

# FOCUS

May 2016

## Passion For Change

Maybe you've noticed current OU Medicine advertising and its emphasis on research and discovery. One of our pillars of excellence, the research component is an integral part of the OU Medicine mission and vision. It is a distinctive of this medical system that sets it apart from others, with good reason.

Patients are at the center of everything we do. That basic tenet won't change. Research is ultimately the foundation that moves patient care. Any advancement in medicine, every improvement in method, approach or technique began as an effort to improve outcomes in the interest of patient care.

At OU Medicine we teach, we treat and we seek to expand knowledge and understanding. There is a synergy that continues the cycle of discovery, education and care. The path from the test tube to a patient's bedside is long, arduous and costly. Research projects often span years and demand painstaking accuracy and meticulous documentation to establish integrity and credibility. Whether in small micro-steps or giant leaps, even when findings do not yield a direct cure or a specific clinical application, research takes us to destinations of hope and healing that were once beyond imagination.

Part of our mission is to ensure that research is promoted and supported for positive results and applications, some of which may be disregarded, unnoticed or unforeseen. There may be frustration when results of a given study *appear* irrelevant because they fail to directly address the research subject. But through the ages, we've learned that context is everything. History records some amazing examples of discoveries that initially appeared to have little worth but proved invaluable in the right place and time.

Consider the "accidental" discovery of penicillin, thought to be inconsequential until years later; or that the drug

we know today as warfarin, an anticoagulant widely used to prevent heart attack and stroke, was first sold commercially as a rat poison. In more recent history, the invention of the pacemaker was the result of a hardware mix-up.

From anesthesiology to urology, clinical trials are being conducted in nearly every medical specialty on this campus. More of our cancer specialists are participating in more clinical studies than at any other practice in the region. The Stephenson Cancer Center not only has hundreds of open clinical trials with thousands enrolled, it also has one of the highest rates in the nation for ethnically diverse patient enrollment.

For obvious reasons, cancer research often takes center stage in the research spotlight. The proliferation of different types of cancer in adults and children is alarming and worthy of intense concentration. But great strides are also being made in fields including gastroenterology, endocrinology and diabetes, urogynecology, maternal-fetal medicine, reproductive medicine and infertility - the list is nearly endless.

There are those in medical fields whose passion is direct patient care. Others demonstrate passion in the lecture hall or skills lab. Still others, mostly behind the scenes, are driven to discover the unknown, or to see what is known with new eyes to find new and different applications of science. We see diversity of interests and skills with a shared goal—change that improves and elevates patient care and quality of life. The discoveries made in our own backyard hold great promise for humankind.

For some of us, our connection is peripheral or non-medical, but the connection exists just the same. We celebrate and support the achievement taking place, as scientists around us work for change and a better future.

  
 Brian L. Maddy  
 Chief Executive Officer

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## Meet Our New Providers

### Arthur Mcunu, Jr., M.D., Surgery

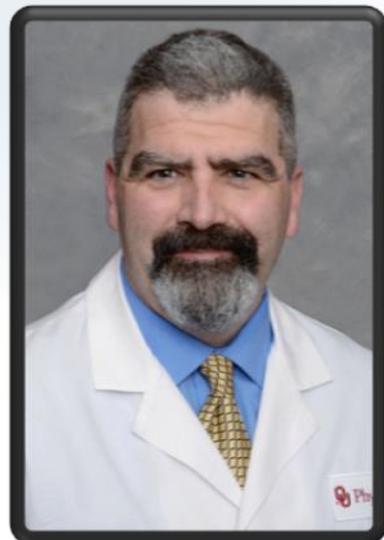


**Arthur Mcunu, Jr., M.D.**, has established his surgical practice with OU Physicians. He has also been named an assistant professor of surgery for the University of Oklahoma College of Medicine.

Mcunu has a specific interest in complex aortic root-based surgery, mitral valve repair or replacement, aortic valve repair and/or replacement, heart failure device implantation, coronary artery bypass grafting and aortic aneurysmorrhaphy. He is board certified in thoracic surgery and general surgery.

Mcunu completed a cardiothoracic surgical fellowship at Wayne State University School of Medicine, Detroit. He completed a general thoracic surgery clerkship at Washington Hospital Center, Washington, D.C., and a general surgery residency at Howard University Hospital, Washington, D.C., where he also earned his medical degree.

### Sean P. McBride, M.D., Anesthesiology

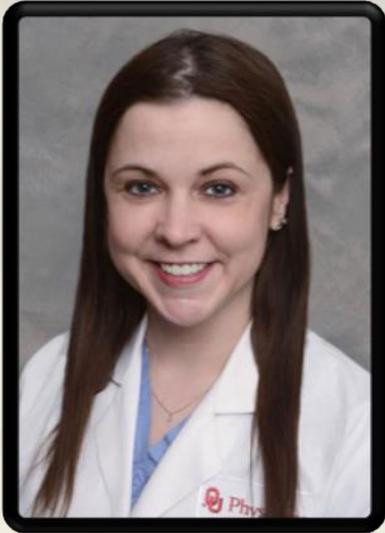


**Sean P. McBride, M.D.**, a board-certified anesthesiologist, has established his medical practice with OU Physicians.

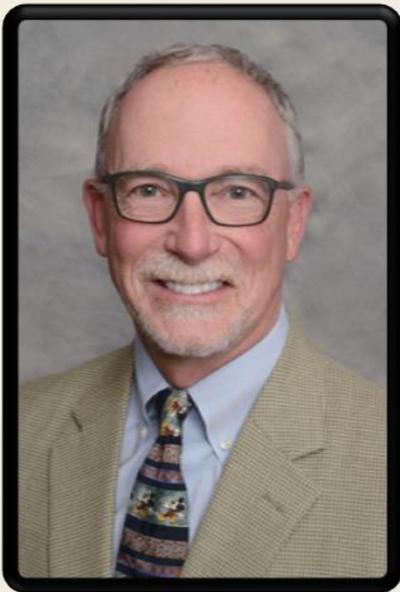
McBride comes to OU Physicians from Manistee, Michigan, where he was director of anesthesia for a community hospital. He completed an anesthesia residency at the Naval Medical Center, Portsmouth, Virginia, and completed a Family Practice internship at the Naval Hospital, Bremerton, Washington. He earned his medical degree at the Uniformed Services University of the Health Sciences, Bethesda, Maryland.

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Access previous issues at <https://intranet.ouphysicians.com/>



*Aimee A. McAnally, M.D.*



*J. Michael Vollers, M.D.*

## **Aimee A. McAnally, M.D., J. Michael Vollers, M.D., Pediatric Anesthesiology**

Pediatric Anesthesiologists **Aimee A. McAnally, M.D.**, and **J. Michael Vollers, M.D.**, have established their medical practices with OU Children's Physicians.

McAnally has also been named medical director of Pediatric Chronic Pain. She is board certified in anesthesiology, pediatric anesthesiology, pain medicine and hospice and palliative care. She has also earned certification in Medical Acupuncture for Physicians. She comes to OU Children's Physicians from Children's Hospitals and Clinics of Minnesota, Minneapolis.

McAnally completed a pediatric anesthesiology fellowship at the University of Texas Medical School-Houston. She completed a fellowship in pain management from the University of Texas Medical Branch, Galveston, where she also completed her anesthesiology residency. She completed her internship at Riverside Methodist Hospital, Columbus, Ohio, and earned her medical degree at Wright State University School of Medicine, Dayton, Ohio.

McAnally is a member of the American Society of Anesthesiologists, American Society of Regional Anesthesia, Society for Pediatric Anesthesia and Society for Pediatric Pain Medicine.

Vollers is board certified in pediatrics, pediatric anesthesiology, anesthesiology, and critical-care anesthesiology. He comes to OU Children's Physicians from the University of Arkansas for Medical Sciences, Little Rock.

