

FOCUS

September 2016

Changing Seasons

As the calendar scrolls past August and into September, endings are in sight: summertime, leisurely days, hours spent in outdoor pursuits, lawns and gardens surrender to shorter days. Beginnings are noted as well: a new school term, football, new TV shows....and influenza.

Unlike illnesses with symptoms casually described as “flu-like,” the true influenza virus packs a serious punch. It remains a formidable health threat not to be taken lightly.

Finalized data from 2013 showed seasonal influenza holding the number eight spot on the CDC’s list of the 15 leading causes of death in the U.S., after heart disease, cancer, diabetes and others. But influenza proved more fatal than kidney disease, chronic liver disease and Parkinson’s disease, among others. And, unlike some other diseases on the list, influenza is very preventable.

Comprehensive immunization programs and greater public awareness are the forces behind the progress being made in lowering the mortality rate associated with influenza. Thanks to medical research and the development of effective vaccines, many viral diseases no longer pose the same level of threat faced by earlier generations.

The Advisory Committee on Immunization Practices first recommended vaccination specifically targeting workers in health care-related fields in 1984. Compliance rates at the national level have remained lower than anticipated, but broad-based efforts to protect public health are making considerable progress.

The OU Physicians policy adopted in 2012 made vaccinations mandatory for all employees - physicians as well as staff in every capacity. It includes OU Physicians, OU Children’s Physicians and all other clinics under the direction of the University of Oklahoma College of Medicine.

The policy makes reasonable exceptions for those who cannot take the vaccine due to known allergies, individuals who can document a previous adverse reaction or people whose religious beliefs are incompatible with this type of medical care. Unless exempt for one of these reasons, the influenza vaccination is required for all.

Our goal is 100 percent compliance. Our flu clinics with a variety of times, dates and locations make vaccinations conveniently accessible to OU employees. Those with BlueCross BlueShield or other insurance receive the vaccination at no cost.

According to the Immunization Action Coalition and other agencies and organizations, annual vaccination is the single most important factor in preventing institutional influenza outbreaks.

Those who work in health care might be considered a subset within vulnerable populations—the very old, very young, people with compromised immune systems or serious underlying health concerns. However, unlike other vulnerable populations, health care professionals accept certain occupational hazards inherent in their career choices and work environments. We have a special obligation to our patients that those employed in other types of work don’t. Our commitment to safety isn’t based solely on protecting ourselves and our own families. We are entrusted with providing care to enhance or improve the health of others - above our own interests.

The American Medical Association Code of Medical Ethics cites the protection of our patients *and* our colleagues as an obligation of health care institutions and workers. Our policy on mandatory vaccination is part of fulfilling that obligation.

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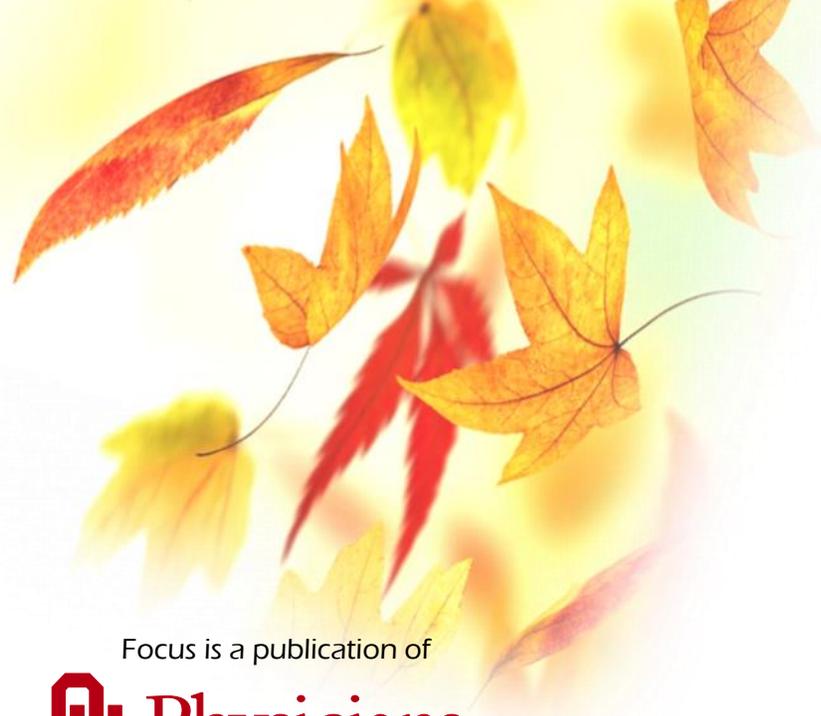
Support Groups

Scientific research and medical advances have made possible the eradication or near eradication of many formerly lethal diseases. Innovative therapies have successfully controlled or cured others. Vaccines have made historic impact on the world by eliminating illnesses or moderating the severity of symptoms. But there is no room for complacency; there's always more to learn, more work to be done, more challenges to overcome.

We vaccinate *against* a disease. We vaccinate *for* our patients. It's not an overt act of heroism and it's unlikely to draw accolades. What we may view today as a small contribution to public health is in fact huge; it's a responsibility we accept as part of our mission to lead health care.



Brian L. Maddy
Chief Executive Officer



Focus is a publication of

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

Meet Our New Providers

Eric Wisenbaugh, M.D.,

Urology

Urologist **Eric Wisenbaugh, M.D.**, has established his medical practice with OU Physicians. He has also been named a clinical assistant professor with the University of Oklahoma College of Medicine.

Wisenbaugh specializes in the diagnosis and treatment of urethral strictures, male urinary incontinence, erectile dysfunction and Peyronie's disease.

Wisenbaugh completed a fellowship in male genitourinary reconstructive surgery at the University of California-Irvine. He completed his residency at Mayo Clinic, Scottsdale, Arizona, and earned his medical degree from the OU College of Medicine. He earned his undergraduate degree in psychology at OU in Norman.

Wisenbaugh is a member of the American Urologic Association.



Mark Lindgren, M.D.,

Urology

Urologist **Mark C. Lindgren, M.D.**, has established his medical practice with OU Physicians. He has also been named a clinical assistant professor with the University of Oklahoma College of Medicine.

Specializing in male fertility, Lindgren provides urologic care for a wide range of men's health issues, including erectile dysfunction, hypogonadism, Peyronie's disease and sexual dysfunction.

Lindgren completed a fellowship in male reproductive medicine and surgery at Baylor College of Medicine, Houston. He completed his urology residency at the University of Illinois at Chicago, and earned his medical degree from Mount Sinai School of Medicine in New York. He earned his undergraduate degree in physics at OU in Norman.

Lindgren is a member of the American Urological Association, Society for the Study of Male Reproduction, American Society for Reproductive Medicine, Society for Male Reproduction and Urology and Sexual Medicine Society of North America.



New providers, continued



Cory Cross, M.D.,
Pulmonology

Cory Cross, M.D., a fellowship-trained pulmonary disease and sleep medicine specialist, has established his practice with OU Physicians. He has also been named an assistant professor with the University of Oklahoma College of Medicine.

A native of Norman, Cross is board certified in internal medicine, pulmonary diseases and critical care medicine. He completed his medical education at the OU College of Medicine, including a sleep medicine fellowship, pulmonary/critical care fellowship and residency. He also earned his medical degree from the OU College of Medicine. He earned his undergraduate degree with distinction in computer science from OU in Norman.

Cross is a member of the Oklahoma State Medical Association, American College of Chest Physicians and American Thoracic Society.



