



# THE BULLETIN

VOLUME 79 | SPRING 2016 | ISSUE 1

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## Greenville County Medical Society

### General Membership Meeting

Tuesday, March 22, 2016

6:30 PM

The Playwright

401 River Street · Greenville, SC 29601

*Join fellow physicians for an evening o' merriment and delicious food! With only a bit o' business, the rest of the evening will be spent relaxing with other GCMS members. Spouses are invited to attend.*

**COST:** Price o' your food and ale

**RSVP by Friday, March 18**

## SAVE THE DATE!

- **Monday, March 7, 2016** - Submission deadline for SCMA Annual Meeting Resolutions
- **Tuesday, March 22, 2016** - GCMS Membership Meeting, The Playwright
- **Tuesday, March 29, 2016** - GCMS serves breakfast to medical students at USCSOMG
- **Wednesday, March 30, 2016** - Doctors' Day
- **Tuesday, April 19, 2016** - GCMS Delegates Luncheon, Poinsett Club
- **Wednesday, April 20, 2016** - White Coat Wednesday at State House in Columbia
- **April 28 - May 1, 2016** - SCMA Annual Meeting, Myrtle Beach
- **Friday, April 29, 2016** - SCMA Alliance Annual Meeting, Myrtle Beach
- **Sunday, May 15, 2016** - Submission deadline for Summer Issue of *The Bulletin*
- **Tuesday, May 17, 2016** - Emeritus Breakfast, **9:00 AM**, Tommy's Ham House
- **June 11-15, 2016** - AMA and AMA Alliance Annual Meetings, Chicago
- **Tuesday, August 9, 2016** - Emeritus Breakfast, **9:00 AM**, Tommy's Ham House
- **September, 2016** - Society Meeting, more information to follow



Do you have an **idea for a meeting or a guest speaker for the Society?** The GCMS Executive Committee would love to hear it!

Contact the Society office with your suggestion or idea!

# Congratulations



The **2016 GCMS Officers** were installed in a ceremony on January 19, 2016, at the Poinsett Club. Dr. Marshall Meadors, SCMA President, presided over the ceremony. Pictured left to right: **Noel A. Brownlee, MD, PhD, Treasurer;** **Stefanie M. Putnam, MD, President;** **Marshall Meadors, III, MD, SCMA President;** **John B. Eberly, MD, Immediate Past President;** **David A. Godwin, MD, President-elect**

**Robert "Rob" O. Brown, III, MD**, will be installed as **GCMS Secretary** on March 22, 2016, at the General Membership Meeting at The Playwright. Dr. Brown joined Greenville ENT Associates, PA in July 2000 and works as Division Chief of Otolaryngology at GHS. His ENT interests include facial trauma, facial reconstruction after skin cancer and 3D modeling research. Dr. Brown and his wife Lynn live in Greenville with their children.



**Spence M. Taylor, MD**, was installed as the **Southern Surgical Association's 2015 President** at the 127th Annual Meeting in December. Dr. Taylor delivered his inspirational inaugural address entitled "Transformation: A New Academic Health Center and the Pursuit of High Self-Mastery." The Southern Surgical Association is regional in name only and is considered one of the most prestigious surgical organizations in the country.



Dr. Taylor has worked at Greenville Health System since 1992 and has helped develop one-of-a-kind academics. He has served as Department of Surgery Chairman and Program Director and currently serves as Senior Associate Dean at the University of South Carolina School of Medicine - Greenville.



## A LETTER FROM YOUR PRESIDENT

*Stefanie M. Putnam, MD*

## LEADERSHIP IN MEDICINE

With so many of the recent headlines focusing on the presidential primaries, excitement about a local college team fighting for the national championship and the once-in-a-lifetime chance for a nearby professional football team to play in Super Bowl 50, I couldn't neglect an opportunity to recognize the influence that all of these people and teams have in common. They are all *leaders*.