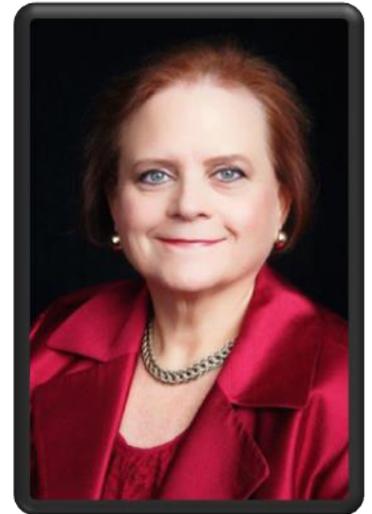
Vollers completed a fellowship in pediatric anesthesiology and critical care medicine at Children's Hospital of Philadelphia. He completed an anesthesiology residency at the Hospital of the University of Pennsylvania, and a pediatrics residency and internship at Duke University Medical Center, Durham, North Carolina. Vollers earned his medical degree from the University of Texas Medical School-Houston. He also earned a certificate in business administration from the American Society of Anesthesiologists in Houston.

Vollers is a member of American Academy of Pediatrics, American Society of Anesthesiologists, International Anesthesia Research Society, Society for Pediatric Anesthesia, Society for Education in Anesthesiology, Oklahoma County Medical Society, Oklahoma State Medical Association and Oklahoma Society of Anesthesiologists.



## Osteoporosis: Bones At Risk

Bones are more than the skeletal structure that forms the body's overall shape, providing a framework for skin. Bones protect vital organs, from heart and lungs to brain and spine, to name a few. Osteoporosis is a disease that causes bones to become fragile and brittle. "Porous bone," as translated from Greek, is caused by depletion of calcium and bone protein, leaving bones weak and vulnerable to breakage.



Mary Zoe Baker, M.D., OU Physicians endocrinology and diabetes specialist, said osteoporosis is quite serious and all too common. "When bone strength is undermined, bones may break under the slightest stress — a minor fall, or as a result of such mundane actions as bumping into furniture or bending over. Fragile bones may snap with even a cough or sneeze. These are called fragility fractures." She added that fragility fractures often heal slowly and poorly.

Baker explained that healthy bone viewed under a microscope will have a honeycomb-like appearance. In contrast, bones affected by osteoporosis are less dense; the honeycomb spaces are much larger, indicating structural abnormality. This unusually porous structure weakens the bone; like the sponge it resembles, the bone is subject to collapse or compression.

Like other living tissues, bone tissue breaks down and new tissue replaces the old. Osteoporosis occurs when tissue replacement can't keep pace with loss of old bone tissue. In the event of a fall, osteoporosis is particularly dangerous. "But the fact that there are no visible symptoms is another danger," Baker said. "Thinning bone and lost mass aren't things you can feel as they happen. In fact, osteoporosis is often called the 'Silent Thief,' as the first sign of the disease is often the first fracture."

Women are at higher risk for osteoporosis than men, and the risk increases in post-menopausal women, but the disease is not exclusive to females. Men and women share some of the same risk factors: family history, use of steroid medications, lack of exercise, smoking and drinking too much alcohol and lower sex hormone levels.

Proper nutrition during childhood and adolescence is critical for building strong, healthy bones and ultimately, for decreasing osteoporosis risk later in life. Calcium is a mineral that helps build strong bones and teeth. It is required throughout a lifetime, more during childhood growth and development and less in mid-life. Children between the ages of 9 and 18 require the most calcium due to rapid growth. During these years, the body is able to make new bone faster than it breaks down the old. Bone mass increases as a result. Maximum bone density occurs around age 30 and begins to decline thereafter.

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Break Free from Osteoporosis is a new awareness campaign promoted through the National Osteoporosis Foundation. Learn more at <http://nof.org/>

In the U.S. alone, as many as 52 million people have osteoporosis, or osteopenia, a precursor to osteoporosis.

One in two women over age 50 will experience a broken bone due to osteoporosis

One in four men over age 50 will experience a broken bone due to osteoporosis.

The most vulnerable areas for fracture are the wrist, hip and spine.

Of those people who break a hip, 25 percent die within a year.

One of the best defenses against osteoporosis is diet. Eating the right foods is a way to maximize bone strength and boost bone density at any age:

- Milk
- Yogurt
- Cheese
- Sardines
- Greens
- Soy foods
- Salmon
- Nuts and seeds
- Calcium-fortified food, such as orange juice, some cereals

## Medications that cause or contribute to bone loss:

- Antacids that contain aluminum
- Some anti-seizure medicines, such as Dilantin® or Phenobarbital
- Cancer chemotherapeutic drugs
- Cyclosporin A and FK506 (Tacrolimus - used after organ transplantation)
- Gonadotropin-releasing hormone (GnRH) such as Lupron® and Zoladex® (androgen deprivation therapy)
- Heparin
- Methotrexate
- Proton pump inhibitors (PPIs) such as Nexium®, Prevacid® and Prilosec®
- Selective serotonin reuptake inhibitors (SSRIs) such as Lexapro®, Prozac® and Zoloft®
- Steroids (glucocorticoids) such as cortisone and prednisone
- Thiazolidinediones such as Actos® and Avandia®
- Thyroid hormones in excess

*Do not discontinue any medications before consulting with your health care provider.*

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“Much more calcium is required later in life to prevent bone loss,” Baker said. “The body stores close to 99 percent of its calcium in bones and teeth, with the remainder circulating in blood and soft tissues. If diet doesn’t provide adequate calcium, the body will take the calcium it needs from bone tissue. Over time, osteoporosis develops.”

Insufficient exercise continues to be cited as a primary risk factor for osteoporosis. The Centers for Disease Control and Prevention and the American College of Sports Medicine recommend 30 minutes of exercise daily, with an emphasis on weight-bearing activities. The simplest weight-bearing exercise is walking. Exercise not only improves cardiovascular health, but also enhances bone health. Other non-weight bearing exercise such as swimming may not provide as much benefit in terms of increased bone mass, but will improve flexibility and may make for fewer falls. Frequent falling heightens the risk for osteoporotic fractures. Any comprehensive preventive regimen or treatment plan will emphasize increased physical activity.

A recent review of research on osteoporosis prevention and treatment confirms the strong evidence that calcium and vitamin D intake are critical in the development and preservation of strong bones. Still, aggressive advertising campaigns highlighting the dangers of osteoporosis have targeted consumers, particularly women, and health care providers. “For some patients, it may be appropriate to incorporate prescription medications into a treatment plan,” said Baker. “But despite some serious side effects, many are convinced that prescription drugs are required in order to prevent further bone loss and reduce the risk of fractures.”

The Food and Drug Administration has approved hormones as a means to prevent osteoporosis but they are not approved as a treatment. Estrogens, used alone or in combination with progestin, remain the best option for prevention of osteoporosis in women. However, because of other recently identified risks, estrogens are rarely used as a preventive measure.

Baker added, “Fortifying one’s diet with calcium and vitamin D; engaging in regular exercise; working to improve balance and common-sense approaches like removing fall hazards from a home— these are practical and very achievable steps to reduce the likelihood of a fracture.”

**Improved Access To  
Mental Health Services**

The OU Physicians Mental Health Clinic now offers improved access for referral of adult patients.

This talented team of providers helps patients and families live life to the fullest by providing an extensive variety of services including psychiatric, psychological and neuropsychological evaluations; psychopharmacology appointments; and an array of psychotherapy interventions, including cognitive behavioral therapy and group therapy.

Increased demands have made sometimes presented challenges in securing prompt appointments for referred patients. Recent changes have significantly improved efficiency and access, and the clinic and its staff stand ready to receive additional referrals for adult mental health clients.

