

President: Bernie Krasowski, KD5QHV  
Pres. Elect: Barry Rabin, M.D., WB1FFI  
Secretary: Jay Garlitz, D.M.D., AA4FL  
Historian: Michaline Przekop, KC9ARP  
Webmaster: Dave Lieberman, KT8E  
Treasurer: Diane Rodman, R.N., NM2K  
Treasurer: Chuck Lind, M.D., N8CL  
Radio-Internet: Chip Keister, M.D., N5RTF  
MediShare: Arnold Kalan, M.D., WB6OJB  
Aether Editor: Jay Garlitz, D.M.D., AA4FL

MARCO's "AETHER" Pronounced "Ether"  
Healthcare & Radio in One Medium  
The Medical Amateur Radio Council

143rd  
Edition  
2000-2023



A non-profit Corporation, founded in 1966, privately supported for the public good and dedicated to the advancement of Medicine through Amateur Radio.

Visit our [Public Facebook page—HealthCareHams](#)  
Join Our [Private Facebook group—MarcoMedical](#)  
Follow us on [Twitter—@HamsCare](#)  
MARCO callsign [WB5D](#), see us on QRZ

Web Site—<http://www.marco-ltd.org>  
Email—[secretary@marco-ltd.org](mailto:secretary@marco-ltd.org)  
Listserv—[marco-ltd@googlegroups.com](mailto:marco-ltd@googlegroups.com)

Vol. LVII (57th year)—October 2023—Edition #143—PO Box 1333, Hawthorne, FL 32640

## Health and Welfare, a Tribute to Warren Brown

MARCO has been in existence since 1966 at a time when publications and group communication was in print or through live meetings. Our organization also predates the Internet and social media. In this edition we will discuss organizations that have parallel goals to MARCO, ones which focus on not only camaraderie within our hobby, but also the health and welfare of the public through amateur radio.

Members of MARCO are in a unique position to bring their experience in health related fields to groups that serve in emergency and disaster communications. See pages 10 and 11 for detailed listings with links to resources. While we do not directly serve that purpose as an organization, we have huge potential as individual members to contribute toward that goal. Participation from MARCO as an organization toward the health and welfare of the amateur radio community exudes in various venues. Warren Brown's efforts in this regard were par excellence. The perpetuity of his thoughtful and selfless volunteerism is ensured as we are archiving his contributions in print and in voice, the *Aether* (the name he assigned to our newsletter), with a plethora of articles about health related topics; and *The Grand Rounds on the Air* net, that took that material to another level through live presentations, ones shared with the amateur radio community on the air and on the internet as [live and recorded web streams](#). KD4GUA may now have a presence in the [aether](#) but remains here for us to honor his memory, and continue to benefit from his wisdom, camaraderie, leadership, generosity of spirit, and quality of character.

We celebrate the life of Warren Brown on pages 2-5, and on the remaining pages by continuing the work he loved with such intensity and dedication. Born in 1924, he was a vibrant representation of those in the [Greatest Generation](#), one of [exceptional patriotism and community involvement](#). We can relive Warren's experiences through a wonderful contribution by his family as they have shared the story of his life through three professional interviews that can be accessed through the links on page 2. Additional MARCO related interviews, photos and videos of Warren follow as well.

On page 7 and 8 a textual representation of the first medical based program on the *Grand Rounds on the Air* net after the passing of Warren is chronicled, and accompanied by links to the [audio of the session](#). Chip, N5RTF, did a wonderful job locating an online SDR that captured the dialogue from each of the presenters, overcoming the vagaries of HF propagation. He, and his committee, is facilitating the transition of the net to one where various presenters of programs rotate and make contributions to the health and welfare of the ham community through the expertise of our members. Please write [aether@marco-ltd.org](mailto:aether@marco-ltd.org) to propose content and volunteer to be a presenter.



From Ian Parker, KG5LST, our 2023 ARRL Scholarship recipient—I am starting my senior year at Oklahoma State University, (go Pokes!) and I am studying to be an orthopedic surgeon. My undergraduate major is zoology with a pre-medical focus. Within the next two years, with plans to attend the OK State medical school in Tahlequah, OK (a DO program for medicine).

June 1, 2023

Medical Ad

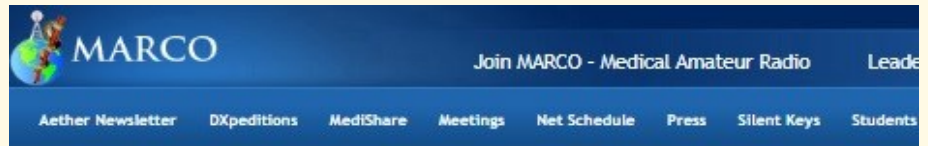
What I enjoy in amateur radio is the fact that, although the world is changing around us, there are some things that outlast change, and amateur radio is one of those lasting things. I hope to continue to spread it to those around me and so thankful for your help with my education. (edited version)

[Warren's Obituary can be viewed by clicking here](#)

Warren's Family has shared the following three part audio interview of different adventures and events during his life.

[|| Part 1 ||](#) [Part 2 ||](#) [Part 3 ||](#)

[Click here for audio recordings made by Jay AA4FL, from October 2022 of Warren describing his life in Medicine MARCO, and amateur radio](#)



### Warren Brown KD4GUA - Silent Key



We are saddened to announce that Warren Brown KD4GUA passed away September 29th. Warren was the longtime editor of the MARCO's *Aether* publication, Net Control/CE coordinator/CE Presenter of our *Grand Rounds on the Air (Warren Grand Rounds Video)* 20m net, and a wonderful friend to all who had the pleasure of knowing him.

On next Sunday October 8th the *Grand Rounds on the Air* session will be dedicated to sharing your personal stories of Warren. Please join us on the air as we celebrate the life of Warren in this manner, led by Harry WB9EDP.

Please write to [jay.aa4fl@gmail.com](mailto:jay.aa4fl@gmail.com) with your remembrances and stories about Warren so we may include them in the *Aether*. Look for the October edition of the *Aether* mid month so we can include the extra content...

Information about the funeral and services will be posted to MARCO's google group when available. Condolence cards may be sent to Warren's (KD4GUA) family:

Warren Brown.  
4407 Brewstere Drive

KD4gua, Warren J. Brown, M.D., Board Certified, Family Practice (Retired 2004), 14607 Brewstere Drive, Largo, FL, 33774 (Originally from Pottstown, PA). Retired FAA Senior Flight Surgeon, News Editor of "Aether" the Newsletter of the Medical Amateur Radio Council (MARCO), Instrument rated pilot (and gliders) graduate of Bethany College, W.VA. (BS) and Ohio State College of Medicine (MD), US Navy WW II (corpsman) and Korean War (medical officer) veteran; served on troopships and subs Key West, FL. Aviation history writer, wrote, "Florida's Aviation History, the First 100 Years," "The World's First Airline, the St. Petersburg-Tampa Airboat Line, 1914," "Patients' Guide to Medicine," "ChildYank Over the Rainbow, 1918," among others. Extra Class Ham--Ham since Nov. 12, 1991.

Rev: KD4GUA - Thu Nov 15, 2007







Warren Speaking at our 2018 Annual Meeting about his US Navy days.

[Click to view](#)

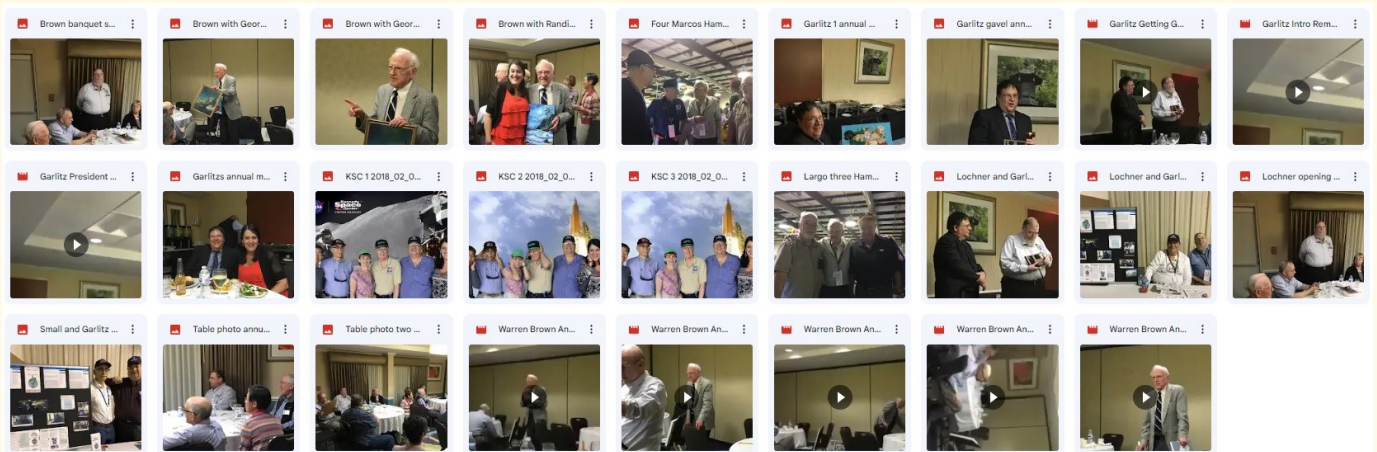
**Dr. Warren Brown KD4GUA** was born in Brooklyn, N.Y. on July 17, 1924. At the age of 14 the family moved to his grandfather's farm in Pottstown, PA. where he attended high school.

