately, he decided to establish private practice in Raleigh because there were five other orthopedists available for consultations when needed. In Rocky Mount, by contrast, he would have been the only one. Beginning in 1962, he practiced alone for about ten years, teaching medical students at his alma mater once a week. Then in the mid 1970s, he and Dr. Paul Burroughs Jr. started The Bone & Joint Surgery Clinic; they were soon joined by Dr. George Venters and Dr. David Rendleman III.



Left to right: George Edwards Jr., George Edwards, III, and George Edwards Sr.

certainly influenced him to become a doctor. He said, “His love of medicine is contagious.” Yet he also learned the sacrifice the work requires through his father’s days-long absences during residency and departures to the Emergency Room late at night. George said, “Dad always put honesty and integrity first and stressed ignoring a patient’s ability to pay.”

After graduating from Davidson

College, George Edwards Jr. entered medical school at University of North Carolina-Chapel Hill and completed an orthopedic residency at the University of Texas in San Antonio. “I inherited a spirit of optimism, and orthopedics, more than most other areas of medicine, seems to embody this quality, with its capability to cure peoples’ problems or at least make them better.”

Within that specialty, he became fascinated with the hand, “the ultimate creation for interacting with our world and those in it. In essence the hand is the creation that

[Continued on page 23]

George Edwards, Sr.

BORN: March 1928 in Rocky Mount, NC

EDUCATION: McCallie School (a prep school for boys) in Chattanooga, Tennessee, 1946

Davidson College, B.S., Business, 1950.
University of North Carolina School of Medicine, MD, 1957

CAREER HISTORY: General Surgery Residency, North Carolina Memorial Hospital, 1957-1959

Orthopaedic Residency, North Carolina Memorial Hospital, 1959-1962
Orthopedic surgery, private practice, 1962-1975.

Co-founded The Bone and Joint Surgery Clinic, 1975.

Retired April 12, 2006.

COMMUNITY: Deacon, White Memorial Presbyterian Church.

PROFESSIONAL SOCIETIES: American Medical Association, Wake County Medical Society, American Academy of Orthopedic Surgeons, North Carolina Orthopedic Association, Raleigh Academy of Medicine, North Carolina Medical Society.

PUBLICATIONS: Man's Chief End, Chapel Hill Press, 2010.

FAMILY: Katherine Banks Edwards (married 1949). Three children: George Edwards, Jr.; Nancy Edwards Fitzgerald: artist, mother and grandmother, Winston-Salem; Elizabeth Edwards Gladen, accountant for General Electric, Atlanta; W.A.Banks Edwards, accountant with Deloit, New York. George Sr. and Katherine have 9 grandchildren and 4 great grandchildren.

FAVORITE LEISURE ACTIVITIES: Golf, traveling with my wife, swimming, yard work.

FAVORITE MOVIE: It's a Wonderful Life

FAVORITE BOOK: The best book ever written is Homer's Odyssey. It has everything all other good books have.

George Edwards, Jr.

BORN: 1951 in Rocky Mount, NC

EDUCATION: Davidson College, 1974
University of North Carolina School of Medicine, MD, 1978

CAREER HISTORY:

Orthopaedic Residency, University of Texas, San Antonio, 1983
Hand Fellowship, Harvard University, Massachusetts General Hospital, 1984
Physician, Bone and Joint Surgery Clinic, 1984-1991
Founding physician, Raleigh Hand Center, 1991-present

COMMUNITY: Teaching Sunday School; mission trips to Nicaragua with wife, son, and friends.

FAVORITE LEISURE ACTIVITIES: Studying Spanish, reading, playing with grandchildren, travel with family, swimming, golf.

FAVORITE MOVIES: Beyond Borders, an insightful expose into the dirty politics sometimes required to help the destitute in developing countries.

LAST THREE BOOKS READ: Better by Atul Gawande, Blink by Malcolm Gladwell, The Fountainhead by Ayn Rand.

LIKES ABOUT THE TRIANGLE: Observing the strong, traditional core values of the area challenged by outsiders new to the area and seeing these values not only preserved but, for the most part, understood and accepted whole-heartedly by the newcomers. Ultimately, exposure to the huge influx of new residents from all over the globe has stimulated the Triangle in positive ways never imagined. The medical climate here reflects this same dynamism.

DISLIKES ABOUT THE TRIANGLE: (No answer)

ADVICE TO YOUNG PHYSICIANS STARTING PRACTICE: More than ever, go into medicine because you love to help others, not for the money. Also, try to learn at least one thing, anything, from each patient encounter.

George Edwards, III

BORN: April 1982 in San Antonio, TX

EDUCATION: Broughton High School, Raleigh, 2000.
Davidson College, B.S. Biology, 2004.
University of North Carolina School of Medicine, MD, 2008

CAREER HISTORY:

Orthopedic Residency, University of North Carolina Hospital, 2008-present

COMMUNITY: Habitat for Humanity, providing meals to the needy through church, working at a free clinic in Chapel Hill.

FAMILY: Wife: Rebecca Edwards. Son: George Ryland Edwards, age 6 months.

FAVORITE LEISURE ACTIVITIES: When I can, I enjoy fly fishing and taking my 150-pound Great Dane for a walk in the woods. I play the guitar, mandolin, and banjo [...] and I enjoy attending folk music festivals.

FAVORITE MOVIES: The Shawshank Redemption

FAVORITE BOOK: Cider House Rules by John Irving

LIKES ABOUT THE TRIANGLE: The great combination of Southern small town culture with big town amenities.

DISLIKES ABOUT THE TRIANGLE: All the traffic that's appeared in the past ten years.

ADVICE TO YOUNG PHYSICIANS STARTING PRACTICE: Being a young physician myself, I'm still trying to gather all the advice I can.

WISHES THE PUBLIC BETTER UNDERSTOOD ABOUT MEDICINE: I wish they understood the sacrifice it takes to become a doctor, and that no one in their right mind would become a doctor for the money aspect of it.



Welcome New Members

The Wake County Medical Society welcomes the following new members...

Joseph U. Barker, MD

Medical School: Duke School of Medicine
Year Graduated: 2004

Specialty: Orthopaedic Surgery Sports Medicine; Shoulder, Hip, and Knee Surgery
Practice: Raleigh Orthopaedic Clinic

Specialty: Family Practice
Practice: NextCare Urgent Care - Cary



Paul L. Henderson, MD, FACS

Medical School: UNC Chapel Hill
Year Graduated: 1998
Specialty: Family Medicine
Practice: Capital Family Medicine



Jennifer F. Chapman, PA

Medical School: Wake Forest University Physician Assistant Program
Year Graduated: 2007
Specialty: Orthopaedic Surgery
Practice: Hey Clinic

Melanie M. Lutz, MD

Medical School: Northeastern Ohio University
Year Graduated: 2001
Specialty: Anesthesiology
Practice: American Anesthesiology of North Carolina



Kati Elizabeth Dessauer, MD

Medical School: UNC Chapel Hill
Year Graduated: 1985
Specialty: Family & Adolescent Medicine
Practice: Wellness Family Practice, PA



William G. Pittman, III, MD

Medical School: UNC Chapel Hill
Year Graduated: 1998
Specialty: Internal Medicine
Practice: WakeMed Faculty Physicians

Brett A. Gordon, PA

Medical School: Philadelphia College of Osteopathic Medicine Physician Assistant Program
Year Graduated: 2003
Specialty: General Surgery
Practice: Cary Surgical Specialists

Karen K. Poulos, MD

Medical School: UNC School of Medicine
Year Graduated: 1994
Specialty: Psychiatry
Practice: Central Regional Hospital – Dorthea Dix

Christa L. Gray, MD

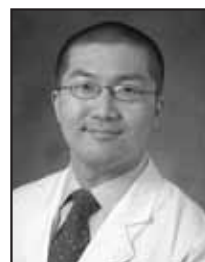
Medical School: University of California, Irvine College of Medicine
Year Graduated: 2001
Specialty: Anesthesiology
Practice: American Anesthesiology of NC

Jessica S. Scott, MD

Medical School: Tufts Medical School
Year Graduated: 1993
Specialty: Family Medicine
Practice: Wake Forest Urgent Care

Myra A. Guzman, MD

Medical School: Temple University
Year Graduated: 1983



Jin Soo Yoo, MD

Medical School: University of Virginia
Year Graduated: 2002
Specialty: General Surgery
Practice: Duke General Surgery of Raleigh

The Guilty Pleasure of Saying No

By W. Fred Rose
Minister, Richmond Virginia

“You are tired. The church is tired. Everybody is tired.” Here I was, the pastor, visiting active members who were friends. I left their home shrugging off their analysis. I have come to realize they were right. We are all tired. Maybe you are not, but from where I stand on a Sunday morning, there are many who are bone weary tired. A church leader said, “We are all worn out and we just have to get used to it.” I say these things because I suspect this is an issue that affects everything we do. We have come through the holidays. There have been some precious moments. We have endured



others. The New Year arrives with all kinds of challenges. How will we face our work, our family and any extemporaneous problems that arise? I do not know entirely. I would like to share my own wrestling with how I am trying to take care of my household. I begin by admitting the truth. We are tired.

There is no magic formula other than one built into the foundations of Judaism and Christianity. If we could find a way to take one day in seven, if we could allow ourselves a day of rest, if we could “remember the Sabbath day and keep it holy,” (Exodus 20:8) we might be different people. I am not saying the world would necessarily change, but perhaps we might see things another way. When I get eight hours of sleep and feel rested, I look at my job from a better place. Perhaps this works with taking time every week to rest, to find time to do what is essential for our soul.

I was visiting a doctor this week and

picked up a *Reader's Digest* as I was waiting. On the cover was a picture of Sigourney Weaver, the film star, and in small print, “Guilty Pleasure.” I turned to her interview and read how she lived a normal life blah blah. She admitted though to one serious vice. She said, “I say yes to too many things. I wish I had the guilty pleasure of saying no. My next goal is to try to do less, but more fully.” (83, Wallace) Precisely!! “How, Sigourney, can we ‘try to do less, but more fully?’” If we can figure out a way to do this, we just may have something that can help us in this New Year!

For the last several years, I have taught a Sunday school class with a mix of young parents and singles. One study over several Sundays was entitled “Help for the Exhausted Parent.” The author explained, “It seems that the more energy we spend on careers, household work, trying to stretch income to cover expenses, community, school, and church involvement, and the trends that the media convinces us are *musts* if we want to be successful, the more we experience the feelings of underachievement, disorganization, and weariness. Famous entertainers and sports figures cancel *appearances due to exhaustion*, but what about parents? Would we even know how or where to start to slow down?” (1-2, Burdick)

I admit when I have a free Saturday or Sunday afternoon, I am dizzy with excitement. More often than not, because the TV is so easy, I fall into a familiar chair and click on a golf tournament. After 30 minutes, I am snoring and disturbing others in the room. This does not seem what the commandment had in mind.