Sirish K. Palle, M.D.,
Pediatric Gastroenterology

Sirish K. Palle, M.D., a pediatric gastroenterologist and hepatologist, has established his medical practice with OU Children's Physicians. He also has been named an assistant professor with the University of Oklahoma College of Medicine.

Palle is board certified in pediatrics and board eligible in pediatric gastroenterology and hepatology. He specializes in working with children with liver diseases such as biliary atresia, autoimmune liver disease, viral hepatitis and non-alcoholic liver disease, and follows children before, during and after liver transplant. He received a grant from Cystic Fibrosis Foundation to work specifically with these patients who have liver and gastroenterology issues.

Palle completed a pediatric gastroenterology, hepatology and nutrition fellowship at Emory School of Medicine-Children's Healthcare of Atlanta, Georgia. He completed a pediatric residency at the University of South Alabama, Mobile. Previously, he had completed additional specialty training in pediatrics in Sheffield, United Kingdom, and earned a diploma in Child Health in India, where he also earned his medical degree.

Palle is a member of the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition, the American College of Gastroenterology and the Crohn's & Colitis Foundation of America.

New providers, continued

Mitali Talsania, M.D.,
Diabetes-Endocrinology

Mitali Talsania, M.D., a fellowship-trained endocrinologist, has established her practice with OU Medicine. She will see patients in the Harold Hamm Diabetes Center. She also has been named an assistant professor with the University of Oklahoma College of Medicine.

Talsania specializes in diagnosing and treating bone disease, thyroid and diabetes and will be conducting thyroid biopsies. She is board certified in internal medicine and board eligible in endocrinology.

Talsania completed an endocrinology fellowship at the OU College of Medicine, where she also completed her residency. She earned her medical degree in India.

Talsania is a member of the Endocrine Society and American Association of Clinical Endocrinologists.

Kevin Watson, M.D.,
Psychiatry and Behavioral Sciences

Kevin Watson, M.D., a board-certified psychiatrist, has established his practice with OU Physicians. He also has been named director of the outpatient psychiatry clinic and assistant professor for the University of Oklahoma College of Medicine. Psychiatrists are medical doctors specifically trained in the diagnosis, treatment and prevention of mental, emotional and behavioral disorders.

Watson completed his residency and served as chief psychiatry resident at the OU College of Medicine, where he also earned his medical degree. He earned his undergraduate degree from OU in Norman.

Riana Berry, M.D.,
Family Medicine/Employee Health

Riana R. Berry, M.D., a board-certified family medicine provider, has established her medical practice with OU Physicians. She will provide primary care services to patients of the OU Physicians Express Care Clinic, including preventive health, women's health and chronic disease management (i.e., hypertension, cholesterol, diabetes). She will also see patients through the Employee Health and Student Health clinics on the University of Oklahoma Health Sciences Center campus.

Berry was previously a practicing family medicine provider in Oklahoma City. She completed a family medicine residency at Great Plains Family Medicine in Oklahoma City, and earned her medical degree at the OU College of Medicine. She earned her undergraduate degree at OU in Norman, graduating magna cum laude.

Berry is a member of the American Academy of Family Physicians.





New providers, continued

Loren Malone, M.D.,
Pediatric Critical Care

Loren Malone, M.D., a pediatric critical care specialist, has established her medical practice with OU Children's Physicians. She has also been named an assistant professor with the University of Oklahoma College of Medicine.

Malone is board certified in pediatrics. She completed a fellowship in pediatric critical care medicine at the University of Texas Southwestern, Dallas, where she served as chief of Education. She completed a pediatric residency at Loyola University Health System, Maywood, Illinois, and earned her medical degree from the University of Texas School of Medicine at San Antonio.

Malone is a member of the Society of Critical Care Medicine, Society for Simulation in Healthcare and American Academy of Pediatrics



Joel Thompson, M.D.,
Pediatric Hematology-Oncology

Joel Thompson, M.D., a pediatric hematologist-oncologist, has joined the staff of OU Children's Physicians. He sees patients at the Jimmy Everest Center for Cancer and Blood Disorders in Children. He also has been named an assistant professor with the University of Oklahoma College of Medicine.

Thompson is board certified in pediatrics. He completed a pediatric hematology-oncology fellowship at Nationwide Children's Hospital, Columbus, Ohio, serving as chief fellow during his third year of fellowship. He also completed a pediatric residency at Nationwide Children's Hospital. He earned his medical degree at Pennsylvania State University College of Medicine, Hershey.

Thompson is a member of the American Association of Cancer Research, American Society of Clinical Oncology, American Society of Pediatric Hematology/Oncology, American Society of Hematology and Children's Oncology Group.



Montu J. Patel, M.D.,
Radiological Sciences

Radiologist **Montu J. Patel, M.D.**, has established his medical practice at OU Physicians. He has also been named an assistant professor of radiology for the University of Oklahoma College of Medicine.

Patel completed a fellowship in magnetic resonance predominant body imaging and musculoskeletal radiology at Northwestern Memorial Hospital, Chicago. He completed a diagnostic radiology residency and served as chief resident at Tulane University Hospital, New Orleans, where he also earned his medical degree. He completed an internal medicine internship at Baylor College of Medicine, Houston.

New providers, continued

Craig White, M.D., **Radiological Sciences**

Craig A. White, M.D., a musculoskeletal radiologist, has established his medical practice at OU Physicians. He has also been named an assistant professor of radiology for the University of Oklahoma College of Medicine. Musculoskeletal radiology specifically deals with imaging of bone and joint abnormalities, including orthopedic, rheumatologic and traumatic conditions.

White completed a musculoskeletal radiology fellowship at Duke University, Durham, North Carolina. He completed his radiology residency and an internal medicine internship at the OU College of Medicine, where he also earned his medical degree. He earned his undergraduate degree from Southern Nazarene University, Bethany, graduating magna cum laude.

White is a member of the Radiological Society of North America and American College of Radiology.

Dena Reem Shibib, D.O., **Pathology**

Pathologist **Dena Reem Shibib, D.O.**, has established her practice with OU Physicians. She has also been named an assistant professor for the University of Oklahoma College of Medicine.

Shibib is board certified in anatomic and clinical pathology and medical microbiology. She completed a fellowship in medical microbiology in the Pathology departments at the University of Chicago and NorthShore University HealthSystem, Chicago/Evanston, Illinois. She also completed a residency and served as co-chief resident in anatomic and clinical pathology at the University of Chicago (NorthShore). She earned her medical degree at Western University of Health Sciences, College of Osteopathic Medicine of the Pacific, Pomona, California.

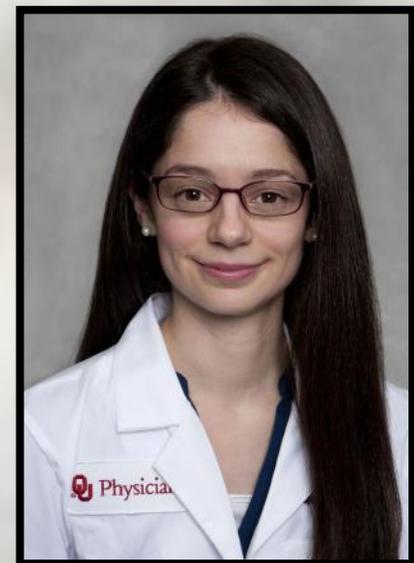
Shibib is a member of the American Society for Microbiology, Infectious Disease Society of America, College of American Pathologists and Academy of Clinical Laboratory Physicians and Scientists.

Sagila George, M.D., **Hematology-Oncology**

Sagila George, M.D., a hematologist-oncologist, has established her medical practice with the Stephenson Cancer Center. She has also been named an assistant professor of hematology-oncology for the University of Oklahoma College of Medicine.