After a year at Ursinus College he told the draft board he was "Pre-Med" hoping to prolong his 1st college year to termination. It worked! But then he was drafted into the Navy hoping to be a flyer but was placed in the hospital corps due to his "Pre-Med" status.

Following graduation from the NAVY V-12 program at Ohio State he served a General Duty residency at the Long Beach Naval Hospital and served on four troop ships during the Korean War (Including "Operation Bluejay" in Northern Greenland,) prior to ending up with the submarines at Key West Florida. After discharge from the Navy he went into Family Practice in Largo, FL., where he finally became a "flyer."

Purchasing a Cessna 150 E-Model he earned his instrument rating, and glider rating and became an FAA Flight surgeon doing accident investigation etc., for 40 years along with family practice. In 1970, with three others he founded the "Florida Aviation Historical Society" for which he edited the newsletter "Happy Landings" for 40 years and wrote several books including "Florida's Aviation History, The First 100 Years."

In 2017 Dr. Brown was inducted into the "Florida Aviation Hall of Fame" located at the Florida Sun'n Fun Air



To see photos from the 2018 annual meeting where Warren was the speaking of honor, and listen to the video recordings

[Click here](#)



In October 2022 we honored Warren in an edition of the Aether.

[Click here to view the entire edition](#)

President: Bernie Krasowcki, KD6QHV  
 Pres. Elect: Barry Rabin, M.D., WB1FFI  
 Secretary: Jay Garlitz, D.M.D., AA4FL  
 Historian: Michalina Przekop, KC8ARP  
 Webmaster: Dave Lieberman, KT8E  
 Treasurer: Chuck Lind, M.D., N8CL  
 Radio-Internet: Chip Kelster, M.D., N6RTF  
 MediShare: Arnold Kalan, M.D., WB8UJB  
 Aether Editor: Warren Brown, M.D., KD4GUA  
 Online Edition Editor: Jay Garlitz, D.M.D., AA4FL

MARCO's "AETHER" Pronounced "Ether"  
 Healthcare & Radio in One Medium  
 The Medical Amateur Radio Council



137th  
 Edition  
 2000-2022

A non-profit Corporation, founded in 1955, privately supported for the public good and dedicated to the advancement of Medicine through Amateur Radio.

Visit our Public Facebook page—[HealthCareHams](#)  
 Join Our Private Facebook group—[MarcoMedical](#)  
 Follow us on Twitter—[@HamsCare](#)  
 MARCO callsign [WB5D](#), see us on [QRZ](#)

Web Site—<http://www.marco-1td.org>  
 Email—[secretary@marco-1td.org](mailto:secretary@marco-1td.org)  
 Listserv—[marco-1td@googlegroups.com](mailto:marco-1td@googlegroups.com)

Vol. LVI (56th year)—October 2022—Online Edition #8—PO Box 1333, Hawthorne, FL 32640

## Warren Brown, Renaissance Man

This edition of the *Aether* celebrates our 98 year old MVP, Warren Brown, KD4GUA. He is so prolific that one cannot honor him in print alone. Please view the links to the many photographs, audio, and video recordings of this amazing person. Warren has published the *Aether* since 2000, and directed our CME program on the *Grands Rounds on the Air* 20m net in this timeframe. His dynamic background could be the basis for a Hollywood movie, he is that amazing, a true Renaissance Man. Our archives are replete with his contributions to our organization, medicine, community, and his patients. At the suggestions of Keith Adams N3IM I have nominated Warren, an exemplary human being and amateur radio operator, for a HamVention [2023 Special Achievement award](#). Use the link to and [the HamVention nomination form](#) to co-nominate Warren for this honor.



Warren is pictured on the left running the MARCO *Grand Rounds on the Air* 20m net on August 21, 2022. The CME program of this day was on Gout. [An audio recording of the net session can be streamed by clicking this link.](#)

Pages three and four offer a pictorial display to bring visual meaning to those who check-in to the net. Warren's QTH not only serves as the KD4GUA station location, as displayed in photographs of his station, but also highlights his talents in many areas.

The walls are adorned with artwork on canvas of his creation museum style with painting in excess of wall space stored for rotational display. His office is a work area for journalism, including publishing a newsletter for the [Florida Aviation Historical Society](#).



The photo on the left is of Warren Brown during his working years.

The photo on the right was taken during Warren's program at our 2017 annual meeting in Orlando FL. He brought numerous creations of art on canvas and explained the origins his interest in painting, journalism and Medicine. [For a link to photos and videos from this meeting click here.](#)



## Rambling Around with Warren Brown, KD4GUA

[Click here for a video of Net Control Warren Brown KD4GUA in Action!](#)



Bill KC9CS and Norm NU4DO with Warren at Orlando HamCation

I have many reminiscences of Warren, all of them bringing a smile to my face as I remember them here. As a pharmaceutical rep, I began calling on Warren at his practice in 1989. I soon learned he'd had his office for many years in the same spot, and Warren told me a bit about the history. The office, around since before the Cuban missile crisis had a bomb shelter in the back. It was about 8 feet by 12 feet if my measuring recall serves me, but the walls were easily 2 1/2 feet thick. I was fascinated. I was also impressed about his methods - as a pharma rep our intent is to engage the physician and provide information about our drugs and most meetings with physicians were relatively short. But Warren always took the time and uniquely he also took notes. He was quite an academic physician, typing notes into his notebook (later computer) and asking questions and always interested in reprints from the medical press. He didn't rely upon memory, he used the notes to bolster his memory and stay current with the latest information. In his waiting room were copies of the books he wrote and it reflected on his interests - aviation history and family practice medicine. I know I have several of his books in my library here. We became fast friends.

Warren knew I was a radio ham, but I can't recall if I had any influence in him becoming one. We were both members of the St. Petersburg Amateur Radio Club (SPARC) for some time, and I was a member of another group, the Florida West Coast DX Ring. This group chased DX big time and Warren soon began to attend those meetings and radio sessions where we'd use the club station to chase DX with big antennas and big power. Ultimately we got a bit interested in contesting too and Warren and I went to Brooksville, FL one weekend for the 160M DX contest. We took part in running miles of beverage antennas in several directions, helping assemble the stations and then spent the weekend working the air waves.



Warren and I worked through several iterations of his home station. We built his yagi antennas (two in the course of his station) in the side yard and then got them onto his tower and up in the air. We did the same with the actual radio gear too. Occasionally problems arose and we'd get those resolved to keep him on the air for his MARCO net control functions. Again, his proclivity toward academics came into play here because he loved to research the topics, pull information from his many notes and journals in order to provide for the rest of us in the Grand Rounds and the Aether publication.



Of the many, many hours we shared together, perhaps the couple of hours we spent just a week or so before his passing will be amongst my most memorable. I had gone over to help with resolving a radio problem and then we spent the next couple of hours just talking. He was a prolific (and excellent) painter and his paints and canvasses were on the dining room table. I marveled at the completed paintings, I think he remarked that he had done over 200, and looked at many of them on the walls of his home and in boxes. We then went out and sat on the porch rocking chairs and simply chatted about everything. It was time well spent. I will miss those times with him.

de Bill Otten KC9CS

Alanna and I are deeply saddened to learn of Warren's death. For almost 25 years, I've benefited from his wisdom, wit, humanity and guidance over the Marco Net & newsletter. We were fortunate to have spent quality time with Warren at our Tampa meeting. Warren is an irreplaceable masterpiece. I hope our future nets will operate similar to Warren's modesty, HONESTY, authenticity, & acute intelligence. We are traveling in Greece so will not be able to check in. Please forward our message to the group.

73 de SV3/K4RLC Bob & Alanna SV3/K4AAC Gytheo & Athens



## Rambling Around with Warren Brown, KD4GUA

### KD4GUA, Dr. Warren Brown – A Friendship Meant to Be

**Harry, WB9EDP:** Even though it was 27 years ago, it seems like yesterday when I met one of the finest physicians and journalist/authors I have ever known, Dr. Warren Brown. It all started with cell phone radiation and MARCO's *Grand Rounds on the Air* net, as he and neurologist, Bob Currier, WB5D, were having a QSO and discussing some areas for continuing education. I joined the conversion. Warren said "we never stop learning but we do forget or get rusty." "Why don't you give a lecture to the group? How about next Sunday?" I replied that I talk too much and he said, "Yes, you do, but it's all substantive and important." "Let me send you some newsletters." He was a great recruiter for MARCO.



