



OKLAHOMA HEALTH CENTER NEWS

OKLAHOMA'S PREMIERE CENTER FOR HEALTH CARE, RESEARCH, TECHNOLOGY AND EDUCATION

VOL. 11 NO 1, January 2006

Medical Spa Widens Health World

**Looking for a Great Spa Destination?
Look Healthier. Look Younger. Look Better.
Look to The Medical Spa at OU Medical Center.**

"It was my first time to visit a spa; it made me feel so pampered. The results are definitely worth it. I'll go back again, and I highly recommend it to others," declared Nancy Kermode of Oklahoma City.

Kermode's enthusiasm is being echoed all over Central Oklahoma as The Medical Spa at OU Medical Center integrates traditional medicine, innovative techniques, and ancient regimens and brings it to the community in one easy-to-reach facility. The spa environment feels a bit like a

protective bubble, a nurturing, personal atmosphere that customizes programs to fit each person's needs and lifestyle. The surroundings abound in positive energy. But there is more to it than just superficial pleasure. Many people do not realize it, but from pleasure often comes healing. Whether it's a fast-paced game of racquetball that increases fitness while it boosts cardiovascular health, a relaxing massage that can reduce stress and relieve silent inflammation, or a beauty-enhancing dermal filler that promotes a feeling of well-being, the spa provides an opportunity to step back from a complex lifestyle and facilitate the body-mind-spirit connection that is essential for good health.

The Medical Spa offers a complete menu

of activities and procedures, all within one facility and all under the safe auspices of a medically supported environment. The security of participating in a way of life, mainstream medicine instead of a fad, plus the convenience and flexibility make The Medical Spa at OU Medical Center unique in the Oklahoma City area. With so many appealing features from which to choose, the selection of just certain ones for your own personal program is the only difficulty one might have to face.



Located within the Center for Healthy Living, 1000 N. Lincoln Boulevard, The Medical Spa health club facility occupies 65,000 square feet. Its Health and Fitness section provides hot tub, sauna, and swimming pool facilities, along with courts for basketball, racquetball and squash, as well as an aerobic studio. Yoga classes, fitness assessments, weight-loss treatments, and more are part of the Health and Fitness services. There are even healthcare professionals to consult about nutritional supplements rather than choosing almost randomly from a shelf of products at a store with only the stocker to ask about the benefits and drawbacks.

The Facial Services area offers micro-

dermabrasion; gel peel treatment; deep pore cleansing; firming and/or regenerating facials; and waxing.

Embracing western and eastern knowledge of healing arts, the Massage Services section has packages ranging from full body massage to reflexology, with variants such as sea salt scrubs to take away dead skin, herbal wraps to draw out body toxins, stone massages to help balance the nervous system, and even seated massage that can be done in 15 minutes . . . a great way to take a break and send you back to work refreshed.

One of the fastest growing areas for Americans is in cosmetic procedures. At The Medical Spa, Cosmetic Services boasts state-of-the-art procedures: dermal filler treatments such as Botox®, Restylane, CosmoDerm® and CosmoPlast®; Zeno,



the world's first home acne treatment; and Lumenis One Laser Services for photorejuvenation, leg vein treatments, and laser hair reduction.

Whether you seek to reduce stress, relax your muscles, energize your life, or look younger, making the Medical Spa a part of your routine will help you connect your body, mind, and spirit — and the experience could become an oasis in your busy days while it helps improve your health and quality of life.

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The Oklahoma Health Center Foundation is a consortium of 28 private, educational, governmental and non-profit organizations, located on nearly 300 acres just south of the Capitol complex in Oklahoma City. The Oklahoma Health Center collectively employs more than 12,500 people and contributes \$3 billion to the Oklahoma economy on an annual basis. These organizations represent the areas of patient care, research, technology, education and community support with the common goal of improving health and creating high-tech jobs in Oklahoma and the nation. For more information about the Oklahoma Health Center Foundation, visit the website at www.okhealthcenter.com.

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Oklahoma Health Center News

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OHC News is published monthly by Inroads Publishing, Inc., 2333 E. Britton Road, Oklahoma City, OK 73131, for the Oklahoma Health Center Foundation, 800 N. Research Parkway, Suite 400, Oklahoma City, OK 73104.