In my conversation with church members about taking a day to rest, many have said it is impossible. Perhaps if we had some vision of Sabbath, we could consider it. I have appreciated the work of Barbara Brown Taylor, an Episcopal priest turned college professor. She offers her idea of what can be restorative. She said, “At least one day in every seven, pull off the road and park the car in the garage. Close the door to the tool shed and turn off the computer. Stay home not because you are sick but because



you are well. Talk someone you love into being well with you. Take a nap, a walk, an hour for lunch. Test the premise that you are worth more than what you can produce—that even if you spent one whole day being good for nothing you would still be precious in God’s sight—and when you get anxious because you are convinced that this is not so, remember that your own conviction is not required. This is a commandment. Your worth has already been established, even when you are not working. The purpose of the commandment is to woo you to the same truth.” (139, Taylor) She also says, “My advice is to find yourself a partner revolutionary. Find a whole community of revolutionaries if you can. They will help you hang on to your vision, the one that helps you remember who you were created to be.” (138, Taylor) She speaks of faith communities. Imagine for a moment what it would be if we had friends with whom we could agree to some kind of vision about doing things that help us rest and consider realities other than work.

Maybe this is too ambitious. We could start with an afternoon with our spouse or child. My father used to take me for walks in the woods. Those afternoon walks have stayed in my imagination ever since. Maybe this is a way I need to begin again myself. If I can learn to say no to work and park my car in the garage, then my wife and I just might discover a new world even now.

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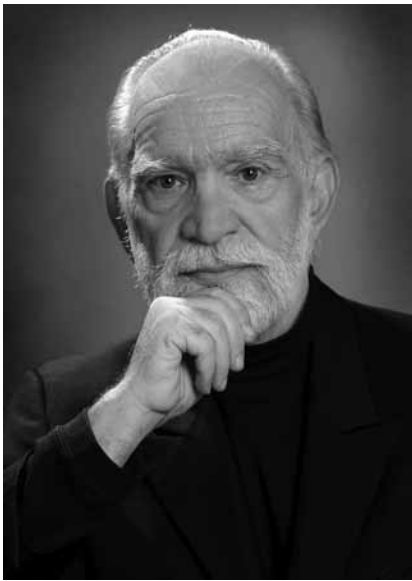
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Mental Health Corner

By Nicholas E. Stratas, MD, DLFAPA



GRIEF

I have experienced the death of a son early 2010 followed by the death of my wife of 53 years a month later. My experience with death and grief began decades ago when I was asked to be an advisor to “Compassionate Friends” a developing support group which continues to be active in Raleigh. This is an organization for bereaved parents. I have continued over the years to be involved with this organization, asked frequently to make presentations. Meetings begin with each member of the group introducing themselves with the opportunity to speak or not, many give a small vignette about their own experience of their loss. In the main, I have elected to dedicate a significant portion of each time to informal interaction with the group. As a result of these meetings, I recall vividly my appreciation that at any moment I could receive a telephone call notifying me of the death of a loved one, perhaps desensitizing me.

My findings are not the result of any formal organized study. However I have distinct impressions which have been of immeasurable assistance to me now as well as over the decades with patients I have worked with about the loss of a loved one. Despite what the books describe there is no common path of grief through which everybody can expect to travel. Each journey just as each life is unique. Nor does everyone have to experience every step that has been identified as occurring in grief. Certainly extreme sadness can be present as can anger, sometimes expressed at a variety of events or people surrounding the child’s death. Of course feelings are not “at” anything or anyone. They are a dimension of our human experience. Fur-

thermore there is no graduation from grief. The continuation and where necessary the reorganization of one’s life following a loved one’s death can fill one’s life. Unfortunately, perhaps due to the fragmented nature of the American culture, grief counseling has become a commodity commercialized and spawning so-called grief counselors, grief training and grief workshops. Certainly “Compassionate Friends” through the shared experiences of members is helping grieving parents deal with bereavement, helping them find their way through the feelings some do not even have words for.

There is nothing wrong with grief. It doesn’t automatically require counseling or therapy. In frequent instances one parent elects to come to “Compassionate Friends” while the other does not. It is important not to pathologize it however one chooses to grieve. Grief is a wholly appropriate response to loss and so is the celebration of the life of the loved one. One doesn’t ask for it. Of course; it is

incredibly painful at times. It doesn’t automatically evaporate in some fixed amount of time; it can take far more than a year to reorganize one’s life so that the darkness of death does not exert excessive gravitational pull. In the large scheme of things, grief, like other forms of adversity, can be an opportunity for growth, for gaining understanding and depth. It can contribute powerfully to life. It is clear that those persons who have come to peace with themselves about life and who seize the opportunity of the loss to continue with their own life in a productive way do better. Moreover, those with the belief that life goes on, that our physical self is simply the manifestation of life on this earth, do better than those who see the loss as the end of life. Those who continue to include their loved one in the process of their life continue to experience the gratitude for having the loved one in their life. They report the experience of continuation of life, of loving, of presence of the loved ones. It is not [Continued on page 32]



The Problem of Placebos

By L. Jarrett Barnhill, MD, DFAPA, AACAP*

This article focuses on the role of placebo in RCTs (Randomized Controlled Trials) in evidenced based medicine. From a pragmatist's perspective, this methodology serves two purposes: determine if drug "a" is effective relative to either placebo or "competitor" and to provide data on the number needed to treat (NNT) and number needed to harm (risk-benefit ratios). Of course we will take to a different perspective on placebo.

Some time ago we explored the introduction of scientific methodologies especially the use models for testing hypotheses about clinical observations. With the introduction of controlled experimentation we witnessed a decreased reliance on many traditional practices drawn from folk beliefs and practices, religious rituals based on authority based on underlying supernatural causality and centuries of accumulated observation and treatment. As experiment, empiricism and reason

and enlightenment (successful explanations). Attaining such understanding is a complicated process. We create models to deal with complex phenomena (medical model) and then design studies to confirm or reject these hypotheses. In doing so, we face the problem of reductionism. We also confront another dilemma: the conflict between assimilating and torturing data to fit that model or accommodating and revising models to fit new observations and discrepant data. The child developmentalist, Jean Piaget used this terminology in describe how children learn about the world. For our purposes, in this paper we need to reframe this conflict in more mundane terms, the ever changing balance between dogma and over exuberant empiricism.

In psychopharmacology, the blind researcher like Oedipus or Justice is able to gain insights in an unbiased manner. We also believe that following this scientific ritual offers reassurance that our



suggest the active drug is ineffective. It is less commonplace to ask: why under these circumstances is the placebo so effective?

Some overzealous researchers lump placebo responses into the same category as miracles, supernatural influences and spooky actions. Yet in deference to Frances Bacon and Isaac

Newton, we rarely accept the possibility that our models do not capture the true nature of complex phenomena. For example, if we assume that light is a particle and design experiments to prove this, we are likely to find evidence that light is particular. If we change the experiment to search for light as a wave, we tend to confirm this hypothesis. Neither captures the dual nature of light and we opened the door for quantum physics to assert that waves represent the statistical probability that a photon is in a particular location.

For the mathematically/statistically challenged like me, quantum mechanics feels like the warning by Hegel and other 19th century philosopher's that physics beware of metaphysic. So what about placebos and statistical probabilities?

One of the *[Continued on page 32]*



replaced these traditions, we shifted our difficult questions about treatment from religious healers and indigenous health providers to experts and scientists.

Yet many of us have forgotten that evidenced-based medicine is a means to an end, not an end in itself. Similarly we lose track of the ultimate goal: understanding

positive findings are valid and will not chance events. On the other hand, negative findings prompt a review of our data, research design and methods of statistical analysis. Negative findings also necessitate new questions about the viability of our causal models or drug mechanism of action. Thus we assume negative findings



North Carolina Treasures

By Kathryn V. Johnson, MS, LMFT*

INTERACT: THE FAMILY SAFETY AND EMPOWERMENT CENTER

When people hear stories about domestic violence, they ask me, “Why didn’t they just leave?” I would ask them to imagine a scenario in which leaving may risk losing housing, financial security, and even their life. Feelings of guilt, shame, and helplessness are also barriers that keep victims in the relationships and stop them from seeking help. Even after domestic violence survivors manage to leave the abusive relationship, they still suffer from trauma that takes years to recover.

In January 2007, InterAct purchased a 60,000 square foot building that was later redesigned and renovated to fulfill a ten-agency non-profit collaborative model with a mission driven purpose of delivering “wrap-around” holistic services to families impacted by Domestic Violence and Rape/Sexual Assault. The new building, purchased from the YWCA of the Greater Triangle, was named the Family Safety and Empowerment Center.

Opened March 2009, InterAct’s Family Safety and Empowerment Center located at 1012 Oberlin Road in Raleigh, brings together nine other community agencies to provide on-site, wraparound services to victims and families facing domestic violence and sexual abuse. Partners in this pioneering project include: Easter Seals UCP, coordinating the provision of mental health services; Inter-Faith Food Shuttle, operating a commercial kitchen and providing culinary skills training; Kiran, promoting self-reliance and empowerment of South Asian immigrants; Legal Aid of North Carolina, offering InterAct’s clients legal assistance; Raleigh Police Department, housing its entire Family Violence Intervention Unit on-site; SouthLight, offering family substance abuse counseling services; Wake Health Services, providing primary medical care using InterAct’s medical clinic; YMCA of the Triangle, operating after school and summer youth programs; and YWCA of the Greater Triangle, offering its Women In Transition Program. Additionally, the center houses Pass It On Too, an upscale InterAct thrift store that sells women’s and children’s clothing.

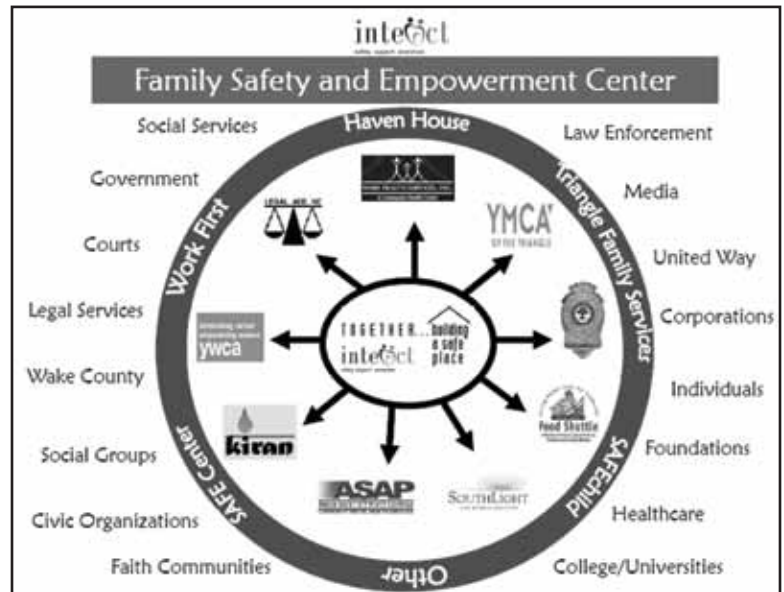
InterAct provides a full list of services including two 24-hour crisis lines; bilingual counseling for individuals, groups, and children; case management; court and hospital advocacy; violence prevention professional trainings; and Wake County’s one-of-its-kind safe and confidential shelter program for women and children with a goal of ending the cycle of violence.

