



# **NUMEROLOGY IN NEUROSURGERY**

**THOMAS B SCULLY MD FAANS  
NORTHWEST NEUROSPECIALISTS**



# **PRESIDENTIAL ADDRESS**

- **WESTERN NEUROSURGICAL SOCIETY**
- **GAINEY RANCH**
- **SCOTTSDALE ARIZONA**
- **NOVEMBER, 2019**
- **NO DISCLOSURES FOR THIS TALK**

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# PRESIDENTIAL ADDRESS

- **NUMEROLOGY?????**
- **NO RANDY, I HAVE NOT TOTALLY LOST IT**
- **RECURRING THEME OF TWELVE.....**



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# TWELVE

- **THE NUMBER 12 HAS UNIQUE SIGNIFICANCE THROUGHOUT HISTORY**
  - **12 TRIBES OF ISRAEL**
  - **12 APOSTLES**
  - **12 DAYS OF CHRISTMAS**
  - **12 MONTHS/YEAR**
  - **12 HOURS/AM:PM.**
  - **12 HOURS ON A CLOCK FACE**
  - **NUMBER OF JURY MEMBERS TYPICALLY**



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# TWELVE



**GREEKS WORSHIPPED 12  
MAJOR GODS OF OLYMPUS**



**BOOK OF REVELATIONS: 12  
GATES AND 12 ANGELS**

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# 12

- **DOZEN EGGS**
- **12 INCHES TO A FOOT**
- **NUMBER OF FULL LUNATIONS IN A YEAR**
- **NUMBER OF YEARS FOR FULL CYCLE OF JUPITER**
- **NUMBER OF ZODIAC SIGNS**
- **LARGEST NUMBER WITH SINGLE SYLLABLE NAME IN ENGLISH**

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**12**

**Signifies completion**

**Made up of 1 and 2**

**1 is a prime  
number..beginning....singularity**

**2...seeing 2 sides of any situation,  
diplomacy, partnership**

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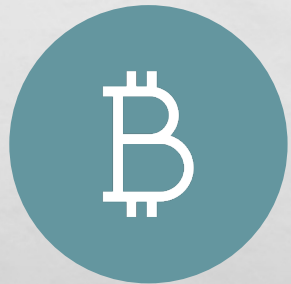
# MATHEMATICAL PROPERTIES



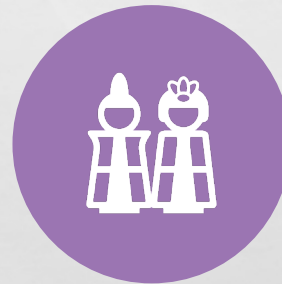
**Composite number**



**Smallest number with 6 divisors**



**“sublime” number...perfect number of divisors and sum of divisors is also a perfect number**



**Densest sphere has each sphere touching 12 others**

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# OTHER RELIGIONS

**Twelve Jyotirlinga of Lord Shiva**

**Sun god surya has 12 names**

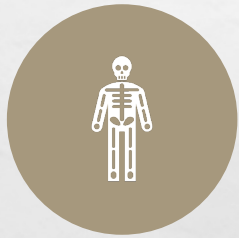
**12 petals in anahata or the “heart chakra”**

**Norse god, odin has 12 sons**

**King Arthur subdued 12 rebel princes to win  
12 great battles against the saxon**

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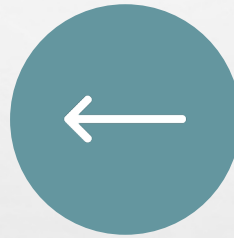
# NEUROSURGERY