George has a specific interest in diagnosing and treating patients with gastroenterological cancers. She is board certified in internal medicine. She completed her hematology-oncology fellowship at the OU College of Medicine, where she also completed her internal medicine residency. She earned her medical degree in India.

George is a member of the American Society of Clinical Oncology and American Society of Hematology.



Victoria Elwell, M.D., **Pediatric Anesthesiology**

Victoria Elwell, M.D., established her medical practice with OU Children's Physicians and has been named an assistant professor with the University of Oklahoma College of Medicine.

Elwell is board certified in pediatrics. She completed a fellowship in pediatric anesthesiology at the OU College of Medicine, where she also earned her medical degree. She completed an anesthesiology residency at the University of Kansas School of Medicine, Wichita.

Elwell is a member of the Society of Pediatric Anesthesia, Society of Pediatric Pain Medicine and American Society of Anesthesiologists.

New providers, continued

Matlock Jeffries, M.D., **Rheumatology**

Matlock A. Jeffries, M.D., has established his practice with OU Physicians. He has also been named an assistant professor for the University of Oklahoma College of Medicine.

Jeffries is board certified in internal medicine and board eligible in rheumatology. He has specific interest in diagnosing, treating and researching osteoarthritis. He has specific expertise in osteoarthritis epigenetics - the study of gene/environment interactions - and is a founding member of an international consortium to study osteoarthritis epigenetics.

Jeffries completed a rheumatology fellowship at the OU College of Medicine, where he also completed an internal medicine residency, serving as chief resident, and earned his medical degree. He earned his undergraduate degree in biochemistry from Oklahoma State University.

Mukadder Ozcan, M.D., **Anesthesiology**

Anesthesiologist **Mukadder D. Ozcan, M.D.**, has established her medical practice with OU Physicians. She has also been named a clinical instructor with the University of Oklahoma College of Medicine.

Ozcan completed an anesthesiology residency at the OU College of Medicine after serving as a research scientist in the Department of Anesthesiology. She earned her medical degree in Turkey.

Ozcan is a member of the Oklahoma Society of Anesthesiologists and American Society of Anesthesiologists.

Laura Adhikari, M.D., **Pathology**

Laura Adhikari, M.D., has established her practice with OU Physicians. She has also been named an assistant professor for the University of Oklahoma College of Medicine.

Adhikari is board certified in anatomical and clinical pathology as well as cytopathology. She has specific expertise in fine needle aspiration technique and cytology (diagnosing diseases by looking at single cells and small clusters of cells).

Adhikari completed a cytopathology fellowship at The Ohio State University, Columbus. She completed her pathology residency at Mayo Clinic, Rochester, Minnesota, and earned her medical degree at the University of Texas Medical Branch, Galveston.

Aviation Medicine Services Available

The Department of Psychiatry recently launched a new clinic that offers services unlike any other in the region.

Aviation medicine, also called flight medicine or aerospace medicine, is a specialty that offers medical, psychiatric and neuropsychological exams for pilots, flight crews and astronauts.



Dukes

As a lieutenant colonel and flight surgeon in the U.S. Army Reserve, Charles H. Dukes, M.D., F.A.P.A., has unique perspective and experience in the field of aviation medicine. Dukes is a board-certified psychiatrist and an FAA-designated aviation medical examiner. He conducts Class 2 and 3 FAA flight physicals and provides aviation psychiatric consults.

Board certified in clinical neuropsychology and clinical psychology, Russell Adams, Ph.D., A.B.P.P.-C.N., is the David Ross Boyd Professor in the Department of Psychiatry and Behavioral Sciences. Russell performs FAA-required aviation neuropsychological evaluations, which typically consist of a one-day battery of tests. These tests assess numerous areas of function, including neurocognitive function, memory, attention, motor function, executive function and personality. Among other things, the evaluation may determine medical certification of pilots, controllers and other critical personnel



Adams

The specialty is a vital component in aviation safety, which strives to prevent or treat conditions to which aircrews are particularly susceptible, and applies medical knowledge to human factors in aviation.

Implementation of proposed enhancements to the patient portal to include automatic loading of lab and imaging results to patient records has been delayed until October 15. The additional time will provide an opportunity to more fully consider internal discussions and constructive feedback received from physicians and advanced practice professionals.

The launch was originally planned for September 1. As we spread the word about the initiative, however, a number of providers asked for more time to prepare for implementation, and to learn more about the portal's secure messaging feature. Secure messaging is a portal tool that enables secure electronic communications between patients and their clinics. The use of secure messaging is becoming the norm in practices across the country and some of our physicians and providers are already using it to save time and improve communication with patients.

Online training modules specifically dealing with secure messaging are available. The training is located on the OUP Training intranet site in the providers' subfolder of the EMR (Basic) Online Courses folder: <https://training.ouphysicians.com/TPOnline.dll/Public%20Courses#> These trainings are also live on D2L for any providers without access to the T&D website: <https://learn.ouhsc.edu/>

Call (405)271-1600 for site assistance with Training & Development or email Web-Courses@OUHSC.edu



As the body ages, physiological and physical changes occur. But the changes aren't precisely scripted for every individual. Strategies for coping with change will reflect those individual variations. Every plan for healthy aging shares common elements that include healthy ways to adapt to change and build resilience.

Stay active, boost vitality. Physical activity is the single most important predictor of longevity. Most days of the weeks should include 30 minutes of exercise. Incorporate activities that build endurance, strength, flexibility and balance.

Keep your mind sharp. Learn a new skill. Learn a new language. Do something new every day. Play games. Do puzzles.

Find activities you enjoy. As an older, perhaps retired adult, there's typically more time to do what you like. Stay intellectually engaged and continue to socialize.

Find what's personally meaningful and brings joy to your life.

Connection to your inner values enhances sense of purpose and gives meaning to your days. Both will help if difficult times come.

Stay connected. Don't let isolation happen. Support networks change through the years. Illness, death, retirement or relocations can alter the entire relationship structures, even among those who have enjoyed an active social life. Your physician, community center, religious or civic organizations can help or direct you to resources.

Aging Well Holds No Secrets

"It's never too late to find a new career, a new sport, passion or hobby," says Carolyn Worthington, creator of September as Healthy Aging Month. This annual health observance places emphasis on what's positive about growing older and highlights practical steps to improve physical, mental, social and financial well-being.

Advances in health care and medicine have made longer lifespans a realistic expectation for most Americans. Combined with heightened awareness about active lifestyles as essential to good health, "old age" today is quite different from stereotypical images of the past. Apart from catastrophic illness or injury, most of us may live one or two decades longer than previous generations.

Some say this phenomenon is an unprecedented opportunity - a gift of time - when older adults might "reinvent" themselves. Andrew Dentino, M.D., F.A.C.P., A.G.S.F., F.G.S.A., F.A.P.A., F.A.A.H.P.M., is a geriatric medicine specialist with OU Physicians and interim chair, Donald W. Reynolds Department of Geriatric Medicine, University of Oklahoma College of Medicine. He suggests that the likelihood of a longer lifespan opens new doors with both positive and potentially adverse elements. "If you're in good health and continue to make choices consistent with maintaining good health, these years can be immensely rewarding, productive and enjoyable. But it's a scenario that requires deliberate thought."

The reverse is also as true. Reluctance to address one's physical, mental and financial well-being almost guarantees a decline in quality of life as years pass. It is also likely that if you haven't made good health choices as a young person, your risk of developing health problems, sometimes serious or chronic ones, are far greater.