His warmth, intellectual curiosity, and genuine interest started a friendship between us that grew in radio, science/medicine, and a mutual love of the net and education. We also shared common interests in aviation, history, physics, humor and "life." Because of him, I became a MARCO member and loved interacting with him. I often felt like I was Warren's XO (Executive Officer) or, at times, Ed McMann to his Johnny Carson, especially during *Grand Rounds*. Warren had a thirst for knowledge and no question was not appreciated and addressed—often by someone that as an expert in the area, or Warren would research the topic and have a detailed response the following week. We often discussed topics during the week in long calls that energized both of us. He was instrumental in encouraging me to explain the basics of radiation therapy and use in a six-week series of *Grand Rounds* lectures, and was very supportive in the COVID net and net topics on virology, atomic bomb theory, design, tests, etc. He would always say, "Harry, you'll come up with something!" He truly wanted the MARCO nets to be a forum where members and participated and learned something new.

Warren mentioned that one the best MARCO meetings he ever attended was during the 2009 MARCO annual meeting in Chicago. He especially loved the special behind-the-scenes tour at Fermi National Accelerator Laboratory (Fermilab) (led by former ARRL Central Division Director and Fermilab's Physics Engineer, Kermit Carlson, W9XA). He enjoyed seeing areas at the Lab many people never would see or have access to—areas where Nobel-prize winners did their life's work and cutting-edge high-energy physics research in the then-largest Tevatron/Cyclotron in the world. He was like a kid, and with his background in chemistry and medicine, his questions were numerous. He said often that hoped there would be a follow-up tour for the membership at a later date.

At the 2017 MARCO annual meeting banquet in Schaumburg, Illinois, Warren commandeered me to give the post-dinner keynote address. I don't remember what I said, but KC9ARP remembers me saying that I talked about the special role that MARCO has as an organization and the importance of each member, and included a tribute to Warren and his significant contributions to MARCO. [If anyone recorded his speech or took pictures, please share it for MARCO historical purposes. Below is the one photo we have, taken after the keynote. (Warren really liked this picture and thought he should have grown his hair out!)]

[Click for Grand Rounds Webstream Tribute to Warren Brown on October 1, 2023](#)

[Click for Grand Rounds Webstream Tribute to Warren Brown on October 8, 2023](#)



**Michaline, KC9ARP:** Warren had the phenomenal capacity to bring out the best in people and his intelligence and energy was sparked by interacting with others. He lit up a room with his magnetism and vibrancy. I am grateful that he persuaded me to give two MARCO *Grand Rounds* presentations by mentioning that I had something to contribute and thought others would be interested in hearing my voice. His encouragement and support obliterated my mike shyness and will never be forgotten.

One of my favorite quotes (paraphrased here) is "I've learned that people will forget what you said and forget what you did, but they will never forget how you made them feel." Warren's effervescent personality and generosity of spirit made my soul soar. He was an excellent example of how to be a human being. His had a great heart, his agelessness was infectious, in the best sense of the word, and I am delighted to call him my friend. My life has been enriched for knowing him.

During a recent conversation with Warren, we talked about our mutual fascination with the concepts in the movie *Frequency*. We liked the idea of communicating via radio with others who have passed away. I like to imagine that he will find a way to do so, so I will be actively listening for his CQ.

73s/88s to you, dear friend. We all miss you.

**Grand Rounds on the Air** October 15, 2023 Program  
[Diabetes Mellitus and its effect on Oral and Ocular Health](#)

Diabetes Mellitus and Ocular Health—Diabetic Retinopathy  
 By KN2M David Rodman MD

DR is a progressive condition with microvascular alterations that lead to retinal ischemia, retinal permeability, retinal neovascularization and macular edema[2,3]. If left untreated patients with DR can suffer severe visual loss[4]. In developed countries DR constitutes the leading cause of blindness in the working age population[5] and has a considerable economic impact on society especially on healthcare systems[6-8]. Given that proper management of patients with DR can prevent more than 90% of cases of visual loss, it is extremely important to categorize, classify and stage the severity of DR in order to establish adequate therapy[9]. In particular, in diseases like DM where a multidisciplinary approach is needed, communication among colleagues of different medical specialties is crucial. It is imperative that retina specialists, general ophthalmologists, internists, and endocrinologists learn to speak the same language in order to provide patients with the care they deserve. The purpose of the current paper is to review the classification of DR with a special emphasis on the International Clinical Disease Severity Scale for DR.

Diabetic retinopathy has been and probably remains one of the four major causes of blindness in the United States.<sup>1,2</sup> The risk of retinopathy is directly related to the degree and duration of hyperglycemia.<sup>3</sup> After diabetes mellitus has been present for 20 years, almost all persons in whom the onset of diabetes occurred before the age of 30 years have some evidence of retinopathy, and about half have proliferative retinopathy. Persons who are 30 years of age or older when diabetes develops are at lower risk for retinopathy, but in this group retinopathy may be the first sign of diabetes. In these older patients, those who require insulin are at higher risk for retinopathy than those who do not require insulin. The 20-year prevalence of any type of retinopathy is about 80 percent among older patients who require insulin and 20 percent among those who do not require insulin; the respective rates of proliferative retinopathy are 40 percent and 5 percent. The risk of clinically important macular edema is 10 to 15 percent after diabetes has been present for 15 to 20 years, regardless of the age at onset or whether insulin is required. Blindness occurs not only as a result of the sequelae of proliferative diabetic retinopathy and macular edema, but also because of an increase in cataracts and glaucoma.<sup>4-8</sup>

Prevention of retinopathy is the best approach to reducing the risk of blindness among patients with diabetes, but this is not yet possible in most patients.<sup>9</sup> Without treatment, patients in whom proliferative diabetic retinopathy develops have at least a 50 percent chance of becoming blind within five years.<sup>10-12</sup> The appropriate use of treatments that have been developed in the past three decades can reduce this risk of blindness to less than 5 percent.<sup>13</sup>

The retinal changes in patients with diabetes result from five fundamental processes: the formation of retinal capillary microaneurysms, the development of excessive vascular permeability, vascular occlusion, the proliferation of new blood vessels and accompanying fibrous tissue on the surface of the retina and optic disk, and the contraction of these fibrovascular proliferations and the vitreous.<sup>14-20</sup> Retinal capillary microaneurysms are the first visible lesions of diabetic retinopathy, but they also occur in patients with other retinal vascular diseases, particularly those associated with vascular occlusion. These microaneurysms are hypercellular saccular outpouchings from the capillary wall. Histologic studies of eyes of humans with diabetic retinopathy, particularly studies using the trypsin or elastase digest technique,<sup>21</sup> and of experimental diabetic retinopathy in dogs and rats indicate that the initial lesion is the loss of intramural capillary pericytes (Figure 1), with subsequent formation of microaneurysms and the eventual development of acellular capillaries and closure of capillaries.<sup>22-25</sup> Although the mechanism underlying the formation of microaneurysms is unknown, possible mechanisms include the release of a vasoproliferative factor from dying cells, weakness of the capillary wall (perhaps from loss of pericytes), and increased intraluminal pressure caused by abnormalities of the adjacent retina.<sup>26-28</sup>



The onset of diabetic retinopathy is characterized by morphologic alterations of the microvessels, with thickening of the basement membrane, loss of inter-endothelial tight junctions and early and selective loss of pericytes, together with increased vascular permeability, capillary occlusions, microaneurysms and, later, loss of endothelial cells (EC). A key role in the evolution of the disease is played by pericytes, specialized contractile mesenchymal cells of mesodermal origin, that, in capillaries, exert a function similar to smooth muscle cells in larger vessels, regulating vascular tone and perfusion pressure. Thickening of the basement membrane, together with systemic and local hypertension, hyperglycaemia, advanced glycation end-product formation and hypoxia, may disrupt the tight link between pericytes and EC causing pericyte apoptosis, while endothelium, deprived of proliferation control, can give rise to new vessels. Pericyte dropout has great consequences on capillary remodelling and may cause the first abnormalities of the diabetic eye which can be observed clinically. Hyperglycaemia and local hypertension are known to be a direct cause of pericyte apoptosis and dropout, and intracellular biochemical pathways of the glucose metabolites have been explored. However, the exact mechanisms are not yet fully understood and need further clarification in order to develop new effective drugs for the prevention of retinopathy.

[Click here for a pdf the full presentation and resource material](#)

**Grand Rounds on the Air**, Please consider volunteering to present a case of your own in this format, one that can be highlighted in the *Aether* through a link to a Web stream recording . Contact [aether@marco-ltd.org](mailto:aether@marco-ltd.org) with details of the case you would like to present. If you do not have HF capability or a quality signal to net control we will stay find a way to make the transmission and discussion occur in an effective way...