**12 LETTERS IN  
NEUROSURGERY!!!**



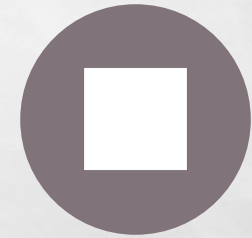
**12 CRANIAL NERVES**



**12 RIBS**



**7 CERVICAL VERTEBRA  
PLUS 5 LUMBAR...12!!**



**12 THORACIC  
VERTEBRA**

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# BURNOUT

- **USUALLY NOT FROM PATIENT CARE , MOST OF US STILL LOVE DOING SURGERY AND OUR PATIENTS**
- **CEDING OF THE MEDICAL PROFESSION TO THE “MEDICAL/INDUSTRIAL COMPLEX”**
- **MEDICAL CARE COMMODITIZED TO A CHECKBOXABLE ITEM ON A SPREADSHEET**
- **ALGORITHMS TAKE PRECEDENCE OVER CLINICAL JUDGMENT**
- **PRIOR AUTHORIZATIONS BY PEOPLE WHO HAVE NEVER SEEN THE PATIENT**

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# CAUSE OF BURNOUT



Citation:(5) Medscape National Physician Burnout and Depression Report 2018



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**ENDLESS COMPUTER WORK MASQUERADING AS PATIENT CARE**

# INTROSPECTION

- **WHY AM I UNHAPPY?**
- **WHAT CAN I DO TO CHANGE THINGS?**
- **NOT LIVING LIKE I WAS RAISED**
- **BETTER CHOICES**

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# 12 STEPS

**Means to living**

**I shall relate the  
12 steps of  
neurosurgery as I  
see them**

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# ONE

- **ADMIT WE ARE POWERLESS OVER MEDICINE, THAT OUR LIVES HAD BECOME UNMANAGEABLE**
  - **“MEDICINE IS A JEALOUS MISTRESS, THERE IS NO ONE MORE JEALOUS THAN NEUROSURGERY”**
  - **THE “CALLING” OF NEUROSURGERY IS AN EMOTIONAL AND SPIRITUAL ONE... A TRUE PROFESSION, NOT A JOB**

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# TWO

- **CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES WAS NECESSARY TO RESTORE OUR SANITY**
  - **SPOUSE, FAMILY, GOD, RELIGION, EXERCISE, MEDITATION, GOLF, HOBBIES**
  - **THE NEED FOR WORK/LIFE BALANCE**
  - **REALIZING WE ARE DISPENSABLE**

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# THREE

- **TURNED OUR LIVES OVER TO THE CARE OF OUR HIGHER POWER**
  - **AS RESIDENTS, OUR ATTENDING WERE OUR “HIGHER POWER”**
  - **IN PRACTICE, INSURERS AND GOVERNMENT (MEDICARE/MEDICAID) EMR HAVE BECOME OUR HIGHER POWER**
  - **THE REALITY IS THAT WE DO THE BEST SURGERY WE CAN, THE OUTCOME, HOWEVER, IS UP TO GOD, WE CAN ONLY CONTROL SO MUCH**

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# FOUR

- **MADE A SEARCHING AND THOROUGH MORAL INVENTORY OF OUR SHORTCOMINGS**
  - **HOW CAN WE RELATE BETTER TO OUR PATIENTS**
  - **ARE THERE SURGERIES WE SHOULD NO LONGER DO?**
  - **DOES SOMEONE DO IT BETTER THAN ME? CHECK MY EGO FOR THE BEST INTEREST OF THE PATIENT**
  - **ARE MY MOTIVES PURE FOR MY PATIENT?**

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# FIVE

- **SHARED WITH ANOTHER HUMAN BEING OUR DEFECTS OF CHARACTER**
  - **WE CAN'T BURY OUR ISSUES**
  - **FRIEND, SPOUSE, MENTOR, CLERGY...SOMEONE TO DISCUSS OUR STEP 4 ISSUES WITH**
  - **NOT LETTING COMPLICATIONS OF SURGERY FESTER AND HAUNT US**
  - **CONFRONT THEM HEAD ON**
  - **DISCUSS THEM**

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# SIX

- **BECAME WILLING TO LET OUR HIGHER POWER REMOVE OUR DEFECTS OF CHARACTER**
  - **LISTEN TO THOSE WITH MORE EXPERIENCE**
  - **READ THE LITERATURE**
  - **KEEP UP**
  - **CME**