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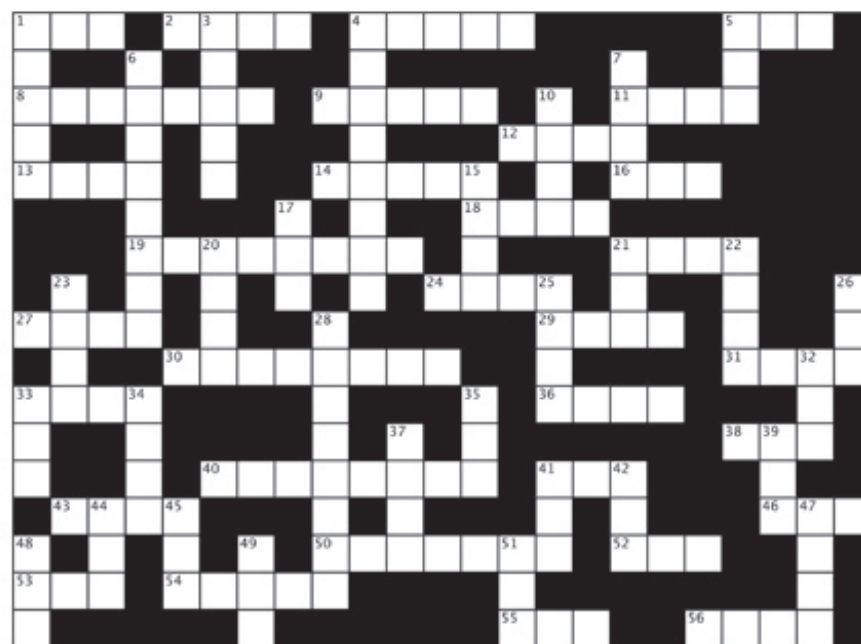
Advertising

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Production:

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Across

- Beatnik's apartment
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- Like new dishwasher
- ____-Margret
- Movie houses
- Prayer endings
- For eternity
- Fountain drink
- Parade spoiler
- Pullman bed
- "X-Files" org.
- Forewarning
- Woodwind instrument
- Baker's necessity
- Secures
- Tavern orders
- Andes country
- Contemplated
- Wealthy
- Greek letter
- Poker money

Down

- Kind of horse
- Neck muffler
- Smirked
- Lungs filler
- Stages a Civil War battle
- Unhearing
- Skirt Section
- Fine whetstone
- ____ gloss
- Rogue
- Marvelous happenings
- GM product
- Type of apartment (hyph.)
- "The Greatest"
- Exhibit
- Broker's advice
- Taxing agcy.
- Stands behind
- Make a mistake
- Small amount

- GM product
- Over, poetically
- Poetic "never"
- Chimney passage
- Pound operators (abbr.)
- Librarian's utterance
- Spotted cats
- Bland fish
- Ram's sound
- Female voice
- Jolson and Unser
- Light ____ feather (2 wds.)
- Flirtatious
- Josh
- Gives the nod
- Brit's tavern
- Existence
- Jar cap
- Play a part
- Zoo animal

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THE VIEW FROM HERE



Michael D. Anderson, Ph.D.
President, Presbyterian
Health Foundation

OKLAHOMA and the BIOTECH REVOLUTION: CELLULOSIC ETHANOL

"Cellulosic Ethanol" is not a phrase we heard in President Bush's recent State of the Union address, but that is what he was talking about in advocating alternative energy. Oklahoma is an energy and farming state, among other things, and has an opportunity to join the biotech revolution in an important phase of the battle: for more energy, cleaner fuel, using the best new botanical technologies, and increasing economic opportunity for Oklahomans.

A study suggests a new, highly efficient method of producing ethanol. Corn-based ethanol can be produced using just a tenth of the energy it provides, according to new evidence reported from the University of California.

Joe Theisman of football fame said, "Nobody in football should be called a genius. A genius is a guy like Norman Einstein." Speaking of Albert Einstein, his genius included being very practical. Einstein said, "When I was young, I found that the big toe always ends up making a hole in a sock. So I stopped wearing socks." A practical person who described himself as one with "no particular talent" but "I am passionately inquisitive." Using

that level of motivation, let us mention how cellulosic ethanol may be a great boon to our state.

First, consider the "comps." *Comparing* ourselves we quickly learn: a Reuters story that the U.S. will double its ethanol usage to 6% of gasoline consumed by 2012, with Indiana, Ohio, and Wisconsin planning to join South Dakota, Iowa, Nebraska, and Minnesota as primary producers; the *Argus Leader* (Sioux Falls) states that the U.S. Congress has several measures "under consideration" to make ethanol the leading near-future alternative to petroleum for cars and trucks; Iowa's legislature is planning to make ethanol and biodiesel 25% of its energy needs by 2008; and other countries are following suit; e.g., according to the *Bradenton Herald* (Fla.) "this year" Brazil will become a "net exporter" of oil "in large part because of an aggressive push to encourage the use of ethanol from sugar cane and soy, and, ethanol comprises 25% of the country's energy needs."