## Grand Rounds on the Air October 15, 2023 Program

### [Diabetes Mellitus and its effect on Oral and Ocular Health](#)

Diabetes Mellitus and Oral Health, AA4FL Jay Garlitz DMD

Patients with Diabetes Mellitus can have oral manifestations that are destructive to the tissues of the mouth and be evidence of its presence in differential diagnosis. The following description is based on literature and explained in the context of the oral presentation to the dental professional (primary and ancillary). This introduction can be explored by the reader with further inquiry within the literature, and following this article links to scientific studies are provided.

The manifestations of this disease when present in the oral cavity can be xerostomia, dental caries, gingivitis/periodontitis, oral infections, burning mouth, taste disturbances, and poor wound healing. The intensity of the disease process is intensified with poor control of hyperglycemia, as is the case in many organ systems within the body as the systemic deficiencies that occur are contributory throughout the body. Since the oral cavity is easily visualized by patients, dentist, and physician it can be a potential indicator of disease, providing the basis for diagnostic investigation and be a motivator toward patient control and compliance.

Xerostomia—salivary dysfunction prompts other oral conditions as decreased salivary flow and the change in the composition effects defensive mechanisms through the disturbance of protective systems for the hard and soft tissues of the mouth as the oral flora changes. Exact etiology requires more study is needed but microvascular changes in the salivary glands are likely culprits. Excess urination from the kidneys eliminating extra glucose leading to dehydration is also a potential reason.

Dental Caries, or dental decay—diabetics with poor sugar control, in part from microvascular changes resulting in increases oral dryness emanating from changes in vascularity result in reduced cleansing and buffering capacity. These changes alter the oral flora within the tooth pellicle, a layer of saliva that is composed of mainly glycoproteins and forms shortly after cleaning of the teeth or exposure of new teeth. Bacteria then attach to the pellicle layer, form micro-colonies, and mature on the tooth, which can result in oral diseases. Coupled with increased acid production, enamel and ultimately dentin, hard tissues of the erupted tooth, can be violated. Once the decay enters within the tooth a nutrient path exists for a continuation of the decay process, one removed from mechanical home care of cleaning, and intrude through the hard tissues to the soft tissues within the crown of the tooth, the dental pulp, causing pain due to pulpal pathology as the tissues degrade and are inflamed. This will result in the soft tissues within the roots becoming necrotic and force the body to try to wall off the process by creating barriers at the terminus of the roots. These periapical lesions can fluctuate with the immune response, be cystic, granulomatous, or ultimately abscessed. Purulence at the root tip (initially) is in a confined space resulting in pain when the tooth is used for function, and while at rest. Think how uncomfortable it can be to “pop a pimple”, and now extend that to chewing on one at the tip of the tooth root using masticatory forces. Although confined at first the potential for systemic effects exists and other paths of drainage can occur with bone destruction.

Note this process can occur without changes present in diabetes but a greater incidence occurs with the degradation of protective systems that accompany poor glycemic control.



Periodontal Disease—Poor glycemic control to the extent where vascularity and immune related responses are affected, leads to a detrimental progression of a decline on the health of the oral soft tissues. At some point in one’s life, the majority of individuals have gingivitis, a reversible inflammation of the gingiva (gums) that occurs with less-than-ideal home care. The issue with diabetes is that the balance of pathology changes with poor glycemic control to a state where actual destruction of the tissues occurs in a non-reversible manner with loss of healthy soft tissue support around the neck of the tooth and intrusion into the supporting bone (alveolar bone loss). The mechanisms of this action are complicated, and the immune responses can be faulty for other metabolic reasons. A rapid decline in periodontal health in the absence of local factors (poor oral home care), and one that is not limited to localized sites in the mouth is a red flag to consider diabetes in differential diagnosis, and patients may not even be aware of its presence. Medical history review is a component of comprehensive and periodic or oral examination. When considered questions about familial presence should be considered.

Oral Infections—those with poorly controlled A1C and glucose levels similarly are at risk for other oral infections such as opportunistic diseases like oral candidiasis. This leads to an increase in issues such as angular cheilitis (fungal infections and breakdown at corner of the mouth/lips), stomatitis or inflammation and altered health of the soft tissues under dental appliances (denture stomatitis), etc. Changes in the oral mucosa should be considered that may be present for other causation, but with the interference of a normal immune response, cytokine response, etc., coupled with dry mouth and changes in vascularity, conditions such as lichen planus may be express for commonality in breakdown of responses that keep oral tissues in health. Poor wound healing can be present due to the same deficiencies. Syndromes such as “burning mouth” (pain from oral mucosa), and taste dysfunctions can be present at a higher rate, potentially as sequela to the changes seen with poor glycemic control and the changes that occur in normal mechanical and biologic protections afforded by oral health.

#### Resources

[Oral Manifestations in patient with Diabetes Mellitus](#)

[Diabetes and Wound Angiogenesis](#)

[Capillary Rarefaction in Obesity and Metabolic Diseases—Organ-Specificity and Possible Mechanisms](#)

[The Bidirectional Relationship between Periodontal Disease and Diabetes Mellitus—A Review](#)

[Periodontitis and Diabetes: a Two-way Relationship](#)

[The Impact of Diabetes on Periodontal Diseases](#)



## September 12, 2023 Q3 Board Meeting

In attendance: Bernie Krasowski KD5QHV, Barry Rabin WB1FFI, Steve Kraft K3FZT, Dave Lieberman KT8E, Diane Rodman, NM2K, Chip Keister N5RTF, Dave Rodman KN2M, Jeff Wolf K6JW, Mary Favaro AE4BX, Stuart Oserman WA9ZPL, Jay Garlitz AA4FL, Alanna Conder K4AAC.

### Agenda and Actions

#### President's Report

Presented by Bernie Krasowski. Topics included long-term planning for viability of MARCO, continuity.

#### President Elect Report

Presented by Barry Rabin. He reported having input for some agenda items and inquired about the health of Warren Brown KD4GUA.

#### Secretary Report

Presented by Jay Garlitz. Membership composition discussed. Warren's situation discussed. Grand Rounds topic introduced.

#### Treasurer Report

Presented by Diane Rodman. Account balances discussed.

#### Future Direction of MARCO

Discussed as a potential ARRL Affiliated Club, open to all amateurs interested in health care. Intent is to be the voice of the medical arts to the general amateur community. Philosophy of doing so discussed. Advertising in QST discussed. Type of club would be a national organization, 50% of members need to be ARRL members. Motion made and approved to proceed with application. Co-branding conversion over time discussed ([www.HealthCareHams.com](http://www.HealthCareHams.com)).

#### Organization management software and Website

We discussed the reasons and benefits of why would we try the product Wild Apricot. Costs would be \$75 per month for 250 members, \$140 per month for 500 members. Dave Lieberman offered to do a conversion of our digital modalities if we proceed, and explained the advantages. BOD approved to fund a three month period, then re-evaluate the new set-up and tools to decide on permanent basis. Barry Rabin outlined a huge advantage is a password protected membership section.

#### WB5D QSL Manager (status/duties)

Jeff Wolf and David Rodman discussed the status of the QSL management for our club call WB5D. David is the current trustee and has agreed to also be the QSL manager, and manage our LOTW account.



[Click here for a Zoom recording of the BOD meeting](#)

#### ARRL Foundation Scholarship,

New funds approved, \$2000, scholarship of \$1000 a year, for two years. (Funds are from our Activities account, not the administrative account.

#### Grand Rounds on the Air– Digital Net

Both nets and net control covered, the MARCO digital net day of week and time. Echolink and All-Star discussed as potential digital venues. The possibility of an additional mid-week evening 40m net which included a digital net component discussed.

#### Aether, report

Jay Garlitz discussed the status of the Aether and Warren's involvement. The strategy for design in his absence due to health reasons was discussed, as well as the future of the Aether being quarterly editions

#### Annual Business Meeting, Annual Meeting Xenia HamVention, meeting hotel, Orlando HamCation 2024, and Meeting Display(s)

The group discussed where and when the annual meeting are held and the possibility of detaching them from live meetings (use Zoom). This would make hamfests social and with some locations publicity events (booths). The nature of display design discussed. Orlando discussed in the context of an easily accessible flight, where travel to HamVention can be more problematic for seniors. These considerations will be factored into future plans, to be continued in a future Q4 MARCO board meeting and discussion with members. See page fifteen for the Zoom meeting information for this discussion in December 2023.



## Health and Welfare

MARCO members are directly involved in the health and welfare of their patients on a daily basis. If retired, or not, there are ways MARCO members you become involved in supportive communication for times of emergencies and disasters. Training and preparation are needed to be effective as you would be part of a team, no need to reinvent the wheel at the MARCO level. Of course MARCO members would bring valuable abilities to these efforts, and your involvement would bring experience back to MARCO.

Being involved in discussions as a checked-in participant in the *Grand Rounds on the Air* net is a fantastic way to add to the health and welfare of the amateur radio community. These sessions are health care centered and provided in a presentation format followed by discussion. [The live sessions are augmented by a live web stream](#), one which is recorded for availability to any member of the public as an ongoing project is transforming the [recorded audio streams](#) of to a subject indexed and accessible format.