As I've stepped into the role of GCMS President, I pause to evaluate myself as a leader and the team of physicians and staff that surround me and make it possible for me to serve as your current President. Without the guidance, support, wisdom and time given by this team, much like the leaders noted above, the ability to accomplish goals and tasks for GCMS would not be effective. In writing this, I want to publicly thank those that are currently serving in GCMS leadership alongside me. I also want to say thank you to those that have served so capably in the past. Without your legacy of leadership, we would not be where we are today. We recognize that all of the physicians of Greenville County serve on the GCMS team, including those affiliated with Bon Secours St. Francis Health System, Greenville Health System, Shriners Hospital for Children - Greenville, members of specialty practices and independent physicians. Although each of you and your families may not be listed by name as leaders of GCMS, your commitment to caring for our community proves that you are.

Each of us has opportunities for leadership, though those roles may sometimes look very different than expected from a typical view of leadership. Some may serve on community boards, hospital medical staffs, or specialty or state medical society boards. Others may serve on primary care leadership committees, medical school curriculum teams or as attending physicians for residents and medical students. Still others may serve as little league

coaches, leaders of their families or leaders at their church. One area that we all have in common as physicians is that as leaders for our patients and coworkers. As you think about the areas in life that you serve in leadership, have you evaluated your effectiveness? Are there areas that you're succeeding in that you can help others emulate? Are there areas of weakness that you could work on improving? Do you seek guidance and wisdom before making decisions? Does the team you're leading feel like they're actually a part of your team? Are you expecting your team to contribute appropriately and displaying appropriate accountability? Are you consistently building up your team members and utilizing their strengths? These are questions that we should all pause to consider when we seek to be effective leaders — regardless of the setting in which that occurs.

As I look to the year ahead, I'm excited for the opportunities that will come for our physicians and their families, as well as our local medical students, as we work together to make our camaraderie and our community stronger. I'm looking forward to opportunities to get to know so many more of you through events or simple conversations. As I reflect on the leaders that have influenced me, both personally and professionally, I will strive to serve you in a way that demonstrates competence, compassion, enthusiasm and creativity. It is an honor to serve as your GCMS president in the coming year.



**Stefanie M. Putnam, MD**, works as an Internist and Pediatrician in Simpsonville, SC at Heritage Pediatrics and Internal Medicine. She also serves as the Young Physicians Section (YPS) Delegate to the SCMA and an Alternate YPS Delegate to the AMA. In her free time, she enjoys spending time with family and playing the violin.

## 60th Annual Greenville Postgraduate Seminar: A Primary Care Update Sponsored by GHS in cooperation with Greenville County Medical Society

**April 20-22, 2016  
Embassy Suites Hotel**

To register, visit: [www.univeristy.ghs.org/cme/conferences](http://www.univeristy.ghs.org/cme/conferences) (Registration only available online)

Cost for GCMS \*members: \$445 (\*Dues must be current or must be an approved Emeritus member)

For more information, please email [cme@ghs.org](mailto:cme@ghs.org)