The urgency for Americans to consider alternative fuels is obvious as we import over one half of our oil supply and much of it from politically unstable nations. "Necessity may be the mother of invention"; however, innovative science is in deed the father. We have the science, the land, and the opportunity to seize the day for this challenge.

Second, we will give a brief outline about how cellulosic ethanol is made:

- A. Various farm products are used, mainly corn, or perhaps the native switch grass, a naturally perennial crop, whose six-foot-long roots make it drought resistance.
- B. The Grinder — much as in back-country stills, the ground-up product is mixed with water to form a mash.

- C. The Cooker — the mash is cooked at a high temperature, cooled, and yeast is added.
- D. The Fermenter — the mash is continuously agitated to aid the fermentation process. Distillation columns separate ethanol from waste products (which are used for livestock feed).
- E. The Molecular strainer — ethanol from the fermenter is passed through a strainer, concentrated and dried to create a liquid that's nearly 100% pure grain alcohol, which is then mixed with gasoline to denature the ethanol.

- F. Ten percent ethanol/gasoline mix is commercially available now in many stations. New York State is considering mandating alternatives like E85, a mix that is 85% ethanol and 15% gasoline. Only vehicles with special equipment can use E85. Five million of those are on the road now, and automakers are adding hundreds of thousands more annually.

Biotechnology's revolution is advancing across the land and around the world. Oklahomans have an Einsteinian practical wisdom to solve problems. "Let's take our socks off" and go to work.

SMART MONEY

FROM FOCUS FEDERAL CREDIT UNION

CDs and Mutual Funds

What is a CD?

A CD is a Certificate of Deposit; money that is deposited with a financial institution for a fixed time period, usually at a fixed rate of interest. Credit Unions offer the same type of investment. However, it is called a *share certificate* because members own a *share* of the credit union.

CDs are often called *time deposits* since they mature on a specified date, with terms that can vary from six months to five years, and are evidenced by a certificate. Because CD agreements require funds to stay on deposit through a stated term, they often carry higher rates of interest than a regular savings account, but have a penalty if funds are withdrawn before the term expires.

What is a Mutual Fund?

A Mutual Fund is a collection of stocks, bonds, or other investments from different companies combined together to provide one single investment. Mutual Funds pool money from many investors to provide diversification and professional management.

CDs and Mutual Funds — What's the Difference?

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WHO'S NEWS AROUND OHC?

McCaffree First State Recipient of AAP Abraham Jacobi Award

OU Children's Physicians Neonatal-Perinatal Medicine specialist **Mary Anne McCaffree**, M.D., was presented the Abraham Jacobi award at the 75th



McCaffree (right) receives AAP Award from AAP President Carol Perkowitz.

anniversary of the American Academy of Pediatrics (AAP). McCaffree is not only the first Oklahoman but also the first neonatologist to receive the award.

Each year, the award is given to only one pediatrician from among the organization's 60,000 members who exemplifies leadership in the AAP and the American Medical Association (AMA). Abraham Jacobi is recognized by many in the United States as the "father of pediatrics." Requirements for nomination include national AAP leadership and involvement in the AMA addressing issues relating to children's health. Dr. McCaffree serves on the Committee on Federal Government Affairs for the AAP and AMC Council on Science and Public

Health and AMC Pediatric Section Council. She has worked to enhance services for infant apnea in Oklahoma and is a project coordinator for the Women and Girls Tobacco and Lung Cancer Task Force through the American College of Chest Physicians.

OU Breast Institute Gains New Radiologist



Radiologist **Elizabeth A. Jett**, M.D., is board-certified in diagnostic radiology, with training in breast imaging and cardiothoracic imaging. She also has experience with breast MRI and MRI-guided biopsies. Jett completed fellowships in mammography and cardiothoracic imaging at the University of California, San Diego, where she had previously served as chief radiology resident. She earned her medical degree from the University of Oklahoma. She graduated cum laude from Duke University, Durham, N.C., where she earned a bachelor's degree in biomedical engineering.

The OU Breast Institute is a specialty center of OU Physicians, the clinical practice of the University of Oklahoma College of Medicine. The OU Breast Institute's multi-disciplinary team focuses on early diagnosis of breast cancer, treatment, and prevention research. It also specializes in treatment options for women at high risk for breast cancer.

