

News We welcome news items of less than 300 words; we may edit them for clarity and length. News items should be emailed to journal@doctorsofbc.ca and must include your mailing address, telephone number, and email address. All writers should disclose any competing interests.

Editorial Board changes

Dr Amanda Ribeiro has decided to leave the *BCMJ* Editorial Board to allow more time to focus on her OB/GYN residency. We wish her all the best in her residency and look forward to a possible return to our hallowed halls once she is done.



Dr Caitlin Dunne

We are very pleased to welcome Dr Caitlin Dunne as our newest Editorial Board member. Dr Dunne practises in Vancouver as a subspecialist in infertility, egg freezing, and women's reproductive health, nicely rounding out the Board's expertise in that area. She is also co-director at the Pacific Centre for Reproductive Medicine and a clinical assistant professor at the University of British Columbia.

—Ed.

Scholarship winner correction

Doctors of BC awarded a scholarship of \$1000 to Ms Katherine Ryeburn of Prince Rupert. Ms Ryeburn's city of residence was incorrectly listed as Nanaimo in the July/August issue of the journal.

Lifestyle offerings from Club MD

What do you do with your downtime? Doctors of BC knows you work hard. Your downtime is important and we want to help you make the most of it to do the things you love.

Want to enjoy a round of golf in the majestic hills of Whistler? How about attending some live theatre? Feel like joining a gym and living

a more active lifestyle? Club MD gives you access to discounted rates for a curated collection of offerings you'll enjoy.

Relaunched in November 2018, Club MD now focuses on lifestyle offerings—from travel to sports, theatre, amusement parks, dining, car purchases, and more. The team is continually sourcing new, high-value offers exclusive to physicians.

Club MD was relaunched in response to member feedback indicating a wish for new discounts that are more meaningful to physicians. New offers were added and the program continues to grow. We continue to look for even more ways to provide members with discounts that are health-conscious, environmentally friendly, and available anywhere across the province, in some cases, even internationally.

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Webinar series: Learn more about billing GPSC fees

Family doctors are invited to join a four-part webinar series about billing GPSC fees to:

- Increase confidence when billing GPSC incentives.
- Better support appropriate billing.
- Improve understanding about fee rules.
- Not miss billing for additional services.

Based on physician feedback, the GPSC and SGP are expanding their series from new-to-practice to all family doctors and their MOAs. The webinars were first presented to new-to-practice GPs in winter 2018 and spring 2019.

Led by physician educators, each 90-minute webinar will be cumulative and content-specific. Space is limited. To register, visit www.gpsc.bc.ca. Here are the details about each webinar:

Introduction to MSP Billing for Family Practice: 17 September at 6 p.m.

- Basic visit (00100 series)
- Complete physical (00101)
- Counseling (00120)
- House calls
- WorkSafe BC and ICBC visits

GPSC Billing Part 1: 1 October at 6 p.m.

- GPSC Portal (G14070, G14071)
- Mental Health Planning and Management (14043-14048)
- Palliative Care planning (G14063)
- Prevention (G14066)

GPSC Billing Part 2: 24 October at 6 p.m.

- GPSC Portal Recap
- Complex Care Planning (14033, 14075)
- CDM (14050-14053, 14029)

GPSC Billing Part 3: 20 November at 6 p.m.

- Communicating with patients (G14076, G14078, 14023)
- Conferencing about patients (G14077, 13005, G14018)
- Providing advice to another provider about a patient (13005, G14019, 14021, 14022)

For more information, contact gpsc.billing@doctorsofbc.ca.

Neurosurgical supports, from BC to West Africa

A British Columbian neuroscience charity is delivering neurosurgical support in the most ill-equipped corners of West Africa. Korle-Bu Neuroscience Foundation (KBNF) was founded in 2002 by Vancouver General Hospital neuroscience nurse Marj Ratel. The organization has since developed an extensive international network of neurosurgical supports that recently saved the life of an 8-year-old Liberian patient named Samuel, who was born with nasal encephalocele.

Samuel was born with multiple skull and facial defects, which pushed his brain down inside his face and nasal area. Last fall, the large cyst-like facial defect protruded from his nasion and extended past the nostrils. The life-threatening deformity was so severe it obstructed Samuel's vision and prompted him to quit school in order to avoid being bullied. KBNF members in Liberia connected the patient to neurosurgeon Dr Dan Miulli who, wearing a headlamp as a precaution against failing electricity in Liberia, led a team of experts through 9 hours of surgery.