General Medicine Wednesday Morning Session (4/20/16)		General Medicine Thursday Morning Session (4/21/16)		General Medicine Friday Morning Session (4/22/16)	
8:00-8:45 a.m. (.75)	Dyslipidemia 2016: Making Sense of the Guidelines and New Drugs Jan M. Basile, MD, FACP, FISH	8:00-8:45 a.m. (.75)	Heart Failure in the Elderly: Reviewing the Evidence in 2016 John N. Doolin, MD, FACP, FISH	8:00-8:45 a.m. (.75)	Who Killed Mr. Smith? Peter Lu, MD
8:45-9:30 a.m. (.75)	Five Things I Wish I Knew Last Year Louis Kuritzky, MD	8:45-9:30 a.m. (.75)	Zen: How to Feel Sublimely Happy with Cutaneous Infections Theodore Rosor, MD	8:45-9:30 a.m. (.75)	Becoming an Effective Teacher Oscar Lovett, MD
9:30-9:50 a.m.	Break	9:30-9:50 a.m.	Break	9:30-9:50 a.m.	Break
9:50-10:35 a.m. (.75)	Male Erectile Dysfunction Louis Kuritzky, MD	9:50-10:35 a.m. (.75)	Hypertension Update Gerrit M. Egan, MD	9:50-10:35 a.m. (.75)	Birth Control Jennifer A. Koehnbaum, MD, FAAP
10:35-11:20 a.m. (.75)	Resistant Depression and Challenging Cases J. David Mann, MD	(Concurrent Workshop)		10:35-11:20 a.m. (.75)	The Diabetes Maze Peter Lu, MD
11:20-11:40 a.m.	Break	9:50-11:20 a.m. (1.5)	The Itchy Patient Theodore Rosor, MD	11:20-11:40 a.m.	Break
11:40 a.m.-12:25 p.m. (.75)	Controlled Substances: Part 1 Christie Fink, RPh	10:35-11:20 a.m. (.75)	Panel: Population Health Sean T. Bryson, MD, FAAP, Lauren D. Demoschenko, MD, Wanda Rutledge, MBA, MS	11:40 a.m.-12:25 p.m. (.75)	Update on Vitamins, Supplements and Herbs Russell R. Greenblatt, MD
12:25-1:45 p.m.	Lunch	11:20-11:40 a.m.	Break	12:25-1:45 p.m.	Lunch
<b>Diseases of Children</b> Wednesday Afternoon Session (4/20/16)		11:20-11:40 a.m.	Break	<b>General Medicine</b> Friday Afternoon Session (4/22/16)	
1:45-2:30 p.m. (.75)	Update on the Treatment of ADHD James H. Beard Jr, MD	11:40 a.m.-12:25 p.m. (.75)	Abnormal Uterine Bleeding Gary B. Mills, MD	1:45-2:30 p.m. (.75)	Hormone Replacement Therapy/Menopause Jennifer A. Koehnbaum, MD, FAAP
(Concurrent Workshop)		12:25-1:45 p.m.	Lunch	(Concurrent Workshop)	
1:45-3:15 p.m. (1.5)	Controlled Substances: Part 2 Parvati Pok, RPh	<b>General Medicine</b> Thursday Afternoon Session (4/21/16)		1:45-3:15 p.m. (1.5)	Sports Medicine Stephanie Bailey, MD, and Arad Gelin, DO
2:00-3:15 p.m. (.75)	The Evidence-based Well Child Check Ava W. Whithead Jr, MD; Celine K. Borkham; Felicia Pushkin Jr, MD	1:45-2:30 p.m. (.75)	Legal Considerations of End-of-life Care Victor R. Cotton, MD, JD	2:30-3:15 p.m. (.75)	New Drug Update C. Wayne Whart, MD
3:15-3:35 p.m.	Break	2:30-3:15 p.m. (.75)	Top 10 Questions About Osteoporosis: Update on Evaluation & Treatment Simpson B. Tanner, MD	3:15-3:35 p.m.	Break
3:35-4:20 p.m. (.75)	Clinical Pearls: Asthma Sam Pydar, MD	3:15-3:35 p.m.	Break	3:35-4:20 p.m. (.75)	Immunization Update for Adults C. Wayne Whart, MD
(Concurrent Workshop)		3:35-4:20 p.m. (.75)	ICD-10 and Transitional Care Codes Ernie S. Kover Jr, MD, CPC	4:20-5:05 p.m. (.75)	Knee OA for the Primary Care Physician Scott A. Arnold, MD
3:35-5:05 p.m. (1.5)	Ultrasound in Primary Care Chris Carey, MD	4:20-5:05 p.m. (.75)	Vaginitis and Vaginal Discharge David Forstein, DO		
4:20-5:05 p.m. (.75)	Pediatric Dermatology Matthew P. Gisham, MD				

Join fellow physicians and other community members to support the **Greenville Free Medical Clinic!**  
To register, visit: [Go-GreenEvents.com](http://Go-GreenEvents.com)



**1st Annual**  
**WALK with the DOCS**  
**5K SCRUB RUN**

600 Arlington Ave  
Greenville, SC 29601

through  
Beautiful **Falls Park**  
& Historic **West End**

honoring the  
**HEALTH PROFESSIONALS**  
who keep the  
**GREENVILLE FREE MEDICAL CLINIC**  
**RUNNING**

**April 16, 2016** Register @ **Go-GreenEvents.com** **530 Adults**  
**510 Children**

**Sponsored by**





**“YOU WANT ME TO SPEND A DAY TREATING WHO?!”**



*John P. Evans, MD*

Why would you leave your practice for a day to go to Columbia? Why would you drive to Columbia, try to find a parking place in the Capitol parking garage? Why would you want to see coughs and colds from the Capitol staff? Why would you want to represent “medicine” at the State House? Why have lunch with your legislator one-on-one? Why get out of your “comfort zone” of the office, where you are the



“chief”?