Obstetrics-Gynecology Specialist Joins OU Physicians



Julie Gilmour Hansen, M.D., a board-certified obstetrician-gynecologist, comes to OU Physicians after spending six years in private practice in general

gynecology and obstetrics, first at Renaissance Physicians of Midwest City and then in Everett, Wash. She has a special interest in gynecologic care for pediatric, adolescent, and menopausal patients, as well as promoting healthy lifestyles to women of all ages. Hansen also specializes in surgical care of women, including evaluation and treatment of women with urinary incontinence and other pelvic disorders. She received her medical education at the University of Oklahoma College of Medicine. She became a fellow of the American College of Obstetrics and Gynecology in 2002.

Maternal-Fetal Medicine Specialist Establishes Practice at OU Physicians



Andrew A. Elimian, M.D., is board certified in maternal-fetal medicine, obstetrics and gynecology, and internal medicine. He is also experienced at performing chorionic villus sampling — identification of inherited genetic disorders — first-trimester screening, and fetal therapy. Elimian comes to OU Physicians from University Associates in Obstetrics and Gynecology at the State University of New York, Stony Brook, where, in addition to seeing patients, he was an associate professor. He is a nationally renowned researcher with numerous publications and presentations to his credit, including more than 30 published articles in peer review journals. Elimian completed a fellowship in maternal-fetal medicine and an obstetrics-gynecology residency at New York Medical College, Valhalla. He completed an internal medicine residency at Nassau County Medical Center, East Meadow, N.Y.

First Lady and Dr. Gilcher Kick Off Blood Donor Month

Oklahoma's First Lady, Kim Henry, and Dr. Ronald Gilcher, Oklahoma Blood Institute CEO, kicked off National Volunteer Blood Donor Month in January. Mrs. Henry talked about the importance of all blood donors to the state's health, encouraging all eligible donors to donate three times a year. Dr. Gilcher spoke about the particular need for Type O Positive and Negative, Type A Negative, and Type B Negative donors. Tina and Lewis Crosley, parents of triplets born 15 weeks premature, explained how transfusions from generous Oklahoma donors saved the lives of their babies.

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Meet Jerry Maier

CEO, OU MEDICAL CENTER



The first in a series of interviews with the Chief Executive Officers at Oklahoma Health Center.

Articulate, approachable, and efficient, Jerry Maier, CEO of OU MEDICAL CENTER, both creates and reflects the welcoming but professional environment that characterizes that institution.

As a United States Air Force officer serving in the Medical Service Corps followed by an active career in private industry, Maier found the opportunity at the OU MEDICAL CENTER a perfect way to combine his medical experience with his business background. "I could be actively engaged in operating a business and at the same time gain satisfaction from doing more than just making widgets and a profit. At OU MEDICAL CENTER, I would have an active hand in helping people heal," said Maier.

Helping people but not micromanaging them is a keystone to Maier's almost phenomenal success at OU MEDICAL CENTER. He has high expectations and a solid work ethic. Combined with his compassion and zest for life, these characteristics have made OU MEDICAL CENTER an exciting and pleasant place to work, and that resonates in the type of care given to patients. Maier attributes the success to a simple leadership concept: "I have good people around me, give them the tools they need, stay out of the way, and help when asked."

Life at OU MEDICAL CENTER is, however, not simple. Indeed, the challenges of his position motivate Maier to get up and eagerly go to work each morning. While many people might prefer strong coffee to start them going, Maier thrives on the beehive of activity and the numerous needs he addresses each day. Training. Needs of staff. "We have such diversity here that I can count on never having the same experience two days in a row. That's invigorating," exclaimed Maier. Despite the buzz of activity that could be chaotic under a less able leader, OU MEDICAL CENTER is orderly without even a hint of disarray.

It was not always that way. When Maier arrived at OU MEDICAL CENTER about eight years ago, he faced what he now calls his biggest challenge. Prior to 1998,

there were two hospital groups on campus — Presbyterian owned by HCA and University hospitals, which included University Hospital and Children's Hospital, both operated by the state of Oklahoma. It was Maier's responsibility to take the two diverse cultures and bring them together under one organization. Facilitating that merger was not easy. Investor-owned culture met government-operated culture. Academic environment vied with private environment. "It's a whole lot easier to build things — bridges, emergency departments — all it takes is money; but changing cultures, changing people's behaviors and getting them to embrace a new way of doing things is hard because it involves individuals, and everybody has their own perspective on the direction it ought to go," Maier explained.

With his bold and optimistic philosophy — "better to try and fail than not try at all" — Maier succeeded in a surprisingly short time.

