

Consent and Waiver

I, Carl Thomas Whiteside, M.D., would like to resolve this matter without the need for more formal proceedings and consent to the Board's issuance of a public letter of concern in resolution of my current matter.

Consented to, this the 7 day of Dec., 2010.

Carl Thomas Whiteside
Carl Thomas Whiteside, M.D.

State of NC

County of Buncombe

I, Terry Lee Love, a Notary Public for the above named County and State, do hereby certify that Carl Thomas Whiteside, M.D. personally appeared before me this day and acknowledged the due execution of the foregoing instrument.

Witness my hand and official seal

this the 7th day of December, 2010.

Terry Lee Love
Notary Public

(SEAL)



My Commission expires: July 28 2014



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January 13, 2011

Certified Mail, Return Receipt Requested

Carl Thomas Whiteside, M.D.
70 Woodfin Place, Suite 130
Asheville, NC 28801

Dear Dr. Whiteside:

The North Carolina Medical Board ("Board") has concluded its inquiry regarding your treatment of patients with chronic pain and your practice of prescribing controlled substances for pain. As a result of this review, the Board voted to issue you this public letter of concern.

The Board is concerned that you treated patients with chronic pain and prescribed controlled substances to patients for pain in a manner that was not within acceptable and prevailing standards of medical practice. Specifically, the Board reviewed six of your charts of patients who were prescribed controlled substances for pain. In all of those charts that were reviewed, the Board found an absence of physical examinations that dealt with pain management issues. Similarly, there were no urine drug screens or other monitoring systems in place to check on compliance of patients receiving narcotics or systems in place to screen for any misuse, abuse or diversion of drugs. Finally, there were no formal evaluations to examine patients for pain complaints that may be symptoms of other underlying disease processes.

The Board cautions you that any repetition of such practice may lead to the commencement of formal disciplinary proceedings against your license to practice medicine, wherein this public letter of concern may be entered into evidence as aggravation. The Board further notes that presently your North Carolina license is inactive. Should you ever apply for reinstatement of your license, please be advised that this public letter of concern will be considered in the context of any such application.

This public letter of concern shall become a public record within the meaning of Chapter 132 of the North Carolina General Statutes and shall be subject to public inspection and dissemination pursuant to the provisions thereof. Additionally, it will be reported to the Federation of State Medical Boards. It will not be reported to the National Practitioner Data Bank or the Healthcare Integrity and Practitioner Data Bank.

This Public Letter of Concern does not constitute disciplinary action.

Sincerely,

Janice E. Huff, M.D.
Board President

JEH/MJ/bjs