**Being the “Doctor of the Day” for the SC legislature is a privilege not granted to any other profession.** There is no PA or CRNA or APRN or chiropractor of the day, just a “Doctor of the Day”.

Being the Doctor of the Day at the statehouse can be a lot of fun. Why do it?

All doctors have a silent partner who affects their lives and practice much more than they realize. That silent partner is the legislature of South Carolina. Doctors might say, “I am employed, the hospital will look after my interests” or “I am independent, I can look out for myself.” While you are looking the other way, the legislature is MAKING THE RULES. Most doctors don’t know the name of

their legislative partner. He, usually a he, writes the rules of your paperwork, your liability, your prescription policy, and who you are allowed to see, who you must see, how your are allowed to bill and collect for your work.

You might be saying, “I am a specialist, there isn’t much happening in Columbia that affects me.” But there are issues which affect some specialities traditionally; like podiatry vs. orthopaedics, optometry vs. ophthalmologists, nurse anesthetists vs. anesthesiologists, midwives vs. obstetricians, APRNs vs. everyone. There are some issues that affect all of us — e.g. prompt pay, who can give expert testimony, liability coverage, CON permits, nurse practitioners vs. everyone. Each legislator will take a position on every medical issue and will vote on every medical issue. Each doctor has a position on these issues. How is your legislator going to know how you feel? After seeing, touching and talking with your legislator during a tour as Doctor of the Day, your legislator will know you care enough to travel to their turf to make your case.

Remember, legislators don’t know medicine. They all know a doctor, their wives all know a gynecologist, their kids know a pediatrician. But they don’t know medicine. They don’t know the science we know and they don’t know the ins and outs of a practice. They hear that we are protecting our turf, that we overuse physical therapy, that nurses are just as good as us, so

they have to hear our side and doing it personally is the best way. Your legislator/patient will always take the call of his/her doctor. This familiarity can accomplish great good for medicine. USE IT, serving as Doctor of the Day. We have full time lobbyists that get our message to the legislators and monitor bills and provisions within bills that affect us. But it is the personal contact that can make the difference with a legislator and how he will vote.

You will receive a letter confirming your date for DOD and the hours of the session for your day. Tuesday sessions start at noon, Wednesday all day and Thursday ends at noon. Driving directions and parking directions will also be sent as well as an email as your day approaches..

Many days the Houses adjourn early and you are free to return home.

The Doctor of the Day station is staffed by two experienced registered nurses, Cicely Jenkins, MN RN. and Betsy Hossenlopp, BSN RN. who know most of the statehouse employees you may see. The nurses try to taper the patients to your specialty so the patient gets the best advice. A defibrillator is handy and EMS is a phone call away. The cabinet is loaded with medications and the nurses know the numbers of Columbia physicians if a referral is needed .

Tuesday January 26, the legislature convened at 12 noon. I drove to

(cont'd from page 6)

Usually we take my state senator, Mike Fair, or my representative, Dwight Loftis, or another state senator from northern Greenville county, Tom Corbin to lunch. This year all three had previous "dates". However, hearings on the "Advanced Practice Registered Nurse" bill were being held in the Senate in the morning and the House in the afternoon. The statehouse lobby was loaded with white coats, all being worn by nurses. The SCMA president, Dr. Marshall Meadors, III, a Family Physician, was present to testify at both hearings. JC Nicholson and I took Dr. Meadors to lunch.

A special treat is to be introduced in the House and in the Senate. It is a little embarrassing at first when your legislator/friend interrupts debate to introduce the "Doctor of the Day" and the representatives/senators come to thank you and shake your hand and say, "Thanks for coming". After a few times serving and seeing legislators for various complaints, the legislators will recognize you and thank you for coming.