There are still many challenges to be met, and Maier addresses them in an open manner. Without hesitation, Maier will tell you that Oklahoma and OU MEDICAL CENTER suffer the same nursing shortages as the rest of the nation. "The nurse shortage is critical," he declared. "We particularly see it here in a number of areas because we have a large number of very specialized services that create significant staffing challenges."

To approach a solution, Maier has been very active in a potpourri of strategies — from providing matching grants for development of a neonatal nurse practitioner program to being active on the workforce development task force that has "forged a collaborative relationship with higher education and the vocational schools in terms of getting people to come to the table to begin to concentrate, focus, and coordinate resources to develop more nursing professionals."

Maier is pithy and to the point about allocation of educational resources: "Why do we have so many psychology degree majors when the graduates can't find jobs? Why don't higher education facilities reallocate resources to address areas that are critical in manpower shortages?"

Maier has been and continues to be instrumental in closing the health gap between Oklahoma and other states. Last year, the entire area became smoke-free. OU MEDICAL CENTER is working on electronic medical records, and that adds to quality medical care and patient safety. Already implemented is electronic order entry, done on the spot. "It eliminates errors of handwriting, opportunities for errors of misinterpretation, errors in transcribing orders, and medications get to patients much faster," said Maier.

OU MEDICAL CENTER also provides the largest contingent of translators of any hospital in the city. Almost all the translators are certified or will soon be certified through a Health Department program pioneered with OU MEDICAL CENTER. This improves obstetric and pediatric health

care immensely. The new Medical Spa appeals to many different types of people and encourages good health and lifestyle behaviors with everything from relaxing massage services to energetic workouts on the squash court. Within the Center for Healthy Living, one can find options that complement traditional medicine, all supported from a physician perspective. OU MEDICAL CENTER also sponsors clinics in the area, providing a significant amount of free, primary care through hospital-based teaching programs. These reduce the burden of preventable/treatable diseases in the community. Programs for senior citizens. Screenings. OU MEDICAL CENTER is the poster child for healthcare advancement.

One of Maier's aspirations is to expand the presence of OU MEDICAL CENTER, delivering more off-campus services. "We need more outreach programs," stated Maier.

Despite Maier's energy, passion, and leadership, he sees himself in the role of servant. He works to get people engaged in their projects instead of using power plays. "You can't force people to do anything," he declared. "I'd rather influence people to do the kind of things that we need to have done in order to go in the direction we need to go. If they're on board, we'll get there; if they're not on board, we won't get there."

"People who know me know me," said Maier about his style. "You get what you see." That lack of artifice is a major part of his leadership approach. Beginning at the age of eight, working at a busy

corner newsstand, Maier learned how to conclude a transaction rapidly before the traffic light changed. Caddying as a ten-year-old boy, he learned that being good at his job meant better tips and better golfers to serve — plus less chasing after golf balls. His most significant lesson came at age 16 when, working in a grocery store, he saw the "Ten Principles of Customer Service" posted on the wall, and was expected to know and abide by those principles. These work experiences provided the service orientation that has stayed with him throughout his life and career, carrying through to everything he does. It is not arrogance but an honest survey of self when Maier says that his proudest achievement is "who I am." His family, his staff, OU MEDICAL CENTER, and the community at large benefit from that philosophy.

Although Maier says, "It is not my job to make people happy; happiness comes from within one's self," just being around this unpretentious, hardworking, spontaneous, caring, and smart CEO brings a smile and a renewed sense of optimism to everyone with whom he comes in contact.

"It's going to be a great year," Maier predicted enthusiastically. "I look at every new day as a day to be thankful that I'm here, a day that I have my health, and a day I hope there is something else I can contribute to make this organization better, this city better."

With Jerry Maier at the helm, it definitely looks like it's going to be a great year for OU MEDICAL CENTER.

BUILDING PROGRESS. ADVANCING MEDICINE.



It's great to look back on all the accomplishments OU MEDICAL CENTER and The Children's Hospital have made toward providing top-tier health care to Oklahomans over the years. However, it is the future that will provide the most lasting impact on your health. And it is the future that OU MEDICAL CENTER is gearing up for right now, with its multi-million dollar construction project.

Construction isn't just a sign of expansion — it's a sign of progress. With the new Intensive Care Unit and Radiation Therapy Center recently opened, Oklahomans are already benefiting from this commitment to first-class health care facilities. A new vision of OU MEDICAL CENTER is unfolding, focused on providing the latest

treatments and technology to the people of Oklahoma.

When complete, OU MEDICAL CENTER will have friendlier access and parking, the largest emergency department in the state and all-new women's and children's facilities. The

combination of function and design will provide cutting-edge technology in compassionate care environments. The progress is just beginning, and more will be put in action as OU MEDICAL CENTER continues advancing medicine for life.