In 2008-2009, InterAct served over 53,000 individuals:

- Over 3,300 women, men and children visited our of-

fice seeking safety and support from our on-site counselors and case managers;

- Over 12,000 calls were received on our two 24-hour crisis lines;
- 153 families utilized our Residential Counseling Program (Shelter);



- Over 26,000 community members received awareness through our Community Education and Training programs;
- Over 12,400 Wake County students received violence prevention education through our Youth Education Services Violence Prevention Program.

While it is hard for anyone to leave an abusive relationship, immigrants face unique challenges including language barriers, isolation, lack of knowledge regarding services provided throughout the community, child custody, as well as the lack of family and community support. These barriers have been traditionally overlooked, often keeping immigrant victims from seeking help.

To face these struggles, agencies such as InterAct manage to connect resources together by providing culturally specific services to two increasing populations in Wake County -- Latinos and South Asians. The Immigrants Seeking Safety (ISS) Project was initiated by five agencies including InterAct, Legal Aid, SAFEChild, Kiran, and Association of Latino Professionals (ALPES). This collaboration offers immigrant clients bilingual counseling, legal consultation, parenting and childcare services. Another essential goal of the project is community outreach and education. By teaching the community about intimate partner violence, the expectation is

[Continued on page 19]



WAKE SPINE & PAIN

relieve pain, reclaim life

(previously Wake Interventional Pain Institute)

Providing minimally invasive procedures to chronic pain patients:

- Radiofrequency ablations
- Neurostimulators
- Epidural injections
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“We would like to take this opportunity to thank the community healthcare providers who contribute to our continued success by allowing us to participate in the care of their patients”

Poetry Corner

John Balaban, Professor of English NC State University
Poetry Section Editor



On the Installation of Chancellor W. Randolph Woodson (October 26, 2010)

By John Balaban, Professor of English Poet-in-Residence

Heaven is a symphony

By Deborah Matlock

Heaven is a symphony
each life an individual note
eternally sounding itself
eternally, fluidly, flowingly advancing
without one the symphony would be incomplete
without one the symphony would end in black
silence
no longer circular, no longer forever
Heaven is a symphony



Deborah Matlock (1976-1994)

We should marvel, gathered as we are,
at how these assemblies have convened

ever since the first informal group
collected in the olive grove in Greece

with Plato opening the academic door
to those seeking both wisdom and skill

through studies that widen the knowable world
and those that deepen the human soul,

down through millennia and universities past
to our "people's university," chartered

for "liberal and practical education"
following on war, and ruinous hard times.

In this long tradition, we welcome a Chancellor
taking on his complex tasks in times

that still require the *technai* of the liberal arts
and the advancing skills of scientific *techné*,

a Chancellor who brings with him





Quarterly Morbidity Report

By Jeffrey Engel, MD North Carolina State Health Director
WCP Magazine Public Health Editor

Wake County Morbidity Table

(Preliminary data, as of 11/09/2010)

The Morbidity Table includes the number of reportable diseases and conditions reported to the Wake County Department of Health and Human Services by Physicians and laboratory directors as mandated by NC Law. The list of reportable diseases is not comprehensive as rare diseases with zero case reports (e.g. CJD, Leprosy) are not shown.

For a complete list of reportable conditions see: (http://www.epi.state.nc.us/epi/gcdc/manual/reportable_diseases.html)

The Morbidity Table is offered by the Public Health Committee of the Wake County Medical Society.

Condition	1stQtr 2010	2ndQtr 2010	3rdQtr 2010	YTD 2010
Campylobacter	13	15	10	38
Chancroid	1	0	0	1
Chlamydia	1213	1283	1221	3717
Cryptosporidiosis	1	0	1	2
Cyclosporiasis	0	0	0	0
E Coli	1	2	4	7
Ehrlichia, HGE	0	2	1	3
Ehrlichia, HME	22	8	10	40
Gonorrhea	308	397	338	1043
Haemophilus influenzae	4	3	3	10
Hepatitis A	1	0	0	1
Hepatitis B - Acute	0	1	1	2
Hepatitis B - Chronic	19	30	34	83
Hepatitis C - Acute	1	0	0	1
HIV/AIDS	52	46	39	137
Legionellosis	0	1	0	1
Listeriosis	0	1	0	1
Lyme disease	80	10	11	101
Malaria	6	3	4	13
Meningococcal	1	0	0	1
Non-gonococcal urethritis	69	128	97	294
Pertussis	7	0	3	10
PID	34	54	71	159
Rocky Mountain Spotted Fever	38	16	20	74
Salmonellosis	7	22	92	121
Shigellosis	0	4	4	8
Streptococcal infection Group A, Invasive	2	7	3	12
Syphilis, Early	28	13	22	63
Tuberculosis				
Toxic Shock Syndrome, streptococcal	0	0	2	2
Typhoid acute	1	0	0	1
Typhus	0	0	0	0
Vibrio Infection, Other	0	0	1	1

Notes:

No value in a cell means 0 cases reported. The data presented are based on cases reported in the most current year. (i.e., comparative of previous year may not be comprehensive for cases reported in that year.) If no events were reported for a disease for all three periods, the disease is not

listed.

*Novel influenza virus infection: Case-based reporting was discontinued in NC in the third week of September, 2009.

The date basis for this report is based on the date the event was accepted as ready to report to the CDC by DPH.

This date is the one used in the calculation of MMWR week/year.

HIV and AIDS cases that are diagnosed/reported in prisons (state, federal) are excluded from this report so that the totals (for Wake County) match those published in our quarterly surveillance report. Incomplete reports are not included.



Public Health Issues

By Jeffrey Engel, MD
North Carolina State Health Director

MAKING THE HEALTHY CHOICE THE EASY CHOICE

Much is being said these days about how unhealthy we are as a nation, a state and a community. Of course this is not hearsay; the United States ranks poorly on health outcomes compared to other industrialized nations.

Considering the leading causes of death and disability in adults, cancer and cardiovascular disease, lifestyle choices are a major determinant of these diseases. Tobacco use, overeating, and physical inactivity lead to lung cancer, obesity, type 2 diabetes, hypertension, atherosclerosis, heart attacks and stroke.

Sadly, many of these problems begin in childhood, especially obesity and type 2 diabetes. A recent study confirmed that obese children and adolescents are far more likely to become obese adults than their normal weight peers. Adult smokers often begin the habit in middle or high school becoming addicted to nicotine before the age of 21.

These unhealthy behaviors are personal choices and it was thought that public health could do very little to alter these behaviors beyond individual counseling and education. Indeed, in the clinic where disease states are already manifest, providers attempt to reverse pathology with smoking cessation and weight loss interventions often without success.

Strong evidence is emerging that society, through policy and legislation, can make significant environmental changes that help people make healthier choices. "Making the healthy choice the easy choice" is the new mantra among public health officials and this article will review some of these interventions. Many of these changes are not new and have been incrementally implemented to varying degrees in communities nationwide.

Economic incentives and disincentives

are potent modifiers of human behavior. In the case of tobacco control, by far the most effective strategy to keep youth from ever smoking is increasing the price on a pack of cigarettes and other tobacco products. There is also a linear correlation of increasing cigarette cost compared to decreasing smoking prevalence among adults. Numerous studies have validated the effect of pricing on smoking prevalence across the United States. Unfortunately, North Carolina, with a cigarette per pack tax of 45 cents is far below the national average of \$1.45; and the adult smoking prevalence is in the bottom third in the nation at 21%.

Regarding the obesity epidemic, laws and voluntary changes in the food and beverage industry are becoming ubiquitous. These new nutritional policies are based on scientific evidence and empiric practices associated with beneficial outcomes at the population level. Perhaps the best known example is the elimination of trans fats from food items. Some jurisdictions, like New York City, have legally banned the

sale of trans fat-containing food. However the food industry realized that from the scientific evidence and market pressure, plus the ability to substitute healthier fats without affecting taste, voluntary elimination was feasible and became the rule rather than the exception.

A similar movement is afoot with the salt content of foods. Americans consume much more sodium (in the form of salt) than is required, and too much salt can lead to hypertension. Most salt consumption comes from packaged and pre-prepared foods; hence once again, the food industry has begun to offer the low salt choice.

Regarding the childhood obesity epidemic, government is becoming more involved at the federal, state and local level. Policy changes include accepting

[Continued on page 19]



HEALTHY CHOICE *continued from page 18*

food stamps at farmers' markets, regulating subsidized meals at schools and daycare centers to include more fruits and vegetables, banning sugared beverages from school vending machines, limiting athletic sponsorships from beverage companies, and mandating calorie information at school cafeterias and restaurant menus. Regarding the latter, a provision in the Healthcare Reform (Affordable Care Act) legislation (passed in March of 2010), requires large restaurant chains to include calorie counts on all entrees.

Sugar, salt, and fat make food tasty, but it is the excess calories that people eat that ultimately leads to overweight and obesity. Reducing access to sugared beverages will help, but the food serving size will always be a personal choice. Making the healthier choice easier by improving

access to healthier foods and informing people constantly of the caloric intake of their food choice is becoming the societal norm.

On the other side of the obesity equation is physical inactivity. Children are spending more time indoors watching television and snacking than ever before. Most adults do not exercise at all, let alone achieve the 150 minutes of aerobic exercise per week that is recommended. The community transformation that is needed to steer society away from its sedentary ways will require thoughtful urban and rural planning, reintroducing physical education in the schools, and worksite wellness initiatives.

Community transformation grants coming from the federal government in the Affordable Care Act will be focused on improved transportation planning including sidewalks, more parks and greenways,

safe walking routes from home to schools, and health impact assessments on major planning decisions. Physical education and increased opportunities for physical activity in the schools are being integrated into preschool through high school curricula. Larger employers are implementing worksite wellness policies including exercise programs, smoke free environments, and healthy food choices.

Smoking, overeating and physical inactivity are personal choices that result in poor health outcomes. Government, policy makers, and industry all have important roles in improving our nation's health. "Making the healthy choice the easy choice" is a policy all can unite behind as being not overbearing and the sensible path to primary prevention of the major causes of premature death and disability: cancer, heart disease and stroke. §

NC TREASURE *continued from page 14*

understood. They should not face these challenges on their own.

According to the Family Violence Prevention Fund, routine screening for domestic violence victimization should be practiced in a variety of healthcare settings along with a brief safety assessment and referrals to domestic violence and rape/sexual assault service providers. Research shows that over 30% of domestic violence and sexual assault victims experience symptoms of depression, 46% show symptoms of anxiety disorder, and an estimated 33% to 88% experience Post-Traumatic Stress Disorder. To help victims of domestic violence and sexual assault, InterAct is able to provide a culturally competent, trauma-informed, trauma-specific, gender-specific, integrated model of services. Trauma is experiencing, witnessing, or being threatened with an event or events that involves actual serious injury, a threat to the physical integrity of one's self or others, or possible death to which a person responds with intense fear, helplessness, or horror.

The unique collaboration model of InterAct's Family Safety and Empowerment Center offers clients accessible services under one roof such as job training, substance abuse counseling, primary medical care, mental health services, legal aid and childcare.