**On this and the following page we outline ways you can become involved with disaster communication support...**

<https://www.arrrl.org/amateur-radio-emergency-communication> - ARRL information about the major Amateur Radio emergency organizations. [Click here](#) for a list of past events where hams have been involved in communication support.

<https://www.satarn.org/> - **The Salvation Army Team Emergency Radio Network (SATERN)**



Satern's goal is to acquire and train personnel skilled in emergency communications and message handling, who will support Salvation Army operations in local, regional and international disaster situations.

**Amateur Radio Emergency Service® (ARES®)** - [click for](#) ARES ARRL information

According to the ARRL, "Every licensed amateur, regardless of membership in ARRL or any other local or national organization is eligible to apply for membership in ARES. Training may be required or desired to participate fully in ARES. Please inquire at the local level for specific information. Because ARES is an Amateur Radio program, only licensed radio amateurs are eligible for membership. The possession of emergency-powered equipment is desirable, but is not a requirement for membership."

"The Amateur Radio Emergency Service (ARES) consists of licensed amateurs who have voluntarily registered their qualifications and equipment, with their local ARES leadership, for communications duty in the public service when disaster strikes. "

Resources from the ARRL Website to facilitate your involvement -

ARES	
Public Service Resources Public Service Honor Roll Served Agencies and Patterns	<b>When All Else Fails®</b> Amateur radio operators use their training, skills, and equipment to provide communications during emergencies When All Else Fails®. Hams serve our communities when storms or other disasters damage critical communication infrastructure, including cell towers, and wired and wireless networks. Amateur radio can function completely independently of the internet and phone systems. An amateur radio station can be set up almost anywhere in minutes. Hams can quickly raise a wire antenna in a tree or on a mast, connect it to a radio and power source, and communicate effectively with others.
ARES ARES Anniversary Reports ARES Letter ARES Group Registration ARES Plan	<b>Amateur Radio Emergency Service® (ARES®)</b> • ARES Fact Sheet [PDF] • ARES Plan [PDF] • ARES Standardized Training Plan Task Book [PDF] • ARES Standardized Training Plan Task Book [Fillable PDF] • ARES Standardized Training Plan Task Book [Word]
NTS Ham Aid SKYWARN Recognition Day	
<a href="#">Join ARRL</a>	<a href="#">ARES Fact Sheet</a>
<a href="#">Donate Now Help Support ARRL</a>	<a href="#">ARES Plan</a>
	<a href="#">ARES Standardized Training Plan Task Book</a>
ARES Merchandise	<a href="#">ARES Standardized Training Plan Task Book [Fillable PDF]</a>
Go Now	<a href="#">ARES Standardized Training Plan Task Book [Word]</a>
ARES on Twitter	<b>The Amateur Radio Emergency Service (ARES) consists of licensed amateurs who have voluntarily registered their qualifications and equipment, with their local ARES leadership, for communications duty in the public service when disaster strikes.</b>
	<b>ARES Membership Requirements</b> Every licensed amateur, regardless of membership in ARRL or any other local or national organization is eligible to apply for membership in ARES. Training may be required or desired to participate fully in ARES. Please inquire at the local level for specific information. Because ARES is an Amateur Radio program, only licensed radio amateurs are eligible for membership. The possession of emergency-powered equipment is desirable, but is not a requirement for membership.
	<b>How to Get Involved in ARES</b> Fill out the ARES Registration form and submit it to your local Emergency Coordinator.
	<b>Volunteers Wanted!</b> • If you're an individual Emergency Communication volunteer... • You need to be trained. In order to provide support in the event of an emergency—or even in a non-emergency situation—you need to have the proper training and

[ARES Fact Sheet](#)

[ARES Plan](#)

[ARES Standardized Training Plan Task Book](#)

[ARES Standardized Training Plan Task Book \[Fillable PDF\]](#)

[ARES Registration form](#)

[FEMA and Amateur Radio](#)



## Health and Welfare

### Radio Amateur Civil Emergency Service from <https://www.usraces.org/>

RACES stands for "Radio Amateur Civil Emergency Service," a protocol created by the Federal Emergency Management Agency (FEMA) and the Federal Communications Commission ([FCC Part 97, Section 407](#)). Many government agencies across the country train their Auxiliary Communications Service (ACS) volunteers using the RACES protocol. The volunteers serve their respective jurisdictions pursuant to guidelines and mandates established by local emergency management officials.

#### RACES volunteer operators are:

- Licensed Radio Amateurs
- Certified by a civil defense agency
- Able to communicate on Amateur Radio frequencies during drills, exercises and emergencies
- Activated by local, county and state jurisdictions and are the only Amateur Radio operators authorized to transmit during declared emergencies when the President of the United States specifically invokes the *War Powers Act*.

#### RACES Resource Library:

This web site is intended to assist in the distribution of RACES Auxiliary Emergency Communications information. Updated RACES documentation and other emergency preparedness documents are available through the [RACES Resource Library](#), maintained by RACES volunteers registered with the Arlington County, Virginia Office of Emergency Management, Emergency Support Function #2.

#### National Incident Management System:

- Protocols embraced by RACES volunteers across the nation include the *National Incident Management System* (NIMS), which provides a consistent nationwide template to enable federal, state and local governments, nongovernmental organizations, and the private sector to work together to protect against, respond to, recover from, and mitigate the effects of incidents.

[NIMS Resource Center](#)   [NIMS Compliant Training Chart](#)

[FEMA Independent Study Program \(ISP\)](#)   [FEMA ISP Courses](#)



#### NWS SKYWARN Storm Spotter Program

<https://www.weather.gov/skywarn/>

This program is very popular with hams and overall has between 350,000 and 400,000 trained severe weather spotters. These volunteers help keep their local communities safe by providing timely and accurate reports of severe weather to the National Weather Service. Spotters provide essential information for all types of weather hazards, the focus is reporting on severe local thunderstorms. In an average year, the United States experiences more than 10,000 severe thunderstorms, 5,000 floods and more than 1,000 tornadoes.



Training is free and typically lasts about 2 hours and teaches the basics of thunderstorm development, fundamentals of storm structure, identifying potential severe weather features, information to report, how to report information, basic severe weather safety. [Find a class in your area.](#)

MARCO members, retired or still working, may find this to be an endeavor and public service contribution that brings personal satisfaction. When the weather is threatening we pause and pay attention. Through spotting you provide advance warning for others, thus saving lives. Check out their free [online spotter program](#).

"Skywarn® and the Skywarn® logo are registered trademarks of the National Oceanic and Atmospheric Administration, used with permission."

## MARCO Nets, 2023 updates

### Weekly MARCO Medical Grand Rounds on the Air HF Net

The Medical Amateur Radio Council (MARCO) conducts its weekly *Grand Rounds on the Air* net on 14.342 MHz. (1500 UTC summer, 1600 UTC winter). Health Care professionals check-in to the net and engage through moderated (net directed) roundtable discussions on topics of interest, and have occasional continuing medical education (CME cat 2) presentations. Those present include physicians and dentists from many specialties, pharmacists, nurses, researchers (PhDs), EMTs, and members who serve in other health related careers. **All members of the amateur community and public are welcome to listen and submit questions** to the discussion panel using the AIM messaging feature in the freely available netlogger program ([netlogger.org](http://netlogger.org)), aided by using the [livesteam of the net](#). This facilitates country and worldwide engagement of participants and listeners while negating the limitations of HF propagation.

#### MARCO Grand Rounds on the Air



Live audio stream and archives  
[WWW.MARCOAUDIO.NET](http://WWW.MARCOAUDIO.NET)

Founded in 1966, MARCO's mission is to promote goodwill and fellowship among amateur radio operators who are professionals in the healing arts or have an interest in medicine, dentistry, allied fields or in medical education and industry. On-the-air operation is an integral component of MARCO activities and is conducted for the purpose of discussion through exchanging medical and technical information of a non-commercial nature while conducting such dialogue as a public service of interest to the entire amateur radio community.

### Livestreams and Net Recordings

Our Radio-Internet Coordinator Chip Keister, M.D., N5RTF, New Orleans, LA...[livestreams our net online](#). Check into our nets and earn CME. For times when propagation is poor when you would benefit from audio from another receiver, if you are away from your radio, in a skip zone, or unplugged due to thunderstorms, join the MARCO CW net and Grand Rounds by live [internet streaming audio](#). These are recorded to [listen in later to the online archive](#).

#### To Listen:

1. Use a browser to go to the following web page which has a player app and **links to the audio stream and archive:** [www.marcoaudio.net](http://www.marcoaudio.net).
2. The second way is to manually enter <http://marcoaudio.ddns.net:8011/stream> into a standard music player on computer, phone, or portable device **while the net is in progress**.

Feel free to share these links with anyone, MARCO member or not. No login or password is required. There is room for 100 listeners at a time. Comments are appreciated.