If you have a patient who may benefit from these services, please contact the OU Physicians Mental Health Clinic at **405-271-5251**.

**Honor A Nurse**

Each year, National Nurses Week is observed beginning May 6 (National Nurses Day), and ends May 12, commemorating the birthday of Florence Nightingale, founder of modern nursing. The week is designated to honor and recognize nurses and the nursing profession by raising awareness for the countless contributions nurses make, not only in health care but to society as a whole.

In connection with National Nurses Week, the American Nurses Association will offer a free webinar, "Culturally Congruent Care: Why Diversity Makes a Difference." The live webinar is scheduled for Tuesday, May 10, 1 p.m., Eastern Daylight Time. It is offered at no cost, however, CNE credits are available, purchased separately.

To register for webinar only or webinar with CNE credit, go to:  
<http://www.nursingworld.org/NationalNursesWeek-2016Webinar>



**Culture of safety**  
It starts with **YOU**

*Nurses are providers of expert and  
compassionate care, the givers of hope.  
They make the world a brighter place,  
one smile, one patient at a time.*

*Thank a nurse for his or her  
skill and commitment to caring.*

**Express Care:  
Quality & Convenience**

The OU Physicians **Express Care Clinic** offers high-quality care that is also fast, convenient and easily accessible to employees across the Oklahoma Health Center. The clinic treats common health conditions, including:

- ◆ Bronchitis
- ◆ Colds or flu
- ◆ Conjunctivitis
- ◆ Ear and throat infections
- ◆ Gastroenteritis/stomach flu
- ◆ Lacerations
- ◆ Muscle aches and pains
- ◆ Seasonal allergies
- ◆ Sinus infections
- ◆ Skin rashes
- ◆ Simple sprains and strains
- ◆ Travel-related medicine
- ◆ Upper respiratory infections
- ◆ Urinary tract infections

OU insurance and other plans are accepted at Express Care. Employees should bring their insurance cards to any clinic appointments. Appointments are encouraged, but walk-ins are welcomed.

Located in the OU Physicians Building, Suite 4A, the clinic serves patient weekdays, 7 a.m.-5 p.m.

For more information,  
call  
405-271-9675

## Kimberling Named President-Elect



Kelly Kimberling, M.J., C.P.H.R.M., assistant director of operations, Professional Liability, Patient Safety and Risk Management, recently became president-elect of the Oklahoma Society for Healthcare Quality and Risk Management. She is currently serving in her second year as a member of OSHQRM's board of directors, representing OU Physicians in Oklahoma City and Tulsa. The organization's mission is the delivery of high quality education for patient safety and risk professionals by providing best practices resources.

In her role as an OSHQRM board member and leader within the organization, Kimberling has successfully developed deeper connections with patient safety and risk managers in practices and hospitals across the state. These connections serve to promote collegiality and sharing of information and best practices.

"We are thankful for Kelly's commitment to leadership in the patient safety and risk management community across the State of Oklahoma," said Heather McClure, J.D., LL.M., OU Physicians executive director of operations.

Kimberling also serves on the annual conference sub-committee of OSHQRM, formerly a chapter of the national risk industry organization, the American Society for Healthcare Risk Management. Under Kimberling's leadership, a stronger tie is being forged between the state and national organizations.

## 2016 Spring Craft Fair

The OUHSC Staff Senate announces its Spring Craft Fair, coming next month to the Robert M. Bird Library, 1105 Stonewall Avenue.

**Friday, June 10,  
10 a.m. – 2 p.m.**

Here's the short list of participating vendors and types of merchandise available:

Pampered Chef ★ Mary Kay  
Hazel's Embroidery Room  
Skullicious Beef Jerky  
Jamerry Nails  
SeneGence/LipSense  
Perfectly Posh ★ Pink Papaya  
Rodan & Fields ★ RubyRibbon  
Skin and nail care  
All-natural spa and beauty products  
Cosmetics  
Salsas and jams  
Fair Trade coffees, teas, cocoa  
and chocolate  
Shapewear  
Jewelry, including handmade  
sterling jewelry  
Wreaths, clothing, baby clothing,  
blankets, pillow cases and other  
miscellaneous items.

## Study Participants Needed

Pregnant women are currently being recruited for a study designed to determine if breast milk quality is affected by maternal changes in body composition and weight during pregnancy. Funded by a National Institutes of Health grant, the study, Mothers and Infants Linked for Health (MILK), will also consider whether those maternal changes impact infant health in significant ways.

Eligible participants must be:

- ◆ Between 21 and 45 years of age
- ◆ Non-diabetic
- ◆ In second or third trimester of pregnancy when study begins
- ◆ Planning to breastfeed infants to at least three months of age
- ◆ Able to make three study-related visits to The Children's Hospital

Eligible participants will be compensated for time and travel expense.

The ultimate goal of the research is to support women during a crucial phase in which life-long health risks may develop.

The current breastfeeding recommendation is that all infants up to six months of age should receive breast milk exclusively. However, little is known about the influence of maternal obesity on milk composition, and whether infant growth and health are altered as a result.

With a goal to enroll 360 participants, this is the largest study to date that seeks to link maternal body composition to breast milk quality and its impact on infant metabolism.



For more information,  
contact Principal Investigator David A. Fields, Ph.D.,  
405-271-8001, ext. 42792 or [BabyPeas@ouhsc.edu](mailto:BabyPeas@ouhsc.edu)

IRB Number: 4282



**Pictured, left to right,  
top to bottom:**

## Memorial Marathon: Before, During, After

Winners all, the people of OU Medicine were present in significant numbers, participating in the Oklahoma City Memorial Marathon in a range of events. Below are some colleagues and co-workers you may know.

**First row:**

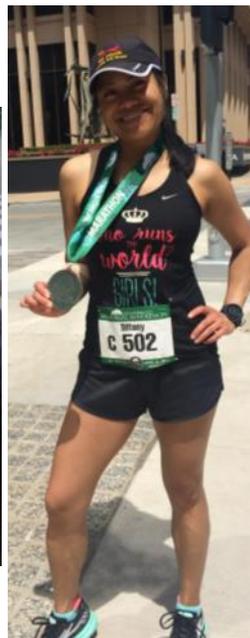
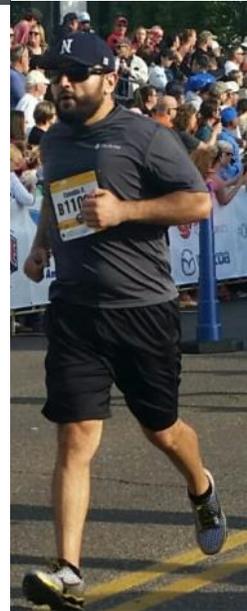
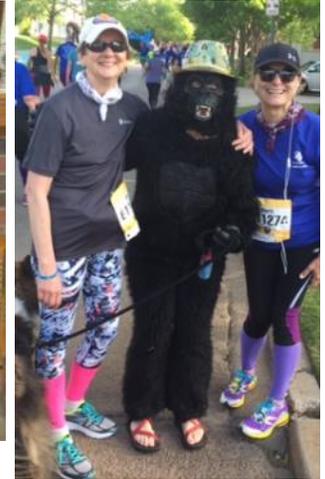
Anthony Alleman, M.D.  
Morgan Green  
Brian Smith  
Leisa Burton, *at left*

**Second row:**

Amgad Haleem, M.D.  
Kate Strum  
William Ertl, M.D., *at left*  
Eusebio Rocha  
Joe Young

**Third row:**

Chris Shilling  
Golda Slawinski, *at left*  
Tiffany Markham  
Crystal Keene  
Dorinda Eaton



## Need More NRGY?

Set for official opening in mid-June, **NRGY** is the new, state-of-the-art fitness facility, soon available to registered participants in the OU Fit program.