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# SEVEN

- **HUMBLY ASKED FOR OUR SHORTCOMINGS TO BE REMOVED**
  - **PATIENCE WITH PATIENTS**
  - **ACCEPTANCE OF NON-COMPLIANCE...DO WHAT YOU CAN DO**
  - **PUTTING UP WITH CERNER (STILL WORKING ON THIS ONE!!)**

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# **EIGHT**

- **BECAME WILLING TO MAKE AMENDS TO PERSONS WE HAD HARMED**
  - **PATIENTS**
  - **OTHER DOCTORS, ED DOCS THAT CALL AT 2 AM**
  - **NURSES**
  - **AND YES, EVEN ADMINISTRATORS**

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# NINE

- **MADE DIRECT AMENDS TO PEOPLE EXCEPT WHEN TO DO SO WOULD CAUSE HARM**
  - **APOLOGIZE FOR BAD BEHAVIOR**
  - **ACCEPT OTHERS FAULTS**
  - **BE WILLING TO ACCEPT CONSEQUENCES OF ONE'S ACTIONS**

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# TEN

- **CONTINUE TO TAKE PERSONAL INVENTORY AND WHEN WRONG, PROMPTLY ADMIT IT**
  - **THINK BEFORE SPEAKING**
  - **EVERY ILLNESS IS NOT A SET OF PATHOLOGIES, BUT A PERSONAL JOURNEY**
  - **DISEASES MAY BECOME ROUTINE WITH EXPERIENCE, BUT PATIENTS MUST NOT**
  - **BE KIND**
  - **ADMIT MISTAKES, APOLOGIZE WHEN NECESSARY**

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# ELEVEN

- **SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSTANT CONTACT WITH GOD (*AS WE UNDERSTOOD HIM*) PRAYING FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT**
  - **DAILY MEDITATION AND REFLECTION ON OUR PURPOSE...FOR THE DAY AND FOR THE FUTURE**
  - **STRESS RELIEVER**
  - **BURN OUT PREVENTER?**
  - **IF OUR EYES ARE NOT OPEN, WE CANNOT SEE OUR PATH**

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# TWELVE

- **CARRY THIS MESSAGE TO OTHER DOCTORS AND PRACTICE THESE PRINCIPLES IN ALL OF OUR AFFAIRS**
  - **WE DON'T LIVE IN A VACUUM**
  - **HONESTY ETHICS AND GOOD DECISION MAKING IN ALL AREAS OF OUR LIVES**
  - **HELPING NOT JUST PATIENTS BUT OUR PROFESSION**
  - **GIVING BACK**



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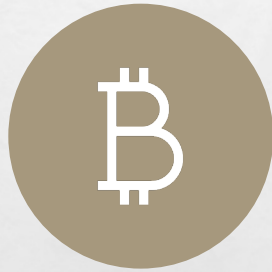
# **ALL OUR AFFAIRS**

- **TAKING THE MESSAGE OF NEUROSURGERY TO THE PEOPLE**
- **TO OUR FELLOW PHYSICIANS**
- **TO THE INSURERS**
- **TO FEDERAL STAKEHOLDERS**
- **TO ADMINISTRATION**