I saw and examined two statehouse employee with sore eyes, a committee chairman with a ganglion cyst of a finger and a very interesting case of bilateral retrocalcaneal bursitis. Employees and legislators come in for BP checks and for mild URI's giving a representative of "medicine" a chance to show our caring and scientific sides. The nurses seem to know everyone and have a cabinet stocked with antihistamines, NSAIDS and other OTC drugs.

The legislature adjourned at 2 pm and I was on my way home,

slightly tired for being out of my "comfort zone" but pleased that I could give of my time and skills to advance the cause of medicine at



the SC Author John P. Evans, MD is as SCMA Doctor of the Day at Foothills Orthopedics Sports Medicine Center. He has served as GCMS and SCMA President and continues to work closely with legislators and on



**GCMS is on Facebook!**

Follow us at "Greenville County Medical Society" today!

### Sisters of Mercy Urgent Care is Growing!

**Current vacancies: Physicians, Nurse Practitioners and Physicians Assistants**

Live and work in the "Land of the Sky!" — Asheville, North Carolina is consistently ranked one of the most desirable places to live in the US, but that's only one of many reasons why working at Sisters of Mercy Urgent Care, the market leader in urgent care in Western North Carolina, is an opportunity like no other.

Sisters of Mercy Urgent Care honors the Core Values established by Catherine McAuley and the Sisters of Mercy: Human Dignity, Sacredness of Life, Justice, Mercy, Service and Excellence. Staff at Sisters of Mercy Urgent Care enjoy working for a company that values their commitment to serving other, yet encourages their commitment to family. Benefits such as PTO, Adoption Assistance, Tuition Reimbursement and International Missions provide a few examples of the unique opportunities given to staff to enable their fulfillment at work, home and abroad.

Preferred candidates will be Board Certified in Emergency Medicine or Family Medicine with ACLS and PALS. ER or Urgent Care experience is preferred but not required. All qualified candidates are encouraged to apply. Contact Dr. Ellen Lawson, Medical Director, at (828) 778-5108 or ellenl@urgentcares.org.



### KEEP IN TOUCH WITH GCMS!

Please notify the GCMS office if you have a change in contact information or address. We want you to stay informed!

To notify us of any changes, please contact Executive Director Suzanne Manning by calling **864.370.9083** or by emailing [smanningknits77@icloud.com](mailto:smanningknits77@icloud.com).



**ATTENTION EMERITUS MEMBERS**

**JOIN FELLOW PHYSICIANS FOR BREAKFAST**

**ON**

**Tuesday, May 17 at 9:00 AM**

**Tommy's Country Ham House**

**214 Rutherford Street • Greenville, SC 29601**

**SAVE THE DATE  
EMERITUS  
BREAKFASTS**

Tommy's Country Ham House  
214 Rutherford Rd • Greenville, SC 29601  
9:00 AM

- Tuesday, May 17, 2016
- Tuesday, August 9, 2016
- Tuesday, October 11, 2016
- Tuesday, December 6, 2016

