Travis County Medical Society

eNews

May 2025

Serving over 4,400 members



May marks Mental Health Awareness month, a time dedicated to understanding and advocating for mental well-being. Mental Health Awareness plays a crucial role in reducing stigma, promoting early intervention, and cultivating empathy and understanding. By bringing conversations around mental health to the forefront, we create a more compassionate society where individuals feel empowered to seek the help they need.

The National Alliance on Mental Illness (NAMI) estimates that one in five adults in the U.S. live with a mental illness, which equates to approximately 57.8 million people in 2022, or 22.8% of the adult population.





Physician Wellness Program

Your mental health is our priority. Through the Physician Wellness Program (PWP), you have access to a range of services designed to support your mental wellness, including *confidential counseling, educational resources, peer support programs, and the PWP Blog.*

Whatever the issue—this program is your safe harbor.

Nothing is reported, no diagnosis made, no insurance billed. Wellness program sessions do not require reporting to the Texas Medical Board or credentialing entities.

Click here to learn more about the PWP and gain access to confidential counseling with TCMS vetted therapists.

If you are experiencing a mental health crisis, contact the Suicide Prevention Hotline by calling 988.

MEMBER *spotlight*



Nicolas Zea, MD

Vascular Surgeon

If you ask Dr. Nicolas Zea what he likes most about being a vascular surgeon, he will share that it's the enduring relationships he builds with his patients. Over the course of treatment, he sees them frequently and can get to know them on a personal level. Read more here.

Do you want to be featured in the TCMS Member Spotlight?

It's important to celebrate TCMS physician members and sharing a bit about yourself is a great way to network and build relationships. Simply click here and answer the questions provided.



Member Applicants

View information and photos of new TCMS members.

ATHLETIC PHYSICALS

Each year, TCMS has partnered with AISD to provide uninsured student athletes with the physicals they need to play sports, march in band, and cheer in school.

We have partnered with CommUnityCare to offer these physicals in a medical facility. This will provide a more private, thorough, and comprehensive physical exam for the students.

Physicians, nurses, and physician assistants are needed for each of the following evenings in May:

Wednesday, May 14 at 5:30 PM
CommUnityCare Southeast
2901 Montopolis Dr

Thursday, May 15 at 5:30 PM
CommUnityCare North/Central
1210 W Braker Ln

Volunteer Here

Note: GU/hernia exams on boys are not included in the physical based on current recommendations of the American Academy of Pediatrics and the American Academy of Family Physicians.

Advertisements



Register for First Tuesdays at the Capitol!

FIRST TUESDAYS
Taking Medicine's Message to the Capitol

The Texas Legislature meets every odd-numbered year for 140 consecutive days and have convened again on Jan. 14, 2025. Legislators need to hear from you—their physician, medical student, and alliance constituents—during session to understand how proposed legislation can potentially impact the practice of medicine in Texas. Final date is May 6.

Register

Advertisements



Family Movie Day: Lilo & Stitch



TCMS Physician Members and their immediate family are invited to a private screening of Disney's *"Lilo & Stitch."*

Date: Saturday, May 31

Time: 3:00 PM (movie starts promptly at 3pm, no previews or commercials)

Location Options:

North - Cinemark Round Rock
4401 N Interstate Hwy 35 #3000
Round Rock, TX 78664

South - Cinemark Hill Country Galleria
12812 Hill Country Blvd
Bee Cave, TX 78738

Purchase Your Tickets Here

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TMLT CME Webinar:

TMB Rules, Updates, and Hot Topics

Wednesday, May 14 | 6:00 PM - 8:00 PM | Speaker: Dan Ballard, JD

LEARNING OBJECTIVES:

- Recognize the impact of the recent overhaul of the Texas Medical Board riles
- Review examples of Texas Medical Board sanctions and the applicable rules for physicians
- Describe the ramifications of Medical Board sanctions on physicians
- Apply to practice the TMB regulations regarding supervision and delegation, medical records, and prescribing

To learn more or to register, please visit https://www.tmlt.org/seminars or call 800-580-8658 x 5050.

Advertisement



Retired Physicians Organization (RPO) Luncheon:

Speaker: Catherine Musemeche, MD



"Mary Sears & the Race to Solve the Ocean in World War II"

Date: Tuesday, May 20, 2025
Time: 11:30 AM
Place: Tarrytown Methodist Church, 2601 Exposition Blvd
Cost: $25.00 (*non-refundable*)

Register Now

Friends of the Society:

The following ads represent some of the 2025 TCMS sponsors. Thanks to their support, educational, social, and family events are made possible for TCMS members. Please consider their services.



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