Current estimates place the number of senior adults in the U.S. at 76 million; most are part of the post-World War II "baby boomer" generation. Many may be unprepared to take advantage of their enhanced likelihood for longevity. "The Silver Surge," a name coined to describe this phenomenon, is expected to bring a wave of chronic conditions or age-related disabilities, which may overwhelm health care systems around the world.

According to the Centers for Disease Control and Prevention, the rapid pace at which the older-adult population is growing will have far-reaching



Dentino



Dowers-Nichols

In the U.S., average life expectancy at birth in 1970 was 70.8 years. By 2008, it was 78.0 years, and by 2020, the U.S. Census Bureau projects life expectancy will reach 79.5 years.

Disease and disability are no longer considered an inevitable part of growing older, but it's not clear if this aging population is proactively making the choices that ensure healthy living as age advances.

Longevity - length of years - isn't necessarily the same as **active life expectancy** - a time in later life free of disability. Healthy aging requires healthy living. The lifestyle of today shapes the quality of life one may expect tomorrow.

In a survey of American workers reported by *USA Today*, 82 percent of respondents age 60 and older either are working or expect to keep working beyond age 65. For some, the recession and other economic factors have made it financially impossible to retire. Others enjoy their work and are *physically able to continue* doing it.

Although workforce growth is occurring mostly in the older adult population, a recent survey conducted by the Society for Human Resources Management found that 97 percent of employers have no formal strategy to recruit or retain older workers.

implications for nearly every aspect of American society. Public health, social services and health care systems will feel the most direct impact. "We're living longer, but not only are traditional retirement plans less prevalent, the costs of living in general, and health care expenses in particular, continue to increase," Dentino said.

The march of time is relentless, but many conditions or circumstances have wrongly been considered a normal part of aging. Dentino said credible studies suggest that growing old is not determined by heredity alone. "In fact, nearly 50 percent of the factors that influence how we age are closely associated with environment and personal choices."

Improved health literacy among older adults is a vital part of helping them make appropriate health decisions. Limited health literacy occurs when people are unable to find and/or use appropriate health information and needed services. Organizations like the Oklahoma Healthy Aging Initiative, directed by Dentino who also serves as principal investigator, have made it their mission to enhance quality of life by increasing access to quality geriatric health care and providing excellent educational resources.

Claire Dowers-Nichols, associate director of OHAI, cited research that indicates the frequency with which health information is presented in ways that seriously limit its usefulness to most adults. Many factors contribute to the problem of limited health literacy, including language barriers and cultural issues.

"What we've learned is that we can't assume a certain level of literacy," Dowers-Nichols said, "and that high literacy skills do not necessarily equate with understanding. And certainly, that judgement can't be made on appearances."

Additionally, anxiety and stress may influence the ability to process and manage detailed, often complex, health information. Dentino said, "It's appropriate to offer comprehensive information in order for adults at any age to participate in decisions regarding their own health. And it's not unreasonable to ask clients to assume a level of responsibility for protecting and preserving health. But the new climate in nearly every area of health care raises performance expectations for providers and patients alike."

Among those expectations of patients and clients are basic prevention practices - healthy eating; routine physical activity; consistent use of sunscreen; regular dental exams and care; no tobacco use; awareness regarding immunization guidelines; a range of self-assessments; and the ability to discern when and where to seek urgent care. "In addition to all of these elements is the need to have at least a basic grasp of one's insurance and Medicare benefits," Dentino said.

Nichols explained the OHAI mission includes providing educational and other resources to empower senior adults to make modest lifestyle changes when applicable, and support their efforts to establish sustainable behaviors for improved health and financial security.

OHAH offers a range of education programs developed for seniors and caregivers:

Healthier Choices, Healthier You

Designed for individuals/caregivers who have chronic health problems.

Healthy Brain, Healthy Mind

Understanding the many ways brain health can be maintained.

DEEP

Diabetes Empowerment & Education Program

Learn ways to take control of your health by taking a more active role in managing your diabetes.

Eat Better, Move More

For older adults and/or caregivers. Learn ways to improve nutrition; find simple and fun ways to incorporate movement and exercise in daily routines.

Tai Chi

Movements learned in Tai Chi reduce risk of falling and improve balance and flexibility. Designed for people of all levels of health and fitness.

REACH

Resources for Enhancing Alzheimer's Caregiver Health

Training for caregivers dealing with difficult disease-related behaviors.

Effective Communication with Your Health Care Provider

An interactive workshop that enables caregivers to advocate for friends or family members for whom they care.

Medication Safety: Key Ingredient to Health

Designed to educate and empower older people to be more active in medication-related decisions.

Caring for You, Caring For Me

Education and support for family and professional caregivers.

Resistance Band Training

Learn to use resistance bands to build strength needed to perform activities of daily living.

Healthy Aging, continued

"Many senior adults and their loved ones are likely to face a time when the older adult is less able, whether physically or mentally, to manage every aspect of health maintenance," Nichols said. "OHAH offers a broad range of professional expertise in matters of health care and aging. Informative workshops and targeted training equip seniors in transition and helps caregivers develop more comprehensive caring skills they can use with greater confidence."

A certified caregiver program is a fairly recent addition to OHAH's array of resources. Participants who complete the course are eligible to test for the Oklahoma State Nurse Aide Competency examination. Those who successfully complete the exam earn dual certification as a long-term care aide and home health aide.

"Whether caregivers are family members or individuals who have achieved certification through special training, those who tend to the needs of frail, older adults play a vital role in their well-being," said Dowers-Nichols. "This expanding population may be expected to place extreme demands on support resources; it is certain that more long-term care aides and home health aides are needed."

Learn what OHAH is doing to enhance health and quality of life for older Oklahomans.

<http://www.ouhsc.edu/ohai/About.aspx>

Funding Moves Pediatric Cancer Research Forward

A major investment supporting childhood cancer research and treatment will benefit Oklahoma children and move the Stephenson Cancer Center closer to achieving National Cancer Institute designation.

A recently announced funding partnership between the Tobacco Settlement Endowment Trust, Stephenson Cancer Center, Children's Hospital Foundation and the University of Oklahoma Health Sciences Center will enhance Stephenson Cancer Center's commitment to cancer research and care to Oklahomans of all ages. As part of the Stephenson Cancer Center's application to the National Cancer Institute for designation as a comprehensive cancer center, the center will make pediatric cancer research a key area of focus.

With combined initial investment of \$2.2 million, the research partnership will recruit three externally-funded pediatric cancer researchers, expand pediatric clinical trials statewide and establish a pediatric cancer research fund to support future research aimed at increasing knowledge and understanding of childhood cancers. Up to \$1 million annually from an existing TSET research grant to Stephenson Cancer Center will be allocated to increasing access to cutting-edge cancer treatment for children throughout the state.

"Many of today's cures come from innovation and creativity spawned by researchers at universities," said Jim Gebhart, chairman of the TSET Board of Directors. "It is our hope that this partnership will lead to transformative cancer treatment and historic cures for childhood cancers."

The Jimmy Everest Pediatric Oncology Program is Oklahoma's most comprehensive pediatric cancer program. Under the leadership of William Meyer, M.D., Ben Johnson Endowed Chair and Chair of the Jimmy Everest Section of Pediatric Hematology/Oncology at the University of Oklahoma College of Medicine, the Jimmy Everest program has developed an outstanding clinical team of physicians and staff dedicated to the treatment of childhood cancers.

"The addition of a strong scientific and translation team of researchers will not only benefit pediatric cancer patients in Oklahoma, but will advance our understanding about the genetic and molecular mechanisms that lead to cancer in children," said Meyer.



