Life in these Parts
Gloria Madamba, internist-humorist, had an 80-year-old patient who developed chest pain whenever she took a shower. Through careful questioning, Gloria discovered that the frugal lady took cold showers and saved her hot water for the laundry. The patient was cured when Gloria convinced her that she could save money on medication by showering in hot water and doing the laundry with cold water.

Health QUEST Funds
The anticipated federal budget cuts are expected to cause a $20 million deficit for fiscal 1996 in Health QUEST. State health and human services officials are considering the following drastic measures: a. Cutting dental and vision coverage to save $13 million a year, b. Capping enrollment at 125,000 (29,000 participants will be dropped).

New rules since August 1, 1995—
- A family of four earning $23,172 will pay $80/month.
- Only those below the poverty level of $17,424 pay nothing for coverage.
- Self-employed people will pay half their premiums and those under 21 must list their parents’ income.

Watch Cholesterol—Hawaiians Told
A study of Native Hawaiians announced in November at a California meeting of the American Heart Association reveals that Native Hawaiians have two and a half times more heart disease than the general population. The death from heart disease of pure Hawaiians is 525/100,000. Some study participants were fortunately on cholesterol-lowering drugs and had many times lower rates of heart attack and death.

President Ray Itagaki of the Hawaii affiliate of the American Heart Association warns that, “The Native Hawaiians are a group that has to be carefully monitored, carefully watched.” Ray recommends that anyone with cholesterol over 200 should start lifestyle and dietary changes. If in 3 months their cholesterol has not come down, they should try the new medication.

John Cogan, QMC chief of cardiology, observed that the statins appear to work best in conjunction with exercise.

KHVH—Paul Harvey on January 8
A pregnant woman was arrested for driving in the car-pool lane without a passenger. She went to court to prove that under California law, the fetus was a person, and therefore a passenger. She won her case. Several weeks later, she was again arrested for the same violation. She lost her argument in court because under California law two persons cannot be behind the wheel.

Hors de Combat
(Excerpts from Star-Bulletin writer Helen Altonn’s feature article)
“Let’s set up something like the military. If people want welfare, they have to sign up for it, go through a program and learn to take care of themselves. We need programs that help people who are struggling, rather than saying, If you can’t make it, come over, we’ll do it all for you.”

HMA President Carl Lehman stunned some people at the November briefing on Medicaid-Medicare budget issues (attended by legislators and state and private health care providers) with the idea that the welfare cycle can be broken by putting recipients in government housing for “basic training” with no smoking, alcohol, or illegal drugs.

Ah Quon McElrath, social activist, complained; “Does the doctor think putting these people into barracks is going to have any effect at all? It strips people of dignity and their civil rights.”

Carl says, “We have made it attractive to be lazy and do nothing and made it difficult for people to work because they have to pay such high taxes. Able-bodied welfare recipients should be required to work or be dropped from benefits.

Why is it that they cannot afford to buy aspirin or over-the-counter medicine but can find enough money to buy cigarettes, and some find enough money to buy illicit drugs? Yet they demand other citizens pay their way through life.

“Welfare recipients, for example, could be trained to help care for older people needing long-term care. With assistance, many elders could stay at home, instead of going into costly nursing facilities, and learn to take care of themselves.”

Boston attorney, Andrew Meyer, Jr, filed two lawsuits against Ilona Higgins back in 1984 alleging substandard conduct with the 1979 delivery of two babies at St Margaret’s Hospital in Boston’s Dorchester section and lost both suits. In 1988, Meyer sent letters to the UH Medical School and the State Board of Medical Examiners attacking Ilona’s competence. Ilona sued Meyer in federal court when the state Board of Bar overseers failed to discipline Meyer for unethical conduct. In November 1995, Meyer settled for $585,000 which the Boston Globe describes as the largest ever paid by an attorney in such a case. Ilona says, “The suit was never about money. It was about the ethics and professional responsibility. Attorneys need to be held

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responsible for their behavior." (Maui News, November 10)

Physician Moves—November

John Vincent Martell, associate professor of UH School of Medicine, moved to Hilo and joined the Hilo Family Practice Center where he will help develop the residency training program.

Pediatrician Marvin Smith Krober, specializing in infectious disease, joined the Wahiawa Hospital staff.

Patrick Lee Ergine, board-certified in internal medicine, general surgery, cardiothoracic surgery, opened his practice at Kapiolani Medical Center at Pali Momi, Suite 350. Orthopedist Terry G. Smith resigned from group practice with Orthopedics Associates of Hawaii effective October 16.

Elected, appointed and honored

The HMA Physician of the year was awarded to Ernest Bade, Hilo physician by HMA president Fred Holschuh during the annual HMA meeting on Maui. Ernest was honored for his role as medical director of Life Care Center of Hilo; Hilo Medical Center Extended Care Facilities; Interim Health Care, Kau Hospital and Kohala Hospital as well as his roles in other sports and community organizations. Ernest is a member of eight community organizations and recently coordinated a WHO comparative health study of elderly Okinawans living on the Big Island.

Carl Lehman, board-certified in pediatrics, allergy and immunology, was elected president of HMA.

Re 40th Birthday Party

(Gleaned from the QMC Kam Wing Bulletin Board)

Dear Larry: My list of 10 ways you know you’re getting old

10. The library won’t let you borrow for more than a week—“just in case.”
9. You went nude to a costume party and won first place as a “topographical map of California.”
8. You keep repeating things.
7. You keep repeating things.
6. You can’t jog anymore because Boy Scouts keep trying to help you across the street.
5. (For women) You put your bra on backward and find it fits better.
4. Rand McNally wanted to use your varicose veins as a road map.
3. You read the obituary column every morning to make sure your name is not there.
2. You buy “slip-on shoes” because the laces on the other kind are too short to reach your fingers.
1. And the number one sign you are getting old, you look at members of the other sex but forget what for.

To place a classified notice:

HMA members.—Please send a signed and typewritten ad to the HMA office. As a benefit of membership, HMA members may place a complimentary one-time classified ad in HMA as space is available.

Nonmembers.—Please call 536-7702 for a nonmember form. Rates are $1.50 a word with a minimum of 20 words or $30. Not commissionable. Payment must accompany written order.

Practice for sale.—Established medical practice on Oahu. Retiring. Annual net income 90K. Has federal income tax return to show. Selling for 10K. Call (808) 625-1410.

Radiologist.—Available on short notice for locum tenens. Full or part time, any island. (808) 875-9794. Locum tenens available.—Board-certified family practice, 12 years’ clinical experience in Hawaii. Deborah C. Love MD; Home phone on Oahu: (808) 637-8611; cellular phone Maui: (808) 281-4713.