

Indiana Society of Medical Assistants

Med-A-Scoop

October/
December
Issue
2015

Pearls of Wisdom

It's hard to believe that it is September already, this year is going by way too fast. I hope everyone had a great summer and ready for fall. At this time many of us are getting ready for the AAMA National Conference and will have a great report at our next meeting.

Our last workshop was on Kidney and Liver Transplant. Christine Molby, RN, MHA, Kimberly Rayner, RN, and Ashley Wilbur, RN, each one of these ladies had information on steps that are taken from being diagnosed to the end of the process. We saw the role of the Transplant Coordinator and the many things that are done to start the process for a transplant, to the many steps taken for kidney and liver transplant. Our next workshop is November 14, 2015, please mark your calendar now, I'm sure we have another great workshop planned.

Remember to get your recipes to Sandy; we hope to start the cookbook soon. Our next meeting is November 14 which is our ***Souper Saturday and Silent Auction***; bring in an item for our auction and your favorite dish. Please pass the word and try and get new faces. Hope to see you in November.



Joyce Edds, CMA (AAMA) CPT (ASPT)
ISMA President

KEEP CALM and LOVE AUTUMN!

Message from the President	1
Officers and Directors	2
Board of Director Mtg Minutes	3-5
ISMA Directors Mtg Agenda	5
Indiana Medical Association	6
Important Dates/Survey	6
East Central Workshop	7
St. Joe Info/Flu Vaccine	8
Insurance Corner	9
Souper Saturday/Workshop	10
Holiday Eating	11
Directions to Harrison	12

Make Sure Your Recipe is

Included!

Our cookbook needs just a few more recipes from our members! Please send your favorites to:

Sandy Johnson, CMA (AAMA), MS, CPC

sanljohn@ius.edu

Please include your name and your local chapter/district. Also include the source of your recipe, if not an original.



State Officers

President

Joyce Edds, CMA (AAMA), CPT (ASPT)
3416 Pennsylvania Ave
Jeffersonville, IN 47130
Home: 812.288.6025
Cell: 502.523.0743
E-mail: mnedds@aol.com

Vice President

Clara Poirot, CMA (AAMA)
629 Monroe
Newburgh, IN 47630
Home: 812.853.7881
Cell: 812.455.6697
E-mail: spiritwind629@hotmail.com

Recording Secretary

Jane Seelig, CMA-A (AAMA)
2905Two Worlds Dr.
Columbus, IN 47201
Home: 812.376.0108
Cell: 812.603.1886

Immediate Past President

Jeni Begley, CMA (AAMA)
Cell: 765.412.2779
E-mail: jeni_cma@comcast.net

Treasurer

Paula Schubert, CMA (AAMA) CPT(IAPS)
1620 Peacock Road
Richmond, IN 47374
Cell: 765.966.6708
Paula.schubert@reidhospital.org

Med-A-Scoop Editor

Website

Pam Neu, CMA (AAMA)
4805 E 640 S
Wolcottville, IN 46795
Cell: 260.750.7250
E-mail: msneu@yahoo.com

District Directors:

East Central

Paula Schubert, CMA (AAMA) CPT(IAPS)
1620 Peacock Road
Richmond, IN 47374
Cell: 765.966.6708
Paula.schubert@reidhospital.org

First District

Tammy Daily, CMA (AAMA)
701 Meyer Ave
Evansville, IN 47710
Phone: 812.424.5730
Cell: 812.549.5036
E-mail: onceadaily2@wowway.com

Southeast District

Dianne Wimsett, CMA (AAMA)
1247 Raylee Dr
Charlestown, IN 47111
Home: 812.256.4878
Cell: 812.786.9479
E-mail: d.m.wimsett@hotmail.com

St. Joe District

Karen Pershing, CMA (AAMA)
52438 Oak Manor Drive
Granger, IN 46530
Cell: 574.217.5948
E-mail: klpershing@aol.com

Twelfth District

Pam Neu, CMA (AAMA)
4805 E 640 S
Wolcottville, IN 46795
Cell: 260.750.7250
E-mail: msneu@yahoo.com

West Central District

Jeni Begley, CMA (AAMA)
Cell: 765.412.2779
E-mail: jeni_cma@comcast.net



**INDIANA SOCIETY OF MEDICAL ASSISTANTS
Board of Directors Meeting
Harrison College
Brookville Road, Indianapolis IN
Saturday, August 8, 2015**

Call to Order: President Joyce Edds, CMA (AAMA), CPT (ASPT) called the meeting to order at 4:20 pm.

