

# SRS Notes

Senior Radiologists Section

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Winter 2014

## Decisions and Challenges Facing Aging Radiologists

By Marcia Frellick, *Diagnostic Imaging*

Former ARRS President and Gold Medal for Distinguished Service to Radiology honoree William J. Casarella was a session panelist at the 2013 RSNA Annual Meeting in December. This article is reprinted with permission from *Diagnostic Imaging*. Read more at [www.diagnosticimaging.com](http://www.diagnosticimaging.com).



William J. Casarella

William Casarella likes to think of retirement as planning for a new career, only with a new focus.

For Dr. Casarella, most recently executive associate dean at Emory

University School of Medicine in Atlanta, enjoying his grandchildren is high on his list. When they reach a certain age, he takes each one on a trip to any place they'd like to go. Their wishes have led him to explore destinations including Paris, Machu Pichu, the Galapagos Islands, and Costa Rica. "It's amazing how much that builds up your relationship with your grandchildren."

Staying involved and building personal relationships outside work are among Dr. Casarella's primary recommendations for enjoying life after career, he said in a session at RSNA 2013.

Stephen Chan, associate professor at New York-Presbyterian/Columbia, outlined some of the physical and cognitive challenges that aging radiologists face.

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"Visual problems are the class of complications that most directly affect radiologists' work," he said. "Within that category, cataracts are the number 1 problem. There's no escaping some vision problems. There's a two-thirds reduction in the light that reaches your retina in 60-year-olds as compared to 20-year-olds."

But there are some things you can do to protect your eyesight, including:

- Not smoking
- Controlling diabetes
- Having regular eye exams
- Eating leafy greens
- Refreshing your eyes as you use a computer with the 20/20/20 rule: Every 20 minutes look 20 feet away for 20 seconds. Getting up and moving away from the screen will also help avovenous pooling

Other eye complications that become more prominent with age include:

- Corneal degeneration (keep screens clean, get regular eye exams)
- Retinal degeneration
- Ciliary muscle dysfunction (getting bifocals is a corrective measure)

Decreased hearing, which can affect dictation and communication, loss of muscle strength, and chronic illness are also issues that may push radiologists to move toward retirement.

Cognitive impairments include speed of processing, ability to multitask, loss of short-term memory. Strategies for combatting these losses include avoiding

## A Word from the Chair

by  
Bruce L. McClennan



Season's Greetings are in order and order is what we all expect, certainly at work or in our postwork environment. While we can expect the year to end on time, and the 2014 ARRS Annual Meeting in San Diego to be on time—with warmer temperatures to boot—our expectations have been stretched (or stressed) this year. Time has flown as usual, but technology has not met our desire for timely order; a case in point is the Affordable Care Act rollout.

So many things in our world are uncertain. Meteorologists can predict a tornado in Illinois or a hurricane in the Philippines, and while down-to-the-minute broadcast technology can show us both the devastation and the cleanup process, it can't tell us precisely when that cleanup will be complete. On the other hand, the ARRS website's enhanced features and services for members, and the increasingly robust online AJR platform meet our need for 24/7 access to materials offering SA-CME credit.

My wish for SRS members as this year winds down is for a happy and healthy holiday and new year. Our yearly gathering will be "on time" in Southern California, May 4–9. We will have an interesting tour of an aircraft carrier, hear about the history of CT scanning, and enjoy our usual social event plus access to an educational program second to none. Please join us in San Diego, and encourage your friends and colleagues to share in both the SRS experience and the ARRS annual meeting.

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## Guess Who Revealed



The smiling fourth-grader with the twinkle in his eye grew up to be our own Gil Brogdon, an ARRS member since 1962 (that's 52 years for the numbers-challenged). Dr. Brogdon is a recipient of the ARRS Gold Medal for Distinguished Service to Radiology, and has held offices with and been honored by other organizations too numerous to list here.

Dr. Brogdon literally wrote the book on forensic radiology, *Forensic Radiology*, with chapters featuring such conversation starters as the radiology of gunshot wounds and abuse. Subsequent volumes include *A Radiologic Atlas of Abuse, Torture, Terrorism, and Inflicted Trauma*, whose table of contents reads like a *Who's Who* of bad behavior.

Some may remember him as the man who, in 1960, identified and named Little League Elbow, a common injury among juvenile baseball players. He first raised warnings that allowing youngsters to pitch too many innings in a game caused damage to their still-growing elbow joints; Little League International finally instituted pitch-count limits 47 years later.

His academic career has been no less stellar. The author, coauthor, or editor of more than 350 publications (among them six books), Dr. Brogdon has been a member of the University of South Alabama faculty since 1978, serving as the university distinguished professor emeritus and former chairman of its department of radiology. He was the chairman of the department of radiology at the University of New Mexico for 11 years and was chief of Johns Hopkins University's division of diagnostic radiology.



Gil Brogdon

**Join us in San Diego  
May 4–9, 2014!**



## Welcome New Members!

We'd like to extend a hearty welcome to our newest SRS members!