NRGY is a fully equipped workout venue that exists thanks to the University Hospitals Authority and Trust, which funded construction of the facility and has ongoing oversight in matters of use and maintenance.

NRGY offers a total workout opportunity, complete with lockers, showers and a wide variety of machines and accessories for every fitness endeavor.



OU Fit group exercise classes that formerly met in the Nicholson Tower conference area are now meeting in NRGY rooms.

Access to and use of NRGY are offered as an incentive of the OU Fit program. Watch for more details coming next month in the June issue of Focus as well as OU Fit newsletters and other media.

## “You’re Not Alone”

That’s the message told by the Blue Ribbon Tree, sited on the grounds of the Child Study Center, 1100 N.E. 13th Street. A sign placed beneath the tree explains the collaboration between the Child Study Center and the Center on Child Abuse and Neglect to “build” the Blue Ribbon Tree. The ribbons symbolize the commitment both centers have made to protect children and support parents.

Information provided suggests resources for those who may have experienced childhood trauma.

According to the Child Study Center information, the more categories of trauma experienced in childhood, the greater the likelihood of experiencing situations and/or conditions such as alcoholism and alcohol abuse; chronic obstructive pulmonary disease; depression; fetal death; poor quality of life related to overall health; illicit drug use; ischemic heart disease; liver disease; increased risk for intimate partner violence; involvement with multiple sexual partners; sexually transmitted diseases; tobacco use; obesity; suicide attempts; unintended pregnancy; teen pregnancy; and mental health disorders, including increased likelihood of becoming an abuser of one’s own children.



Please report child abuse if you suspect  
a child is being harmed.

Child Abuse Reporting Hotline: 800-522-3511

## **Pull A Pop For Angel Tree May 2 - 6**



Take a chance. May 2 - 6, you could win gift cards and gift certificates from Chick-fil-A, Health Nut Café, Kamps or even tickets to see OKC Dodgers in action. And, each dollar you spend to pull a pop supports Angel Tree, the project that assists families of OU Physicians employees who face financial hardship during the holidays.

### **Pull-A-Pop When & Where:**

#### **Monday-Wednesday, May 2 - 4**

Executive Office, all day

Samis Education Center, Suite 3200

#### **Thursday, May 5**

OU Medicine Farmers Market

11 a.m.—2 p.m.

#### **Friday, May 6**

O'Donoghue Building

2nd floor breakroom

Afternoon

*Contact Taylor Hurst,  
taylor-hurst@ouhsc.edu*

## **OU Physicians Credited For OCCHD Success**

A program of the Oklahoma City-County Health Department was recently selected by the National Association of County and City Health Officials as a recipient of its Model Practice Award. OCCHD staff members cite the work and dedication of the OU Physicians Community Clinics as a key to this recognition.

Last year, 19 public health programs were named as Model Practice Award recipients, from 68 applications submitted.

"This is great news and our Community Health Clinics played an integral part in making this model work," said Margaret Wilson, senior clinics administrator, OU Physicians Primary Care, Community Health and Sooner Health Access Network.

The selection of OCCHD's chronic disease prevention program, My Heart, with its access to Total Wellness classes, is based on demonstration of exemplary and replicable qualities in response to a local public health need.

In advising OU Physicians clinical staff of the NACCHO designation, Aundria Goree, community health administrator with OCCHD, said, "Thank you for all your hard work and dedication. You truly make the difference in the lives of each community member we serve."

## Executive Luncheon

OU Physicians employees who consistently demonstrate excellence in their work are guests of honor at a monthly Executive Luncheon. These luncheons provide opportunities for senior leaders to personally acknowledge employees for their commitment to excellence in every area of job performance. Those attending the most recent luncheon are pictured below.



Front row, from left:

**Lee Davis,**  
Information Systems  
**Rozetta Goodman,**  
OU Cardiovascular Institute  
**Stacey Smith,**  
Patient Accounts  
**Kathryn Tims,**  
Obstetrics & Gynecology  
**Natalie Uecker,**  
Stephenson Cancer Center  
**David Torres,**  
OU Breast Institute

Back row, from left:

**Dana Hughes,**  
Urogynecology  
**Courtney Truelove,**  
OU Cardiovascular Institute  
**LaDawna Haugen,**  
OU Physicians Fountain Lake  
**Heather Manella,**  
Urology  
**Joyce Martin,**  
Stephenson Cancer Center  
**Stephnie Dartez,**  
Stephenson Cancer Center



## Head and Neck Cancer Screenings

The Stephenson Cancer Center will host its annual head and neck cancer screenings for faculty, staff and the entire Oklahoma Health Center community.

Wednesday, May 18, 1 - 4 p.m.

Stephenson Cancer Center,  
Head and Neck Cancers Clinic, 4th floor

Each appointment will take about 10 minutes and there is no cost to participants.

Sign up for a screening time here:

<http://www.signupgenius.com/go/10c0b4eaaa728a5f58-head>

Direct any questions to  
Ashley Watts, [ashley-watts@ouhsc.edu](mailto:ashley-watts@ouhsc.edu)

### Facts You Should Know:

- Men are affected by oral cancer about twice as often as women.
- Incidence of thyroid cancer has increased in both genders and all races in the past two decades.
- More than half the time (66 percent), oral cancers will be found as late-stage diseases.
- Most oral cancers form on the lips, tongue or mouth floor. They may also occur inside cheeks, on gums or roof of the mouth.
- The human papilloma virus (HPV) is directly responsible for a dramatic increase in head and neck cancers in the last 30 years.
- Today's patients with throat cancer are likely to be younger, generally healthy adults who never used tobacco products or smoked.
- In the U.S., nearly 110,000 people are diagnosed with oral, head and neck cancers each year.
- The use of tobacco and alcohol is the leading cause of cancers of the mouth and larynx (voice box).
- People who use both tobacco and alcohol are at greater risk than those who use one or the other.
- Work environments with dust, glues, formaldehyde, mustard gas, certain heavy metals and radium create higher risk for developing nasal and paranasal cancer.
- Signs of oral, head and neck cancers may include a sore in the mouth that doesn't heal, persistent sore throat, lumps or lesions in the mouth, difficulty swallowing, vocal changes, such as hoarseness and/or any kind of lump or swelling in the neck region.

## HIPAA Hot Spot

### May HIPAA Hipster: Casey Classen, Manager, Student Health & Wellness/Occupational Medicine

Previously recognized for her creative efforts to increase engagement among adult Otolaryngology staff and providers in matters of HIPAA compliance, Casey Classen is in the spotlight this month in her new role in the Student Health & Wellness/Occupational Medicine clinic. Only one week in her new position, Classen was already taking steps to ensure she and her employees knew as much as possible about the organization's HIPAA compliance program.

Sally Duckett, OUP HIPAA Administrator, observed that Classen conducted her own walk-through HIPAA audit, quizzing the staff about HIPAA procedures to promote HIPAA awareness. At Classen's request, Mary Milano, HIPAA Compliance Auditor, and Duckett visited the clinic during that first week to answer questions related to current practices as well as changes the clinic may make in the future. Questions like these not only ensure the right action is taken at the right time, they also serve to prevent HIPAA violations — the common goal throughout the organization. Classen is commended for using available HIPAA resources and for making HIPAA compliance part of her clinic's daily routine.

### HIPAA Privacy Tip of the Month Say Cheese! HIPAA and Patient Images

Identifiable images and recordings of patients or their health information are considered PHI; the images and recordings, and the devices where they are stored must be protected like any other PHI.

