



# TOGETHER WE CAN

NORTH CAROLINA MEDICAL SOCIETY COMMUNITY REPORT







## FOR NEARLY 170 YEARS,

the North Carolina Medical Society (NCMS) has been – and is – the unified voice of physicians and physician assistants in advancing medical science and promoting the highest levels of professionalism in delivery of quality health care to the citizens of North Carolina.

Our organization was founded in 1849 by 25 physicians who purposely decided to call it a society. While that isn't an uncommon title for a scientific or professional group, we believe the founders also had in mind another, deeper definition of the word: a relationship among many, whose individual commitment and actions serve a common goal. They envisioned that members of the NCMS should act as a society: being active and collaborative in advancing leadership in medicine in our state.

Over the years, health care has changed, but the vision of our founders represents principles and values that transcend time, including that membership in our Society carries both rewards and responsibilities. Our motto: Together, We Can.

Don't underestimate the power of our unified voice. Together, we are striving to:

- Innovate and transform the practice of medicine;
- Protect the importance of the patient–physician relationship;
- Improve the health of our population through advocacy;
- Foster physician and physician assistant wellness;
- Promote physician and physician assistant leadership across our health care system;
- Unite physicians and physician assistants through membership and partnerships.

On behalf of our statewide membership and our dedicated staff, welcome to your North Carolina Medical Society.

Robert W. Seligson, MA, MBA  
Executive Vice President and Chief Executive Officer  
North Carolina Medical Society



North Carolina



Medical Society

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“ Leadership College is empowering on so many levels. I met like-minded colleagues who face similar challenges and also gained tools for physician leadership that may not be obvious, including public speaking, building a polished professional profile, and learning effective strategies for legislative advocacy. The fellowship, networking and resources are extraordinary. ”

Dr. Yun Boylston  
Burlington Pediatrics  
Burlington, NC  
Member since 2010











“ The legislative process has a tremendous impact on the medical profession and on the quality of care patients receive. It’s an opportunity and an obligation of physicians to be engaged and a part of that decision-making process. ”

Sara Stoneburner, MD  
President  
NC Society of  
Eye Physicians & Surgeons  
Greensboro, NC  
Member since 1983




Also pictured:  
Greg Murphy, MD  
NC House of Representatives





Hower MD

Wake Forest  
Baptist Health



“ NCMS is the profession’s eyes and ears. It is an invaluable resource to keep us informed, to help protect our interests, to develop leadership skills and to contribute to the medical field in our state. ”

Russell Howerton, MD, FACS  
Chief Medical Officer, VP Clinical Operations  
Wake Forest Baptist Medical Center  
Winston-Salem, NC  
Member since 1992



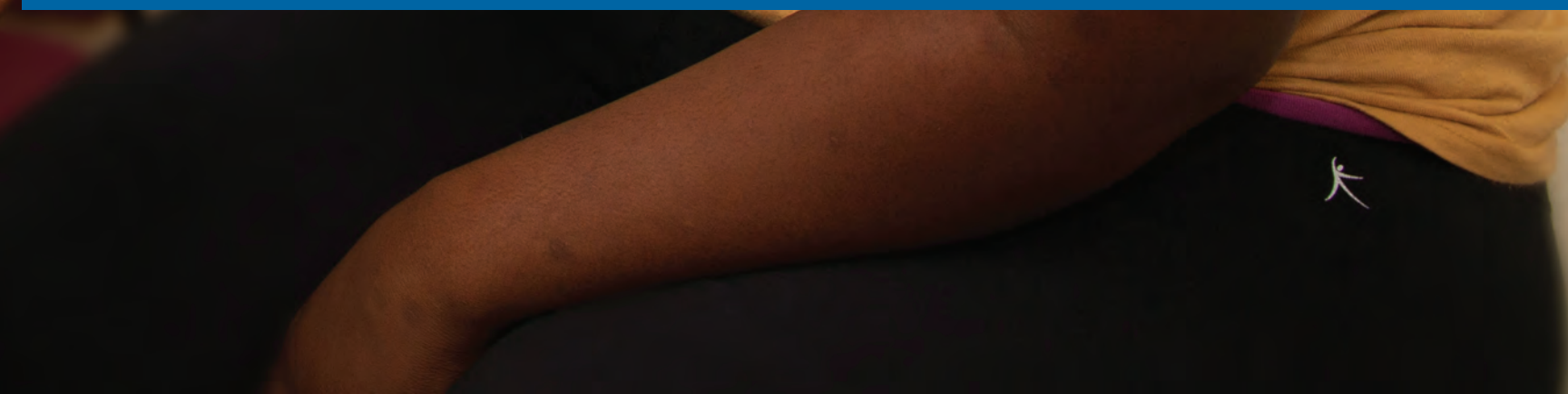






“ Healthcare is rapidly evolving. If we are to achieve what is expected by our patients, payers and physicians, then we must envision entirely new delivery systems built on visionary ideas. ”

Karen Smith, MD, FAAFP  
2017 AAFP Family Physician of the Year  
Raeford, NC  
Member since 1990











“ Most emergency departments are busy, and it means that patient encounters are rushed. I am grateful for the quiet moments, when I have the bandwidth to sit with a patient and their family. Talking about their health and their concerns helps to strengthen the trust between a patient and the medical community at large. ”

Gabriel Cade, MD  
Mission Health  
Blue Ridge Regional Hospital  
Spruce Pine, NC  
Member since 2016









“ The NCMS is passionate about doing everything it can to help physicians align across the state to come up with solutions for doctors who are going through burnout or are at risk of burnout. ”

Andrew Lamb, MD  
Cone Health  
Alamance Regional Medical Center  
Burlington, NC  
Member since 1992

Also pictured, left to right:

Kelly Leggett, MD

Sheresa Miles, Program Coordinator, SW Lean & Innovation Department

Amanda Gruebel, Office Manager, SW Patient Experience Team

Cone Health



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## ON THE COVER



Richard Salmony, PA-C  
Surgical First Assist  
Practice  
Duke University Health  
System  
Durham, NC



MaryShell Zaffino, MD  
Blue Ridge Health  
Hendersonville, NC



Connette McMahon, MD  
Jones Center for Women's  
Health  
Fayetteville, NC



Kimmy Vuong, MD  
Graduate UNC School of  
Medicine

Resident  
UC San Diego Health  
San Diego, CA





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