New Executive Director:

After an extensive and thorough search, InterAct announced its new Executive Director, Leigh Griffin Duque, who replaced Adam Hartzell. Leigh joined the InterAct team on August 23, 2010. Duque said, "I was drawn to InterAct because of its commitment to serving families impacted by domestic violence and rape/sexual assault, lasting community involvement and dedication, and for their recent momentum in advocacy and education programs to keep our community safe. The mission, the philosophy and the values of the organization are an inspiration and entirely compatible with my personal and professional orientation."



Leigh Griffin Duque

InterAct is committed to creating lasting changes for victims and their families, and empowering them to maintain violence-free lives over the long term. InterAct's momentum in advocacy has gained national attention and has been named as a national model in the effective and efficient delivery of services to local families. In 2009, InterAct was one of only ten organizations nation-wide to receive the prestigious Mutual of America Foundation Community Partnership Award, which recognizes exemplary leadership in facilitating partnerships and building cohesive communities through innovative models of collaboration.

In October 1998, Wake Medical Center and InterAct established a partnership with the opening of the Sexual Assault Forensic Examination (SAFE) Center where victims of rape/sexual assault receive services provided by a response team including Sexual Assault Nurse Examiners, law enforcement and InterAct. In January 2011, the SAFE Center will be relocated to InterAct's headquarters, the Family Safety and Empowerment Center. This is an effort supported by Wake Medical Center to continue to provide a community-based model to include access by all hospitals in Wake County. This move will also provide clients' continued and convenient access to comfortable and confidential services for sexual assault victims. §

About the Author:

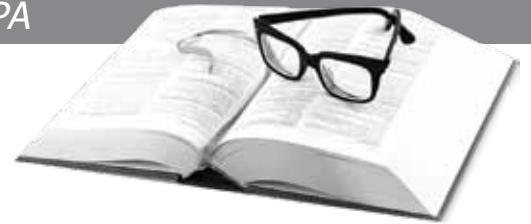
From April to August 2010, Kathryn V. Johnson, Associate Executive Director, served as InterAct's Interim Executive Director. Mrs. Johnson has been committed to advocating for victims and survivors of domestic violence and sexual assault throughout her 14-year tenure and dedicated service to InterAct. Her efforts have guided InterAct's Board of Directors team through many key projects including launching the new service collaboration model and co-managing the programmatic efforts of the capital campaign. She is a North Carolina Licensed Marriage and Family Therapist with a Bachelor's degree in Psychology and a Master's in Marriage and Family Therapy. kathyj@interactofwake.org



*Kathryn V. Johnson,
MS, LMFT*

Editor's Notebook

By Assad Meymandi, MD, PhD, DLFAPA



Not to take anything away from the witty, knowledgeable lapidary wordsmith whom the late 35th US President, John Kennedy, called his “intellectual blood bank”, Theodore Sorenson who died last month at age 82. But a common misconception must be corrected: the famous quote “Ask not what your country can do for you, ask what you can do for your country” was first written by Saint Augustine of Hippo (354-420) in his book of Confession in 397 AD. Augustine as a little boy was asking “what God can do for him and not what he can do for God”... It was repeated and re-used in different forms by Gibran Khalil Gibran, the Lebanese poet and artist in 1918-1920.

A Few Words about Christianity: Commercial vs. Spirituality

Christmas as a religious observance and Christmas a secular event may coexist, woe unto the cynics and to the intolerants. In ancient days of Egyptians, Persians and Romans, they celebrated the winter solstice called the Saturnalia which ran December 17 to 24. They closed offices and exchanged gifts. This is the time when the sun reaches its lowest point and begins to climb, once more, in the sky. In its earliest days, Christianity did not celebrate the Nativity at all. Only two of the four Gospels even mention it. Instead, Easter was the most important day in the Christian year. In 325, when the Church fathers convened in Nicea, they focused on this issue and decided that Easter should fall on the Sunday following the first full moon of the spring, making it a moveable feast. In 354, the year Saint Augustine of Hippo was born, Pope Liberius decided to add the Nativity to the Church calendar. So, it was he who decided to celebrate the birth of Christ on the fixed day of December 25. It was not until the 1800s that commerce got a hold of Christmas and resurrected the ancient gift giving of the Roman Saturnalia. In 1828, for example, the American Ambassador to Mexico, Joel Robert Poinsetta, brought the plant poinsettia to the US. It has been associated with Christmas ever since. We have room to celebrate the secular feast of Saturnalia, Winter Solstice, on the 25th of December. To get us closer to God, eternity and spirituality, observe the mystical and holy phenomenon of the birth of Christ religiously both at the same time. It is unhealthy to engage in extremes of either or and to be cynical and intolerant of others. After all, Christmas and Saturnalia are to enhance love and understanding.

2010 Nobel Peace Prize

While I admire the 2010 Nobel Peace Prize winner, Liu Xiaobo, personally, and recognize his work in attempting to bring democracy and the rule of law to

China, I take issue with the Committee's selection. I believe the most deserving candidate(s) for this year's Nobel Peace Prize are the journalists, intellectuals, university professors, and businessmen, dissident of Iranian government regime who have either lost their lives or currently being tortured in abhorrent conditions in the notorious Evin prison of Tehran.

From Wire Services

Harvard to beef up family practice

Harvard Medical School has received a \$30 million anonymous gift to create a major center to transform primary care medicine, a specialty that provides routine front-line care to millions of people but that many doctors consider unglamorous and underpaid. Ultimately, Harvard — which some physicians believe has neglected primary care — wants to help fix the nation's shortage of primary care doctors by raising their status among their peers and improving working conditions, said the dean, Dr. Jeffrey Flier.

He said the center will pay part of the salaries for 20 to 30 faculty, oversee expansion of the curriculum in primary care, and fund research and experiments to test new models of providing primary care. The school hopes to recruit a renowned national leader in the field to head the center, which Harvard planned to announce today. It will open over the next few months.

Primary care “has not been a very splashy way to pursue your career,” said Flier, who noted that many students who arrive at medical school interested in the field eventually abandon it for a better-paying specialty. He said the center's overarching goal will be to change this dynamic just as the country implements a new health insurance law that will rely heavily on a better primary care system to improve quality and contain costs.

Exalted Purgation of the US Political System

We need to invoke exalted purgation of our political system which is mired in rudeness, incivility and in humanity. Please do not contaminate my mail box with attack ads, and do not sully the air waves with vitriol. We need to replace all this misery with civil debate and discussion of the issues. Thomas Jefferson who never called his opponents but “sir” is turning in his grave.

Funding Mental Health Program and Developing a City Park Have your cake and eat it too!

It is unfortunate to see a rift between the good people who advocate for the mentally ill and those who are supporting transfer of the Dorothea Dix Hospital land into a city park. We should avoid this split at all cost. We can fund the state mental health program and have the city park too.

Here are some reflections: funding programs for mentally ill is NC's covenant with its citizens enshrined in its constitution. Shirking that sacred duty and promise as we have done for the past 30 years is ethically unacceptable and morally bankrupt. In the meantime, passing up the opportunity to turn DDH land into a world class park, like New York City's Central Park, would be another unforgivable travesty that North Carolinians should not accept. We need the park to turn Raleigh into a destination where children can play, visitors bring their families and yes, developers can enjoy building attractive buildings around the park, just as the developers did in 1870 after New York's Central Park was completed. The city park would give Raleigh the soul it so badly needs. It will give Raleigh an identity as an attractive city. Cities are like people. They can be caring, altruistic and beneficent to their citizens, or ugly and narcissistic and self serving. With the construction of this city park, Raleigh has an opportunity to become an altruistic city for all its citizens, young and old. My thoughts are to develop a comprehensive plan for the space between DDH and WakeMed to involve development of southeast Raleigh. This would include Shaw and Saint Augustine Universities. It would involve housing and commercial establishments to give that region a booming economy. Since 1961, I have heard about developing Southeast Raleigh. Yet there has been very little done. This is a good opportunity to advance that goal and offer the citizens of Southeast Raleigh the break they have needed and asked for in the past 45 years. And here is my proposal to funding of the state mental health program.

Going against the eleventh commandment of the Republican party, "Thou shall not raise taxes", I am proposing that the

State tax the rich to support its mental health program. California has succeeded in passing proposition 63, which will impose a tax surcharge of one percent on taxable personal income above one million dollars to pay for services offered through the state's existing mental health system. To pass such a law much leg work needs to be done, an infrastructure laid down, and coalitions developed. I have been closely watching and following the development of proposition 63 in California since August 2004. A huge mixture of powerful alphabet soup lobby, consisting of the National Association for Mental Illness (NAMI), California Psychiatric Association District Branch (CPA), California's six major unions, AARP-California, The California Teachers' Association (CTA), along with American Medical Association, and American Psychiatric Association, just to name a few, participated in forming the Campaign for Mental Health (CMA). The initial initiative will raise \$700 million dollars this year. I submit that we start such a campaign today. I am willing to pay my share.

SHAB-E YALDA

December 21 is the longest night of the year. In Mede and Persian history and Zoroastrian tradition, it is a holy night, "Night of Birth", the birth of Mithra, the God of illumination and salvation. The birth of Ahura Mazda.

Persian poets have written extensively about the night of Yalda (Shab-e-Yalda). Here is a stanza from Baba Taher Oryan (950-1019), the mythical Persian poet who roamed the mountains of Hamadan naked

"Shab-e-Yalda is the longest night of they year,
To have more time to read and learn...
To have more time to worship...
To have more time to reflect...
To have more time to connect with the beloved and
To have more time to nurture one's soul..."

We know that Plato wrote extensively about the soul, Zoroastrianism, and the night of Yalda...

May you have a fruitful and joyous Yalda night.

Advice to Sons on the Occasion of Christmas


The end product of life is the legacy, the heritage and the good name we leave behind. It is measured by how much of a difference we have made in the lives of others. The most favorite Sufi/poet and spiritual leader of all Persia, an iconoclast to the rigid Pharisees of the Islamic world, with liberated cosmic vision and transcendence, Mowlana Mollah Mohammad Balkhi Rumi, said:

"You come to this world naked and leave this world naked... Seek not possessions, but leave behind a good name, a name that has improved the lots of others on earth..."

Lord has granted me the fortune of having you as a son and a friend. I have started the legacy, the heritage and the name in this country... And I am sure that you will go forward with it and add onto it in the service to your fellow humans.

Theologian/ Environmentalist, Father Thomas Berry

In 1959-60, while in medical school, I was fortunate to have had a plane. The skies were not busy and Logan airport was a hanger. I used to fly up from Washington to Boston on Saturday afternoon to attend a 19 week seminar by the late Paul Tillich, Harvard Professor of Systematic Theology. He has a thick accent hard to decipher. However, he gave me permission to record his lectures (the tape recorder was the size of a suitcase!) which I plan to digitize after I turn 100! I distinctly remember that in his lectures he referred to the Catholic theologian Thomas Berry. I have read his volumes on Buddhism, The religion of India and Befriending the Earth. Thomas Berry is a saint who also happens to be a Catholic priest. His nurturing of the earth is uplifting, inviting, and lovely. I recommend reading the work of Father Thomas Berry.