William V. Hindle, MD  
Washington, DC

John B. Kamp, MD  
San Antonio, TX

Val D. Dunn, MD  
Provo, UT

Lucille Taverna, MD  
Glen Head, NY

Paul F. Walker, MD  
Australia

Erich K. Lang, MD  
Kenner, LA

Pravin S. Patel, MD  
Chicago, IL

Anton Van Der Klis, MD  
The Netherlands

Aivars Slucis, MD  
Chaska, MN

Paul J. Drury, MD  
Australia

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multiple technical system interfaces and limiting interruptions and distractions.

Diet can help as well, he said, particularly leafy greens, antioxidants, and tea. Puzzles and games can keep your mind sharper as well. "The idea is use it or lose it," Dr. Chan said.

When it's time to retire, there's no mandatory age for retirement among radiologists. The average age is 64, compared with 62 for the general population.

Making that decision is difficult for many reasons: The recession has made it harder to retire financially; self-esteem may be tied up in a profession you'll no longer practice; lack of a personal network means loneliness ahead.

If you decide that retiring is right for you, Dr. Casarella offers some tips:

- If you have a physical disability, take advantage of wheelchairs at the airport and motorized carts at conferences
- Find a very good ophthalmologist
- Consider part-time work if a full-time schedule is what's leading you to call it quits
- Consider teaching or administrative work if your clinical skills have diminished
- Participate in sports "and not just golf"

Dr. Casarella added, "Look for that new thing. I haven't found that new thing yet, and I'm still looking for it."

## Upcoming ARRS Annual Meetings

**May 4–9, 2014**

San Diego, CA

Manchester Grand Hyatt San Diego

**April 19–24, 2015**

Toronto, ON, Canada

Metro Toronto Convention Centre

**April 17–22, 2016**

Los Angeles, CA

Los Angeles Convention Center

**April 30–May 5, 2017**

New Orleans, LA

Hyatt Regency New Orleans

**REGISTER NOW!**



**Enjoy networking with your peers  
and fun in the sun  
at the 2014 ARRS Annual Meeting!**



**Don't miss the Senior  
Radiologists Section Reception  
on Monday, May 5  
from 5:30 to 7:30 pm!**

**SRS Guest Speaker Program  
The Early Days of CT**

**Featuring ARRS Gold Medal  
recipient  
Robert J. Stanley**

**Sunday, May 4 from 4:30 to 5:30 pm**



## SRS Birthdays

We wish the following SRS members a very happy birthday:

### January

- 14 Bill H. Warren
- 15 Harry L. Stein  
Jerry Brown
- 16 Lewis Wexler  
John K. Crowe  
Hang C. Shen
- 20 Jack Davis  
Paul J. Friedman
- 22 Gil Brogdon

### February

- 1 Theodore J. Castele
- 7 John K. Kelly  
Simon D. Braun
- 1 Robert F. Williams  
Kenneth L. Rall
- 14 William C. Acton
- 18 Richard E. Fulton
- 25 Bruce L. McClennan

### March

- 2 Frederick Dean
- 3 Hector Tin Ging Ma
- 8 Vidor Bernstien  
Frank E. Mork
- 16 Fred A. Lee  
Joel A. Schneider
- 20 Gordon S. Perlmutter
- 22 David V. Jelaso
- 24 David H. Forsted



## Join The Roentgen Fund Legacy Society

There are many different ways to support The Roentgen Fund with tax-deductible gifts. One unique way to help strengthen the foundation today and—more importantly—build a bridge to the profession of tomorrow, is by joining **The Roentgen Fund Legacy Society.**

As a legacy society member, your generosity will support our mission under the specific terms of your will. Your name will be listed and recognized as a special Roentgen Fund Legacy Society member in our publications and at ARRS annual meetings.

Moreover, your gift to The Roentgen Fund, a qualified 501(c)(3) charitable organization, is free of federal estate taxes, as well as inheritance taxes in most states.



### Things you didn't know about winter

- The record for the most snow angels at one time was set in Ontario Canada in 2004 when a couple of schools joined to create 15,851 snow angels.
- If it gets cold enough, single digits or below, ice crystals can form and snow can fall from clear skies.
- It does not have to be 32 degrees (Fahrenheit) outside to snow.
- Ice is a mineral.
- 60% of the Earth's fresh water is stored in the polar ice caps.
- Hot water freezes faster than cold water.
- The largest snowflake recorded in the *Guinness World Book of Records* fell in Montana and was 15" wide.
- Ten inches of snow melts down to one inch of water.

## Guess Who?

This person will be revealed in the next issue of *SRS Notes*.



If you would like to submit a vintage photo to appear in an issue of *SRS Notes*, please send your photo(s) to [shuffman@arrs.org](mailto:shuffman@arrs.org).

### SRS 2013-14

- Bruce L. McClennan, Chair
- B.G. Brogdon
- Robert Campbell
- M. Paul Capp
- William J. Casarella
- Jonathan Dehner
- Theron W. Ovitt
- Andrew K. Poznanski
- Lee F. Rogers
- William Thompson
- Kay H. Vydareny
- James E. Youker