Invocation: Cate Gardner, CMA (AAMA) gave the invocation.

Medical Assistants Creed: Clara Poirot, CMA (AAMA) CN-BC led all in reciting of the Creed.

Introductions: President Edds introduced the elected, appointed officers, District Directors and Alternates.

Honored Member Recognition: Past Indiana Society Presidents, Medical Assistants of the Year, Leon Levi Award Recipients, Golden Apple Award Recipients, Life members and Honorary members were recognized.

Credentials Report: There were 19 members registered for the meeting. Voting power was 13, 2/3 vote was 9, quorum and majority vote was 7.

Secretary Report: Jane Seelig, CMA-A (AAMA) indicated the minutes were published in the Med-A-Scoop. There were no corrections

Treasurer's Report: Paula Schubert CMA (AAMA), (IAPS) presented two reports as the June report was amended due to audit.

Balance on Hand April 24, 2015	\$38,686.95
Income:	\$1,192.00
Expenses:	\$4,138.43
Balance on Hand June 13, 2015	\$35,740.52
Certificate of Deposit CD 9561	\$27,870.51
Balance on Hand June 13, 2015	\$35,740.52
Income:	\$18,654.60
Expenses:	\$4,158.70
Balance on Hand August 8, 2015	\$50,236.42
Certificate of Deposit CD 9561	\$28,061.59

Presentation of Bills: There were no non-budgeted bills to present.

Correspondence: None to report. It was noted that three years ago today Earl Williams passed away. He was a long time supporter of ISMA and sponsor of the Medical Assistant of the Year Award.

Officer Reports: **Pam Neu, CMA (AAMA) Med-A-Scoop Editor** –The July/August issue was on time. 1313 issues were sent out and 25 were returned. Advise Pam via e-mail if you have material to submit. The survey regarding email issues had 12 responses and will run in the next issue. Contact Pam with suggestions for changes in future issues.

Committee Reports:

Bylaws No report

Certification: No report

Continuing Ed: **Clara Poirot, CMA (AAMA)** reported that there were 18 members present for the presentation by IU Health regarding Tissue Donation. The November workshop will be Gloria Kay regarding Coding and it will be Souper Saturday with our holiday auction.

Website Development **Pam Neu, CMA (AAMA)** A few problems are ongoing such as calendar, the Director's page and the archive section. They are being looked into.

Membership **Jeni Begley, CMA (AAMA)** reported our current membership is 1,365 and that we have a Facebook page so feel free to post on it.