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# REALIZING OUR WORTH



**WE ARE NOT BETTER  
THAN OTHERS, BUT, WE  
MUST NOT SELL OUT**



**LOSS OF INDEPENDENCE  
MUST BE MET WITH  
VIGOR**



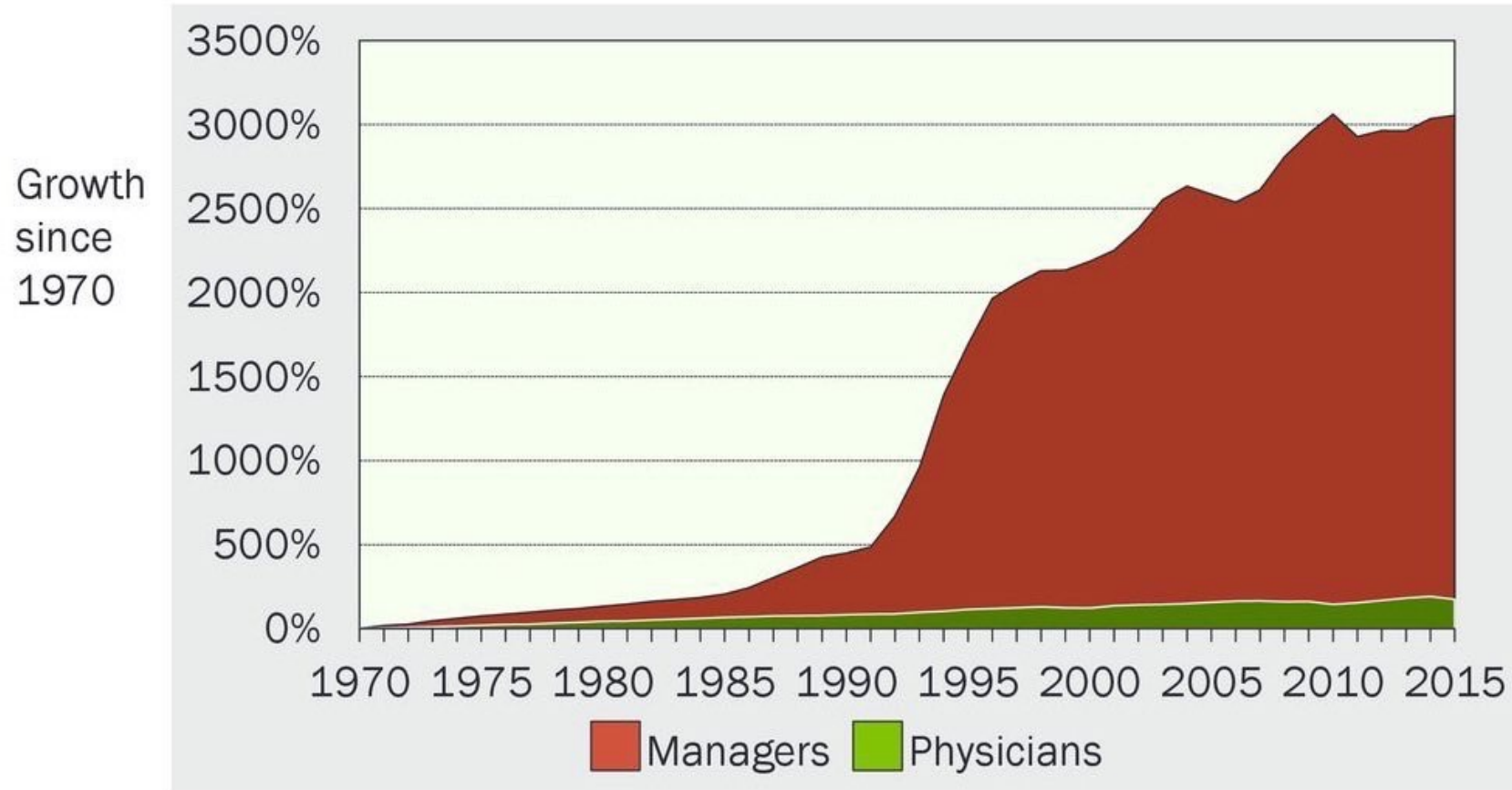
**BE INVOLVED**



**STUDY THE ISSUES**

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## Growth of Physicians and Administrators in U.S.