*Chip* N5RTF

### MARCO International DV NET

The **MARCO International DV (Digital Voice) net** meets on Sundays at 1400UTC. It is the first of three Sunday morning nets and serves as the first place of roundtable discussion for the *Grand Rounds* topic of the day, while affording amateur radio operators without HF radio equipment, antennas, or those with technician licenses, and members in Asia (time of day), to participate while developing the topic for the HF net later in the day.

We have chosen to use the [QuadNet Array](#), an IRC or Internet Chat Facility that acts like a **universal translator between different digital modes** that allows hams who identify by callsign to connect with other users of digital radios world-wide through interconnected reflectors and talk-groups. See their website for more details, including how to connect, within the <https://www.openquad.net/> webpage.

This net applies the same format of, and augments MARCO's HF-based voice nets, providing a mechanism for members and guests worldwide to join discussions without the limitations of HF propagation, antennas, or equipment. Since operators can participate on radio while mobile through digital hotspots or repeaters, or at a fixed location by USB dongles on a computer, the net is a versatile opportunity for involvement for both newly and seasoned amateur radio operators.

Contact [Jay AA4FL](#) for additional details needed for implementing equipment needed for participating and protecting your neural connections, great involvement for your soul and health!

### MARCO CW NET

#### The Bob Morgan Memorial Net

Our CW net is held every Sunday one half hour before the *Grand Rounds on the Air* net, at 09:30 central time, currently 1530 UTC, on 14.140 MHz. Net control is Chip N5RTF. The net is named after the late MARCO member Dr. Bob Morgan, VE3OQM.

At times in the in the past the net was on the same frequency as the *Grand Rounds on the Air* in an effort to hold the frequency for the voice net to be in the clear at the top of the hour. The net today means so much more to MARCO...

You are invited to participate. With radio license issuance in the US dropping the morse code requirement there are many members who have not had experience with CW. Our net is a great way to gain CW proficiency.

There are many advantages to learning morse code, a yes-brainer. There is increasing evidence that not only GM plasticity but also changes in white matter are important in the context of learning processes, see <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5526915/>.

Use CW through the MARCO net to keep those neural connections intact and resist the aging process! Links to other sources follow. Add to the discussion by posting to the MARCO google group: [marco-ltd@googlegroups.com](mailto:marco-ltd@googlegroups.com)

[ARRL resources for Morse Code](#)


[Morse Code Instruction Learning, YouTube Options](#)

[Code Buddy Volunteers](#)



## MEMORIES OF YEARS AGO IN MARCO Our History Book

### Twenty Five years ago in MARCO—October 1998



The **MARCO**  
**NEWSLETTER**

Official Publication of the Medical Amateur Radio Council, Ltd.  
 Robert Currier, M.D., WB5D, President  
 Bruce M. Small, M.D., KM2L, President-Elect  
 Robin J. Staebler, M.D., K3FP, Secretary  
 Alfred E. Greenwald, M.D., WA2CBA, Treasurer  
 Edward R. Briner, D.M.D., WA3TVG, Editor

Vol. XXII No. 3 Oct, 1998

#### NEW ORLEANS, 1999

by Thomas "Chip" Keister, M.D., N5RTF

On the third weekend in May, 1999, MARCO will celebrate its 33rd Annual Meeting in the Big Easy -- New Orleans, Louisiana. Our president Dr. Robert Currier, WB5D will preside over the 3 day event which will be centered in the elegant Maison Dupuy hotel on the corner of Toulouse and Burgundy in the historic French Quarter. Comfortable rooms feature balconies over the courtyard. Bourbon street is 3 blocks away.

Planned activities will begin on Thursday, 05/20/99 with a reception in the courtyard. Dinner each evening may be enjoyed with the group or individually in any one of hundreds of excellent restaurants within walking distance of the hotel. The hotel's own restaurant: Dominique's features one of the city's premier new chefs. For less exquisite tastes, world-famous Lucky Dogs are served on street corners.

On Friday and Saturday mornings, a room at the hotel has been reserved with continental breakfast for the annual business meeting. Saturday evening, 05/22/99 will feature the annual MARCO awards banquet with guest speaker.

age attendees to stay over an extra day at conference rates to enjoy some of the all-day activities.

Carriage ride, 1 hour: River Boat ride, 2 hours: Aquarium tour, 2 hours: Audubon Zoo/Zoo cruise, 4 hours: Garden District tours, 3 hours: Cemetery tours, 2 hours: Streetcar ride, 2-4 hours: Haunted tours, 2 hours: Mardi Gras world float barns, 4 hours: Pharmacy museum, 1 hour: Wax museum, 1 hour: Walking tours of the Quarter, ad. lib.: Casino (Louisiana), 4 hours: Casinos (Mississippi coast), all day: Battle of New Orleans tour, all day: River Road tour, all day.

Parking is available at the hotel, but driving and parking in the Quarter itself is not encouraged. Bring comfortable shoes and cool clothing. To avoid conflict with the Dayton Hamvention, we have pushed the MARCO date toward the hotter end of the tourist season. The good news is that we will be less likely to have rain.

Please EMail us(keister@msh.state.ms.us) your preferred activities and choices for dining. As the time nears for the meeting, Terry and I will attempt to obtain special rates and organize your top choices into the conference schedule. We will also provide information on where to walk and drive to stay safe in the city.

[Click for the full edition](#)


- Chip, N5RTF, wrote the lead article about the upcoming 1999 MARCO annual meeting to be held in New Orleans. The location was selected by the President of MARCO, Dr. Bob Currier, WB5D. Bob's call sign is now the club call for MARCO, and our 20m net is the *Bob Currier Grand Rounds on the Air* net.
- The lead scientific article, about chelation therapy, was written by Warren Brown. Warren was not the editor at this time but his expertise preordained that desirability, and he served as editor of the newsletter from 2000-2023, and provided it with the title of *Aether*.
- On pages 2-7, and 11-12, Warren's contributions are clear as the three articles were his research for *Grand Rounds on the Air* presentations he made, included in text form for the newsletter. This is an approach we use to this day.
- Pages 8-10 highlight information about owning and restoring antique radios.
- On the net schedule page not that we had 40m nets in 1998. There is current discussion of holding these again. Please write [secretary@marco-ltd.org](mailto:secretary@marco-ltd.org) if you are interested to being a net control for a 40m net.

### Ten years ago in MARCO—October 2013

**MARCO's "AETHER"** Pronounced "Ether"  
Medicine & Radio in One Medium

Official Publication of the Medical Amateur Radio Council **83rd**  
Edition  
2000-2013

President: Mary Favaro, M.D., AE4BX  
 Past President: Linda Krasowski, RN, KESBOK  
 Pres. Elect: Jeffrey Wolf, M.D., KE3W  
 Secretary: Danny Centers, EC, W4DAN  
 Web Master: Bruce Small, M.D., KM2L  
 Treasurer: Danny Centers EC, W4DAN  
 Jo-Internet: Chip Keister, M.D., N5RTF  
 MedShare: Arnold Kain, M.D., WB0JB  
 News Editor: Warren Brown, M.D., KD4GUA



A non-profit Corporation, founded in 1965, privately supported for the public good and dedicated to the advancement of Medicine through Amateur Radio.

Web Site: <http://www.marco-ltd.org>  
 Internet address: [wabrown@aol.com](mailto:wabrown@aol.com)

Vol. XXXVIII, (38th year), Edition #83 Since Year 2000), October 2013 P.O. Box 127, Indian Rocks Beach, FL, 33785-0127

#### TESTOSTERONE DEFICIENCY IN MEN

**THE BEST WAY TO KNOCK OUT YOUR TESTOSTERONE LEVEL IS TO TAKE A BIKE RIDE, TAKE STEROIDS AND GET OLD.**

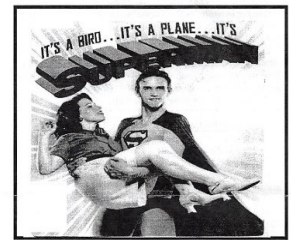
Recently we have found a correlation between low testosterone (T) levels and high mortality from both cancer and cardio-vascular disease. After all, prostate cancer almost never occurs in men in their twenties when testosterone levels are at their lifetime peak, NO, it occurs when their prostate levels are low, when they are over 55. It has been found that when the T-level goes down the prostate cancer goes up. There is a 3X chance of dying from any cancer and a 2X chance of dying from CV disease with low testosterone levels. It has also been found that 28% of men over 45 have low T levels. A low testosterone level is when the total testosterone falls below 300 ng/ml. A more accurate way to determine this diagnosis is to run a free testosterone level, which represents only 2% of the total, but this is expensive.

The original far-fetched idea of urologist Charles Huggins in 1941 that giving Testosterone replacement causes cancer of the prostate came from the findings on ONE person in 1941. This paper, printed in "Cancer Research" was located by urologist Abraham Morgentaler in 2004. Prior to that, studies in dogs in 1900, showed that castrated dogs with low T levels didn't get cancer of their prostates. Thus, castration, surgical or chemical, then became the standard treatment for this disease.