Brock Hart, cancer survivor, speaks to the audience gathered for the funding announcement

Research Funding Partnership At a Glance

- \$2.2 million in start-up cost to recruit three top pediatric cancer researchers with funds from Children's Hospital Foundation, OU Health Sciences Center and Stephenson Cancer Center.
- \$1 million annual support from TSET.
- Allocate TSET funds annually to be used as seed grants for new, emerging pediatric cancer research.
- Funding partnership will increase clinical trial availability in Oklahoma.
- Provide additional support for cooperative research with partners throughout the state of Oklahoma



Take A Defensive Position



The days grow shorter as summer begins to exit and fall takes center stage. Children are back in school — sharing recess, lunches, secrets.... and germs.

At OU Physicians we're once again preparing to protect our patients and our families by protecting ourselves from the spread of the dangerous influenza virus.

Dates and locations have been established to serve our patients and help to protect them from this dangerous virus.

Beginning Monday, October 3, and continuing through Friday, December 16, adults may receive their vaccinations in the OU Physicians Building, Health & Wellness Clinic, Suite 4A. Children will be seen in the OU Children's Physicians Building, Suite 5.

Please note: The live attenuated influenza vaccine, also known as the "nasal spray" **will not be an available option for this influenza season.**

Watch for specific information regarding dates, times and locations for employee vaccinations.

Prostate and Urologic Cancers Symposium

The second Oklahoma Prostate and Urologic Cancers Symposium addresses newer advances in areas of interest for urologic cancers. The one-day program includes lectures and case discussions highlighting the multidisciplinary coordination of cancer care and the application of progressive technology to cancer care.

Evidence-based medicine highlighting relevant clinical trial data will be provided as well as current controversies involving such care. Experts on the subject will present lectures and be available for questions and case discussions. Course material will be particularly relevant to those who practice in specialty areas including anesthesiology/pain management, cardiology, emergency medicine, family medicine, gastroenterology, nephrology, neurology, pediatric, psychiatry and general medicine.

Saturday, September 24

6:30 a.m. to 3 p.m.

Samis Family Education Center

Registration: <https://ouhsc.cloud-cme>.



CONFERENCE

Friday, October 14

6:30 a.m. to 5:45 p.m.

Samis Family Education Center

Registration: cme.ouhsc.edu

Support Research: Support
The Children's Hospital
and Children's Hospital
Foundation



Love to run? Love to walk? Love
to help kids? Love animals? If you
answer yes to these questions,
here's an event for you:

Running Wild OKC Zoo
5K Run and Walk
Saturday, September 17
Oklahoma City Zoo
2000 Remington Place
Gates open at 6:30 a.m.

All profits go to the Children's
Miracle Network Hospitals and
funds are used locally, through
Children's Hospital Foundation
and The Children's Hospital.

Go to
[https://www.signmeup.com/site/
online-event-registration/115908](https://www.signmeup.com/site/online-event-registration/115908)
to learn more about the event.

Register now!

Adults	\$25
Kids	\$20

There's a free t-shirt for everyone
registered on or before September
3. The course is certified and
sanctioned by USA Track & Field,
Inc.

Annual Fall Music Festival

Fall is in the air—and so are the sounds and aromas of the annual
OU Medicine Fall Music Festival in Sacred Valley Park.

**Every Wednesday from 11 a.m. until 1 p.m., beginning September 7,
through October 26**, your lunch-hour options will expand to include
a wide range of musical style, performed live by local bands, and food
diversity, too.

Musicians will perform in Sacred Valley Park, south of the Presbyterian
Professional Building and north of the Service Center Building. Food
vendors will dish up their fine fare from the corner of S.L. Young and
Phillips.

From week to week, look forward to some old favorites and a few
Festival newcomers:

Taste of Soul Egg Roll
Smokin' Okies
Saucee Sicilian
Phill Me Up Cheesesteaks
Klemm's Smoke Haus
Parking Lot Party
Snow S'more
Midway Deli
Mutt's Amazing Hot Dogs
The Hall's Pizza Kitchen
Let's Do Greek
Roxy's Ice Cream Social
Pitchfork Kitchen and Bakery
Twist Gourmet Pretzels



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, l-r
Paula Thomas,
Family Medicine

Brittney Virtue,
urogynecology

Maritza Marquez,
urology

Dana Miller,
Pediatric Orthopedics

Mayra Viscaino,
General Internal Medicine

Back row, l-r
Kristy Wollam,
OU Cardiovascular Institute

Wendy Glos,
Community Health

Joseph Cole,
EMR

Chris Luttrell,
EMR

Rachel Minatee,
EMR

The HIPAA Hot Spot is featured periodically in the Focus newsletter. Each Hot Spot includes a useful HIPAA Tip, and highlights employees and work areas that are making a big difference in our HIPAA compliance program.

**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

Marty Walton, Assistant to the University Privacy Official and to Associate General Counsel,
marty-walton@ouhsc.edu
271-2033

*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*

HIPAA Hot Spot

September HIPAA Hipsters: Tammy Reed and Joe Young, Assistant Directors, OU Physicians Patient Accounts

One can be a lonely number, especially in terms of promoting HIPAA compliance within a busy area where every activity involves the creation, use, maintenance, or disclosure of PHI; it's good to have a team to make that happen. Patient Accounts Assistant Directors Tammy Reed and Joe Young are that team. Young and Reed are responsible for separate areas within the department, but work together to make HIPAA compliance a coordinated group effort. Says Mary Milano, HIPAA Compliance Auditor, "Since the first HIPAA compliance audit I conducted of the Patient Accounts area, Joe and Tammy have promptly made all recommended changes and regularly demonstrate that they understand the importance of protecting PHI." One way these leaders do this is by making sure their employees have quick and easy access to the tools needed to be and stay HIPAA compliant— cabinets that lock, shred bins and safes. Following her most recent visit to Patient Accounts, Milano stated, "I am really impressed with not only Tammy's and Joe's commitment to compliance, but also their employees' commitment. It is clear that HIPAA compliance is a priority they *all* share." Thank you to this dynamic duo and their staff!

Helpful HIPAA TIP:

It's 10 a.m. – Do You Know Where Your PHI Is?

Just last month, the Office for Civil Rights announced the largest HIPAA settlement to date – a \$5.55 million penalty against an Illinois health care system. The PHI of approximately four million people was compromised in three separate breaches reported in 2013. The first breach concerned the theft of four desktop computers from an administrative building. The stolen devices contained unencrypted PHI.

As you take the required steps to have portable devices encrypted to protect any stored PHI, please don't overlook PHI you may have stored on your home or office desktop computer. While less likely to be stolen, desktop computers still present a risk to PHI, and all employees who have PHI in their possession are held responsible for its protection. Desktop computers can be stolen or hacked, just as portable devices can.

Current HIPAA and IT security policies advise that files containing PHI and other sensitive information are to be stored on secure servers located in secure university data centers, not on the actual desktop - and not in an unencrypted cloud. Think about this: do you know where your e-mail files are saved? Do you know where your letters to patients or daily surgery schedules are stored? Contact your Tier 1 to be sure the files you store are being saved to your area's secure server. It only takes a few minutes to have this checked, and it could mean the difference between the loss of just a piece of equipment versus the loss of unencrypted PHI. It's 10 a.m. somewhere – make that call. You still have time!

New Next Month: Bladder Cancer Support Group

The Stephenson Cancer Center will host a new Bladder Cancer Support Group beginning Wednesday, October 12.

