

# FOCUS

*January 2017*

## The Standard of Excellence

As the new year begins, we are in the thick of intense preparation for our next AAAHC site survey, which will occur sometime this spring. Those with health care-related experience of any kind are familiar with the Accreditation Association for Ambulatory Health Care, Inc. There are other accreditation organizations, but AAAHC is a recognized leader among them. The association engages a wide range of experts who develop, review and revise standards of care specifically for outpatient services. These standards are then used to measure and assess ambulatory care organizations, their policies and procedures. In addition to review and assessment, AAAHC offers resources that support quality improvement. In short, it's all about patient-centered care.

Quality and excellence in patient care are the focus of AAAHC accreditation, but the site survey scrutinizes administrative services as well. Their standards in this area are also high, acknowledging the important role of services that support the clinical practice and direct patient care. From human resources to financial services, research initiatives and publications, AAAHC's approach is both comprehensive and collaborative.

The size of an organization as well as the range of services it offers determines the number of team members who will visit and how much time they will spend. The survey team is made up of health care professionals who bring first-hand, real-world experience to the process. As much as possible, their areas of expertise are closely matched to the practice specialties of the organization being surveyed. The process is interactive, educational and consultative by design.

A health center found accreditable is awarded a three-year term of accreditation. Throughout the term though, OU Physicians remains focused on improving and sharpening service areas in order to maintain its accreditation status.

AAAHC accreditation is recognized as a symbol of quality, not only by the public, but by a range of medical organizations, third-party payers, insurance companies, and state and federal agencies. An organization that earns the AAAHC Certificate of Accreditation has demonstrated a clear commitment to high-quality patient care and safety. In addition, AAAHC-accredited organizations are distinguished by their participation in ongoing internal evaluation, peer review and education. These are the disciplines necessary to continuously improve care and quality of services.

One of AAAHC's priority outcomes in the accreditation process is greater standardization of quality care and excellent customer service. Our reaccreditation effort coincides with equally important internal initiatives designed to standardize the quality and service we deliver to our patients.

We have worked diligently, particularly in the last several years, to provide a more uniform, more exceptional experience to those who choose our services, and the accreditation standards championed by the AAAHC complement that work. Efforts are designed not just to change perceptions, but to create a true multispecialty group practice, known to be efficient and consistent in everything it does. During times of significant change, it is vitally important to keep this emphasis at the forefront of our collective thinking.

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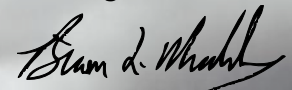
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Support Groups


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To all whose efforts are helping to prepare us for the site visit, many thanks for your tireless work. You are appreciated and commended for making a difference for our patients and for the organization.

This is a time to demonstrate not only our individual and corporate commitment to excellence, but our preparation for this critically important site survey is also a prime opportunity to unite as a team, devoted to the same ideals and helping each other achieve the shared goal.



**Brian L. Maddy**  
Chief Executive Officer



*Ideas for Focus?*  
*Contact the Editor:*  
*[valerie-pautsch@ouhsc.edu](mailto:valerie-pautsch@ouhsc.edu)*



## Fast Facts About Hand Hygiene

Alcohol-based hand sanitizers kill most germs that cause illness. While these cleansers also kill good germs, the good germs return quickly.

Alcohol-based sanitizer *does not kill* *Clostridium difficile*, commonly called C-diff. This infection often occurs in health care settings and causes severe diarrhea.

Alcohol-based sanitizer does not create antibiotic-resistant superbugs. Because they act on germs in a different manner than antibiotics, they cannot develop resistance or adapt for survival.

Your hands carry and spread germs, too. Take steps to ensure clean hands at every opportunity.