The procedure was made possible by a Zeiss double-headed neurosurgical microscope, which had been donated by Victoria General Hospital and shipped from BC to Liberia via ship, crane, plane, jet, and truck. A shunt was placed in Samuel's temporal arachnoid cyst to relieve pressure on the brain and allow the reintroduction of viable brain in the intracranial cavity. Nearly 1 year later, Samuel is planning to return to school with ambitions to become a doctor.

Liberia has just a single neurosurgeon serving approximately 5 million people. Over the past 17 years, KBNF has transported more than an estimated \$17 million retail value of medical supplies overseas, and has supported and trained 10 neurosurgeons in West Africa. Visit www.kbnf.org to learn more about the foundation's work, get involved, or donate.

—Jeremy Hunka

Korle-Bu Neuroscience Foundation



Samuel, prior to the surgery.



Samuel and Dr Alvin Nah Doe, a KBNF member and Liberia's sole neurosurgeon, who participated in Samuel's surgery and treatment.

Visit us online today at www.doctorsofbc.ca/clubmd and take advantage of this program. Call the team at 1 800 665-2262 (x7921) or email clubmd@doctorsofbc.ca if you have any questions. We're available and happy to help in any way we can.

—T.J. Alabazo

Club MD Coordinator, Doctors of BC

Study: High insulin production may contribute to pancreatic cancer

UBC scientists have demonstrated a causal link between high insulin levels and pancreatic cancer. In a study published in *Cell Metabolism* ("Endogenous Hyperinsulinemia Contributes to Pancreatic Cancer Development"), researchers lowered insulin levels in mice predisposed to developing pancreatic cancer and found that the lower levels protected the mice against developing the disease. The findings hold promise for early detection and prevention of pancreatic cancer in humans.



BC Medical Journal

@BCMedicalJrnl

Dr Kathleen Ross: A history of stepping up. @DrKathleenRoss1, a family physician with a passion for surgery, is the new president of @DoctorsOfBC.

Read the article: bcmj.org/special-feature/dr-kathleen-ross-history-stepping



9 Retweets 17 Likes

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For the study, lead author and PhD student Anni Zhang crossed a strain of mice that is genetically incapable of developing a rise in insulin with a strain of mice predisposed to developing pancreatic cancer. These and the control mice were fed a diet for a year that was known to increase insulin levels and promote pancreatic cancer. At the end of the yearlong study, the mice with slightly reduced insulin levels were shown to be protected from the start of pancreatic cancer.

Study: Pregnant women with lupus discontinuing medication

A study by Arthritis Research Canada has found that almost 30% of pregnant women with systemic lupus erythematosus discontinue their antimalarials (especially in the first trimester) despite these medications being safe and recommended during pregnancy.

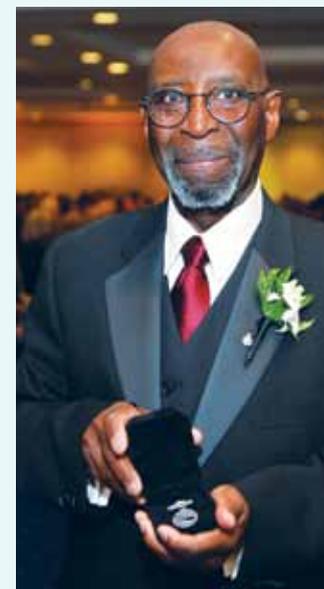
Women with lupus have a higher risk of experiencing pregnancy-related complications like miscarriage, stillbirth, preeclampsia, eclampsia, preterm labor, and fetal growth restriction. The findings of this research point to the importance

Correction: Award winner caption

Dr Kwadwo Asante was pictured in the July/August issue of the journal, being presented with a Doctors of BC Silver Medal of Service. The photo caption incorrectly identified him as Dr Jean Hlady, who was also presented with a Doctors of BC Silver Medal of Service but was not pictured.



Jean Hlady, MD



Kwadwo Asante, MD

of educating women with lupus who are pregnant, or planning to become pregnant, about the benefits and risks of medications during pregnancy.

Few prior studies have examined medication use in pregnant women with lupus and showed

varying frequencies of use prior to conception, during pregnancy, and postpartum.

To obtain a copy of the paper, contact lead researcher on the study, Mary De Vera, MSc, PhD, Research Scientist of Pharmacoepidemiology, at mdevera@arthritisresearch.ca.

COLLEGE LIBRARY

EvidenceAlerts helps identify newsworthy clinical articles

With so many clinical articles published every week, it can be challenging to narrow them down to those that provide new and relevant information for clinical practice.

EvidenceAlerts is an email service created collaboratively between the Health Information

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—Niki Baumann
Librarian