Described as a place for fighters, survivors, caregivers and advocates, the group will meet the second Wednesday of each month from 12:15 to 1:15 p.m., at the cancer center, room 6012.

The group will meet on October 12 and November 9. No meeting will be held in December but meetings will resume in January.

Please RSVP to Lisa at
bladdercansg@gmail.com



Plug A Jug Winners Announced

Thanks to all who participated in any way in the recent Plug A Jug contest, which wrapped up last month. The competition resulted in a nice contribution to the **Angel Tree Project: \$442.68**. Winning jugs are pictured below:



WINNER: BEST DECORATED
JIMMY EVEREST CENTER
"MOOLAH" JUG



WINNER: MOST FUNDS RAISED
STEPHENSON CANCER CENTER
UROLOGIC & PROSTATE CANCER
CLINIC
SCUBA MINION



September 23, 2016

10:45 A.M. - 1:00 P.M.

Bird Library Patio
OU Health Sciences Center

10:45 a.m.

CEO Event

Deans and CEOs

11:00 a.m.

"Beach Volleyball"

(Water Volleyball)

Sponsored by College of Allied Health

"Handball"

(H₂O Throw)

Sponsored by College of Nursing

"Uneven Bars"

(Synchronized Beam)

Sponsored by VA

"Basketball"

(HydroHoops)

Sponsored by the HSC Staff Senate

"Triathlon"

(Tri-Wack-A-Thon)

Sponsored by University Health Club

Hosted by the University of Oklahoma Health Sciences Center, Wacky Games is the annual event that serves to kick off the campus-wide United Way fundraising campaign in a hilarious way. And every year, it's bigger and better and wackier than before.

The individual games - five of them - are demented but medal-worthy events in which teams will compete for the Gold, Silver and Bronze.

The Wacky Games begin at 10:45 a.m., with the introduction of C.E.O.s and Deans of the various colleges. And, by noon, it's all over except for the bragging and strutting.

Participating food vendors include:

- ◆ Faculty House,
- ◆ Mutt's Amazing Hot Dogs
- ◆ Taste of Soul Eggrolls

If you aren't on a team, come out and support your team anyway. It's a great opportunity for great fun and fine food.

Stay until 12:15 p.m. to see who will win the music awards. Dignitaries will present medals to the winners.

Don't miss the
17th annual
Robert M. Bird Library
Bake Sale

East Library Entrance
9 a.m.

ONE
Sooner[®]
CAN MAKE A DIFFERENCE

WILL YOU BE THE ONE?

IT ONLY TAKES ONE SOONER TO SPEAK OUT.

ATTEND THIS HOUR LONG TRAINING TO LEARN HOW YOU CAN USE YOUR INFLUENCE, POPULARITY, AND CREDIBILITY TO HELP END SEXUAL ASSAULT AND OTHER FORMS OF GENDER-BASED HARASSMENT REFERENCES ON OUR CAMPUS THROUGH INFORMAL PEER-TO-PEER CONVERSATIONS.

FREE LUNCH AND T-SHIRT WHEN YOU ATTEND!

2016 TRAINING DATES:

Wednesday, September 14
Tuesday, October 4
Friday, November 4
Friday, December 2

SIGN UP TODAY! GO TO THE HR.OU.EDU TRAINING CALENDAR PAGE AND SELECT OUHSC TO REGISTER.

ALL TRAININGS ARE 11:45 A.M. – 1 P.M.
DLB STUDENT UNION, ROOM 205
EMAIL STUDENTS@OUHSC.EDU WITH QUESTIONS.

YOU'RE INVITED TO

★ EASTER SEALS OKLAHOMA'S ★

OPEN HOUSE

Ever wonder what Easter Seals Oklahoma does?

SEPT
13
2016

701 NE 13TH STREET
OKLAHOMA CITY, OK 73104
(405)239-2525
EASTERSEALSOKLAHOMA.ORG
INFO@EASTERSEALSOKLAHOMA.ORG

4:00 P M
TO
6:00 P M

MEET OUR STAFF
TAKE A TOUR
REFRESHMENTS PROVIDED



Partners Making Miracles

The Partners Making Miracles Awards Luncheon & Calendar Launch is a special event that celebrates victories made possible through dedicated sponsors to provide healthier lives for the children of Oklahoma.

As part of this event, Children's Hospital Foundation will introduce the Children's Miracle Network Hospitals 2017 Oklahoma City Champion Child and launch the 2017 Miracle Children of Oklahoma Calendar.

Thursday, October 27

Embassy Suites Hotel

741 N. Phillips Avenue, Oklahoma City

Registration 11 a.m. Luncheon 11:30 a.m.

Register by Friday, October 16
chfKids.com/events/partner-kickoff

\$15 per seat.

Contact Danielle to reserve your 2017 calendars and seats for this event.

danielle-rogge@ouhsc.edu

Or call 405-271-8430, extension 3

The annual **OU Wellness Fun Run**, formerly the Healthy Sooners Fun Run, is Saturday, September 24, at 8 a.m., in Norman. Choose a 5k or one-mile course. The event is open to OU faculty, staff, students, retirees and families.

Register now at
<https://register.chronotrack.com/r/23174>

Those who register on or before Monday, September 5, will receive a 2016 Fun Run t-shirt.

Questions:
wellness@ou.edu

Support Row U At Oklahoma Regatta Festival

The 2016 Oklahoma Regatta Festival begins Friday, September 29, through Sunday, October 2, in the Boathouse District, downtown on the Oklahoma River. It's a four-day celebration of rowing, kayaking, dragon boating, whitewater rafting and family fun, which includes the OGE NightSprints held on the river after the sun goes down. The atmosphere is electrifying for competitors and spectators alike - competitors including our own OU Medicine rowing teams.

There's also a family festival featuring live music, food trucks, beer gardens, all the races - and RIVERSPORT Rapids and Adventures. For more information and a detailed festival schedule, go to:

<http://www.riversportokc.org/events/oklahoma-regatta-festival/>



OU Medicine Team Joins The Fight

This year, OU Medicine will take up the fight against breast cancer as the **OU Medicine Breast Health Network Team** at the annual Race for the Cure. The event is scheduled for **Saturday, October 22, Bicentennial Park at the Oklahoma City Civic Center Music Hall.**

The Susan G. Komen Race for the Cure® Series is unique among breast cancer fundraising events with 75 percent of net income remaining in the community to fund local breast health education programs and breast cancer screening and treatment. The remaining 25 percent of net income supports the Susan G. Komen Grants Program.

Race-day schedule:

Race site open at 6:30 a.m.	
6:30 – 8 a.m.	Registration (Pink Hat Café)
7:45 a.m.	Opening ceremony
8 a.m.	Competitive 5K
8:30 a.m.	5K run/walk, 1 Mile and Family Fun Run
9:45 a.m.	Kids' Dash
10:15 a.m.	Survivor Ceremony
10:45 a.m.	Closing ceremony

In addition to supporting a great cause, anyone who joins the OU Medicine Breast Health Network Team, **before September 30 will be guaranteed a team T-shirt!** Participants who register after the deadline may still receive a shirt, but availability and sizes are not guaranteed.

The employee wellness program, OU Fit, will award 200 points to employees who participate and log their activity on the OU Fit portal. Whether you are participating or volunteering with Live to Give, OU Fit points are available to those employees.

Register here:

http://centralwesternok.info-komen.org/goto/OU_Breast_Health2016

TOGETHER,
WE CAN MAKE AN



OUHSC Staff Senate
Fall Craft Fair



Save the Date:
Friday, October 14
10 a.m. - 2 p.m.