### Clean Your Hands:

- ❖ Before eating
- ❖ Before and after direct contact with a patient's intact skin—taking a pulse or blood pressure, performing physical exams, lifting a patient in bed
- ❖ After using a restroom
- ❖ After contact with blood, body fluids or excretions, mucous membranes, non-intact skin or wound dressings
- ❖ After contact with inanimate objects, including medical equipment, in the immediate vicinity of the patient
- ❖ When hands will be moving from a contaminated-body site to a clean-body site during patient care
- ❖ After glove removal

## Clean Hands Initiative

The first known instance where handwashing with an antiseptic agent reduced the transmission of infectious agents occurred in 1846. The discovery was not based on the findings of sophisticated research or laborious experiments, but rather thoughtful observation and common sense. More than a century later, the first formal written guidelines on handwashing procedures in hospitals were published by the Centers for Disease Control and Prevention. Decades later, the CDC and other organizations continue the campaign for effective and consistent handwashing practices. Because clean hands are such fundamental part of sound health care practice, OU Physicians is launching its own internal Clean Hands Initiative.

According to the CDC, handwashing is almost like a “do-it-yourself” vaccine. Handwashing requires only a few, very simple steps to be quite effective in limiting the spread of a wide range of illnesses.

CDC research indicates that even among health care professionals, good *hand hygiene is practiced about half as often as it should be*. Health care facilities are places where healing occurs, yet at any given time, one in 25 hospital patients has at least one health care-related infection.

*Clostridium difficile*, an infection commonly associated with health care settings, forms spores that are *not killed* by alcohol-based hand sanitizers. If persons have come in contact with a contaminated surface, the spores can be transferred by hand-to-hand contact.

While water is widely used as a cleaning agent, worldwide very few people use soap. Proper handwashing with soap could reduce the number of children exposed to bacterial contamination by 20 to 30 percent.

**Protect Yourself. Protect Your Patients**



## Schedule Your On-Campus Health Screening

This month brings opportunities for benefits-eligible employees to participate in health screenings provided at no cost.

**Monday, January 23**  
and

**Thursday, January 26**

Samis Family Education Center,  
Conference Room D, Level B  
[http://schedule.timetrade.com/  
token/route/redirector?  
token=7Q2JH&Mode=rrobin](http://schedule.timetrade.com/token/route/redirector?token=7Q2JH&Mode=rrobin)

Screenings include measurement of height, weight, blood pressure, body mass composition, waist circumference, blood glucose and cholesterol, along with BMI, body fat percentage and triglycerides. Complete a comprehensive health risk assessment questionnaire and have a one-on-one consultation with a credentialed provider.

These screenings are provided through the collaborative efforts of  
OU Physicians  
Corporate Health & Wellness  
and Healthy Sooners.



# Physicians

## CORPORATE HEALTH & WELLNESS PROGRAM



## healthysooners



## OKLAHOMA BREASTFEEDING RESOURCE CENTER

The Oklahoma Breastfeeding Resource Center will host its 5th annual "Becoming Baby-Friendly in Oklahoma" summit, set for **Friday, February 24**. The summit is an opportunity to learn about best care for breastfeeding families from experts - including moms.

**Samis Family Education Center**  
**1200 Children's Avenue**  
**8 a.m. - 4: 30 p.m.**

Melissa Bartick, M.D., M.Sc., Harvard Medical School and Cambridge Health Alliance; and Cynthia Good-Mojab, M.S., I.B.C.L.C., C.A.T.S.M., Director of LifeCircle Consulting, will deliver keynote addresses.

Advance registration (on or before February 10) is \$20 per person and includes lunch. Meals may not be available for attendees who register the day of the event.

Personnel associated with Oklahoma birthing hospitals are eligible to receive staff-training stipends. Contact OBRC for more information.

The conference has been approved for six hours of nursing continuing education credit.

**Find registration information on the OBRC website:**  
**[ouhsc.edu/breastfeeding](http://ouhsc.edu/breastfeeding)**





## Christmas Concert Surprise

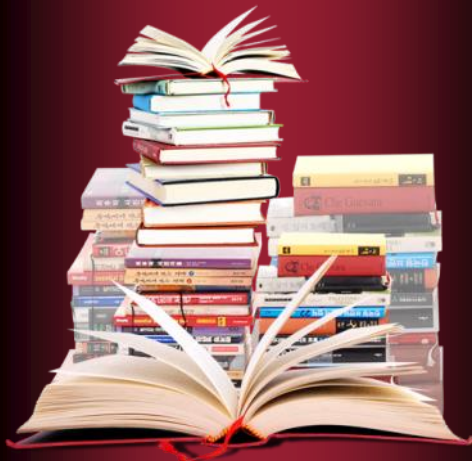
Ho-Ho-Ho-ladipo, also known as Victor Oladipo, NBA star and resident OKC Thunder crooner, brought holiday cheer in large doses to patients at The Children's Hospital last month. Oladipo sang a diverse range of holiday selections, from classics including "I'll Be Home for Christmas" to pop sensations like "Let it Go," from the Disney movie, *Frozen*.