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MEDICINE & SPIRITUALITY

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By Rev. Ken Blank and Dr. John Campbell
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Religious Attendance:

Does It Promote Health and Longevity?

In the December 2004 issue of *Science* and *Theology News*, Julia Keller, science editor, has pulled together several research reports that suggest not only that attendance at religious services can be beneficial to a person's health and how long he or she lives, but also attempt to identify what aspects of biology may have been changed in a person by the practice of religious behavior.

She cites the work of William Strawbridge, researcher at the Institute on Health and Aging in San Francisco, who studied "religious attendance's buffer effects on negative health outcomes." And she reports the work of Mike McCullough, psychology and religious studies professor at the University of Miami, who notes "religious behavior promotes health and longevity" and it "might do so by changing the body."

While these researchers have noticed the connection between religious attendance and better health outcomes, Susan Lutgendorf, University of Iowa psychology professor, went a step further to report that it may be due to a boosted immune system, specifically decreasing blood levels of Interleukin-6, or IL-6.

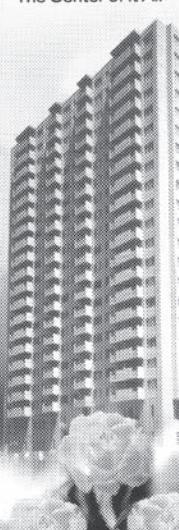
In Dr. Lutgendorf's recent study, blood samples from Iowa adults aged 65 years or older were collected and analyzed for

immune conditions and found to have lowered levels of IL-6 correlating to regular attendance at religious services. The study was published in *Health Psychology* and accounted for factors such as age, sex, health behaviors, illness, and depression. The study followed the participants over 12 years. Lower mortality was noted in the group of those who attended religious services.

Others, including Dr. Harold Koenig (Duke University), Dr. Tamara Harris (National Institutes of Aging), and Dr. Dan Russell (Iowa State University's Institute for Social and Behavioral Research), have produced studies to corroborate the link between better health outcomes and church attendance. When interviewed by Ms. Keller for their reactions to Dr. Lutgendorf's findings, they uniformly agreed that the possible link between decreased IL-6 levels and good health outcomes and lower mortality was possible. Yet, Dr. Russell likely spoke for the group as a whole when he pondered how the relationship between attendance and morbidity/mortality actually works. He hoped for a study from someone to discover the components of religious attendance that seem to lower IL-6 levels to promote longevity and better health.

To that aim, Dr. Russell postulated that perhaps group interaction, the worldview,

or just the exercise to get out of the house to attend the services may be playing a role in the health and mortality benefits accruing to a given patient. Religious attendance: does it promote health and longevity? A person may attend church regularly for many reasons (business relationships, family ties, etc.) that do not necessarily have to do with the attendee's religious beliefs. Additional research designs are much needed to begin to answer that question!



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Ride On. Biking for Bucks

Tour de Cure®, the American Diabetes Association's annual cycling event is the only diabetes cycling fundraiser in Oklahoma. "Every dollar raised and every mile biked supports the Association's mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes," said Jane Terry of the American Diabetes Association's Eastern Oklahoma office. The disease affects over 300,000 Oklahomans.

On May 13, 2006, cyclists from around the region will choose 66, 40, 23, or 12 miles to raise \$40,000 to support research for a cure. Tour de Cure raises funds through registration fees as well as pledges collected by the cyclists. Pledges and donations can be collected online at www.diabetes.org/tour. The cyclists will begin at 8:30 a.m. in Tulsa. The American Diabetes Association challenges all local cyclists to join the 2006 Tour de Cure. To register to ride, cyclists can call the American Diabetes Association at (918) 492-3829 or use www.diabetes.org/tour online.

Discovery Health Channel, Bristol-Myers Squibb, Performance Bicycle, Gold's Gym, and TIAA-CREF sponsor Tour de Cure nationally. Local sponsors include Jane Phillips Medical Center, 1st Bank Oklahoma, Citizens Security Bank, and Meadow Homes.

Donors Needed

Oklahoma Blood Institute (OBI) needs people with blood types O Negative, O Positive, A Negative, and B Negative to donate to replenish shrinking reserves. "We have enough of these blood types on hand at the moment to handle all medical needs in Oklahoma. But, we must replenish the reserve as quickly as possible," said Ronald O. Gilcher, M.D. FACP, CEO, President and Medical Director of OBI. Type O blood is the most common blood type in the United States. Type O Negative is especially important because it is the universal blood type. O Negative can be transfused into anyone, regardless of their blood type. In emergency situations, it is usually the first blood given to a patient, making it particularly important for saving lives. To locate an OBI Donor Center, call 1-877-OBI-GIVE.