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Connecting To The Brain: Pain in Arthritis

From The Wire Service:

Osteoarthritis fail to respond well to traditional pain therapies. But now an entirely new kind of drug, called Tanezumab, has been developed. It is an antibody for a protein called nerve growth factor (NGF), which is vital for new nerve growth during development. NGF, it turns out, is also crucial in the regulation of the sensitization of pain in chronic conditions.

Kenneth Verburg, one of the researchers involved in the development of Tanezumab at Pfizer, says it is not exactly clear what role NGF plays in normal physiology, but after an injury which involves tissue damage and inflammation, levels of NGF increase dramatically, NGF seems to be involved in transmitting the pain signal. As a consequence, blocking NGF reduces chronic pain.

Tanezumab must still complete the final stages of clinical trials before it can become a weapon in the toolkit for reducing human suffering. But unexpected pains do not always come from the body. According to Irene Tracey, a pain researcher at the University of Oxford, how pain is experienced also depends upon a person's state of mind. If successive patients suffer the same burn, the extent to which it hurts will depend on whether one is anxious, depressed, happy or distracted.

Such ideas are being explored with brain scans which suggest that even if a low level of pain is being sent to the brain, the signal can be turned up by the "mind" itself. Indeed, patients can even be tricked into feeling pain.

In one experiment volunteers were given a powerful analgesic and subjected to a painful stimulus—which, because of the analgesic, they could not feel. Then they were told the drug had worn off (although it had not), and subsequently complained that the stimulus hurt.

People can, therefore, feel pain simply because it is expected. They can fail to feel pain for exactly the same reasons, for example when they are given placebos or are distracted. But although pain may be subjective, that does not mean the final experience is controlled solely by the mind.

A recent paper in *Proceedings of the National Academy of Science* has shown

that genes play a role in determining sensitivity to pain. One gene, known as SCN9A, codes for a protein that allows the channels along which nerve signals are transmitted to remain active for longer and thus transmit more pain signals. It seems likely that this protein will attract a great deal more analgesic research. Variations in SCN9A may also explain which some patients prefer different classes of painkillers.

Although pain may be a horrible necessity, there is no doubt that humanity could cope with far less of the chronic sort. Understanding how the mind, the body and people's genes interact to cause pain should bring more relief.

Advances in brain-to-machine connections

The possibility of operating a machine using thought control has long fascinated researchers. It would be the ultimate video-game controller, for one thing. On a more practical level, it would help disabled and paralysed people use computers, artificial limbs, motorized wheelchairs or robots. New developments in brain-to-machine interfaces show that such possibilities are getting closer.

For many years it has been possible for people to manipulate relatively simple devices—such as a computer's on-screen cursor—by thinking about moving them. One way is by implanting electrodes into the brain to measure the electrical activity associated with certain movements. Another uses electroencephalography (EEG), which detects the same activity using electrodes placed on the scalp. In both cases, a computer learns to associate particular brain signals with intended actions.

The trouble is that noninvasive methods, which obviously have far broader appeal, are less precise than using implanted electrodes, which produce a clearer signal. Recent advances in sensors and signal processing, however, have helped close the gap, making the EEG-based approach more accurate and easier to learn how to use.

In one of the latest studies, Jose' Contreras-Vidal and his colleagues at the University of Maryland were able to obtain enough EEG data from volunteer button pushers to reconstruct the associated hand motions in three dimensions. For their

study, reported in the *Journal of Neuroscience*, the researchers put something that looks like a swimming cap containing 34 EEG sensors on the heads of five people. The volunteers were asked to press eight buttons randomly as their brain's electrical signals were recorded, along with their hand movements. When the volunteers were then asked to think about pressing one of the eight buttons, the resulting EEG data could be compared with the data produced during actual button-pushing, and the computer could determine which button they had in mind.

The team found that sensors next to some parts of the brain produced better results than others. A sensor over the primary sensorimotor cortex, a region of the brain associated with voluntary movement, was the most accurate. Other useful signals came from the inferior parietal lobule, an area of the brain known to help guide the movement of limbs. Such knowledge means EEG headsets can be made with just a few sensors for a particular application, making them smaller and less obstructive, says Dr. Contreras-Vidal.

At the CeBIT trade fair in Hanover earlier this month, participants wearing EEG caps played pinball using mind control. At first the players need to think about moving their left or right hands to operate the appropriate paddle. But eventually the process becomes subconscious, says Klaus-Robert Muller of the Berlin Institute of Technology, who is the leader of another group investigating brain-to-machine connections. It is then possible to move the flippers without thinking about moving one's hand, he says.

The researchers hope that the development of portable and non-invasive brain-machine control will be a useful advance for the paralysed or wheelchair-bound. Still, some 30% of people seem to struggle with the technology, says Dr. Muller. But with new training techniques and research, he thinks they will be able to cope.

Perhaps they need to relax more. If so, Dr. Muller has a prototype device which looks like a headband and measures a person's state of relaxation. It also has a wireless connection. It is only a matter of time before such a device is used to create interactions: a way of stopping people from sending e-mails while angry. §

George Edwards, Sr.

LAST BOOK READ: Fall of Giants by Ken Follett, book one of the Century Trilogy.

LIKES ABOUT THE TRIANGLE: It has been quite fascinating to watch it grow from a Southern, friendly area and continue to be a Southern, friendly area. The climate is close to perfect and the area is in rather close proximity to the mountains and the ocean.

DISLIKES ABOUT THE TRIANGLE: The way young pedestrians and bicyclists walk and ride in front of moving vehicles without looking in any direction ... although that may increase the orthopaedic traffic.

ADVICE TO YOUNG PHYSICIANS STARTING PRACTICE: There will always be a need for good physicians. Don't be bitter over the Washington politics in medicine. Be positive and try to improve the situation. Remember, there is nothing to give as much happiness to you as helping your fellow man.

WISHES THE PUBLIC BETTER UNDERSTOOD ABOUT MEDICINE: That the medical profession is NOT a business. It is a profession, a profession designed for helping people and not designed as the primary purpose for making money. Physicians should not advertise in the media, but only by word-of-mouth. Advertising makes it a business.

George Edwards, Jr.

each patient encounter.

WISHES THE PUBLIC BETTER UNDERSTOOD ABOUT MEDICINE: Physicians are only one cog in the healing team along with the patient, nurses, therapists, and family. Physicians do not perform miracles. Only one being is capable of such acts.



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continues to create." He completed a hand fellowship at Harvard in 1984.

After nearly moving to Atlanta to join a hand surgery group, he followed his wife's sage advice and joined his father's practice in Raleigh. Then, like his father, George Edwards, Jr. embarked on his own entrepreneurial venture, establishing the Raleigh Hand Center in 1988. The enterprise helped to establish hand surgery as a distinct specialty in Raleigh.

His love of his profession was also passed down to his son, George Edwards III, born in San Antonio during George Jr.'s residency.

George III recalled, "When I was little I loved visiting my father's office on Saturdays with my sister. While Dad was getting his work done, we would race down the hall on the wheeled stools. As I grew, I loved to sneak into my dad's study at home, and look through his surgical slides by myself or show my friends the more gory slides, although I was frequently in trouble for getting the slides out of order."

While his father and grandfather encouraged him to pursue whatever profession he wished, hearing their own enthusiasm and love of the field, whether it was excitement over a difficult case gone well, or hearing about the heartfelt thanks a patient had given them, had a huge impact on him. Also, he said, "The values they instilled in me such as the importance of helping your fellow man, the value of a hard day's work, and the importance of giving

back to society certainly influenced my career choice."

As an undergraduate at Davidson, George III studied science and spent a semester abroad in the rainforest of Australia. He said, "I almost decided to be a field scientist for a career. It was hard to pull myself back to the premedical classroom once I was back in the States, though I'm glad I did."

In 2008, George Edwards Sr. and George Edwards Jr. watched the third generation of their family graduate from University of North Carolina-Chapel Hill's School of Medicine. George III is currently in his third year of a five-year orthopedic residency at University of North Carolina.

Besides his family's professional legacy, George Edwards Sr. has also contributed a book, *Man's Chief End*, an account of his career, his observations of local history, and ruminations on the personal and spiritual vocation of medicine. (See review, page XX.)

And the family legacy itself continues, or may. George III and his wife Rebecca are also busy raising young George Ryland Edwards, who will be six months old at the time of publication.

George III said, "He can certainly go into whatever profession he wants, but I have already begun teaching him the "muscle song" set to the tune of "My Favorite Things" from The Sound of Music that my dad taught me as a child." §



Drs. Edwards with the late Dr. H. Robert Brashear (3rd from left), a professor of orthopaedics at UNC who taught all three generations as they came through their training at UNC.

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Project Access is a program that provides access to specialty care for the uninsured in Wake County. Since its inception in 2000, over 11,500 patients have been served, over \$64 million in care has been donated, and \$561,319.00 in pharmaceuticals has been provided. The program is administered by the CapitalCare Collaborative, but is made possible by the generosity of specialty providers, hospitals and contributors.

Through the generosity of Wake County providers and hospitals, Project Access offers the following services to eligible patients:

- Lab and radiology services donated by providers and hospitals
- Assistance with some medications
- Hospitalization donated by providers and hospitals
- Specialty care donated by providers



OMNIPOTENCE OR OMINOUS *continued from page 3*

Khalidoun whose books and writings surrounded Robert's study. Dr. Mundel won the Nobel Prize for Economics in 1999, after fathering the birth of Euro as a unit of currency for the European Union. He is now busy developing a unit of currency for the Middle East. Incidentally, Ibn Khaldoun's advocacy of music was ingenious. A word of history of the role of music in Islam is in order: Mohammadpbuh, the founder of Islam was born 580 A.D. At age 40, 620 A.D., he started Islam and two years later, the Islamic Holy Book, Quran, was completed. In early Islam, music and paintings were prohibited by Islamic cannon and Fatwa. Ibn Khaldoun, a lover of music noted that it is permissible to sing the passages from Quran as the Muezzins sing their invitation to prayer from minarets five times a day. He suggested to the ruling grand Ayatollah of the day to organize a competition and invite the best readers/singers of various Islamic nations to come to a place and compete, picking the best singers of the Quran passages. It is called *Talavat Quran Majeed*. It started in 1365 and continues to this day. It is like the Olympics of signing in the Islamic world. He later introduced percussion (*tablah*) and strings to enhance the majesty of Quranic passages. The *Talavat* competition has gone on uninterruptedly since 1365. The only other continuous musical event regardless of war, depression and uncertainties is Handel's Messiah, since 1742. The performance was attended by George I. He was so moved by the Alleluia chorus that he stood up, handing down the custom to this day.