**Catch up with old friends and  
enjoy meeting new ones!**

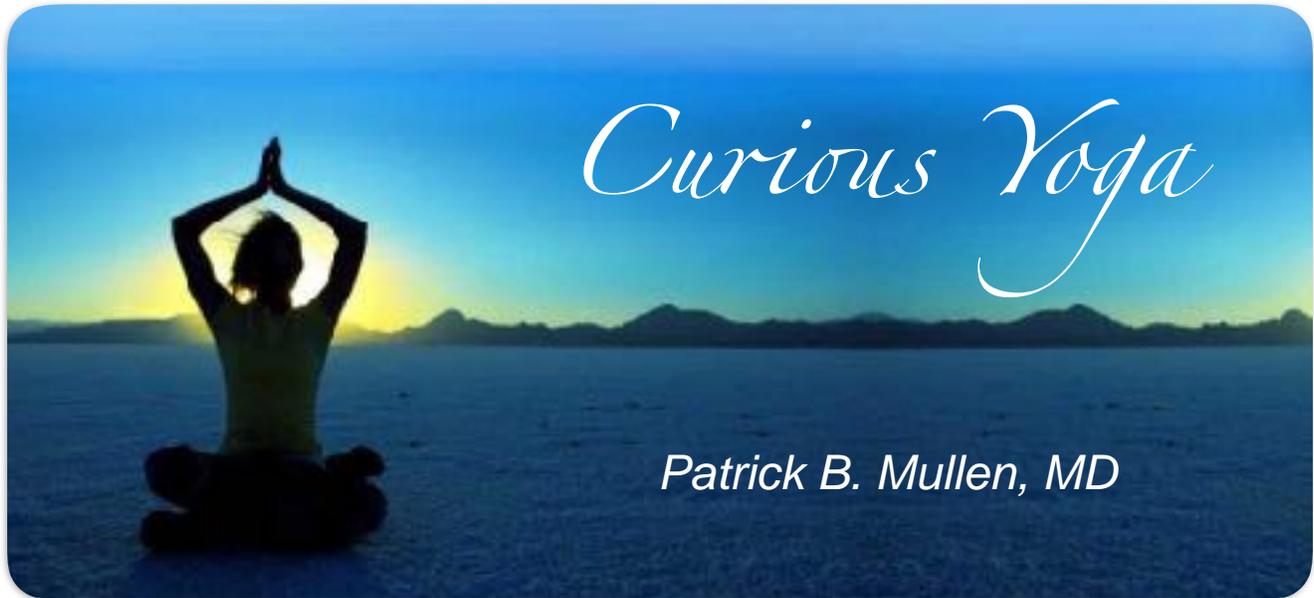
\*Please consider a \$10 donation to cover



*Every couple months GCMS Emeritus members enjoy visiting with old friends and meeting new ones. Join them in May at their next breakfast!*

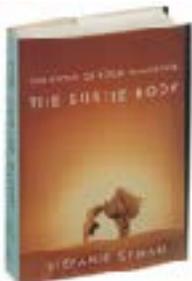
**Thank you!**

Since 1993, **Douglas W. Stokes, MD**, has been a part of the GCMS. In 2000, Dr. Stokes began serving on the GCMS Executive Committee as Secretary until he eventually became President in 2003. His service didn't end with his presidency, however, and he continued working with the Society as Editor of *The Bulletin* until resigning that position last December. At the 2016 Installation Ceremony, Dr. Stokes was honored with the **GCMS Service Award** for his many years of dedication to the Society. Thank you, Dr. Stokes, for the time and effort that you invested in GCMS! You have made a difference!



Today, THE CURIOUS PHYSICIAN humbly begs your attention amidst the roaring political fervor as we are all transfixed by Bernie and Hilary and Marco and Ted . . .and Donald Trump (amazing that he keeps on going) — regardless of whose campaign promises you like and whose hairstyle you prefer (I like Bernie's cause my hair is mostly white, too), today we are going far away from all that -- Namaste, my friends, and remember to hum Om with your eyes closed to vibrate with the UNIVERSE.

Our topic today is the history of Yoga in America — taken from Stefanie Syman's book *The Subtle Body — the history of yoga in America* and *The Great OOM — the improbable birth of yoga in America* by Robert Love. Both books are well worth reading and both give a wealth of detail — overwhelming in fact, but those of you who know a little bit about yoga will find in these books the reasons there are so many “kinds” of yoga —



Bikram, Ashtanga, Raja, Guru, Tantric and Hatha to mention a few — as well as other tidbits to deepen your practices. Those of you who know very little besides the cost of the lessons, will find an interesting introduction to the discipline that looks past the contortions and stretches that form part of the system of mental, physical and breathing exercises that is Yoga. Plus, in the Great OOM there is a tale of a Great Gatsby of Yoga -- more later.

**NOW TRY TO TOUCH YOUR TOES** — if you are like the overwhelming majority of people, if you can't do it, you need some yoga — and by the way, be careful, don't hurt your back.