"Paws" to Save a Life

Oklahoma City's premier rock station the KATT teamed up for the 21st year with the

Oklahoma Blood Institute to hold that stations' annual blood drive. The KATT celebrated its coming of age as a blood donor group by asking all the listeners to do something special for its 21st anniversary — give blood. The KATT and OBI spread across the area to make sure there was a convenient location for people to donate — 10 sites across the state of Oklahoma. "All of us at OBI appreciate the KATT going all out to help us make sure Oklahoma has enough blood on hand to handle all medical situations" said Ronald O. Gilcher, M.D. FACP, CEO, President and Medical Director of OBI.

The event, held in January, suited each donor to a "t" — a limited edition 2006 KATT Blood Drive long-sleeved t-shirt. One lucky donor won the grand prize of a Snocore tour with Seether and Shinedown, including tickets to the concerts in St. Louis as well as Oklahoma City, airfare, and hotel. It was, indeed, the cat's meow.

Something to Sneeze At

Oklahoma City and Tulsa were both listed in the top 10 cities in the nation for fall allergies, according to the Asthma and Allergy Foundation of America (AAFA). "Unfortunately, there is one allergy season after another in Oklahoma, but fall allergies can be especially tough on those who are susceptible to ragweed and other allergens," said Warren V. Filley, M.D., board-certified allergist with the Oklahoma Allergy & Asthma Clinic.

Researchers ranked the 2005 Fall Allergy capitals on several environmental and medical factors, including pollen levels and medication usage in each city. In descending order, the top 10 cities are Chicago; Little Rock, Ark; Tampa, Fla; Daytona Beach, Fla; South Bend, Ind.; Dallas-Ft. Worth; Tulsa; Oklahoma City; Stockton, Calif.; and Melbourne, Fla.

A Uniform Experience

Taking time from their holiday leave in December, nine former Oklahoma School of Science and Mathematics (OSSM) students, who are now serving in the United States Armed Forces or are enrolled in a military academy or a university ROTC program, spoke to current students about joining the military. Talking about the experiences of being in the military environment were Ensign Sean Jones, U.S. Navy, Naval Academy, '05; 2nd Lt. Michelle Pinson, Medical Corps, U.S. Army, Vanderbilt University, '05; Christopher Swenson, Defense Cyber Corps, University of Tulsa, '03, '05; Cadet 1/c Andrew Goodwin, Air Force ROTC, University of Oklahoma; Midshipman 1/c Patrick Harbert, Navy ROTC, University of Washington; Cadet 1/c Christiana Geletzke, Coast Guard Academy; Midshipman 3/c Stephen Hilliard, Navy ROTC, University of Oklahoma; Midshipman 3/c Ashley Rushing, Naval Academy; and Cadet 4/c Chris Nettles, Air Force Academy.

"These former students are just a handful of the many OSSM alumni who are serving our country on active duty as pilots, nuclear engineers, computer specialists in artificial intelligence, national security officers, and medical doctors. We even have one former student who is a veterinarian serving in Iraq," said OSSM college counselor Gary Salwierak.



Medi Flight Earns CAMTS Accreditation

Medi Flight of Oklahoma, the hospital-based emergency hospital/air ambulance and ground critical care transport services, has received accreditation by the Commission on Accreditation of Medical Transport Systems (CAMTS). The accreditation is for three years.

CAMTS accreditation is voluntary external assessment of quality on all aspects of operations. All air and ground ambulances must be licensed, and Medi Flight has always held a license, but earning a CAMTS accreditation means Medi Flight was benchmarked against more than 160 national accreditation standards and has earned the "Gold Standard" in critical care medical transport, signifying the ability to deliver service and exceptional quality. Not all helicopter transfer services in Oklahoma have achieved the important CAMTS accreditation.

"The accreditation indicates what we have known, that Medi Flight is one of the top air ambulance services in the world," said Marvin McLellan, director, Medi Flight. "After months of preparation, it is rewarding to know that Medi Flight is this highly regarded by the experts in the field."

The accreditation process included completion of a 100-page list of questions based on the CAMTS standards, answered by providing Medi Flight statistics, policies, protocols, and practices. In addition, the on-site survey team from CAMTS reviewed all operations, including medical oversight, quality assurance, patient and aviation safety, clinical care,

aviation management and maintenance, communications, and community service.