These three writers' advice against hubris, omnipotence, appearance and glitz, repeatedly warn us not to mistake ominous impotence for power and omnipotence. The distilled message of almost 60 million words written by these three sages is—and I am offering it as a take home treat-- “The road map to grace and salvation is to know what is good inside of you; that is intellect, love, compassion, altruism, empathy, access to the rich array of so many other feelings; and knowing what is good outside of you, namely, family, connectedness, friendship, music, nature, flowers, dance, and poetry; And to be thankful for them by giving something back and making a difference in the lives of others. The issue of awareness is very important. It takes discipline to be aware. The heightened form of awareness in Sufi is called Zekr, which is to be

constantly aware of all good things inside and outside of one's self. Mowlana Rumi said, “Blessed are those who are in meditation, *Zekr*, for they are in constant prayer. ...” What do we do with all this doom and gloom and pessimism? I think there is hope, there is possibility, and there is redemption.

I believe that ultimately for those who believe in God that God wants us humans to succeed and progress. From time to time, one child is chosen to become a role model. For example, Buddha was sent to teach us patience, wisdom and awareness. Zoroaster was sent to give us the concept of good and evil, epistemological dualism. Moses was sent to exemplify discipline, devotion and yes, the gift of doubt. Jesus of Nazareth was sent to demonstrate the power of love, Mohammadpbuh to offer us Islam, total submission to the will of God, and Mozart to illustrate the power of music. This every day common man with multiple organ systems failure, including kidneys liver suffering from ravages of alcohol, while mourning the death of his mother and his little daughter, in the summer 1886 wrote Symphony in G minor, and other works topped by celebratory Jupiter Symphony in C major. No mere human can do this. Finally, the world was given America, our Founding Fathers, Thomas Jefferson, George Washington, James Madison, Benjamin Franklin and others, to give us a system of government, a Republic that cherishes the supremacy of rule of law, and not the whims of kings, Shahs and Ayatollahs. America is a decent and generous nation. In case of natural disaster, in Haiti, in Pakistan, in Nepal and Myanmar, America is the first to be there and to help. It is in America that people decide who will govern them within one day. We have had elections in Nigeria in March, the results are still being disputed with innocent people facing impending civil war. Iraq just last week after eight months and much violence came to recognize a government. On Tuesday, November 3, we elected over five thousand people who will govern us within 24 hours and without a single shot fired. This is the miracle of America. United States is a land that allows its citizens to reach their maximum potential. I am very optimistic about the future of the world because the world has America, and America has the basic devotion and reverence to uphold the rights of every individual. This is the gift of our Republic. §

Book Reviews

By Assad Meymandi, MD, PhD, DLFAPA

Washington, a Life

By Ron Chernow

Penguin, 904 pages

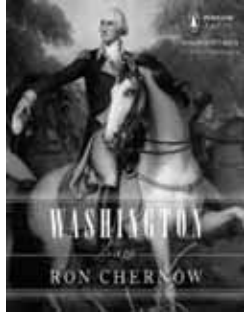
In spite of the rivers of ink spilled on and about America's founding fathers, the pantheon of these towering and majestic intellects remains relatively untouched. For example, few know George Washington's reading list. Few people know the favorite books that Thomas Jefferson found page turner and to which he referred repeatedly. Also, few people know the pocket edition of which author was the constant companion of Benjamin Franklin, the scientist, the politician, the diplomat, the *bon vivant* and the ladies man of Paris. Few know where Patrick Henry learned his gift of oratory and rhetoric of which Thomas Jefferson was jealous. I am proposing some young entrepreneur PhD candidate in English literature collect the names of all America's Founding Fathers, research their preference in reading, theater, literature, the arts, music, composers, theology, and science, and thus give us a 24 volume each 1000 pages collection to satisfy the PhD dissertation. After all, Eusebius of Pamphili, Josephus, accomplish this exact feat, writing 24 volumes biography of Moses and Jesus in Aramaic. ...

In the pages of *Wake County Physician* in the past 15 years, we have made periodic and sporadic efforts to answer some of these issues for the curious. The article on *Thomas Jefferson, the Fiddler*, published two years ago, brought us an enormous volume of mail. The response to the article on what George Washington liked in plays and books, published four years ago, reflected an enormous interest in the topic and almost overpowered our inbox capacity.

This article is a focus on who and what

biographers and historians have written about the Founding Father and CEO of the American enterprise, the Captain of America's soul, and the righteous George Washington.

The latest biography of George Washington is by Ronald Chernow, the American biographer who is the author of *Alexander Hamilton*, *The House of Morgan*, and *Titan: The Life of John D. Rockefeller, Sr.*, among other works. Author Ron Chernow, born in 1949, is a Yale and Oxford educated lad who studied English literature. He is now a free lance author. *Washington: A Life*, the Penguin Press, 904 pages, \$40.00, is remarkable in that it examines best Washington's personality and instincts. In my opinion, this is the best book ever written in one volume about Washington. The purpose of this essay is not to review Chernow's book, but to offer our readers a fairly complete compendium of books written about George Washington from 1800 until now.



The efforts of Douglas Southall Freeman and James Thomas Flexner (yes, he was related to Abraham Flexner of 1910 who revamped American Medicine-see the October issue, WCP--) have offered a multivolume work on GW which brought the Pulitzer Prize to both authors. Flexner has a one-volume *Washington: The Indispensable Man* which is a must read if one wishes to know how George Washington's mind worked.

We all know the Washington myth of cutting the cherry tree perpetrated by Parson Weem's 1800 tale. Douglas

Southall Freeman's biography of George Washington is the closest work to a psychobiographical account of George Washington factually reporting on George Washington's hot tempered youth, his narcissistic and self adulating tendencies, gradually being replaced with concerns for his country. Flexner tried to outdo Freeman in his four volume work written 1965 to 1972. However, Freeman's seven volumes (1948-1957) collected work remains unsurpassed. Both authors completely debunk all myths about George Washington, and offer the reader a naked and brilliant account of a vulnerable human being. Reading these volumes give one the feeling that George Washington was not only a General, a leader, a father figure, but he also had a theological sense of himself. He demonstrated how the powers of introspection and self-examination bring about abundant possibilities, hope, and redemption to our lives. This is very much consonant with Pauline theology in the New Testament. George Washington lived a life that clearly represents transformation of a self serving narcissist to a public serving altruist. After all, is this not the primary purpose of all world religions?

There are other George Washington's biographers: Joseph Ellis's *His Excellency*, a rather comparatively short biography, 320 pages (reviewed for our readers in 2004), and Richard Brookhiser's elegiac and elegant *Founding Father* in 1996. The author called it a "moral biography" in the tradition of what some reviewers such as Carl Rollyson call "a biography in the tradition of Plutarch." Mr. Rollyson opines that "Washington dominated the national scene far longer than Abraham Lincoln and FDR, and scholars have been loath to take on the whole man within the covers of a single volume. ..." Mr. Chernow ought to be congratulated to have triumphantly accomplished the feat in one 960 page volume. Another scholar calls Mr. Chernow's judgment expressed in this book "lapidary." Chernow concedes that Washington's "military triumphs had been neither frequent nor epic in scale. He had lost more battles than he had won." But his use of intelligence and leadership to

keep his men to re-enlist made him victorious. The book emphasizes that Washington was first in war but he was also first in peace. Washington's catalog of accomplishments was breathtaking. "He invented the executive branch of the new government, its institutions, its mechanisms and able all its spirit... He showed a disbelieving world that republican government could prosper without being spineless or disorderly or reverting to authoritarian rule. ..." His last years in the office were tainted by the vicious quarrelling between Jefferson's Republicans, friends of the revolutionary France, and Hamilton's allegedly "quasi-monarchist and pro-British Federalists." But Washington was in his lifetime, as he remained, first in hearts of his countrymen.

We have other books about George Washington: the admirable, if truncated, 2005 book by Edward Lingel's *General George Washington* and 2006 Peter R. Henrique's thematic *Realistic Visionary*. After having critically read and studied all these books about the Father of our country, in my view, the Freeman and Flexner volumes are the most comprehensive and intellectually stimulating of all.

In my view, the downside of this enormously important book there is not enough emphasis on Washington's faith and religious beliefs. While Washington did not wear his religion on his sleeve with mocked piety in a self serving manner, he was deeply religious and upheld the principle of Pauline Christian love.

Finally, for students of George Washington, and for that matter, for every person who proclaims to be an American, from school children to the Justices of the United States Supreme Court, it is not only desirable but necessary to know and if not memorize George Washington's Farewell address, along with the other three essential components of what is known as America's political literature. They are the United States Constitution, the Bill of Rights and the 85 articles comprising the Federalist papers. §

MAN'S CHIEF END

By George Edwards, MD

Self Published

322 pages

Publication date, 2009

Everybody in Raleigh knows George Edwards. He was born and raised in Rocky Mount. He practiced in Raleigh. He, his son George, Jr. and now his

grandson George III are orthopedic surgeons. George Jr., is a hand surgeon, truly an aesthete who does wonders with a scalpel. What distinguishes the Edwards family, besides being doctors dedicated to relieve pain and suffering, they are people of letters. It is not every day that you see a busy physician to sit down and write a 377 page book.

Man's Chief End is not a textbook of Raleigh history, It is not an attempt in theology, it is not an anthology of success of private enterprise, personal responsibility, accountability and hard work, it is not a series of sermons to promote professional ethics and love, and it is not an autobiography; yet it is all those. A delicious compendium that is a page turner. Edwards' book is focused on promoting the purpose of life with a Socratic twist which appears in the first page of the book: "*Question: What is the chief end of man? Answer: To glorify God and to enjoy him forever.*"

The book is more than that. Not long ago, picking up an opera from a Raleigh music and bookstore, I saw my good friend, Dr. Ben Fountain and his lovely wife Norma, buying a copy of *Man's Chief End*. Ben is the founder and the first president of NC Community College system. NC's system of community colleges is nationally distinguished. The learned Ben explained to me that he is buying the book because "it is full of history, history of Raleigh and all the people he grew up with..." So, George Edwards has given us not only a book of narrative, a book to enhance faith, a book to advance one's understanding of life, a book in which to find and visit old friends, but a book to deepen one's understanding the purpose of life, the passage of life., and the meaning of being on earth. There are passages and discussions in the book that reminds the reader of Saint Augustine Of Hippo's *City of God*. Here is an example: "*God came down in human form two thousand years ago to teach mankind the laws of peace and love. This teaching of forgiveness and love earned him execution and crucifixion, the slowest and most excruciatingly painful of all methods designed for execution...*" He continue with his anatomical knowledge and skills as an orthopedic surgeon, he continues to painstakingly described the process of crucifixion concluding the power of love and forgiveness.

The Book is in three parts: Part I consists of 19 chapters, general discussion and description of the world using autobiographical sketches getting the author to Pre-Med. Part II, chapters 20 to 20 guide us to 1962, and Part III, chapters 27 to 41 ends at the begin-

ning...

The book is embellished by the artistry of the Right Reverend Robert W. Estill, the retired 9th Episcopal Bishop of NC Diocese. There are altogether 40 illustrations and cartoons in addition to the one on the cover. Here is a taste of the history of NC, the etymology of some of the NC places, and the origin of the name. "*Mama was born on Depot Street in Concord, NC, 1898. The baby of seven children. Concord was so named for the peace and concord between the Scottish and German settlers across a creek from each other in this small Piedmont North Carolina village twenty miles north of Charlotte...*" The book is full of educational and informational gems such as this.