First a **CONFESSION** — I love yoga! It is a great workout and the slender yet strong body you develop as you practice the asanas (poses) is a marvel — my first teacher, let's call her Kristi, still wears the same jeans she wore in high school, and past that she appears ageless. Surely an inspiration. So too my friend Dilip Sarkar who was a famous vascular surgeon in Norfolk, had a heart attack, and took up yoga —and now lectures and demonstrates all over the world but is as humble and

approachable a yogi as you will find anywhere. And what about Brennan, who was told she would never walk after a sky-diving accident, and now teaches yoga with a sprinter's zeal. Or Dallas Diamond Page, a professional wrestler ("This ain't you mamma's yoga") or . . . or . . . etc. Anyone who takes up yoga will find more than ample evidence for its efficacy and healing power. It is a great thing that originated in India and has been trans planted all over the world.

**NOW EXHALE SLOWLY ALL THE AIR IN YOUR LUNGS, THEN TAKE A LARGE DEEP BREATH** — breath in to the count of 4 and breath out to the count of 8 — do this three times and feel how relaxed you are. Closing your eyes makes it even better.

Yoga is the science of "yoking" your mind to your body and your breath. It is a simple proposition, but you will find the complexities that it contains are almost limitless.

The first thing I had to do was get over the aggressive attitude that I had been taught in all the physical exercise I had done before yoga. I went from racquetball — slap, grunt,

(cont'd from page 9)

Relax, now bend over slowly, and pull in your belly gently. If you feel any pain, stop and go back to where you don't. WHAT?! I want to hit the ball! I want to tackle that guy! I want to throw the pass 75 yards! I want the takedown! I want to set the record! No, just relax and go slowly, or you will hurt yourself. You are only competing with yourself.

This is a very radical system of exercise — based on breathing consciously, moving consciously and focusing your mind in ways that you don't do in other sports. As you do yoga, you begin to find places and relationships in your body and your mind that you never paid attention to before — and there are many different styles of yoga to accommodate your basic personality — but all of them demand attention and focus and practice — just like any other exercise system.

**SIT DOWN AND CROSS YOUR LEGS** —be careful not to hurt your knees.

Besides being different in the moment-to-moment energy that you put into your movement, yoga is different in how old it is. Two thousand, five thousand years old? How old are the sacred texts of Hinduism? Now to some scholars that make a difference but to us, being in the NOW, it does not really matter. The yoga sutras of Patanjali are the source of the kind of quarreling that religious academics like — interpretations of sanskrit and the like. But our two books will show you that for Americans and Indians as well as historical justifications for asana sequences don't really mean anything. Rather, it is the legacy of teacher after teacher after student etc.— passed down through direct experience rather than mastery of arcane texts. The Great OOM was actually from Iowa, and his teacher was an iterate man about which not much is known outside his skill at teaching Perry Baker (OOM's given name) — Mr. Baker became very

skilled at slowing his breath and altering his sensations such that he could allow himself to be pierced with various objects, cut, and otherwise painfully poked without leaving his trance. After he had demonstrated this skill several times, he took the name Pierre Bernard and he was launched as a "yogapreneur". He ultimately made his way to New York and founded several yoga studios and got embroiled in a sex controversy — TWO GIRLS KIDNAPPED BY THE GREAT OOM —that seemed motivated by jealousies. Meanwhile he acquired his nickname and reputation, and he was, thereafter cursed by the big media of the time. In spite of all this, he taught movie stars and wealthy ladies how to move and breath — he almost married a Vanderbilt (which was one of the Robber Baron fortunes of the time) and set up a yoga retreat in Nyack, NY which became his base of operations — calling it the Clarkstown Country Club — and acquired his own fortune to boot. He was a version of the Great Gatsby, with fabulous parties, glittering circuses, pet elephants, a fleet of Packards and big Cuban cigars. Always surrounded by the rich and famous. And always breathing and posing.

The Club's buildings are now the campus of Nyack College. The spectacular collection of artifacts he left were auctioned off as his fortune dwindled and he finally died, unsung, in the fifties, unable to assume the warrior pose and just as sickly as any old man, his large dreams in ruins around him. He had forgotten to breathe!