2005 was a busy year for Medi Flight. In addition to the accreditation, Medi Flight added a third helicopter, the state's only helicopter dedicated to the transport of pediatric patients and critically ill pregnant women. The service also opened a second base in Seminole, Okla., which allows Medi Flight to respond more quickly to critically ill patients in eastern Oklahoma.

Earning CAMTS accreditation "is a perfect capstone to the 25th anniversary of Medi Flight and Medi Flight's receipt of the American Eurocopter Vision Zero award for our commitment to aviation safety and completion of over 40,000 accident-free missions," McLellan added. The service has flown more than 4.5 million miles and transported more than 45,000 critically ill and injured individuals.

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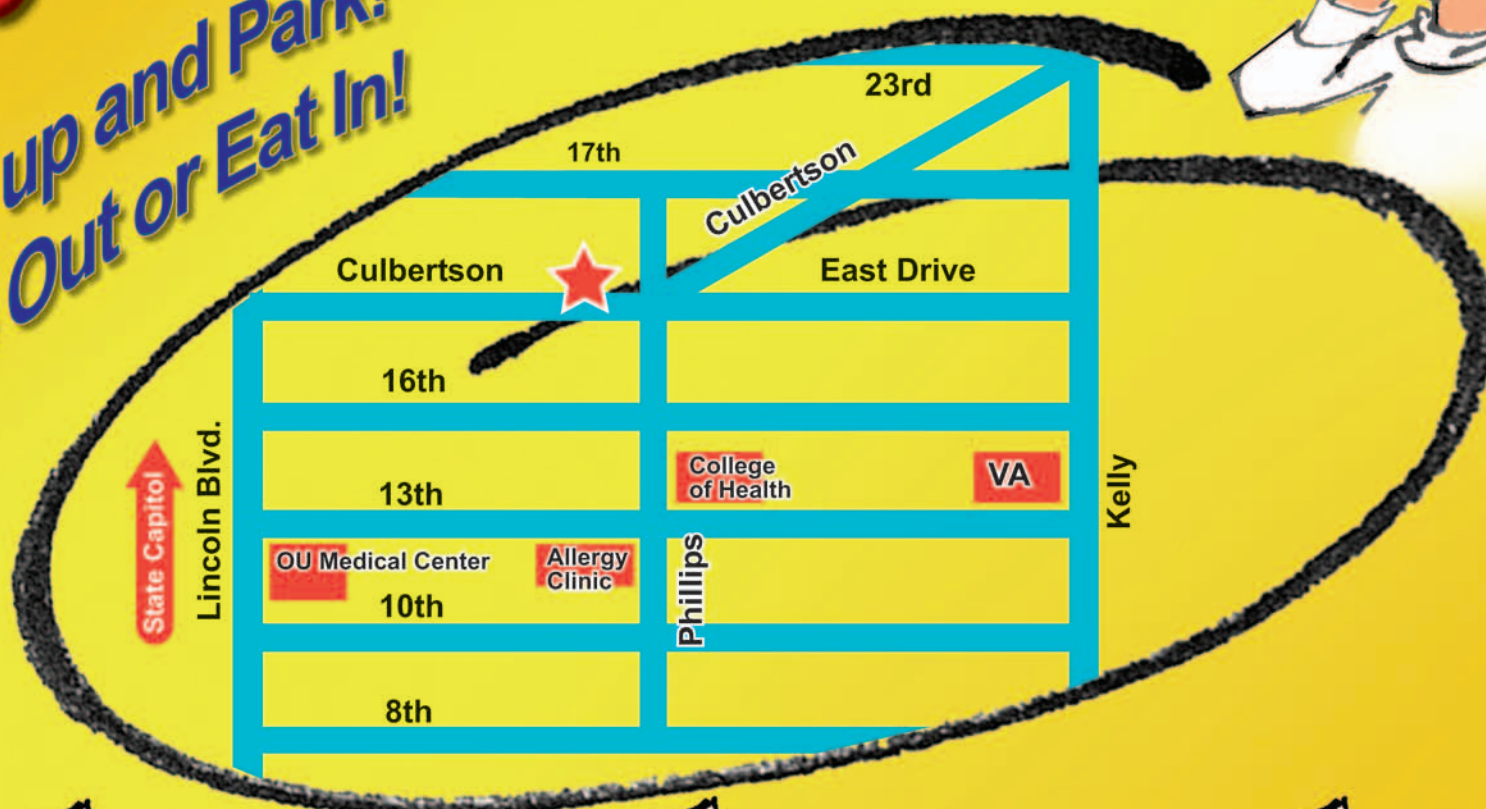
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