**Protecting the Device:** HIPAA and University policy require that electronic devices used to store or transmit PHI must be encrypted. This includes devices used to take photographs and audio or video recordings of patients. If a device can't be encrypted - a digital camera, for example - PHI may not be stored on the device; the image must be immediately downloaded to the patient's EMR and deleted from the device. If the device has a memory card or tape, the memory card or tape must be secured as if it were a printed document, making it accessible only to authorized individuals. If the image is taken with a smart phone, that device must be encrypted as well.

**Sharing Images:** Whether the device is owned by a university-related entity or personally, the image may be accessed, used and disclosed only to the extent necessary for the job at hand—typically, treating the patient. That is HIPAA's Minimum Necessary standard. If the image will be used for purposes other than treatment, such as for publication or marketing, you must obtain the patient's written authorization (<http://ouhsc.edu/hipaa/secured/forms-clinics.asp>) to use the image. Images that contain PHI may not be posted on social media sites without the patient's written authorization.

The HIPAA Hot Spot is featured periodically in Focus.

Each Hot Spot will include a useful HIPAA Tip, and will highlight employees and work areas that are making a big difference in our HIPAA compliance program.

Have a tip you'd like to see in Focus?

Is there a HIPAA Hipster you'd like to nominate for recognition?

Email [jill-raines@ouhsc.edu](mailto:jill-raines@ouhsc.edu)

*continued from previous page*

OU Physicians also has a policy that addresses photographing and recording patients in OU Physicians clinics. See <https://oup.ouhsc.edu/docs/Shared%20Documents/CP25%20-%20Guidelines%20for%20Photographs%20and%20Video%20Recording.pdf>. OU Medical Center has a similar policy, which requires that only hospital-owned devices be used to record images of hospital patients.

If you have questions about the security of these devices or about any other HIPAA issue, the experts listed below are happy to assist. Another helpful resource is the FAQ page on the HIPAA website: <http://ouhsc.edu/hipaa/faqs/>.

Need answers?

Help is readily available. Contact:

Jill Raines, Assistant General Counsel and University Privacy Official,  
jill-raines@ouhsc.edu;  
271-2033

Sally Duckett, OU Physicians Health Information Management and HIPAA Administrator,  
sally-duckett@ouhsc.edu;  
271-8001, ext. 46947

Mary Milano, HIPAA Compliance Auditor,  
Office of Compliance,  
mary-milano@ouhsc.edu;  
271-2511

For assistance with housekeeping or maintenance needs in the OU Physicians Building or OU Children's Physicians Building, contact



271-CALL  
(271-2255)

or

submit your service request online at  
<http://271call.com/>

## Cook Much?



What's the best cookbook to have on your shelf? The one that features your recipe, and the recipes of a few dozen OU Physicians friends and co-workers.

Submit your favorite recipes for publication in the first cookbook by and for OU Physicians.

Recipe categories are:  
Appetizers  
Salads & Sides  
Main Courses  
Desserts

Contribute as many recipes as you like! Cookbooks will be available for sale this fall. All proceeds will benefit the Angel Tree program.

Contact Taylor Hurst with any questions and to obtain a recipe template. Recipes must be submitted on or before Tuesday, May 31.

[taylor-hurst@ouhsc.edu](mailto:taylor-hurst@ouhsc.edu)

## Support YOUR OU Medicine Athletes

It's one of the biggest highlights of the year—not only at OU Medicine but within business organizations across the metro area. The annual **OU Medicine Corporate Challenge** brings a full weekend of non-stop competition in the largest business-to-business athletic event of its kind, beginning Friday, June 3, through Sunday, June 5.

The wide range of individual and team events offers fun opportunities for all, from the most avid athlete to the enthusiastic weekend warrior—and kids, too. Below is just a partial list of available events:

Men's/Women's 5K and 10K  
Men's/Women's basketball  
Men's/Women's Mile  
800 M Women's relay  
1600 M Men's Relay  
Shuttle relay  
Total Fitness Challenge  
Dodgeball  
Kids' Fitness Challenge  
Cycling  
Obstacle course  
Freestyle swim relay



Contact [OUMTeam@ouhsc](mailto:OUMTeam@ouhsc) to see a complete schedule of events for the entire Corporate Challenge weekend. Then, show up to cheer on the OU Medicine team, whether the event is a team competition or an individual contest.

Together we can make a difference in our community by encouraging physical wellness, as well as raise money and awareness for the UCO Endeavor Games.

In every physical activity we experience "resistance and momentum," and so it is in life. The resistance makes us stronger, and the momentum pushes us onward.

## For Better Speech and Hearing



May is Better Speech and Hearing Month. It's a time to raise public awareness and increase knowledge and understanding of various impairments to communication. These forms of communication include hearing, speech, language and voice.

OU Physicians Audiology and the Oklahoma Ear Institute are offering complimentary hearing screenings or hearing aid evaluations for children and adults during the month of May.

A **hearing screening** takes about 15 minutes, during which time the patient will listen to various tones and pitches to determine presence or absence of hearing loss.

A **hearing aid evaluation** is a diagnostic hearing test that takes about an hour and includes a demonstration of hearing devices.

Appointments available weekdays,

8:30 a.m. - 4 p.m.

Call 405-271-1368 and mention this promotion to receive your free screening.

## Medicine DIVERSITY PROGRAM

### *Lunch & Language*

An initiative of the OU Medicine Diversity program, this educational and fun event is held each month on a selected Friday.

Participants gain better insights into the distinctive characteristics and customs observed in the various cultures represented in our patient population.

Most Lunch and Language sessions will be held in the Samis Family Education Center, however, watch for announcements regarding changes that may become necessary due to scheduling conflicts.

Lunch is provided and group size is limited, so sign up quickly to hold your place.

For more information or to make your reservation, contact

Krystin Corrujedo  
Sylvia-Corrujedo@ouhsc.



## Everyone Is Invited

Enjoy complimentary, fresh-popped popcorn and visit with some famous Super Heroes in our midst during each Super Hero Friday.



Hosted by University Hospitals Authority & Trust, Super Hero Friday takes place **every other Friday**, and you can never predict who might show up....

The Children's Atrium,  
10 to 11:30 a.m.

May 6 and May 20

## Hundreds Support Wheelchair Basketball

Nearly 400 spectators helped make the annual Wheelchair Basketball Tournament a huge success in fun and fundraising. Representing the Oklahoma Adaptive Sports Association, the Oklahoma Blaze, as always, dominated, despite the noble efforts of OU Medicine teams. Funds raised will purchase adaptive equipment, pay for routine operating expenses and provide transportation to various camps and tournaments. Thanks to all our teams and attendees for a tremendous show of support!





## Power in the Hour

Employees across campus recognize the value of the benefits they receive, including the generous hours earned for paid leave. Unfortunately, some employees may face circumstances in which even the most generous leave policy can't meet the need. Serious, even catastrophic events may exhaust all available leave hours, creating financial and other pressures related to missed work.

For this reason, the University of Oklahoma offers a Shared Leave program. Power in the Hour, an initiative of the OUHSC Staff Senate, encourages employees with accumulated hours of accrued leave to donate time to help employees in an adverse situations.

**If each eligible employee - staff or faculty - would donate a single hour of accrued leave, the goal of 2,015 hours would be easily met and exceeded.**

The Shared Leave program benefits staff and faculty from both Tulsa and Oklahoma City campuses.

Employees who meet the eligibility requirements and have exhausted their paid leave, extended sick leave, and compensatory time can be considered for the Shared Leave program.

As of early April, the general pool contained nearly 2,000 hours with two applications for assistance.

The Shared Leave program works because of the generous support of employees just like you who donate a little of their paid leave. For more information about donating, visit

<http://hr.ou.edu/benefits/SharedLeave.asp>.