**NOW CLOSE YOUR EYES AND TAKE ANOTHER SLOW DEEP BREATH AND LET YOUR MIND CONTEMPLATE YOUR LIFE AND HOW YOU CANNOT EXPLAIN IT'S MAGIC.**

During Pierre Bernard's time, Asian people were not allowed into the USA and we missed a lot of good yoga teachers. It was also the time of the British Empire, and the Brits were

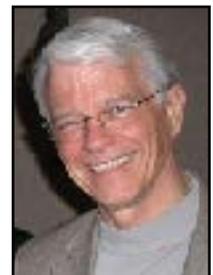
busy discounting the things they saw in India -- with the burdens they felt to "civilize the natives" they overlooked or misinterpreted yoga, or were just not impressed -- pity!

But despite all that, yoga teachings made it through. America's first yogi was none other than Henry David Thoreau — however he had no teacher and did not know the postures. Ralph Waldo Emerson, too, was a reader and follower of much of Hindu literature — as much as he could get his hands on, in English translation, of course. (I refer you to Ms. Syman's book for details). Thus began the influence and interest in Yoga in America.

Yoga in India was always a fluid and idiosyncratic pursuit — never a simple body of knowledge one could master and be done with — nor is it now. We have various kinds of yoga practices — fast and slow, more breathing, less breathing, this stretch, that stretch, etc — there are many ways to do it. American yoga is the same. The one thing that is true is that they will all, if practiced diligently, yield some reward, if your teacher knows what they are doing and their intentions are pure.

In the West, we have let our churches tend our spirits, our gyms tend our bodies, and our libraries (and television) tend our minds (quote from another yoga book!). What might happen if we yoked them altogether as they were when we drew our first breaths?

**NOW LIE ON YOUR BACK LEGS OUTSTRETCHED AND BREATHE SLOWLY — ARMS A LITTLE AWAY FROM YOUR BODY FEET SLIGHTLY APART — FEEL YOURSELF RELAX, RELAX — YOU WILL AWAKEN IN A FEW MINUTES WITH A SENSE THAT YOU HAVE RESTED — RESETTING**





### Calling all GCMS Physicians!

Would you like to serve alongside your fellow physicians to make South Carolina an even better state in which to practice medicine? Here is your opportunity! **Make your plans to attend the 2016 SCMA Annual Meeting in April!**

Along with building friendships and enjoying a weekend visiting with physicians from Greenville and across the state, this is a unique opportunity to work with your colleagues in making South Carolina's healthcare system stronger. You'll also have opportunity to earn CME credits at the conference with a focus on End of Life Care Planning and Domestic Violence.

**For more information or to register, visit: [www.scmadical.org/am16](http://www.scmadical.org/am16)**

*We look forward to seeing you in April!*



GREENVILLE COUNTY MEDICAL SOCIETY ALLIANCE

From the desk of Laurie McCotter  
GCMS President-elect, 2015-2016

Dear Physician,

The GCMSA is a nonprofit organization comprised of physicians' spouses dedicated to promoting health education in our community and supporting the family of medicine. The Alliance provides a great way for your spouse to meet new people, have fun and learn about the Greenville community along the way. No time commitment is required . . . your spouse can invest as much or as little as they would like! Membership dues start at only \$35 per year.

We would enjoy the opportunity to answer any questions your spouse may have. Please don't hesitate to contact me directly for more information. You may also check out our website at [www.gcmsa.org](http://www.gcmsa.org) at your convenience.

We look forward to building our relationship as a whole family of medicine!

Thanks!

Laurie McCotter  
GCMSA President-elect 2015-16  
(864) 236-8393  
[themccotters@yahoo.com](mailto:themccotters@yahoo.com)

*With deepest sympathy . . .*

The members of the Society would like to extend deep and heartfelt sympathy to . . .

the family of  
Dr. W. Clark Jernigan

following the passing  
of his father  
on January 17, 2016

the family of  
Dr. Jarod "Jay" Motley

following the passing  
of his wife, Lindsey  
on February 23, 2016

the family of  
Dr. Blake Myers

following the passing  
of his father  
on February 27, 2016

*Our intention is to be supportive, not intrusive. Please contact the Society office at 370.9083 if a note or announcement is desired.*





**THE BULLETIN**  
**GREENVILLE COUNTY MEDICAL SOCIETY**  
**1395 SOUTH CHURCH STREET**  
**GREENVILLE, SC 29605**

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**Celebrating National Doctors' Day!**  
**March 30, 2016**



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