His description of a baseball game reminds one of the skilled and intellectually steeped writing of the famed New York Time sport writer, the legendary Late Red Smith.. He illustrates the drama "The game is tied in the ninth inning on this hot day in July. Bull hits a blistering line drive that is caught by Eugene at third base just inside the foul line to end the top of the inning. With two out in the bottom of the ninth, Eugene is on third and Eddy on first when Bob, Bull's younger brother, hits a towering fly ball to deep center field. Gene is under it for the second out. He looks up, has his glove ready when he loses the ball in the sun. The ball bounces off his skull high in the air. Before the ball hits the ground and before Gene hits the ground unconscious, Eugene comes flying toward home plate for the winning run. Speedy Joe picks up the ball sails past the pitcher's mound, Eugene takes a flying leap with both feet high in the air. At the same moment the ball hits Bull's mitt, Eugene's feet hit bull's teeth. The winning run is scored, two front teeth are lost, and one center fielder is out cold..."

The reader is informed, intrigued as the author goes through various phases of his life including medical school, surgical training and practice are most entertaining. In those pages, the medical history of Raleigh is ably depicted. The nostalgic days of Mary Elizabeth Hospital, precursor to Wake Memorial, later WakeMed, the start of Rex which was located on South Street near Memorial Hall, and Raleigh Community Hospital now Duke Raleigh brings the past alive.

The downside: In future printings we suggest inclusion of an index to make findings of names and places possible. We highly recommend this readable book. Every NC family library ought to have one. §

In Memory

Solidas et amice, ave atque vale

By Assad Meymandi, MD, PhD, DLFAPA

Wilmer C. Betts, MD Age 83

Wilmer Conrad Betts, M.D. the acclaimed Dean of Psychiatry not only in Wake County but the entire state of North Carolina died at age 83. Dr. Betts was born in Raleigh on Oct. 14, 1925. He began practicing psychiatry in 1955 and was the second psychiatrist ever in private practice in Raleigh. He touched many lives during his years as a physician and continued helping people well into retirement.



Dr. Betts attended Broughton High School and was always active in the Boy Scouts. He was proud to have been awarded Eagle Scout and was elected Best Scout Citizen in 1943. He often told people, "Scouting was a crucial character building experience for me. I learned skills that have always been of value." After high school, Dr. Betts went on to Duke University where he completed undergraduate training, medical school, and his psychiatric residency. He graduated Phi Beta Kappa in 1946. He always said that he became interested in psychiatry because he loved people and enjoyed "figuring out what makes people tick." His heart was always filled with compassion, caring and kind words for others.

After joining the Navy in 1943 and performing active duty in the Navy V-12 program for pre-med students at Duke, he joined the regular Army in 1949. Dr. Betts saw combat duty as a division psychiatrist for the 7th Infantry Division in Korea in 1950-51 and was awarded the Bronze Star for Meritorious Service and a battlefield promotion to Major.

After Korea, he returned to Duke to complete his residency and then was stationed at Tripler Army Hospital in Honolulu as Assistant Chief of Psychiatry. After discharge from the Army, he practiced medicine in New Orleans where he was Director of the Independent Psychiatric Service at Charity Hospital. He returned to Raleigh with his family in 1955 to begin his private practice.

Dr. Betts is a Life Fellow in the American Psychiatric Association. He was a member of the founding Board of Directors at the Healing Place of Wake County and spent many of his retirement years teaching recovery classes there. His devotion was recognized when the Detox Center was named in his honor. He was

a founding member of the Raleigh Academy of Psychiatry, was a leader in the NC Psychiatric Association, served as president of the medical staff of the Wake County Mental Health Clinic and taught students in the residency program at Dorothea Dix Hospital for many years. He served as chairman of the Board of Directors of the NC Physicians Health Program for six years, a program he helped develop. Dr. Betts was also on the medical staff at Charter Northridge Hospital from 1986-1994. During this period, Dr. Betts was instrumental in the treatment and recovery of hundred of patients suffering from addictions. Besides being an authority on addiction medicine, Dr. Betts was also well known for his work in the area of obsessive compulsive disorders and was a pioneer member of the Scientific Board of the OCD Foundation. During the 1980's, he conducted clinical trials on some of the first drugs used to treat OCD. He often explained how heartwarming it was for him to witness the relief patients had from this previously untreated illness. Dr. Betts always encouraged those around him to have "a high level of acceptance" and to live life "one day at a time." He never focused on himself or complained, but rather was always interested in people and spent his life, even into retirement, helping and encouraging others.

Charles H. Hendricks, MD Age 92

Dr. Charles Henning Hendricks died on October 23, 2010, 13 days short of his 93rd birthday, at his home in Chapel Hill, NC. He was born at Traverse City, MI on October 26, 1917. He received the AB and MD degrees from University of Michigan. He trained in Obstetrics and Gynecology at Michigan and Ohio State University. He was a member of



the American Board of Obstetrics and Gynecology, and served for some years as an examiner for that board. In 1957 he moved to Western Reserve University, Cleveland (now Case Western University). In 1957 he was a Macy Fellow in the Seccion Fisiologica Obstetrica at the University of Uruguay in Montevideo, Uruguay. He moved to University of North Carolina at Chapel Hill in 1968 as professor and Chairman of Obstetrics and Gynecology. There he became engaged in the rapidly evolving developing currents of the times. He appointed the first woman resident in Obstetrics and Gynecology at the University of North Carolina at Chapel Hill. He brought to the department its first

minority members. In 1970 he initiated at Chapel Hill the first Western Hemisphere regimen for injecting prostaglandin for the termination of early pregnancy, and served for seven years on the Prostaglandin Task Force of the World Health Organization which was working in the international group chaired by Sune Bergstrom of Karolinska Hospital, Stockholm, Sweden. Hendricks brought many clinical scientists to Chapel Hill as postdoctoral students and fellows, bringing them from afar, including Uruguay, Paraguay, Scotland, England, Canada, Switzerland, The Netherlands, Austria and Japan. In 1980 he was named doctor honoris causis at the University of Uruguay, Montevideo, Uruguay. He established a "Clerks Abroad" program in which, over a 20-year period, sent hundreds of University of North Carolina medical students abroad for Obstetrics and Gynecologic clerkships. The department also participated for several years in one phase of the "Ship Hope" activities at The University of the West Indies, in Kingston, Jamaica, these activities being staffed by visiting members of the UNC teaching staff and residents.

He did two years of military service (1946-1948) during which time he served first in the United States Army Air Corps and then was subsequently automatically transferred to The United States Air Force when the Air Force became independent of the Army.

In 1942 Hendricks married Geraldine Ruth Chisholm. They had Six children. We believe that the entire state of NC is mourning the death, while celebrating the life of this tower of intellect and humanity.

John C. Doerr, MD Age 92

John Charles Doerr, 92, of Columbus, NC, died Monday, October 25, 2010 at Tryon Estates. He was born Aug. 8, 1918 in Cincinnati, Ohio. He graduated from the University of Kentucky



and then from the University of Louisville College of Medicine. He began general medical practice in Covington, KY, and then served as a U.S. Army Medical Corps Transport Surgeon on the SS Stetson Victory in the North Pacific, achieving the rank of Captain. He was honorably discharged in 1946 and practiced general medicine in Owenton, KY, followed by residency in anesthesiology at the Mayo Clinic in Rochester, MN. During his 44 years of practice, he served as Director of Anesthesiology at Roper Hospital in Charleston, SC; Assistant Professor Anesthesiology at the Medical College of South Carolina; Director of Anesthesiology at Rex Hospital in Raleigh, NC; and as a partner in Anesthesiology Group Practice at the Bethesda Hospitals in Cincinnati, OH.

Following retirement, he and his wife, Sylvia, moved to Moss Lake in Kings Mountain, NC, and later to Tryon Estates Retirement Community in Columbus, NC. He was a member of First Presbyterian Church of Kings Mountain. His professional memberships included: the American Medical Association, the Medical Societies and Anesthesiologist Societies of South Carolina, North Carolina, and Ohio. He was a Diplomate of the American Board of Anesthesiology, a Fellow of the American College of Anesthesiology, and a member of the American Society of Anesthesiologists.

His wife of 66 years, Sylvia K. Doerr, survives. Also surviving are three children all of whom are physicians, Also there is a grandchild who is a doctor upholding the family tradition of medicine.

Dr. Doerr enriched the life of medicine in North Carolina.

Edward A. Norfleet MD Age 69

Dr. Edward A. Norfleet, Emeritus Chair and Professor of Anesthesiology, UNC School of Medicine at Chapel Hill died at age 69. Ed was born on August 17, 1941 in Charleston, SC. In 1966, Ed graduated from the University of North Carolina, and entered UNC's School of Medicine, graduating in 1970. He completed an internship in surgery in 1971, and residency in anesthesiology in 1973, he joined UNC's anesthesiology faculty and went on to serve the next 35 years at North Caro-

lina Memorial Hospital in Chapel Hill. In 2005, Ed was appointed Chair of the Department of Anesthesiology, from which post he retired in 2008.



Ed was deeply loved and highly respected as a teacher and clinician of extraordinary skill, dedication, energy, and compassion. Between serving as president of his medical school class in 1968 and concluding his career in 2008, Ed received numerous honors, including UNC Hospitals' H. Fleming Fuller Award, given to members of the medical staff who demonstrate "the highest standards of patient care, teaching and community service" (1989), and the Medical Alumni Association's Distinguished Faculty Award (1999). UNC's medical school class of 2000 selected Ed to deliver its commencement address. He is survived by his beloved wife of 49 years, Ginger Hamrick Norfleet of Chapel Hill; and three children and many grandchildren all of whom loved him dearly. His family and friends proclaims that "Ed Norfleet taught us how to live. And in these final days, he taught us how to die...."

Anna W. Hudson, MD Age 30

Dr. Anna Woodall Hudson, 30, passed away Saturday, September 18, 2010.

The funeral service will be conducted Tuesday at 11:00 am at the Kenly Missionary Baptist Church in Kenly, NC.



[Continued on page 33]

GRIEF *continued from page 12*

uncommon to hear that they converse with their loved one. Those who stay primarily in the present do better than those who dwell in the past of what was or consort with the future of what might have been. It is clear that in most the experience of grief is intermittent and continual rather than continuous. Those who learn to go with the flow, just as surfers or beachcombers learn to go with the waves, do best. Those who resist the flow, those who resist the waves get knocked over.

We Americans have this peculiar idea that happiness is what you get when you remove all difficulty or suffering (or experience), that the good life is one simple unbroken line of bliss. And so we live in a culture where people are starving for authentic experience. A steady dose of pleasure without difficulty or challenge is actually lethal to the human spirit and it is a kind of death to the nervous system. We require challenges to be happy. There is no growth possible without challenge and uncertainty. Grief and joy can coexist. The feelings of loss and longing that make up grief do not wipe out the capacity for laughter. They are two interconnected

components of our feelings. In fact, loss can sharpen one's appreciation of life. Sorrow is fertile soil from which love and hope can spring anew. I have also come to accept that the feeling of gratitude for everything we have and have had in life is important towards acceptance of one's own life and experiences.