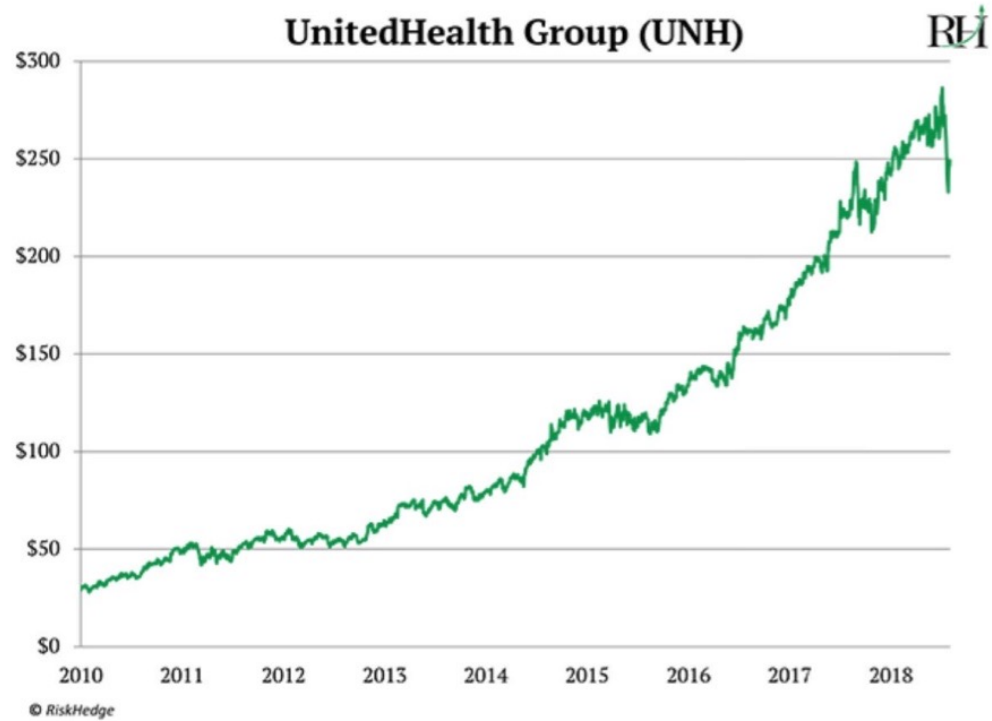


Bureau of Labor Statistics; NCHS; Himmelstein/Woolhandler analysis of CPS  
Managers shown as moving average of current year and two previous years

Was Obamacare good for the average American family?

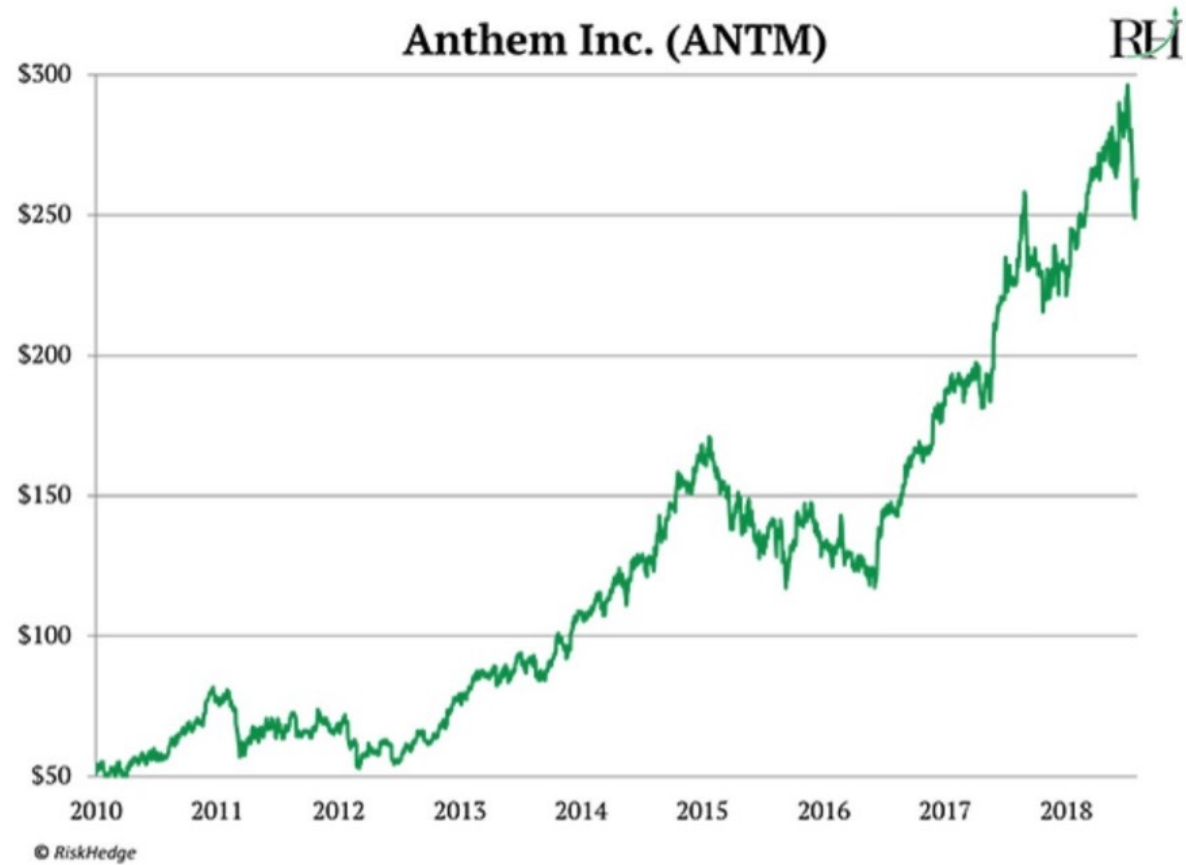
Before you answer, look at this chart...

