

TO: Erik Groessl, Ph.D. (Executive Director) [egroessl@ucsd.edu]

University of California-San Diego [UCSD]
Health Services Research Center
University of California, San Diego
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10-17-2017

SUBJECT: OPIOID/YOGA Related Experience, Your Research & USMLE

Dear Professor Groessl (Executive Director of the University
California-San Diego [UCSD] *Health Services Research Center*)

My name is: Susan Marie [CassAdy]-Neuhart. I want to thank you for conducting a study directly related to the **USA Opioid Crisis AND Yoga**. (NOTE 1) **Thank YOU!** However, I have just had a very personal experience -that is related to your research – that, I hope you will not ignore. I have placed your study onto my personal web site – HOME Page (as a PDF document):

<http://hansandcassady.org/> This “open message” (to you) – containing a question - will also be placed onto my web site. The USA Medical Doctors - indicated in this message - will be informed (Using Patient Portal technology). Thus, they may contact you.

MY Personal OPIOID/YOGA Related Experience: , Dr. Groessl (Sir) – today (October 17, 2017) I visited my “Sports Medicine” Doctor [Ms. Julie Shott M.D] – and, even with several days (really weeks of notice - see included “Patient Portal messages”) she was not prepared to review me – performing my YOGA poses; and, her M.A. “Kim” – stated at the outset of my visit – that, although I was obviously prepared to perform my YOGA poses [i.e. I was dressed appropriately. I had a YOGA mat. I had a printed list of the YOGA poses – that Dr. Shott could – from a menu – “command me” to perform, etc.] – Dr. Shott “would not be covering ‘YOGA’ – at all – during my visit.” Nor, did she. In fact, when I “checked out of the building – the “practice” staff members (about 4 of them) –

appeared to consider it “odd” – that, I would even think that a USA Licensed Medical Doctor would know anything about YOGA poses (at all). Rather, they responded to my inquiries (then) - that many seniors (such as I am) were interested to know “why” I was doing “so good” in my rehabilitation (I suffered a SAH at my MCA) – by handing me six business cards for the medical practice they represented “[Orthopedic Associates of Dayton](#)” (Ohio) In fact, Dr. Julie Shott MD is a member of this medical practice.

Sir, as you may know the USA Opioid Crisis has NOT been declared a “National Emergency” – at this writing – However, our current USA President (Donald Trump) has stated his [intention](#) to do so. Thus, the question must be asked – about your research NOTE 1 – and, its implications: **WHERE? Where are ALL of the USA Seniors – including “military veterans” going to go – to receive proper therapeutic treatment (including YOGA instruction)?** Sir, at least in Dayton, Ohio – the [USA Licensed Medical practitioners](#) – appear to consider “YOGA” to be *outside the purview* – of what they (as [Licensed USA Medical Doctors](#)) are responsible for having any knowledge of.

Very Truly and with respect, - Susan

NOTE1: [http://www.ajpmonline.org/article/S0749-3797\(17\)30290-8/fulltext](http://www.ajpmonline.org/article/S0749-3797(17)30290-8/fulltext)

<https://hsrc.ucsd.edu/index.php/contact-us/>

<https://hsrc.ucsd.edu/index.php/services/health-economics-and-medical-decision-making/>



HEALTH SERVICES RESEARCH CENTER



Erik Groessl, Ph.D.

Executive Director

Dr. Groessl has served as Center Director of the UCSD Health Services Research Center since 1999 and as Executive Director since 2014. He is an Associate Professor in the UCSD Department of Family and Preventive Medicine and is a Principal Investigator in the VA San Diego Health Services Research and Development unit. He received his Clinical Psychology PhD in 1999 from the SDSU/UCSD Joint Doctoral Program with a specialization in behavioral medicine/health psychology.

Dr. Groessl conducts research in the general areas of:

- Integrative Medicine
- Behavioral Interventions
- Hepatitis C care
- Cost-effectiveness
- Health-related quality of life
- Patient self-management
- Veterans and military health

His current projects focus on Hepatitis C self-management, Integrated Care models for HCV care, and **the benefits of yoga for older adults and for treating** chronic low back pain in VA patients.

Currently, he is conducting a 4-year VA-funded randomized trial studying the benefits of yoga for veterans with chronic low back pain. He also has VA QUERI funding to adapt the HCV self-management program for Internet delivery, thereby increasing access to care. Along with Dr. Sam Ho, he is planning the implementation of the HCV Integrated Care model in the VA Healthcare System.



For Questions

Contact:

[Andrew Sarkin, Ph.D.](#)

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- [Dept. of Family Medicine and Public Health](#)



HEALTH SERVICES RESEARCH CENTER



Theodore Ganiats, M.D.

Faculty Consultant

Theodore Ganiats, MD is Professor of General Medicine at the Miller School of Medicine in the University of Miami's Department of Family Medicine and Community Health. <http://medicine.med.miami.edu/>

Dr Ganiats attended the UCSD School of Medicine where he completed both his medical degree and his Family Medicine residency.

He is a member of many professional associations, including the Society for Medical Decision Making, Academy Health, the American Public Health Association and the International Society for Quality of Life Research.

