

Palo Alto Rotary Pinion

October 4, 2021

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Editor: LYLE CONNELL

President CASH ALAEE belted our virtual meeting to order shortly before 12:30 pm. President-elect KAREN ROHDE introduced Visiting Rotarian Kim Mosley, President of the Los Altos Chamber of Commerce, and Jack Higgins of the Los Altos Rotary Club, as well as GEOFF ZIMAN and his guest, daughter Soshana Shur; DANA TOM and his guests Becky Beacom and Yassine Laghzioui; and REBECCA GERALDI and her guests Hamzeh Abu-Jassar and Thomas Zeibarth.

LINNET KWOK's Thought for the Day featured our 4 Way Test, which she recited with the other members at the start of the Shanghai Rotary Club meetings. She came to appreciate how large, influential and powerful Rotary is by attending its international meetings in Seoul and Toronto. She looks for adaptations and improvements in recruiting additional members.



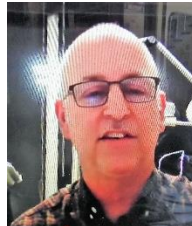
Joining the President's Club, ROB LANCEFIELD cited funding needs for polio vaccines in Afghanistan, saying the best means are working through the W.H.O. and UNICEF as he contributed to both Ending Polio Now and Palo Alto Rotary Charities.



CASH announced that JOOP VERBAKEN and STANS KLEIJNEN have received awards for services rendered within Rotary. He also announced that preparatory to forming a new club committee on supporting the environment, interested members would meet on October 5 at 5:00 pm via Zoom.



BEN THRELKED proudly announced our club has received an achievement Citation from the President of Rotary International for meeting goals in at least 13 of 20 categories of activities in 2021.



BEN thanked contributors to The Rotary Foundation and summarized where its funds go. He added that October 25 would see Paul Harris Awards, made for thousand-dollar increments in cumulative contributions to the Foundation. He added that 87 of our 130 members are Paul Harris Fellows.

DANA TOM introduced Robert Pearl, MD, speaking on "Uncaring, How the Culture of Medicine Kills Doctors and Patients". Dr. Pearl is the former CEO of The Permanente Medical Group, and has led over 10,000 physicians, 38,000 staff. He was responsible for the nationally recognized medical care of 5 million Kaiser Permanente members on the west and east coasts. He is a clinical professor of plastic surgery at the Stanford School of



Medicine and is on the faculty of the Stanford Graduate School of Business where he teaches courses on strategy and leadership, and lectures on information technology and health care policy. His books include "Mistreated: Why We Think We're Getting Good Health Care -And Why We Are Usually Wrong" and "Uncaring: How the Culture of Medicine Kills Doctors and Patients", published in May of this year. Proceeds from these books go to Doctors Without Borders. He hosts popular podcasts, publishes a newsletter with over 12,000 subscribers, and regularly contributes to national media.

He asks how is it possible that we spend twice as much as other world leaders on health care but get worse results? Why is health care the only industry to experience rising costs the past 20 years, rather than reductions? Our health care system is essentially a 19th Century cottage industry. Physicians are paid piecemeal, regardless of success. In 1932 FDR considered adopting a preventive system, but opposition from physician organizations led instead to social security. Technology is leftover from previous centuries. Physician burnout is a real problem, as is the U.S. government. These are systemic issues. But changes in the system cannot be made without changing the culture of medicine, the values, beliefs and norms learned in medical school.



Doctors prize autonomy, with ability to treat everything. They resist change. For example, Vienna in the 1850s experienced 18% mortality in childbirth. That was reduced 90% by hand washing by doctors. Nothing else changed, no lesson learned. Today much pathology still comes from the unwashed. Intervention, rather than prevention, is the norm. So is fee-for-services billing.

On the positive side, physicians work long and hard on Covid, at significant risks to their own health. Primary care physicians provide value, albeit undervalued.

Q&A: How to deal with an anti-vaxxer? Say you respect their views and understand their fears. Ask them to look at the data on the effectiveness of the vaccines, over 90%. Any bright spots? Primary group care is one. Kaiser Permanente is not perfect but is pretty good. Failure to wash hands is inexcusable, are there any model countries? Can long hours for interns be justified? Is "we had to do it, so do you" the answer? WE NEED TO IMPROVE THE QUALITY OF HEALTHCARE.

CASH encouraged attending next week, another excellent speaker with some humor, and adjourned the meeting.

FUTURE MEETINGS

October 11, 2021 Richard Flanders, Rotary District Governor, Our District 5170

October 18, 2021 Fran Ulmer, Board Chair, Nature Conservancy, Why Do Rapid Changes in the Arctic Matter?