Procedure Manual	No report
ISMA Liaison	Tammy Daily, CMA (AAMA) The IN State Medical Association Convention will be discussed under new business.
Eva I Irwin CMA (AAMA) Education Support Fund	Sandra Johnson, MS, CPC, CMA (AAMA) reported that the application will be in the next issue of the Med-A-Scoop.
Ways and Means: 2015 State Conference	Sandra Johnson, MS, CPC, CMA (AAMA) reported raffle proceeds were \$145. No report.
2016 State Conference	Jane Seelig, CMA-A (AAMA) announced that the conference will be held April 22-24, 2016, at the Hilton Garden Inn in Edinburgh IN. The theme is "CMA's after Hours". The Welcome Party will be a Pink Pajama Party and workshop supporting the Indiana Women in Need and Breast Cancer Awareness. There will be games and prizes at the conclusion of the workshop. There will be free time on Saturday afternoon to enjoy the Antique and Outlet mall nearby. There will be eleven CEUs available. Saturday evening will have a DJ with a dance contest after dinner.
2017 State Conference	Jeni Begley, CMA (AAMA) reported that the conference will be held in Lafayette. The dates and location will be available at the November meeting.
2018 State Conference	Pam Neu, CMA (AAMA) had no report.
Chapter Reports	
East Central District	Michelle Bray CMA (AAMA) , Director reported a Medical Mock Trial was presented by Julie Ohl, RN, JD, CPHRM, Risk Management Consultant and IU Health in August. The members in attendance were the jury for an actual case from 10 years ago which had been altered. We learned about liability, standard health care and most important, to document or it was not done. At our chapter meeting I was elected as Director and Marchelle Bray, CMA (AAMA) was elected to be Alternate director. We will have an all day workshop on October 24 at IVCC Lawrence with 8 CEUs. The chapter has 351 members.
First District	Tammy Daily, CMA (AAMA) Director reported they do not meet during the summer. The September speaker will be on Medical Records. The committee for the October 24 fundraiser met and will meet again on August 25.
St. Joseph District	Karen Pershing CMA (AAMA) Director sent a report, read by Cate Gardner, CMA (AAMA) that they do not meet in the summer and their meeting will be the first Wednesday night in September.
Southeast District	Sandra Johnson MS, CPC, CMA (AAMA) Alternate Director reported that Dianne Wimsett, CMA (AAMA) Director appreciated all the condolences sent on the passing of her father.
Twelfth District	Pam Neu, CMA (AAMA) Director reported that they do not meet during the summer. Their next meeting is September 1 at IVCC in Ft Wayne and they are planning two all day seminars.
West Central District	Jenifer Begley CMA (AAMA) Director reported that they met July 18 at Harrison College in Lafayette. Liz Phelps spoke on an overview of Anatomy and Physiology for health care professionals. The presentation was taped and put on their website. There were 4 members in attendance and 4 more passed the online test. A fundraiser is being planned for Earl Park 107 S Locust St Sept 4-6 and another one in Flora 507 E Main St Oct 2-4. The next meeting is Saturday, October 10, 2015. The website is www.aama-wcind.org . There are 181 members.
Unfinished Business	Tammy Daily, CMA (AAMA) Reported regarding our participation with the Indiana State Medical Association holding their Annual Conference in September. There was no availability for table sponsorship during the convention but we can place a one-half page advertisement in their program book. The cost would be between \$500 and \$1000.
MOTION	The Executive Board is recommending that we advertise in the program book. There was a unanimous vote to approve this expenditure by the Board of Directors.
New Business	
Delegates Packets	The bylaw change being proposed by the AAMA Board of Trustees and the Proposed Resolution were discussed. The executive board is not in favor of accepting the proposed bylaw change nor the resolution. This recommendation was unanimously approved by the Board of Directors

Pins The purchase of the President's Pin and Medical Assistant of the Year pins were discussed. It was decided that two President Pins and three Medical Assistant of the Year Pins would be ordered.

Announcements: Annual Conference attendees are to wear black pants and blue blouses to the House of Delegates.

The next meeting is Saturday, November 14, 2015

The Med-A-Scoop deadline is September 4, 2015.

The Cookbook name will be What's Cookin' with ISMA (suggested by Santa Bruce).

June Brown, RMA was presented with a plaque in recognition of her efforts which earned her Life Membership.

Adjourn: The meeting adjourned at 5:27 pm

Jane B. Seelig, CMA-A (AAMA)