Robert M. Bird Library, lobby
Corner of 10th and Stonewall



PRESENTED BY

The Children's Hospital
at OU Medical Center



OKC'S FAMILY MUSIC FESTIVAL

Presented by The Children's Hospital and benefiting The Children's Hospital Volunteers, Wiggle Out Loud is Oklahoma City's free, active-family music festival — a celebration of healthy lifestyles, aiming to get kids, whether young, or not so young, on track for healthier lives. This event is all about movement and fun for all ages, featuring music, activities, artwork and more.

Myriad Botanical Gardens Great Lawn

301 W. Reno

11 a.m. to 6 p.m.

Sunday, September 18

Top local, regional and national touring acts will create an upbeat soundtrack for a variety of health- and fitness-related activities throughout the park. A second stage will feature local musicians and performing artists, including:

- ◆ Sugar Free Allstars
- ◆ Aaron Nigel Smith
- ◆ Secret Agent 23 Skidoo
- ◆ Alegria Real
- ◆ Lucas Ross
- ◆ Andrew & Polly
- ◆ ...and more

Locally owned businesses will offer a variety of healthy refreshments for maximum energy throughout the day. Collaborations with arts organizations add color and texture to the festival atmosphere with creative activities that inspire.



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: **Yang Su**, Otolaryngology; **Daniel Anderson**, Otolaryngology; **Casie Wall**, Stephenson Cancer Center. *Seated, from left: **Kendra Harper**, Stephenson Cancer Center; **Karlea Martin**, Urology; **Michelle DeLeon**, Pediatric Gastroenterology; **Rebecca Roy**, Stephenson Cancer Center.**



*Standing, from left: **Cynthia Lazo**, Pediatric Cardiology; **Suzanna Yandell**, OU Cardiovascular Institute; **Alexia Williams**, Pediatric Neurology; **Brittany Bender**, Medicine Specialties. *Seated, from left: **Yvonne Lai**, Stephenson Cancer Center; **Megan Garrison**, Sooner Pediatrics; **Sara Dean**, Clinical Operations; **Gretchen Kifer**, Neurosurgery.**



Clinics Excel In Patient Satisfaction

More banner presentations were made in August, recognizing those clinics earning four- and five-star patient satisfaction ratings during the second and third quarters of fiscal year 2016. Congratulate the staff members and clinic leaders shown below and listed at left, for this outstanding achievement.



Not Pictured
Four stars 3rd quarter
Community Health Northeast

Five stars, 3rd quarter
Community Health South
Community Health West

Four stars, 3rd quarter
and five stars, 2nd quarter
Community Health 23rd Street

Five stars, 3rd quarter
and
Four stars, 2nd quarter
Devon On-site clinic (DOC)

Four stars, 3rd quarter
Dermatology at DOC

Five stars, 2nd and 3rd quarters
W Facial Aesthetics

Four stars, 3rd quarter
Dermatology

Four stars, 3rd quarter
Grand Prairie Pediatrics

LIVE to GIVE



 Medicine



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

Live to Give Volunteer Of The Month

Brandice Edwards

Patient Accounts, Obstetrics & Gynecology

Our current Volunteer of the Month, Brandice Edwards, has participated in a variety of Live to Give-coordinated activities. These include providing support at the UCO Endeavor Games, helping students and teachers at Edwards Elementary during both year-end events and back-to-school days. In addition, she's volunteered for clean up in city parks and helped with events at Positive Tomorrows as well as the most recent Jammin' Hoops Fest event.

While Edwards stands ready to help her community in any way she can, the events at Edwards Elementary were of particular significance. "It is such a good school," she said. "I went there as a kid, and just being able to go back and spend time with the kids and talk to them was really nice. "

Edwards appreciates Live to Give opportunities in general, but the best part for her is being able to extend herself on behalf of others. "There's something about volunteering that I can't explain," she said. "It makes you think less about yourself and more about putting smiles on faces. Giving back to my community through our Live to Give program makes me enjoy my job more than I already do."

She said there are a few things people who haven't yet volunteered should know. "The program is amazing. We volunteer everywhere. And it doesn't feel like volunteering, it feels like you're just having fun with new friends. I would tell anyone to volunteer. It's great!!

Edwards said volunteering also is a sure way to improve your attitude. "Just volunteer. You'll feel good about the work that you are doing!!"

LIVE to GIVE



OU Medicine

Helping Hands At Sibshops...

Last month's Sibshops gathering in Mustang was another successful and fun event, due in part to great support from OU Medicine Live to Give volunteers. The day included helpful sessions for parents, while the kids enjoyed "Extreme Animals," dancing, scrapbooking and more. Live to Give provided lunch enjoyed by all.



LIVE to GIVE



CU Medicine

Sibshops, continued



LIVE to GIVE

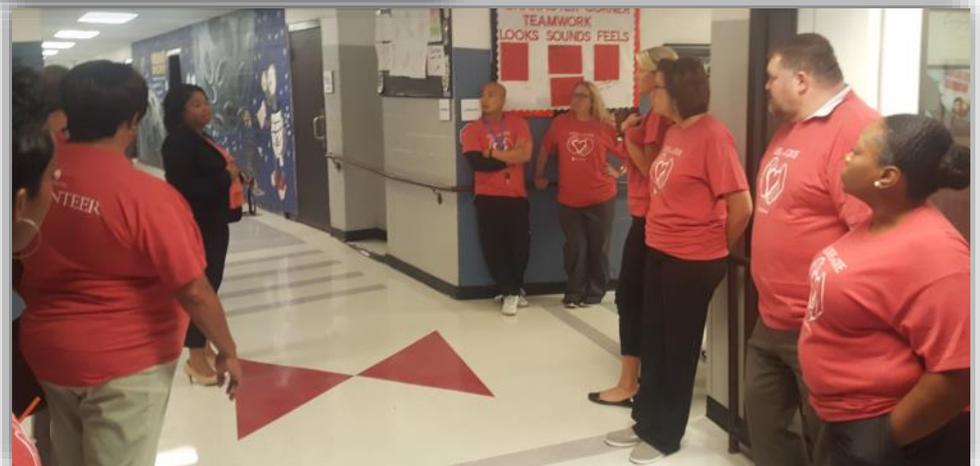


 Medicine

Direct your questions
about the
Live to Give program to
Kelli Hayward Walsh:
Kelli-HaywardWalsh@ouhsc.edu

...and at Edwards Elementary

It was the first day of school and all the classrooms and hallways carried heavy kid traffic. Live to Give volunteers were there with practical help and lots of smiles, encouragement and moral support.





OU Fit Star of the Month

April Hale, OU Cardiovascular Institute



Each OU Fit Star receives OU Fit logo merchandise or apparel valued at \$50.

Perhaps in part because she had considered her lifestyle an active one, April Hale was taken aback when she saw herself in photos of a wedding in which she was a bridesmaid. "I was disgusted at how much weight I had gained," she said. "I didn't realize at that time, but I was at the heaviest weight I had been in my life and I decided to start exercising." Hale has made changes to her diet in the last year also.

Hale participates in the OU Fit program because it encourages an overall healthier lifestyle. It's a concern that's especially significant due to the occurrences of heart disease in her family. "I have lost over 17 pounds in the last year. I feel and look better and I want to keep focusing on being healthy."

Hale believes most people aren't really mindful of the serious impact food choices have on their bodies. Because of OU Fit, she's more motivated to be aware of what she puts into her body. As a result, Hale has made some important changes.

"I love chocolate, but I've cut back on sugar. I used to drink three cups of coffee a day; now I'm down to one. I also drink herbal tea and I have increased my water intake to four to six glasses per day." Hale describes herself as an avid believer in natural products. "I eat a ton of fruit every day. My favorites are blueberries, grapes, pears, strawberries, mangoes and pineapples."