## Open Streets OKC: Block Party-Health Fair

OU Physicians continued to demonstrate its commitment to community by offering no-cost health screening at last month's Open Streets OKC annual health and wellness event.

Sponsored by the Oklahoma City-County Health Department and other community partners, the annual event looked and felt much like a block party, spotlighting scores of community programs and organizations dedicated to healthy living.

Held in the Uptown District on NW 23<sup>rd</sup> Street, several blocks west of the State Capitol, Open Streets continues to be a fun, educational and family-friendly way to invest in the health of our local communities.



## Sonny Bright Kiwanis Duck Race

Join the fun and help support life-saving research at the 5th annual Sonny Bright Kiwanis Duck Race. It's an event for the whole family to enjoy, with food, music, children's carnival and tons of fun.

Wednesday, May 25  
White Water Bay  
6:30 - 8:30 p.m.

Duck certificates are available for a suggested donation of \$5 each or five for \$20. The winning rubber duck owner will receive a \$1,000 grand prize!



For more information and  
to adopt a duck,  
contact Kristyn  
at 405-271-8430

## Pizza Makes Miracles Happen

Support Children's Hospital Foundation and Children's Miracle Network Hospitals when you order Papa John's Pizza online. You save 40 percent off the regular menu price—and Papa John's donates 10 percent to further pediatric research and education programs that will promote improvements in children's health care and ensure that quality health care is accessible to children close to home.

Order online at [papajohns.com](http://papajohns.com).  
Use promo code: **MIRACLES**



## Welcome New Employees

Attending last month's **New Employee Orientation** conducted by OU Physicians Training and Development, these new team members were introduced to the environment, culture and special initiatives that make OU Physicians the only multispecialty group practice of its kind in the state. Be sure to extend a warm welcome when you have an opportunity.



Standing, from left: **Carla Reyes**, Orthopedics; **Kayreesha Grayson**, Otolaryngology; **Michelle Newman**, OU Physicians Fountain Lake; **Connie Payne**, Stephenson Cancer Center; **Jessie McClurg**, Grand Prairie Pediatrics; **DeAnna Batary**, Pain Management. Seated from left: **Mackenzie Bauer**, Family Medicine; **Betty Guerra**, Pediatric Hematology-Oncology; **Celia Williams**, Orthopedics; **Ashley Sandidge**, Otolaryngology.



**Ivette (Ivy) Castro**, Radiology Patient Accounts; **Alejandra Rodriguez**, Pediatrics; **Marquita Phinisee**, Stephenson Cancer Center; **Jenny McGuire**, Sooner Pediatrics; **Chelsie McIntire**, Obstetrics & Gynecology; **Grace Mata**, Dermatology; **Zachery Morse**, General Internal Medicine; **Katie Gust**, Stephenson Cancer Center.

LIVE to GIVE



 Medicine



Live to Give volunteers previously selected as Volunteers of the Month may also be considered for recognition as Volunteer of the Year, an honor that includes a \$500 award.

## *Live to Give Recognizes*

### **Amy Isbill, Department of Urology**

#### *May Volunteer Of The Month*

In her first season as a Live to Give volunteer, Amy Isbill jumped in whole-heartedly. "I *do* love volunteering," she said, reflecting on the many activities and organizations she supported through the years. "I love the feeling of helping others, knowing that what I'm doing can help make a difference in someone else's life."

For several years, the demands of being a mom with two young children made spare time a rare occurrence, usually limited to an occasional weekend. Before motherhood, she had been involved as a volunteer coach for soccer and softball teams and gymnastics. In addition to her work with the American Red Cross in the aftermath of the May 3 tornadoes, Isbill logged numerous hours supporting Normal Public Schools and Norman Parks & Recreation department. Now that the kids are older, Isbill is finding the time to give back. "I am remembering how much I always enjoyed volunteering," she said.

Isbill is part of OU Medicine's current effort in partnership with Habitat for Humanity, building a home in the Legacy Estates addition in Northwest Oklahoma City. She finds the mission of Habitat especially compelling, knowing that what she has to offer will result in creating a house. "My help will provide a family with a place to call home," she said. "I love the fact that we showed up to a concrete slab, and when we left there were walls and you could see the house that it would become. We met the home owner and it was great getting to meet the person who's house we are working to build."

Now that Isbill's daughter, Xandria, has graduated, they enjoy volunteering together. "Live to Give provides great opportunities to give back and help make our community a better place to live for everyone," Isbill said, encouraging other employees to be part of the experience. "Get involved. At the end of the day, not only do you get to help someone, you feel great doing it."

## Food Drive Locations and Building Contacts

### **OU Physicians Building**

2<sup>nd</sup> floor Atrium

Linda Burris

Linda-Burris@ouhsc.edu

### **OU Children's Physicians Building**

Samis Education Center,

3<sup>rd</sup> floor, Suite 3200

Taylor Hurst,

Taylor.Hurst@ouhsc.edu

### **O'Donoghue Research Building**

2<sup>nd</sup> floor, Patient Accounts

Tina Pekas, Tina-Pekas@ouhsc.edu

### **Stephenson Cancer Center**

Front desk, 1<sup>st</sup> floor

Joan Spall, Joan-Spall@ouhsc.edu

### **Williams Pavilion**

3<sup>rd</sup> floor, Room 3545

QuaQuetta Hill

Quaquetta-Hill@ouhsc.edu

### **Biomedical Sciences Building**

3<sup>rd</sup> floor, west side between elevators

Lynda Dye, Lynda-Dye@ouhsc.edu

### **OU Medical Center**

Gift Shop at OUMC lower level

Robert Hamm

Robert.Hamm@hcahealthcare.com

### **The Children's Hospital**

Red Shelf Too Gift Shop,

The Children's Hospital,

1<sup>st</sup> floor east lobby

Sara Jacobson

Sara.Jacobson@hcahealthcare.com

### **University Research Park**

Marketing/PR Office, Suite 440

Suzy Wooldridge

Suzy.wooldridge

@hcahealthcare.com

### **OU Medical Center Edmond**

1<sup>st</sup> floor hospital time clock room

Leslie Buford

Leslie.Buford@hcahealthcare.com

## Food Drive Needs Your Support

Each year, OU Medicine participates in the Regional Food Bank of Oklahoma Letter Carriers' Food and Fund Drive. It's the biggest push of the year to fill food pantries and stock feeding agencies in 53 central and western Oklahoma counties. The goal is to raise more than 7.3 million meals for seniors, families and children in need. Even a modest donation of non-perishable food items will make a significant difference. There are 10 drop-off locations listed at left. **The drive is in progress now and continues through May 30.**

*Our organizational goal is that every OU Medicine employee might donate at least one food item.* Together, we can fill every Food Bank donation box at every drop-off site on campus. Here are the most-needed non-perishable food products:

Canned meats  
Meat-based soups  
Canned fruits  
Canned vegetables  
Peanut butter  
Canned beans

Items packaged in glass containers cannot be accepted.

New this year, donations can now be made with ease and convenience online. Monetary donations are always welcome to help fill the gaps in needed food supplies.

[http://rfbo.regionalfoodbank.org/site/Donation2?df\\_id=3921&mfc\\_pref=T&3921.donation=form1Hardworking Hungry](http://rfbo.regionalfoodbank.org/site/Donation2?df_id=3921&mfc_pref=T&3921.donation=form1Hardworking Hungry)



# LIVE to GIVE



 Medicine

LIVE to GIVE



CU Medicine

# Live to Give: Building Community

The construction of the home in Legacy Estates is moving forward rapidly with significant and visible changes apparent from week to week. Live to Give volunteers continue to support the project with their time and labor.