Over the years, I have also come to accept bitter sweetness, sad/happy, as my favorite flavor of feeling. It heightens one's appreciation for the fragility of life, the brevity of it, and the need to love deeply and fully and to speak one's love (which also means ironing out differences and such). I don't know of another feeling that reaches so deeply into the soul. It is not a taste that one enjoys in acquiring. Yet the reward is great; it can make the heart grow bigger and wiser. If we give grief breathing room, if we don't rush to extinguish grief, it can enhance the richness of life.

With gratitude to Hara Marano, Editor, Psychology today whose words I have integrated here.

Questions, suggestions to Nicholas E. Stratas, MD [t] 919.787.7125 [f] 919.781.9952

PREFERRED DRUG LIST *continued from page 1*

dma/2008report/2008tables.pdf
Accessed October 29th, 2010.

**The writer is a Doctor of Pharmacy and has worked for Community Care of Wake and Johnston Counties since 2006. She received her PharmD degree from the University of North Carolina at Chapel Hill. As Community Care's Network Pharmacy Programs Coordinator her primary role has been to oversee development, facilitation, monitoring and evaluation of Network Pharmacy Programs and services to promote quality of care and cost effective outcomes in the Medicaid Carolina Access II population.*



PLACEBOS *continued from page 13*

major limitations comparison studies is data averaging. Averaging data eliminates outliers at either end of the placebo-active drug spectrum. Unfortunately many researchers are trained to explain away outliers rather than exploring their significance. Clinicians on the other hand often depend on single case designs in which outliers provide very useful insights into phenomena. Most journals eschew this approach and as a result, publish many studies that run the risk of being statistically significant but clinically irrelevant.

Many treatment studies compare clinical improvement on drug A with placebo response. Of course a 50% improvement reduction in symptom severity means that many patients experience considerable residual morbidity and distress. Upgrading the response criteria to remission or recovery alters the ratio of responders to nonresponders. This strategy also changes the placebo/active drug ratios as well. By shifting from improved, to syndromal remission or recovery/cure parameters we minimize or perhaps eliminate contamination by placebo re-

sponders. But is the goal of good science to eliminate placebo response? I suspect this view has to do with our negative bias and uneasiness with the world of placebo responses and responders.

What exactly are placebos, placebo response and placebo responders? Placebo as a noun is synonymous with an inactive ingredient or sugar pill in the vernacular. It can also be an adjective as in placebo effects and imply that improvement results from suggestion or other non-pharmacological factors. Placebo responders define a specific group of individuals who respond to placebos. To some, these individuals are unduly naïve, psychologically challenged or overly sensitive to the power of suggestion. Overzealous researchers may use these terms in a derogatory manner rarely considering these folks as unsuitable subjects.

So new have four obvious questions to consider:

1. Is a placebo truly inactive?
2. Is placebo response akin to faith healing, magic or illusion?
3. Are placebo responders more gullible to suggestion or overly trusting individuals who want to please the

researcher?

4. What do high rates of placebo response tell us about our understanding of illness?

In future articles we will address these questions beginning with well-known mechanisms observed in behavioral therapies. Placebos and placebo responses are manifestations of previous associative and instrumental conditioning experiences. In overly simplistic terms a pill is linked to previous pleasurable experiences or relief from pain such that the idea of a pill comes to reproduce that pleasure or sense of relief. In modern social neuroscience, this conditioned stimulus-response is intertwined with the success of attachment behaviors, functional integrity of pleasure and reward pathways, neuropeptides and neurotransmitter actions. Thus we observe an initial connection with pills and doctor visits with these psychobiological traits. We can expand placebo response/responders among individuals to include context cues and attachment to abstract cultural concepts such as healing.

Next we will look in more detail at the neurobiology of placebo response. §

IN MEMORY *continued from page 31*

Burial will be private.

Dr. Hudson, a native of Johnston County, was a 1999 graduate of North Johnston High School, where she was valedictorian. She was a 2003 Phi Beta Kappa graduate of UNC-Chapel Hill receiving a Bachelor of Science degree in Biology. She was a 2008 graduate of Brody School of Medicine at East Carolina University, where she was a Brody Scholar. She had served one year of

residency at the Family Practice Center at Pitt County Memorial Hospital. She was a member of Riverview Baptist Church in Washington.

She is survived by her husband, Keith Hudson; parents, Dr. Hal and Sara Woodall, of Kenly; and siblings. This very bright and compassionate young doctor will be missed by friends, relatives and patients. §



LETTERS TO EDITOR *continued from page 6*

of political power. Psychiatrists led mental health professionals in social reforms to help fill that vacuum.

Public life in 2010, over a century since Psychiatry, Psychology, and Social Work began as formal disciplines, does not suggest much progress with respect to the ethical principles governing people's lives. During the last century reality changed in scope and qualities that were never imagined. Lagging behind those changes remain fundamental moral questions and need for leadership. I have a lot of confidence in the physical and social sciences in providing life-sustaining materials and theories that elevate our understandings about the way things are and possibilities for what things could become.

However, there is an enormous need to revitalize the humanities to help light moral and intellectual territory beyond the scope of science. I include in this the need for a deeper respect for, and infusion of, the humanities in the sciences.

I am aware of some of your considerable work in this area.

The imaginative capacities of young minds are without bounds. Perhaps the greatest challenge is how to stimulate and nurture those capacities in a world tangled in destructive ideological dogmas, however noble the traditions that gave birth to those ideas.

There are so many communities with so much certainty about the way things are and should be and so few willing to seek a more common good that will permit the planet to survive. The core ethical question - how to negotiate self interest in the context of the welfare of others - persists in a world deeply divided and with reasons to be cynical about shared interests.

James L. Paul, PhD
Emeritus Professor of Education
Tampa, FL

The Editor:

I completely agree with your thoughts and feelings. I deplore the present political environment. I fear for our democracy. I assure you that I neither speak nor do I send emails with mean, angry, ignorant, misleading, lying content. I detest the meanness of our present-day politics. I have been in politics all my life. I honor and respect the two party system I very much grieve for the lack of civility of the ads on TV and the e-mails I receive.

Jeanette Hyde, Former Ambassador to Barbados, Dominica and St. Lucia
Raleigh, NC

(Editor's note: Ambassador Hyde epitomizes how politics should be conducted, with civility, courtesy and respect.)

The Editor:

I will be 91 years in December, so I have been through many elections. But recent behaviors in the system have been the worst that I have ever experienced. I certainly agree with you in not writing or promoting any of the vitriol that has become such a part of the political system. I am very disappointed in some of our politicians who claim to be Americans and who support candidates who will do and say anything to further their own cause.

Diane Burke
Raleigh, NC

The Editor:

Thank you for your plain and effective statement to deal with such rubbish and trash talks, based on politics and self interest that some people through around. I also admire your stand and speeches for fighting against obesity, overspending on sports, entertainment, and Hollywood glamour, and underestimating the importance of education, and good teachers in

our country. These people, calling themselves patriots and true Americans, are actually doing disservice to America, by continuing to protect their self interest and gluttonous behavior, totally oblivious to service to others. America will fall as Rome did by following such reckless path.

Hooshang Mozaffari, PE
Los Angeles, CA

The Editor:

As is often the case, I absolutely agree with you. Perhaps the best antidote to this vitriol is not to give money to candidates or entities that do this or fail to publicly condemn each and every instance of its use. §

Dan Blue, NC Senate
Raleigh, NC

ROLE MODEL

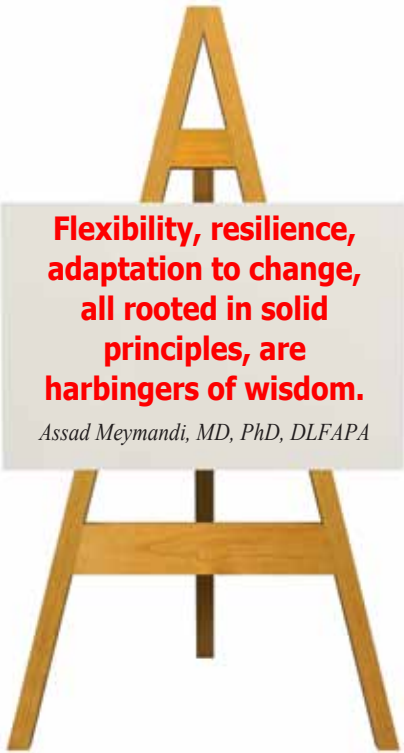
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Carolina University, where two Teer children graduated with honors, Methodist College, Mary Baldwin College in Stanton, Virginia, and his alma mater, the University of Virginia. The Teers endowed a chair and contributed to the Library at the Duke School of Engineering.

"It's really not that much," he said, then added, "Duke is most important to Durham and the State. We wouldn't be much without Duke. It's unbelievable what Duke attracts. I'd like to see The Herald-Sun track what Duke's alums have done for the last 30 or 40 years.

"I love Durham, and I know it like the back of my hand," said Dillard

That is why he still works for it in quiet, behind-the-scenes ways while keeping his hand in the development business part-time. §



**Flexibility, resilience,
adaptation to change,
all rooted in solid
principles, are
harbingers of wisdom.**

Assad Meymandi, MD, PhD, DLFAPA

Robert Dillard Teer: A Role Model Worth Emulating

By Jerry Gentry

Robert Dillard Teer of Durham is living proof that humanity and big business can coexist. He personifies involvement and giving.

Dillard is the son of Nello L. Teer, Sr., whose construction company built everything from roads and bridges to airports all over the world.

The company's international thrust began in the late 40's and early 50's under Dillard's stewardship with a road project in Cuba and the start of construction on four air bases in North Africa.

The family business dates to 1909, when his father, who had lost a hand at 18, started doing driveways, foundations, and site work on what is now Duke's East Campus. From such humble beginnings, he and his family built a \$240-million-a-year company that bears his name although it is no longer owned by the family.

Dillard started working in his father's firm full-time in 1939, after marrying and studying two years at the University of Virginia. He retired as Senior Vice President

forty-plus years later.

"I look back on it with pleasure. It was a lot of fun...met a lot of interesting people among them rulers in Central America," he said.

The family den bears witness to his—and his wife's—prowess as hunter and fisherman. However, he said his biggest hobbies are his farm on Jordan Lake, his children (five), his grandchildren (eight) and his great-grandchildren (six), all of whom live in Durham. The clan gathers weekly, usually after Sunday services at Duke Memorial Methodist Church.

Dillard Teer enjoys life; as well he should after decades of accomplishments. He served on the Raleigh-Durham Airport Authority from 1949 to 1980, seven of those years as chairman.

In the early 1980s, he served as a Durham County Commissioner and represented the Commissioners on the Board of Trustees of the then Durham County General Hospital. He served on the Board of the Triangle J Council of Governments, an organization,



he says, that is worthy of taxpayers' support. He was a Jaycee, and served in the Durham Chamber of Commerce (President in 1967), which honored him with its Civic Honor Award in 1975.

There've been years of Methodist Retirement Home board service, Kiwanis and Durham Child Guidance Clinic leadership, as well as years of joint husband-wife involvement in five colleges and universities: Duke, East [Continued on page 33]