Recording Secretary

Agenda
ISMA Board of Directors
November 14, 2015

- | | |
|--------------------------------|--|
| Call to Order | Joyce Edds, CMA (AAMA), CPT (ASPT) President |
| Invocation | Cate Gardner, CMA (AAMA), Chaplain |
| Medical Assistant Creed | Clara Poirot, CMA (AAMA), CN-BC, Vice President |
| Credentials Report | Marianne Hawker, CMA (AAMA), Chairman |
| Introductions | Joyce Edds, CMA (AAMA), President |
| Secretary Report | Jane Seelig CMA-A (AAMA), Secretary |
| Treasurer Report | Paula Schubert, CMA (AAMA), CPT (IAPS) Treasurer |
| Presentation of Bills | |
| Correspondence | Sandra Johnson, MS, CMA (AAMA), CPC |
| Officer Report..... | President-Joyce Edds, CMA (AAMA) CPT, (ASPT) President
Vice President-Clara Poirot, CMA (AAMA)
Secretary-Jane Seelig, CMA-A (AAMA), Secretary
Treasurer-Paula Schubert, CMA (AAMA), CPT (IAPS)
Med-A-Scoop-Pam Neu, CMA (AAMA) |
| Committee Reports..... | Budget & Finance- Paula Schubert, CMA (AAMA), CPT (IAPS)
Bylaws & Standing Rules-Rita Michel, CMA (AAMA)
Certification-Sandy Johnson, MS, CMA (AAMA), CPC
Continuing Education-Clara Poirot, CMA (AAMA)
Council of Past Presidents-Jeni Begley, CMA (AAMA)
Historian-Dianne Wimsett, CMA (AAMA)
Website Development-Pam Neu, CMA (AAMA)
Membership-Jeni Begley, CMA (AAMA)
Procedure Manual-Jane Seelig, CMA-A (AAMA)
ISMA Liaison-Tammy Daily, CMA (AAMA)
Public Policy/Affairs-Tammy Daily, CMA (AAMA)
Scholarship-Sandy Johnson, MS, CMA (AAMA), CPC
Ways & Means-Sandy Johnson, MS, CMA (AAMA), CPC
2016 State Conference-Jane Seelig, CMA-A (AAMA)
2017 State Conference-Jeni Begley, CMA (AAMA)
2018 State Conference-Twelfth District, Pam Neu |
| Chapter Reports..... | East Central District-Paula Schubert, CMA (AAMA) CPT (IAPS)
First District-Tammy Daily, CMA (AAMA)
St. Joseph District-Janet Boyer, CMA (AAMA)
Southeast District-Dianne Wimsett, CMA (AAMA)
Twelfth District- Pam Neu, CMA (AAMA)
West Central District-Jeni Begley, CMA (AAMA)
Delegate reports and members on national conference |
| Unfinished Business | |
| New Business | |
| Announcements | |

INDIANA STATE MEDICAL ASSOCIATION REPORTS

The American Medical Association, American Dental Association and twenty-seven physician organizations have committed to identify best practices to combat a “Public Health Crisis,” the abuse of Opioids leading to the overdose deaths of 44 Americans every day. A Task Force to Reduce Opioid Abuse will urge physicians to register for and use state-based prescription drug monitoring programs. Indiana’s prescription drug monitoring program is INSPECT.

Register for INSPECT at <https://secure.in.gov/pla/inspet.htm>. Indiana has a total of 29,264 prescribers. For resources and education offered, visit www.ismanet.org/go/AMA82415.

HOOSIERS PREFER PSEUDOEPHEDRINE PRODUCTS WITHOUT A PRESCRIPTION: A new study reveals most patients want cold, flu and allergy medicines containing ephedrine or pseudoephedrine (PSE) without a prescription. A Harris Poll, commissioned by the Asthma and Allergy Foundation of America, did the survey and here is how Indiana residents responded:

93% want access to all medications available to them to purchase at the full-service pharmacy. 98% purchase non-prescription medications to treat their ailments. 87% with nasal allergies purchase non-prescription medicines. 70% chose a decongestant based on a trusted brand that previously worked for them, rather than one with a lower price. 74% would unfavorably view pharmacies that removed medications containing PSE from their shelves. 85% want to purchase all of their medications at one retail store. During the last legislative session, the ISMA opposed efforts to require prescriptions for medicines containing ephedrine and PSE as a means to curb production of methamphetamine. The ISMA argued that doing so would flood the primary care system unnecessarily and increase health care costs for patients. Similar legislation is expected to be introduced in the 2016 Indiana legislature. Submitted by Tamara Daily, CMA (AAMA), ISMA Liaison

**DATES TO REMEMBER
2014-2015 ISMA STATE BOARD MEETINGS AND WORKSHOPS**

ALL State Board Meetings will be held at
Harrison College
Main Medical Campus
8150 Brookville Rd., Indianapolis, IN 46239

Meeting Dates

November 14, 2015
Feb 20, 2016
April 22-24, 2016

Med-A-Scoop Deadline

September 1, 2015
December 27, 2015
March 1, 2016

Survey: The Indiana Society of Medical Assistants would like to have each of you answer our one question survey.

Would you be willing to have an e-copy of the Med-A-Scoop rather than a paper copy? We are trying to “go green” and ask our members if that would be an option!
Let me know by emailing me your response to msneu@yahoo.com.

Put Survey in the subject line. If you are willing **and** have a different email address than the one on record with the AAMA, be sure to let me know!