It shows the stock performance of **UnitedHealth (UNH)**, America's biggest health insurance company, since 2010:



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Now here's Anthem (ANTM), America's second-largest health insurer:



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And here's Cigna (CI), America's third-largest health insurance stock:



Since March 2010, the S&P 500 has gained 154%.

These three rocketed 589%, 286%, and 332%.

Talk about a boom!

- **Obamacare was the greatest thing ever to happen to health insurance stocks...**

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## UnitedHealth Group Reports Third Quarter Results

- Total Revenues of \$60.4 Billion Grew by 7% or \$3.8 Billion Year-over-Year
- Operating Earnings Grew 9% to \$5.0 Billion, Including Double-Digit Growth Rates in Each Optum Business
- Net Earnings Per Share were \$3.67, Adjusted Net Earnings Per Share were \$3.88, Bringing Year-To-Date Growth to 17%
- Cash Flows from Operations were \$3.2 Billion in the Quarter, Bringing Year-To-Date Cash Flows from Operations to \$12.3 Billion or 1.2x Net Income

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# NNS PREMIUMS

- **UNITED HAS ASKED FOR A 17% INCREASE IN OUR HEALTH INSURANCE COST FOR 2020**
- **ANECDOTAL INFO:**
  - **MORE DIFFICULT TO AUTHORIZE IMAGING...MRI ETC**
  - **MANY MORE DENIALS FOR SURGICAL PROCEDURES**
  - **INCREASE IN REIMBURSEMENT???HAHAHAHA**

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# BALANCE

- **BEING INVOLVED AND VOCAL, BUT NOT TO ONE'S DETRIMENT**
- **BALANCE BETWEEN BEING AWARE AND EDUCATED ON THE ISSUES VS BEING CONSUMED BY THEM**
- **KNOW YOUR WORTH...PROFESSIONALLY, MEDICALLY, FINANCIALLY**
- **MANY STAKEHOLDERS, FEW THAT ARE IN THE DIRECT FRONTLINE LIKE WE ARE**

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# BALANCE

- **REMEMBER**
  - **WE DO THINGS NO ONE ELSE CAN**
  - **WE ARE UNIQUE**
  - **WE ARE DEDICATED**
  - **WE RE RESILIENT**
  - **WE ARE NEEDED**

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# **ORA/LABORA**

- **THOMAS MERTON: “HAPPINESS IS NOT A MATTER OF INTENSITY BUT OF BALANCE AND ORDER AND RHYTHM AND HARMONY”**

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**THANK  
YOU!!!**



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