Certain drugs depress the T-level. They include: opiates, dilantin, flutamide (Eulexin), phenothiazines (schizophrenic drugs), Lupron, estrogens, statins and statins. Statins lower cholesterol but cholesterol is what T is made from.

Co-morbidities also depress the T-level. They include: diabetes, obesity (found commonly in these United States of Obesity!), renal failure, CVD, liver disease, HIV and Alzheimer's.

Symptoms of T-dysfunction include: depression, fatigue, decreased bone mass with osteoporosis, loss of libido, loss of muscle mass and



CONTINUING IN THIS ISSUE, on page 11....The story of ham radio-operator Capt. Kurt Carlson W2ZM and his one-man battle to save his ship, the "Flying Enterprise" after being battered by a Category 4 hurricane in the North Atlantic in 1981.

#### LATE BREAKING NEWS

Sunday Grand Rounds now on 14.342.MHz, 11 am Eastern.

2014 Dayton Hamvention/Marco Meeting & Banquet...Meeting, Friday morning, May 16, 2014; Banquet, Saturday night May 17, 2014. To be held at the Holiday Inn-Dayton

[Click for the full edition](#)

- Warren Brown's lead article was about the condition Low-T. His wit was on full display as he provided humorous comments to enhance retention of the material. A man ahead of his time, think of him with every TV commercial you see on products purported to treat this malady as he will be smiling in the *aether*, and consider whether they are medical advertisements or hard lifts for sales accompanied by images of smiling faces of the opposite sex.
- An article on dogs in the doctor's office was included, an outline of a *Grand Rounds on the Air* presentation by Warren. *Animal Assisted Therapy (AAT)* was discussed. Tie-ins to information about Medical board requirements within offices in this regard "wag the tail".
- The History of Anesthesia was detailed in another joint presentation that was present here in text, and also covered on our 20m net. The article is engaging and definitely not a soporific (read the article).
- MARCO President Mary Favaro, AE4BX, included an article about her recent post with the Indian Health Service. Mary has recently moved from Myrtle Beach to Indian Land, SC!

## Membership Committee News

The membership committee requests your assistance in keeping MARCO's database up to date so all members data is current. We have tried a different approach this year regarding annual billing, making renewal self-initiated. In addition, we are a volunteer organization and processing renewals can be a huge task, potentially to be reduced by your compliance with the suggestions that follow.

Our recent approach to billing is to send group messages in the last quarter of the year about the need to check your renewal date, rather than waiting for emailed invoices. Our trust has been rewarded with a nice response, with many of you renewing, and extending your membership beyond your renewal term. (longer renewals are the best compliment you can offer and allow for reduced workload by our volunteer staff).

Membership dues, for new joins and renewals, are processed by email. Our online form allows you to renew and extend your membership for 1, 2 or 5 year terms (pull down list), with longer terms reducing the cost per year. There is a unified dues structure for associate and regular members. Please complete the entire form just as you were a new member as this assists us with keeping your information current in our membership database (contact phone number as well). Additional explanation is located on page 13 of this edition of the Aether.

**MARCO encourages members to consider a five year membership of \$100.** This reduces your yearly cost of membership and simplifies our annual billing by our all volunteer staff. **Existing members can choose to extend your membership at any time. [Click for the online application](#) and if desired, select the five year term from the pull down list.**

Once submitting the online form **if you have a problem with the form appearing not to submit** (spinning icon, known to occasionally occur), email the issue to Jay AA4FL at [secretary@marco-ltd.org](mailto:secretary@marco-ltd.org) to confirm it went through. The membership committee will receive your online application and process an invoice to be sent by email. Once you open the invoice use buttons at the top left are present to credit card payments (Stripe), and for PayPal. If you prefer to pay by mail list such on your application.

**Thank you for your Membership!**

In Service to MARCO and 73,

*Jay* AA4FL, and *Alanna* K4AAC

## MARCO OFFICERS, 2023-2024

Contact info— mail and e-mail addresses are on QRZ.com.  
E-mail is preferred, phone contact info is provided for the President and Secretary only.

**President: Bernie Krasowski, KD5QHV**  
P: 915.449.0234

**President-Elect: Barry Rabin, M.D., WB1FFI**

**Secretary: Jay Garlitz, D.M.D., AA4FL**  
C: 352.246.6003

**Treasurer: Diane Rodman, R.N., NM2K**

**Assistant Treasurer: Charles Lind, M.D., N8CL**

**Web Master: Dave Lieberman, KT8E**

**Radio-Internet Coordinator: T. "Chip" Keister, M.D., N5RTF**

**MediShare Director: Arnold Kalan, M.D., WB6OJB**

**Newsletter: Jay Garlitz, D.M.D., AA4FL**

### REGIONAL DIRECTORS:

(1st call district) Don Arthur M.D., J.D., K1DCA

(2nd call district) David Rodman M.D., KN2M

(3rd call district) Keith Adams, M.D., N3IM

(4th call district) Mary Favaro, M.D., AE4BX

(5th call district) Linda Krasowski, R.N., KE5BQK

(6th call district) Paul Lukas N6DMV

(7th call district) Lee Barrett, M.S.E.E., K7NM

(8th call district) Mark Young, M.D., N2OJD

(9th call district) Stu Oserman, M.D., WA9ZPL

(0 call district) Carlyle Rowland R.N., N0ARN

(Dx director) Etsuo Takada, M.D., JA0BXP

### DIRECTORS-AT-LARGE:

Bruce Small, M.D., KM2L, Immediate Past-President

Arnold Kalan, M.D., WB6OJB,

Chip Keister, M.D., N5RTF

Jeff Wolf, M.D., K6JW,

Jerry Ziperstein, M.D., N4TSC

### AD-HOC COMMITTEES:

Membership—Jay Garlitz AA4FL, Alanna Conder K4AAC,  
Michaline Przekop KC9ARP

Grand Rounds Net—Chip Keister N5RTF, Jack Spitznagel KD4IZ,  
Jerry N4TSC, Linda Krasowski KE5BQK, Harry Przekop WB9EDP

Historian: Michaline Przekop, KC9ARP



## GREETINGS FROM YOUR PRESIDENT

October 2023

On September 12 we had a Board/membership meeting on Zoom, and for those who were not in attendance you missed a meeting covering things that needed attention in MARCO.



One of the suggestions discussed was moving the MARCO presence from Dayton/Xenia, where up

until this year, MARCO has always been represented. One reason for doing so was the temperature in other parts of the country. Hamcation/Orlando was a preferred location not because of the size of the venue, or the overall attendance, BUT possibly because of family, friends, and many other amenities available in Orlando, like Disneyworld, Universal Studios and activities other than ham radio. It's one thing to have an opinion about a location, BUT how objective can you be if you've NEVER been to the other location? Since becoming a member of MARCO, Linda and I have made the trip to Dayton/Xenia for even year annual meetings (with the exception of COVID 19) six times. I can say that I have been to Hamcation and it's OK as far as being a regional ham fest. Dayton, though regional, is the largest ham gathering in the United States. Why do we go there? We go to Dayton/Xenia because it's about ham radio, it's about our roots and connection to our hobby. The number of potential MARCO members flowing past the MARCO booth is high. For years after the conclusion of the annual meeting we would reconvene at now Xenia for the show portion of the weekend. Taking turns exploring the displays and equipment for sale, getting this year's ICOM ball cap, and coming back to the MARCO booth to take a break and talk with folks who stop by to look at the display and inquire about MARCO is part of the experience. Time in the booth also allows us to eyeball QSO with fellow members who are normally just signals coming out of the speaker in our ham shacks.

I am not opposed to going to HamCation or any another hamfest venue if a future President wants to have the off year annual meeting at one of these other venues, however I don't think MARCO should ever leave our presence at Dayton/Xenia for any reason other than the end of ham radio, MARCO or we become silent keys! This is truly my opinion and others may or may not agree with my thoughts. If you haven't listened to the board meeting please do so. You also have an opinion!

73, *Bernie* KD5QHV

### Zoom Board of Director Meeting for Q4 2023

**All members are encouraged to attend  
this very important meeting**

**Tuesday Dec. 5  
8:30 pm Eastern**

Agenda includes

- Annual meeting format
- Hamfest involvement
- *The Grand Rounds on the Air*
- Upcoming changes in the Aether
- Ways for MARCO to honor Warren Brown

Join Zoom Meeting  
<https://us02web.zoom.us/j/88586370745?pwd=eWtCT1dtTnR4bXNKTHBKZGxwNE1Rdz09>

Meeting ID: 885 8637 0745  
 Passcode: 940545

**WRITE TO US!**

We welcome your comments.  
Email [aether@marco-ltd.org](mailto:aether@marco-ltd.org)

**Disclaimer:** Letters and articles may be edited for brevity & clarity. **All content, including linked unedited member article submissions, and linked online material, are not the opinion of MARCO. The Aether's content is not Medical Advice.** Graphics and links selected are the choice of the editor and not of MARCO-ltd.