Dr Ganiats' research interests involve outcomes research, focusing on quality of life assessment and cost-effectiveness analysis. He has delivered over 100 lectures throughout the US and Europe. In addition, he was a member or chair of over 50 national guideline and quality/performance panels spanning multiple disciplines.

He has been published in over 100 peer-reviewed journals, such as Diabetes Care, Medical Care, and the American Journal of Preventive Medicine. Dr. Ganiats is currently on the editorial boards of the Journal of Family Practice and Family Practice News and is a member of the Institute of Medicine.

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Messages, Follow MY Health Patient Portal Technology
<http://www.healthtechnologyreview.com/patient-portal.php>

From:Susan M Neuhart

To:Julie Shott, MD

Date:10/16/2017 6:52 pm

Subject:List of YOGA Poses that Susan CassAdy-Neuhart Can perform

10-16 Hi Hans. Please print - Just this ONE page document - for Dr. Shott. It is content from my web site. I know the POSES if commanded to perform them.

I want to give Dr. Shott a list to work from. In addition, Carol (and me) are curious - if a USA Sports Medicine MD - from Ohio State Univ. - USA - knows about YOGA poses at all. USA Medical Doctors may Not. Thus, giving Dr. Shott a list ... Patient [SUSAN CassAdy- Neuhart] performs:

Yoga pose for Supraspinatus Muscle <<< NEW 1) YOGA Full Shoulder stand pose, 2) YOGA half shoulder stand, 3) YOGA spinal twists poses , 4) YOGA hero, pose 5) YOGA locust pose, 6) YOGA bridge pose, 7) YOGA hare pose, 8) YOGA lunges pose, 9) YOGA child pose, 10) YOGA cobra pose 11) YOGA downward dog pose, 12) YOGA kneeling lunge poses, 13) YOGA plank pose, 14) YOGA forward bend poses, 15) YOGA mudra pose, 16) YOGA mountain pose, 17) YOGA half-moon pose THANK YOU! I look forward to seeing Dr. Shot

From:The Office of Julie Shott, MD

To:Susan M Neuhart

Date:10/17/2017 3:04 pm

Subject:Appointment Scheduled at Orthopedic Associates of Dayton

Hello Susan. You have an appointment on November 2, 2017 3:20 PM EDT with Julie Shott, MD at Orthopedic Associates of Dayton. The appointment is at ORTHOPEDIC ASSOCIATES OF DAYTON located at Orthopedic Associates of Dayton | 7980 N Main Street | Dayton, OH 454152328. (937) 280-4988 | Phone

From:The Office of Julie Shott, MD

To:Susan M Neuhart

Date:10/17/2017 12:53 pm

Subject:Re: Fwd: Message from patient using FollowMyHealth.com.

Hi Susan, Unfortunately it is our office policy that our physician photos and website information not be copied onto websites of others. I would request that you please take down my photo, biographical information, as well as the copies of our messages that are private from your patient chart. Please let me know once this has occurred. Thank you, Dr. Shott

To: Shott, Julie MD > Sent: 10/16/2017 1:58 PM > Patient Message from FollowMyHealth Message for Provider: Julie Shott, MD **Sent:** 10/16/2017 5:11:57 PM GMT Sender: Susan M Neuhart

Subject: Susan Marie CassAdy-NEUHART will perform YOGA poses FOR DR. Juli Shott on 10-17-17 @ 2:20PM Body: 10-16-2017

Hello DR. Shott MD AND MA "Kim", I am preparing to perform my YOGA poses for YOU tomorrow. The very nice people - at the KLEPTZ YMCA - are "accommodating" me - with a MAT AND, I will have my OSU football blanket - as well. I put your photo on my web site: Hans AND cassAdy dot org. Ohio Senators Portman and Brown - plus, our USA Congressman - Mike Turner seem pleased. I am a registered DEM and an Obama girl - BUT, they do not care about this. MY church - has NOT informed me - of their decision - on YOGA for seniors YET. WE are Christians - and, YOGA was invented by Buddhists - SO, this is controversial. - Susan

Follow My Health™: Uni x +

orthodayton.followmyhealth.com/patientaccess#/Inbox

Send a Message Schedule an Appointment Hello Susan My Account English

Orthopedic Associates of Dayton Home **Inbox (0)** My Health My Info

Back Search: Compose Delete Move To Print

Inbox

The Office of Julie Shott, MD
Appointment Scheduled at Orthopedic...
10/17/2017 3:04 pm Expand

The Office of Julie Shott, MD
Re: Fwd: Message from patient using...
10/17/2017 12:53 pm Expand

The Office of Julie Shott, MD
Appointment Reminder for Orthopedic...
10/15/2017 9:01 am Expand

The Office of Julie Shott, MD
Re: Fwd: Message from patient using...
10/11/2017 8:48 pm Expand

The Office of Julie Shott, MD
Appointment Scheduled at Orthopedic...
10/10/2017 3:19 pm Expand

Orthopedic Associates of Dayton
Welcome to Orthopedic Associates of...
09/01/2017 4:32 pm Expand

FollowMyHealth@
Welcome to the family!
08/23/2017 3:53 pm Expand

From: The Office of Julie Shott, MD
To: Susan M Neuhart
Date: 10/17/2017 3:04 pm
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