

An optimistic greeting from the new BCMS President

By Dr. Jayesh Shah, 2016 BCMS President



Dear Friends,

It is my privilege and honor to be your president and represent more than 4,700 Bexar County physicians, residents and fellows that make up the 8th largest county medical society in the United States.

It is a very proud moment for me to represent you as your first president from our new home (at 4334 N. Loop 1604 West) reflecting our 162 years of glorious tradition and history.

I take on this role as the BCMS President at a time when physicians are facing unprecedented challenges. But these challenges also bring opportunities for us as physicians to shape the best health care for our patients. Physician leadership is a must as our nation's health care continues to evolve in the new century.

Our patients expect us to take a leadership role and they want us to be in charge. A recent survey by American Medical Association showed that 75 percent of patients wants to see their personal physicians, even if they have to wait longer.

A recent survey of 8,000 patients by the University of Chicago showed that 97 percent of patients wanted their doctor to discuss the treatment options with them and two-thirds of them wanted their doctor to make decisions for them. Polls consistently show that patients trust their physicians. We cannot let our patients down.

I recently got invited to speak at the Optimistic Club's international meeting in San Antonio. I was very impressed by their message on optimism which I would like to share with you as we start our New Year 2016.

The Optimist Creed

Promise Yourself

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best, and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear,
and too happy to permit the presence of trouble.

After I reflected back on my presentation, after meeting some extraordinary optimistic people at the Club, and after reading the book "Adversity to Success" by Ron Graves and Ron Palermo, I felt that if all physicians combined this positive worldview with determination, persistence and a strong work ethic, then we can overcome all adversities in practicing medicine and we can work together to "achieve the extraordinary."

Let us work together to change the tides and create the best physician-led health care system in the United States.

I wish you all a Happy Holiday Season.

Warm Regards,

Dr. Jayesh Shah