**MARCO NET SCHEDULE**

<u>DAY</u>	<u>TIME</u>	<u>FREQ.</u>	<u>NET CONTROLS</u>
Any Day	On the Hour	14.342	Hailing Frequency
Sunday	9 AM Eastern	DV QuadNet	Jay AA4FL
Sunday	10:30 AM. Eastern	14.140	CW Net, <a href="#">Chip, N5RTE</a>
Sunday	11 AM Eastern	14.342	Jay, <a href="#">Warren, KD4GUA</a>

**MARCO'S CW NET, the "Bob Morgan Memorial Net"**  
(precedes the Grand Rounds on Air net, meeting on Sundays, 14:30 UTC, 14.140 MHz)

**Page 16**

MARCO Grand Rounds is held Sunday at 11 a.m. Eastern Time; 10 a.m. Central; 9 a.m. Mountain, and 8 a.m. Pacific Coast time on 14.342. You qualify for one hour Category II CME credit with your check-in.



**MediShare International News**  
Arnold Kalan, WB6OJB, Director

The charitable arm of MARCO is active developing new projects and appreciative of your donations. Recognize other members for their accomplishments and life events with a donation that will be

recognized in the *Aether*.

Donations are fully tax deductible and you will receive a note of thanks with wonderful MARCO seals that look very nice on QSL cards. MARCO is a 501 (3)(c) organization, and MediShare International is a project of MARCO.



We are appreciative of donations to MEDISHARE but also encourage members and their families to submit ideas for new projects. Member donations are more meaningful if we help humanity through health and welfare projects with a connection to amateur radio and communication. [Click to donate online](#) or mail written checks made out to MARCO, noting MediShare in the check's "for" area. Send your donation to MARCO c/o Secretary Jay Garlitz, PO Box 1333, Hawthorne, FL 32640



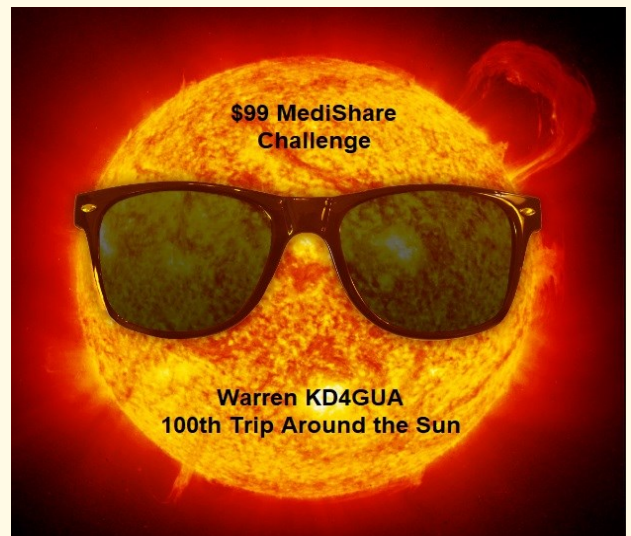
Thank you , Stay Well & God Bless,

*73, Arnold*

**Arnold (Doc) Kalan, M.D.,** WB6OJB, MARCO #673

**Warren Brown Memorial Fund**

Join us in honoring the recently departed but eternally present MARCO member Warren Brown KD4GUA. A memorial fund is being started toward special recognition in his honor. Make your donation to "MARCO MediShare", with the comment field indicating a donation for the Warren Brown Memorial fund. Mail your checks to Jay Garlitz, AA4FL at his QRZ address.





## The Secretary's Keyboard Korner [secretary@marco-ltd.org](mailto:secretary@marco-ltd.org)



I am fortunate to have been a close friend of Warren Brown (KD4GUA), and to have him as a part of my life on a regular basis. Eternally optimistic and full of energy, when Warren entered his 90's I politely offered to assist him with the *Aether* when he felt he needed such. He provided a computer file of his newsletter for that purpose. Age did not necessitate me using that template, but COVID did. Once he recovered we started alternating editions, three a year each, with him maintaining his excellent in-print journalistic style.

Warren was reluctant to have editions of the *Aether* become available online only. He discovered that editions in color brought no additional costs and voluminous links to extensive outside sources. That eureka moment registered with great excitement, followed by insistence that all editions be online only. Such was Warren's essence, a wealth of tradition and knowledge, with the ability to constantly learn and improve himself.

Warren was selfless to the end. Every time I, or we (wife Randi) called to check on him, or stopped by, he was more concerned about us with specific context from being familiar with our family and my professional activities. Years ago on a visit we brought our late beagle along thinking that was inappropriate and found out it was another friend to be made by Warren, and the focus of many future inquiries on the health and welfare of my canine companion.

Warren lived a full and wonderful life, one filled with family. He also considered MARCO members to be family and enjoyed every interaction, with this edition of the *Aether* expressing our love and admiration for him.

Reaching the 100th birthday milestone was important to Warren, but would perk up when I mentioned he already was on his 100th trip around the sun.

Please join us for our next board of directors Zoom meeting session (details on page 16) where we will begin discussing ways to make his memory a blessing, extending his MARCO volunteerism and projects so he may live on through our actions. Warren's life is the template we call can learn from in achieving happiness and success.

**73, Jay AA4FL**

## MARCO Membership News

August - September 2023

### New Members

KE2ABP—James Pelletier, Watertown, NY, (2 years)  
 KG5LST—Ian Parker, Oklahoma City, OK  
 Ian is our 2023 ARRL Scholarship recipient  
 KN5Z—Mike Pesce, Myrtle Beach, SC (5 years)  
 K9DXD—Gabe Mondry, Gainesville, FL

### Silent Key

KD4GUA—Warren Brown, Largo, FL (9/29/2023)

### Donations

AA4FL, Jay, \$500 to seed the Warren Brown Memorial Fund

## SDRA VISITS DR. JAY GARLITZ, AA4FL

In August 2023 Dr. Jay Garlitz visited the Dominican Republic with a group of students from the University of Florida. UF Students have been visiting for decades on "service trips" to do dentistry in the areas around Las Matas de Farfan. Since Jay is AA4FL, and also FCC Trustee of the University's W4DFU station, which is located on the 11th floor of their dental school (www.gatorradio.org), he requested a reciprocal license to operate here with the assistance of David Lama H8D. Jay made contacts back to the USA on 20m during tropical Storm Franklin.



**Payment Options for Renewing your Membership as 2024 arrives**

Membership dues, for new joins and renewals, are processed by email. At the time of annual billing invoices are invoiced to each member. The default billing term is unified for all types of members, two years for \$45.

MARCO encourages members to consider a five year membership of \$100. This reduces your yearly cost of membership and simplifies our annual billing by our all volunteer staff. Existing members can choose to extend your membership at any time. Please use the online form at <https://marco-ltd.org/join-marco-amateur-radio/> and select the five year term from the pull down list. Completing the entire form just as you were a new member assists us with keeping your information current in our membership database.


Once submitting the online form **if you have a problem with the form appearing not to submit** (spinning icon), email the issue to Jay AA4FL at [secretary@marco-ltd.org](mailto:secretary@marco-ltd.org) to confirm it went through.

For New members, and current members desiring to extend their membership term, the membership committee will receive your online application and process an invoice to be sent by email.

Online payment processing is available once invoiced by email. One opens the invoice and buttons at the top left are present to credit card payments (Stripe), and for PayPal.

**Thank you for your Membership!**

Medical Amateur  
Radio Council



The Medical Amateur  
Radio Council Ltd.

**Online editions of the *Aether* can be printed by the reader for use at home but linked information available through clicks within the online document will not be available. Note in using the online edition you have control of the size of the text and images, being able to zoom in for more comfortable and informative reading.**

**This is the 143rd edition of The Aether (2000-2023) since the late Warren Brown, KD4GUA, became editor.**

**MEDICAL AMATEUR RADIO COUNCIL, LTD.**  
[New Membership Application](#) & [Renewals](#)

Apply or renew online using the [online join form](#), which if you are already a member will be processed as a renewal. Once you fill out and submit the online form it will be reviewed by the membership committee. Upon approval you will be invoiced by email with a link to pay online by credit card or PayPal.

<https://marco-ltd.org/join-marco-amateur-radio/>

If you need to pay by check use this application form. Send the written form to the mailing address below.

**Check your preference:**

- One year membership \$25 (USD)
- Two year membership \$45 (USD)  
(the default billing for renewal)
- 5 year membership \$100 (USD)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Health Related Career (if appropriate)  
 \_\_\_\_\_

Call Sign: \_\_\_\_\_ Type License: \_\_\_\_\_

Phone: \_\_\_\_\_

email: \_\_\_\_\_

Birthday \_\_\_\_\_ (year, full DOB optional) Member ARRL: Y / N

Written applications for membership should be sent to

Membership Committee  
 c/o Secretary Jay Garlitz, AA4FL  
 PO Box 1333  
 Hawthorne, FL 32640, USA