Pam

**EAST CENTRAL DISTRICT CHAPTER OF MEDICAL ASSISTANTS
ANNUAL FALL WORKSHOP – 8 CEU’S!!!**

DATE: SATURDAY, OCTOBER 24, 2015

LOCATION: IVY TECH COMMUNITY COLLEGE, LAWRENCE CAMPUS - 9301 E. 59th St., Indianapolis, IN.

8:30am Registration, Networking & Continental Breakfast
9 – 11am Massage and Therapeutic Modalities - 2 ceu’s
11:05am – 1pm Medicare Updates! (Lunch provided and served at this workshop) - 2 ceu’s
1:05pm – 3pm Ears, Nose & Throat, Exploring Diseases, Emergencies and Surgeries- 2 ceu’s
3:05pm – 5pm Dermatology: Diseases, Exams & Skin Care- 2 ceu’s

Student AAMA Members: \$20
Student Non-members: \$30
AAMA Members: \$50
Non-members: \$60

**All Registration Fees include: continental breakfast, luncheon & all workshops!!
PLEASE!!REGISTRATION DEADLINE FOR ALL REGISTRATIONS TO BE RECEIVED:
THURSDAY, OCTOBER 16, 2015
(PLEASE ALLOW 4-5 DAYS FOR MAILING...)**

PLEASE SUBMIT REGISTRATION FORM EVEN IF PAYING AT THE DOOR!!!

**QUESTIONS? CALL PAULA SCHUBERT @765-966-6708, REBECCA NORMAN@317-650-7748 OR
JANE SEELIG@812-603-1886**

Please mail completed registration below with check payable to “East Central District Chapter” to:
Jane Seelig, CMA-A (AAMA)
2905 Two Worlds Drive
Columbus, IN 47201

PLEASE PRINT REGISTRATION INFORMATION LEGIBLY!!

NAME: _____
MEMBER # _____
EMAIL ADDRESS _____
TELEPHONE # _____
__STUDENT AAMA MEMBER __STUDENT NON-MEMBER __MEMBER-AAMA __NON-MEMBER
CHECK # _____ AMOUNT PAID _____

Information from St. Joe District:

St. Joe District of Medical Assistants meet every 1st Wednesday of the month except for January. The business meeting starts at 6:30 pm and speaker is 7:00 to 8:00 pm.

Location:

Memorial Home Care
3355 Douglas Road.
South Bend, IN

St Joe is planning a Fall workshop (November) and we will also have a Spring (March) workshop.

If any questions or if anyone would like to help with St Joseph's workshops please contact Karen Pershing at (574) 217-5948, you can also email me at klpershing@aol.com

Flu Vaccination

Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, [estimates of flu-associated deaths](#) in the United States range from a low of about 3,000 to a high of about 49,000 people. During recent flu seasons, between 80% and 90% of flu related deaths have occurred in people 65 years and older. "Flu season" in the United States can begin as early as October and last as late as May.

During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Traditional flu vaccines (called "trivalent" vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. There are also flu vaccines made to protect against four flu viruses (called "quadrivalent" vaccines). These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus.

Are any of the available flu vaccines recommended over others?

For the 2015-2016 flu season, ACIP recommends annual influenza vaccination for everyone 6 months and older with either LAIV or IIV with no preference expressed when either vaccine is available.

There are [many vaccine options](#) to choose from, but the most important thing is for all people 6 months and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other **health care professional**.

Who should get vaccinated this season?

Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since [February 24, 2010 when CDC's Advisory Committee on Immunization Practices \(ACIP\)](#) voted for "universal" flu vaccination in the United States to expand protection against the flu to more people.

Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza. See [People at High Risk of Developing Flu-Related Complications](#) for a full list of age and health factors that confer increased risk.

More information is available at [Who Should Get Vaccinated Against Influenza](#).

When should I get vaccinated?

Flu vaccination should begin soon after vaccine becomes available, if possible by October. However, as long as flu viruses are circulating, **vaccination should continue to be offered throughout the flu season**, even in January or later. While seasonal influenza outbreaks can happen as early as October, during most seasons influenza activity peaks in January or later. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community. Submitted from www.cdc.gov



Now that it is Autumn-Spiders are hunting for a warm spot to hide for the winter!

ICD-10 for Phobias Spotlights Spiders

Did you know converting ICD-9 to ICD-10 for phobias offers a unique code for arachnophobia, the fear of spiders?