Hale said her goal is to achieve a healthy weight and maintain it, but other personal health struggles are part of the bigger picture. "I have mitral valve prolapse. It's a common heart condition that's not typically life-threatening, but it can be associated with other heart conditions. Given my family history, I want to avoid any other heart issues that could arise as I get older."

Hale's personal favorite form of exercise is yoga. "I love yoga! It's a great strength builder and works your core muscles, as well as being relaxing."

She gets great support from her son, a high-school senior who plays football. "We work out together and he has even helped come up with some routines for me," said Hale. "I have a lot of support from friends and family to keep pushing toward my goal."

Hale has a reward in mind when she reaches her target weight-loss goal. "I plan to take myself on a shopping spree," she said. "And, an occasional taste of chocolate is a small reward for the interim."



NRGY Security Announcement

We are dedicated to creating a positive and safe atmosphere at NRGY. In order to accomplish this, OU Fit participants are asked to observe these directives:

- Due to security and liability concerns, access must be limited to authorized users only.
- Use only your badge to access the gym.
- Badges may not be borrowed.
- Please do not compromise safety by propping or holding open the entry for any person you do not know.
- You may not allow your co-workers who are not registered through the OU Fit program to accompany you to the gym.

We appreciate your enthusiasm, cooperation and patience
as we continue to grow!



Interested in joining
OU Fit?
Want to know more about
the benefits and perks?
Contact wellness manager
Krystal Floyd at
OUFit@ouhsc.edu

*Being healthy and fit
isn't a fad or a trend.
Instead, it's a lifestyle.*

See What You're Missing!



The OU Medicine Farmers Market comes to the first floor of the Children's Atrium the first Thursday of each month from 11 a.m. until 2 p.m. Find different ways to think about fresh and healthy.

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

Healthy Cravings

("Superfood"-based snacks)

High Tides & Green Fields

(produce, herbs, rubs, salts)

Lovera's Market

(cheeses)

Manchester St. Coffee

(freshly roasted coffees, local and international)

Mittie's Kitchen

(homemade breads, cookies, jams, fruit butter, local honey)

Renrick's

(plants, greeting cards, prints)

Sweet Spirit Foods

(barbecue sauces)

Twisted Oak foods

(salsas, rubs, spices)

OU Fit Featured Recipe

Summer Squash and White Bean Sauté

- 1 tablespoon extra-virgin olive oil
- 1 medium onion
- 2 cloves garlic
- 1 medium zucchini
- 1 medium yellow summer squash
- 1 tablespoon chopped fresh oregano
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 15- or 19-ounce can cannellini or great northern beans
- 2 medium tomatoes
- 1 tablespoon red-wine vinegar
- 1/3 cup finely shredded Parmesan cheese



Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until beginning to soften, about 3 minutes. Add zucchini, summer squash, oregano, salt and pepper and stir to combine. Reduce heat to low, cover and cook, stirring once, until vegetables are tender-crisp, 3 to 5 minutes.

Stir in beans, tomatoes and vinegar; increase heat to medium and cook, stirring, until heated through, about 2 minutes. Remove from the heat and stir in Parmesan.

Tip: Canned beans are convenient and nutritious, but tend to be high in sodium. A good rinse will reduce sodium content - as much as 35 percent. You should be able to find low-sodium or no-salt-added products, or if you have time, buy dried beans and cook them yourself.

Nutritional Information

Makes: 4 servings, about 1 1/4 cups each

Serving Size: about 1 1/4 cups

195	25 _g	6 _g
Cals	Carbs	Fat
11 _g	5 _{mg}	599 _{mg}
Protein	Cholesterol	Sodium

Support Groups

SOS Breast Cancer Support Group

When: Thursday, September 1
(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, R.N., C.N.-B.N.,
405-271-4514, ext. 48527

Lunch is provided. RSVPs requested.

HOPE in Oklahoma Gynecologic Cancer Support Group

When: Saturday, September 3
(first Saturday monthly, 10 a.m. - noon)

Where: Stephenson Cancer Center, 1st floor Family Lounge

Who's Invited: Patients, caregivers and survivors

Contact: Odra Pratt, 405-694-9517
or jessica-moates@ouhsc.edu

Hep-C Support Group

When: Tuesday, September 6
(first Tuesday monthly, 4 - 5 p.m.)

Where: Presbyterian Professional Building,
711 S.L. Young Blvd, 4th floor

Who's Invited: Patients, friends,
families and caregivers affected by Hep-C
Snacks provided; RSVP requested.

Contact: Michelle Price, 405-271-4024,
or michelle-price@ouhse.edu.

Project 31 Breast Cancer Support Group

When: Tuesday, September 6
(first Tuesday monthly, 6 - 8:30 p.m.)

Where: Stephenson Cancer Center, 1st floor Family Lounge

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

Contact: Sarah McLean, sarah@project3one.org

Blood & Marrow Transplant (BMT) Gathering

When: September 7, 21
(Every other Wednesday at noon)

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, September 7
(first Wednesday, monthly at noon)

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

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

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

Empower!

Metastatic Breast Cancer Support Group

When: Thursday, September 8
(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, September 8
(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

Light refreshments served

Brain Tumor Support Group

When: Thursday, September 8
(second Thursday monthly, 6 to 8 p.m.)

Where: Oklahoma Brain Tumor Foundation
4024 N Lincoln Blvd, Suite 220

Who's Invited: Patients, families, survivors
Contact: Cassandra, 405-843-4673

Cochlear Implant Support Group

When: Wednesday, September 14
(second Wednesday monthly, noon-1:30 p.m.)

Where: OU Physicians Building 2nd floor, Conference room 2107

Contact: Carolyn Messick, MS., CCC/SLP
405-271-1368 or

carolyn-messick@ouhsc.edu

Parents of Children With Cancer

When: Tuesday, September 13, 27
(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

Young Adult Cancer Support Group

When: Thursday, September 15
(third Thursday monthly, 5:30 p.m.)

Where: Location determined by evening programming

Who's Invited: Young adult cancer survivors and patients
Contact: yasgoklahoma@gmail.com for more information

Support Groups, continued

Us TOO! Prostate Cancer Support Group

When: **Tuesday, September 20**

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

Where: Meets at **Stephenson Cancer Center**, 1st floor Family Lounge, **September, December, January**
Integris Cancer Institute, 5911 W Memorial Road, conference room C, **October, November**

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

Contact: Dane Libart, L.C.S.W.,

405-595-7217, or dlibart@odmhsas.org

Support Group for Adults with Diabetes

When: **Tuesday, September 27**

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

Where: Harold Hamm Diabetes Center

1000 N Lincoln Blvd., Suite 3200

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

Contact: 405-271-5642 or e-mail groups@haroldhamm.org

RSVPs requested

Caregiver Support Group

When: **Wednesday, September 28**

(fourth Wednesday monthly,

Noon - 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: Samantha Pascoe, 405-239-2525,

or spascoe@eastersealsoklahoma.org

Lunch provided. RSVPs requested.

www.eastersealsok.org/caregiver-support-group/

Pancreatic Cancer Support Group

When: **Thursday, September 29**

(last Thursday monthly, 6 p.m.)

Where: David L. Boren Student Union, 1106 N Stonewall, Room 260

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

Refreshments provided.

Contact: Dan Brackett, 405-380-8236, or

Julie Linse, 405-250-1835

Spanish-Speaking Cancer Support Group

When: **Friday, September 30**

(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