LIVE to GIVE



CU Medicine

*Live to Give Habitat, continued*



LIVE to GIVE



OU Medicine



## Memorial Marathon Water Stop

They begin before sun-up and stay as long as the runners need keep coming, handing out cups welcome hydration and energy snacks. Live to Give volunteers, nearly 100 of them, manned the OU Medicine water stop at mile 10 on the Memorial Marathon route last month, handing out countless cups of water and an occasional banana to keep the runners going to the finish.



**Don't Miss It!**



**First Thursday Monthly**

**11 a.m. - 2 p.m.**  
**The Children's Atrium**  
**First Floor**

Featured vendors may vary from month to month. Look for these local merchants and others:

*Manchester St. Coffee*  
(freshly roasted coffees, local and international)

*High Tides & Green Fields*  
(produce, herbs, rubs, salts)

*Jennifer Webster*  
(produce, essential oils, herbs)

*Sweet Spirit Foods*  
(barbecue sauces)

*Twisted Oak Foods*  
(salsas, rubs, spices)

*Lovera's Market*  
(cheeses)

*Mittie's Kitchen*  
(homemade breads, cookies, jams, fruit butter, local honey)

**EASTER SEALS OKLAHOMA**  
**OPEN HOUSE**

Thursday, May 5, 2016

4:00 p.m.—6:00 p.m.

Refreshments Provided



TAKE A TOUR

MEET OUR STAFF

EVER WONDER WHAT EASTER SEALS OKLAHOMA DOES?

Now is your chance to learn and experience the amazing services we provide in your community. Come tour our Adult Day Health Services Center and Early Learning & Inclusion Academy to learn first-hand.

701 NE 13th Street

Oklahoma City, OK 73104

Please RSVP to Lauri Monetti at 405-239-2525 by Wednesday, May 4th.



## OU Fit Star of the Month Mary Carr, Office of Academic Affairs



For most of her life, Mary Carr has participated in one or more forms of exercise for fun, recreation or weight management. Approaching her 40s, she realized what “fitness as a lifestyle” really meant. “My priorities shifted as I noticed subtle signs of aging - joint pain, reduced muscle strength, weight gain,” said Carr. “My father had always stressed the importance of physical activity for overall health, but I didn’t get it when I was young.” In this phase of life, activities and foods that contribute to good health are on her mind routinely. “I understand better now the strong correlation between being fit and being healthy and happy.”

Carr said the OU Fit program is well-structured, offering a mix of helpful information and activities. Regular reminders help keep her on track and the incentives and rewards make it fun and appealing. Carr said, “I can participate in a variety of seminars and fitness challenges based upon my schedule, interests and physical ability.”

Carr used to work through lunch, habitually eating at her desk. Now, she uses that time to walk. And because OU Fit is an organizational program, there are opportunities for group activities with co-workers who also become accountability partners.

For Carr, OU Fit’s educational components have created greater awareness about nutrition and its impact on the body. As a result, she’s more often reading food labels, has added new foods to her dietary “repertoire,” and she’s better at portion control. “OU Fit focuses on the positives (benefits) of eating right and not just the negatives of eating wrong, so I’m more motivated to make better choices each day,” she said.

Carr schedules exercise instead of allowing it to occur randomly, and saw her activity increase as a result. Scheduling gives exercise equal priority among other demands competing for her time. “Scheduling means I’m less likely to sacrifice exercise in the interest of time.”

Carr keeps up a variety of exercise activities including swimming at the gym on weekends. She gives OU Fit credit for a recent achievement. “I reached my goal of swimming a mile; it took me about a year to work up to this distance. OU Fit helped improve my overall physical condition.”

Most of Carr’s family members are active, including grandchildren involved in sports. At 76, Carr’s father is still swimming a mile - three times a week. She and her husband go to the gym together on weekends and participate in 5K walks when schedules permit. “We understand the benefits of physical activity and overall wellness and support each other.”

OU Fit has helped Carr look to the long-term benefits of healthy living and make a simple choice: “I want to be as healthy as I can, as long as I can, so I’ve become more proactive about my health,” she said. Her reasons include four precious grandchildren with boundless energy and aging parents who will need care, and to the extent possible, she hopes to delay the point when her children or grandchildren may become her caregivers. “I want to be actively involved, not just a bystander in their lives - as well as my own.”



## They Rose To The Challenge

FitStart Challenge 2016 is now history, but the annual initiative continues to set a high bar for achieving a lifestyle of fitness. The results of this year's challenge tell the rest of the story. Sixty-three teams earned enough points - 300 or more - to earn a place at the FitStart celebration luncheon last month. Team winners are pictured below. See the next page for more winners.

### Team Recognition

*see photos at right*

**Most Steps Taken: 92,903**

*Team Hangry,*

OU Physicians Patient Accounts.

**Team members:** Tina Pekas, Nneka Ogunleye, Margaret Burris, April Taylor, Amber McKenzie, Joe Young and Team Captain Dorinda Eaton.

**Most Weight Lost:**

69.8 pounds

*The Red Hots,* OU Medical

System CI Education Department.

**Team members:** Theresa Wyman, Rebecca Lowry, Cassie Chaffin, Kay Welch, Stephanie Floyd, April Imel and Team Captain Carol Ward.

**Most Inches Lost:**

21.75 inches

*The Bad News Barristers,*

OU Health Sciences Center Legal Counsel Department.

**Team members:** Peggy Clay, Jill Raines, Jennifer Needham, Rachel McCombs, Yuwono (Mei) Wiraswasti, Marty Walton and Team Captain Crystal Keene.

### FitStart Totals:

**Steps taken:** 4,866,307  
(2,433 miles)

**Water consumed:** 44,908 ounces  
(351 gallons)

**Hours slept:** 4,762 (199 days)

**Pounds lost:** 995

**BMI points lost:** 162

**Inches lost:** 596

63 percent completion



### Book-Balancing Winner:

**Laura Gamino**, OUMS Trauma, walked 2.18 miles with a book balanced on her head.

### Most Valuable Teammate

#### **OU Physicians: Lynette Matthews**, Clinical Operations

"Lynette, from day one, has always been the Most Valuable Teammate. She has participated in every challenge possible, even when it was just me and her who could participate. Lynette radiates positivity and energy, not with me, but our whole team. She consistently provides feedback for ideas during email exchanges and is always willing to jump on the opportunity to assist me with my captain duties."

#### **OU Health Sciences Center: Mark Fuelling**, Pharmacy Management Consultants

"Mark made sure that everyone stayed on top of their goals; he has the best attitude and brings it to each session. He always was the one to keep us informed and sent out emails for reminders. He was always the first one to make sure we were meeting and keeping up with all our metrics. I appreciate someone like Mark, who believes that fitness and our health are important in the work place."

#### **OU Medical System: Alexis Vise**, Transplant Center

"Alexis gave her all to this challenge and did well under very stressful work environment and schedules. She was always willing to jump in and bring items for challenges and participated in every challenge with great effort and a positive outlook."

#### **Offsite Clinics: Ashley Schmitz**, Department of Pediatrics Latino Clinic

"Ashley was the team captain of both Latino clinic teams. Ashley organized all of the pre and post assessments in addition to ensuring her teams completed the weekly challenges. She was a constant source of support and encouragement!"

recipe  
**refresh**

*Recipe Refresh is held the first Tuesday every month. It's a hands-on experience in healthy preparation techniques using healthy foods. Space is limited and fills quickly.*

*For more information contact*  
**OUFit@ouhsc.edu**

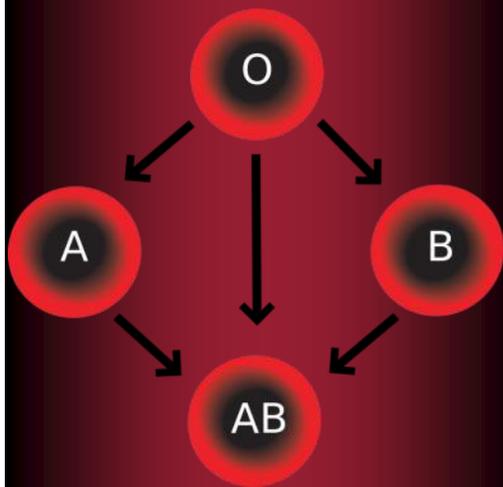


## OU Fit Featured Recipe

### Cherry, Wild Rice & Quinoa Salad

OU Physicians employees exceeded goals at each blood mobile location during the recent blood drive.