ICD-9-CM

300.29, Other isolated or specific phobias

ICD-10-CM

More Than 15 Codes

F40.210, Arachnophobia

F40.220, Fear of thunderstorms

F40.230, Fear of blood

F40.231, Fear of injections and transfusions

F40.240, Claustrophobia

F40.242, Fear of bridges

F40.243, Fear of flying

Ready for a quick break from final ICD-10 preparations?

Ah, ICD-10-CM codes. So many of them, so little time! And here you are, working your fingers to the bone getting ready for ICD-10 to finally go live this October. Maybe you're even signing up with CMS to perform end to end [ICD-10 testing](#). Come on, take a break — let's savor some of the more oddball, funny codes together.

Are you worried that your old office computer won't be up to the task of coding in ICD-10? Show your supervisors this, and maybe they'll get the point:



R46.4 (Slowness and poor responsiveness).

Just don't let on that this code refers to cognition and emotional states — of humans. Let them think it's about technology.

One of the greatest features of ICD-10-CM is the ability to accurately and precisely code where a patient's injury occurred, not just for the sake of laterality, like right or left foot, but also ... for the location where the injury occurred.

Who knew that the type of home mattered? Think about whether your documentation is up to the job of capturing **Y92.024 (Driveway of mobile home as the place of occurrence of the external cause).**

And you know those shoes with little wheels in the heels that kids use to scoot around the grocery store? Next time one of your patients presents to the office after falling while using them, you can use

V00.151A (Fall from heellies, initial encounter).

No doubt after paying for a few doctor visits for falls from heellies, those children might have a future encounter coded as

Z62.1 (Parental overprotection).

With ICD-10-CM, we have a way to code for almost every possible thing that might hit someone. The W21.- category covers all manner of sports equipment, including footballs, soccer balls, baseballs, and unspecified balls, plus bats, racquets, clubs, and ice hockey sticks.

ISMA SOUPER SATURDAY NOVEMBER 14, 2015

Harrison College
8150 Brookville Rd.
Indianapolis, IN
11:30-12:45 – Lunch



Bring your soup, dessert, side dish – whatever your specialty may be
to this fun-filled event.

Silent Auction



*Each person is asked to please bring one unwrapped item for the silent auction, value of
at least \$10.00.*

Workshop to follow – 1:00 – 3:00 p.m.

\$15.00 - Members

\$20.00 - Nonmembers

\$10.00 - Students

Cost includes lunch and workshop.

Questions?

Contact Clara Poirot, CMA (AAMA), at 812-853-7881 or spiritwind629@hotmail.com

Experts offer their top tips on handling holiday diet temptations.

Holidays bring family and friends together to celebrate traditions and spread good cheer. They also bring lots of opportunities for socializing, eating, and drinking. Even the most disciplined people struggle with temptation during the holiday season.

To navigate the party landmines with your healthy diet intact, you need a strategy. Experts agree: Having a plan in place will help you handle night after night of eating and drinking.

"Think of your appetite as an expense account, and figure out how much you want to spend on drinks, appetizers, entrees, and dessert," advises Michelle May, MD, author of *Am I Hungry? What to Do When Diets Don't Work*. She suggests giving yourself permission to enjoy your favorite foods -- in sensible portions.

Good to Know

To help you survive the seasonal parties without packing on the pounds, WebMD consulted diet gurus across the country for their best holiday [diet tips](#). Here are their top 10 recommendations:

- 1. Trim back the trimmings.** Go all out and deck the halls with boughs of holly, glitter, and lights, but when it comes to holiday food, accessorize with care. To shave calories, go easy when adding nuts, cheese, cream sauces, gravy, butter, and whipped cream -- additions that don't add much to the meal, but can add plenty to your waistline. Trim calories wherever you can so you leave the party feeling satisfied, but not stuffed, recommends Carolyn O'Neil, MS, RD, author of *The Dish on Eating Healthy and Being Fabulous*.
- 2. Wear snug clothes and keep one hand busy.** When you wear snug-fitting attire, chances are you'll be too busy holding in your [stomach](#) to overeat. While you stand around looking posh in your holiday finery, hold a drink in your dominant hand so it won't be so easy to grab food, recommends [obesity](#) expert Cathy Nonas, MS, RD.
- 3. Chew gum.** When you don't want to eat, pop a piece of sugarless gum into your [mouth](#). This works well when you're cooking or when you're trying not to dive into the buffet, says Nonas.
- 4. Be a food snob.** If you don't love it, don't eat it, says American Dietetic Association spokeswoman Melinda Johnson, MS, RD. Scan the buffet for foods you truly treasure and skip the everyday dishes that are available all year long. And don't think it's your responsibility to sample everything on the buffet. Go ahead and indulge in your personal holiday favorites, then find a seat and, slowly and mindfully, savor every mouthful.
- 5. No skipping meals.** Always eat normally on the day of a party. "People who skip meals to save up calories tend to overeat everything in sight once they get there," says Katherine Tallmadge, MA, RD, author of *Diet Simple*. "Eating sensibly throughout the day will take the edge off the appetite and empower a bit of restraint." Start with a nourishing [breakfast](#), have a light lunch, then a small snack or salad shortly before the event.
- 6. Check it out.** First things first. When you arrive at the party, grab a sparkling water with a twist, and wait at least 30 minutes before eating. This will give you time to relax, get comfortable in your surroundings, and survey your food choices on the buffet before diving in, says Tallmadge. A buffet is an invitation to eat all you can, and unless you carefully scrutinize it and make wise choices, you're likely to overeat.
- 7. Add fun and games.** Cynthia Sass, MPH, MA, RD, co-author of *Your Diet Is Driving Me Crazy*, proposes taking the focus off food and getting family and friends more active during holiday parties. Think horseshoes, badminton, sledding, ice skating, or building snowmen. Indoors, try a spirited game of charades, or rent an instructional dance video followed by a dance-off. "The best parties include dancing, so why not make dancing after eating a new holiday tradition for a great form of fun and recreation?" asks David Katz, MD, MPH, author of *The Flavor Point Diet*.
- 8. Alternate alcohol with nonalcoholic beverages.** [Alcoholic](#) drinks are loaded with calories -- especially holiday favorites like eggnog. "Cut your alcohol calories in half by alternating water or seltzer between alcoholic beverages," Katz advises.
- 9. Skip the appetizers.** "Eschew the appetizers rather than chewing on them," says Katz. If you need a little nibble before the meal, go for the veggies, fruit, salsa, or a small handful of nuts.
- 10. Limit the variety.** Brian Wansink, PhD, author of *Mindless Eating*, suggests putting only two items on your plate when you go to the food table. Return as many times as you like, but only take two items each time. "Variety stimulates appetite, and if you limit your choices to just a few items and stick with these, it will be easier to control than eating a little bit of 20 different dishes," agrees Katz.

**Official Newsletter of the
Indiana Society of
Medical Assistants, Inc.**

*An Affiliate of the American Association of
Medical Assistants*

Pam Neu, CMA (AAMA), Editor
4805 E 640 S
Wolcottville, IN 46795

Return Address Requested



**NOTICE– If you have a name or address change PLEASE Notify
National AAMA at
1-800-ACT-AAMA or www.aama-ntl.org**

Directions to Harrison College-Medical Campus
8150 Brookville Road
Indianapolis, IN 46239

From the North

Take I-465 East (turns into I-465 South) to the Brookville Road (Hwy 52) Exit 47. Turn right (East) onto Brookville Road. Go through one stoplight. Turn left at the second light and right onto the road behind the gas station. This leads into the school parking lot. Enter the building at the door on the far right.

From the West

Take I-465 South (turns into I-465 East) to the Brookville Road (Hwy 52) Exit 47. Turn right (East) onto Brookville Road. Go through one stoplight. Turn left at the second light and right onto the road behind the gas station. This leads into the school parking lot. Enter the building at the door on the far right.

From the East

Take I-465 South to the Brookville Road (Hwy 52) Exit 47. Turn right (East) onto Brookville Road. Go through one stoplight. Turn left at the second light and right onto the road behind the gas station. This leads into the school parking lot. Enter the building at the door on the far right.

From the South

Take I-465 East to the Brookville Road (Hwy 52) Exit 47. Turn right (East) onto Brookville Road. Go through one stoplight. Turn left at the second light and right onto the road behind the gas station. This leads into the school parking lot. Enter the building at the door on the far right.