The number of donors who signed in exceeded our overall goal. At the end of the drive, when we hoped for 54 donations, 61 employees were actually able to donate.



Every donation has life-saving potential and most often, benefits recipients right here in our own communities.

Our next blood drive will be better than ever, with measures in place to ensure that more donors can be processed in a more timely manner.

Thanks for your participation and patience.



Perfect for summer potlucks, this salad features sweet cherries, crunchy celery, nutty aged goat cheese and toasted pecans. Red quinoa enhances the presentation even more.

- 3/4 C wild rice
- 1/2 C quinoa, rinsed if necessary
- 1/4 C extra-virgin olive oil
- 2 stalks celery diced
- 3/4 tsp freshly ground pepper

- 1/4 C fruity vinegar, such as raspberry or pomegranate
- 2 C fresh sweet cherries, halved and pitted
- 3/4 C diced aged goat cheese, smoked cheddar or other smoked cheese
- 1/2 C chopped pecans, toasted.

Bring a large saucepan of water to a boil over high heat. Add wild rice and cook for 30 minutes. Add quinoa and cook until the rice and quinoa are tender, about 15 minutes more. Drain and rinse with cold water until cool to the touch; drain well.

Meanwhile, whisk oil, vinegar, salt and pepper in a large bowl. Add the rice and quinoa, cherries, celery, cheese and pecans and toss to combine. Serve at room temperature or cold.

#### Tips & Notes

**Make ahead**—cover and refrigerate for up to 4 hours.

Although quinoa, a staple in the diet of ancient peoples, was once only found in natural food stores, it's now readily available at most large markets and even warehouse stores. Rinsing removes any residue of saponin, a natural protective covering with a bitter taste. Most quinoa is sold already rinsed, but read the label to be sure.

**To pit fresh cherries**, use a tool made for the job—a hand-held cherry pitter (also works great for olives). Or pry out the pit with the tip of a knife or vegetable peeler.

**Toast chopped or sliced nuts** in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes. Or, spread whole nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

# Support Groups

## Blood & Marrow Transplant (BMT) Gathering

**When:** Wednesdays, noon until 1 p.m.

**Where:** Stephenson Cancer Center, 1st floor Family Lounge

**Who's Invited:** Patients, family members and caregivers

Light lunch provided. Please RSVP.

**Contact:** Crystal Gazaway, 405-271-3402

## Women's Incontinence and Sexual Health (WISH)

**When:** Wednesday, May 4

(first Wednesday monthly, noon)

**Where:** OU Physicians Building 825 NE 10th Street. 5D

**Who's invited:** Women experience incontinence, prolapse, pelvic pain or related conditions

**Contact:** Jessica Moates, 405-271-9493, ext. 37007

or [jessica-moates@ouhsc.edu](mailto:jessica-moates@ouhsc.edu)

## SOS Breast Cancer Support Group

**When:** Thursday, May 5

(first Thursday monthly at noon)

**Where:** Stephenson Cancer Center, Seminar Room 5058

**Who's Invited:** Patients, survivors, families and friends of breast cancer patients

**Contact:** Kristen Squires, 405-271-4514, ext. 48527

Lunch is provided. *RSVPs requested*

## HOPE in Oklahoma Gynecologic Cancer Support Group

**When:** Saturday, May 7

(first Saturday monthly, 10 a.m.)

**Where:** Stephenson Cancer Center, 1st floor lobby

**Who's Invited:** Patients, caregivers and survivors

**Contact:** Odra Pratt, 405-694-9517

## Parents of Children With Cancer

**When:** Tuesday, May 10 and 24

(second and fourth Tuesdays monthly at noon)

**Where:** The Jimmy Everest Center OU Children's Physicians Building, 10A 1200 Children's Avenue

**Who's Invited:** Parents whose children have cancer

**Contact:** Danny Cavett, 405-271-5758

## Empower! Metastatic Breast Cancer Support Group

**When:** Thursday, May 12

(second Thursday monthly, noon)

**Where:** Stephenson Cancer Center, Seminar Room 5058

**Who's Invited:** Stage 4 patients and those who care for them

Participants may bring their own lunches

**Contact:** Kristen Squires, R.N., C.N.-B.N., 405-271-8001, extension 48527

## Tobacco Cessation Support Group

**When:** Thursday, May 12

(second Thursday monthly, 6 p.m.)

**Where:** Stephenson Cancer Center, 1st floor, Family Lounge

**What:** Hear different strategies for quitting, from successful tobacco-free quitters

**Contact:** Leslie Chandler, 405-271-1640

or [leslie-chandler@ouhsc.edu](mailto:leslie-chandler@ouhsc.edu)

Light refreshments served

## Brain Tumor Support Group

**When:** Thursday, May 19

(third Thursday monthly, 6 p.m.)

**Where:** Oklahoma Brain Tumor Foundation 720 W Wilshire Blvd, Suite 101A

**Who's Invited:** Patients and survivors, and their families

**Contact:** Jan Rush, 405-843-4673

## Us TOO! Prostate Cancer Support Group

**When:** Tuesday, May 17

(third Tuesday, every other month, 6 p.m.)

**Where:** Stephenson Cancer Center, 1st floor Family Lounge

**Who's Invited:** Patients and survivors, and their families

Light meal provided.

**Contact:** Dane Libart, L.C.S.W., 405-595-7217,

or [dlibart@odmhsas.org](mailto:dlibart@odmhsas.org)

## Caregiver Support Group

**When:** Wednesday, May 25

(fourth Wednesday monthly, noon to 1:30 p.m.)

**Where:** Easter Seals Oklahoma, 701 NE 13th Street

**Who's Invited:** Those caring for patients with long-term or chronic illnesses

**Contact:** Vicki Wood, 405-239-2525, or [vwood@eastersealsoklahoma.org](mailto:vwood@eastersealsoklahoma.org)

Lunch provided, *RSVPs requested* [www.eastersealsok.org/caregiver-support-group/](http://www.eastersealsok.org/caregiver-support-group/)

## Pancreatic Cancer Support Group

**When:** Thursday, May 26

(last Thursday monthly, 6 p.m.)

**Where:** David L. Boren Student Union 1106 N Stonewall, Room 214

**Who's Invited:** Patients, their friends and families

**Contact:** Dan Brackett, 405-380-8236 Refreshments provided

## Spanish-Speaking Cancer Support Group

**When:** Friday, May 27

(last Friday, monthly, 5:30 p.m.)

**Where:** Stephenson Cancer Center, Seminar Room 5058

**Contact:** Carmen Soriano, R.N., 405-417-2438 or

Celia Hollis, 405-236-0589

## Support Group for Adults with Diabetes

**When:** Tuesday, May 31

(Last Tuesday monthly, 5:30 p.m.)

**Where:** Harold Hamm Diabetes Center 1000 N Lincoln Blvd., Suite 2900

**Who's Invited:** Diabetes patients, their friends and family members

**Contact:** 405-271-5642 or email [groups@haroldhamm.org](mailto:groups@haroldhamm.org) *RSVPs requested*

## Support & Education for People with Head & Neck Cancers

Online support Group

**Contact:** Jessica Linke, 405-271-6809 or [www.okhnc.org](http://www.okhnc.org)