Oladipo was accompanied by music therapist Emily Menhorn, who joined him in the studio, In the Zone TV, for the closed circuit broadcast. In the Zone TV is a means of allowing patients who are restricted to their rooms to enjoy the concert or other broadcast events.

After the surprise in-house concert, Oladipo traveled from room to room to visit with children personally. The kids also had opportunities to select gifts, with enthusiastic assistance provided by Oladipo.



## Stephenson Cancer Center Launches Book Drive



January is National Book Month, and an appropriate time for the Stephenson Cancer Center book drive. Throughout the building, reading materials line multiple bookshelves to afford easy access to patients who are encouraged to read, enjoy and keep the books. But the supply is running low and the book drive is a way to replenish and refill the shelves.

All kinds of books are welcome: fiction, non-fiction, bestsellers and children's books. Please be mindful of the content and nature of books you plan to donate.

The drive begins January 2, and continues through January 31. Donations may be left with Joan Spall at the greeter desk, first floor, main lobby of the Stephenson Cancer Center.

Direct your questions to  
[joan-spall@ouhsc.edu](mailto:joan-spall@ouhsc.edu).

We appreciate your  
generosity!



The next time you're at Chesapeake Arena to see the OKC Thunder in action, make it a point to stop at the OU Children's Physicians Thunder Kids Zone, located near section 113. It's a great space for kids and parents to have fun before and during the game.

Clever give-aways keep OU Children's Physicians in view even after the game, enhancing our opportunities to become the health care services provider of choice for more families with children.

The zone has been very popular with fans the last few years and continues to raise awareness of unique services offered at OU Children's Physicians. As always, an expression of gratitude is appropriate for the financial role played by the University Hospitals Authority and Trust in securing the naming rights for OU Children's Physicians.

Give-away items branded with the Thunder and OU Children's Physicians for the next home games are:

Saturday, January 7  
pencil organizer pouch

Saturday, February 11  
Thunder cape







## Kids Celebrate The Season



There were toys, celebrities, live music, more toys, Santa, lots of free goodies, OU cheer teams...and toys. All in all, it was a perfect combination of elements coming together for an unforgettable holiday celebration for kids and parents alike. On-air personalities from KOCO TV were on hand to distribute donated toys, gathered through the KOCO Toy Drive, a collaborative effort with Mathis Brothers Furniture.





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:

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mary-milano@ouhsc.edu  
271-2511

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

Valerie Golden,  
HIPAA Security Officer  
valerie-golden@ouhsc.edu  
Ext. 46456

HIPAA Hotline  
271-2223  
866-836-3150

## HIPAA Hot Spot

### January HIPAA Hipster: Quint Dillard, Family Medicine

Quint Dillard manages all the clinics in the Family Medicine department. It's a juggling act, but Dillard has successfully established an atmosphere that promotes HIPAA compliance in each clinic. In the past two years, she has addressed compliance issues by communicating to her staff the importance of taking even small steps to protect patient information. Dillard has provided education on relevant HIPAA policies to providers, staff, and trainees. Says Mary Milano, HIPAA Compliance Auditor, "When I visit the Family Medicine clinics, I'm always impressed with the enthusiasm of each clinic's check-in staff and their eagerness to demonstrate the steps they take toward HIPAA compliance." This kind of confidence in HIPAA compliance comes from a strong leader who is willing to take the time to make sure her staff knows why they do what they do. Dillard deserves thanks for providing her clinics with the information they need, not only to be HIPAA-compliant, but also HIPAA-confident!

### HIPAA Tip of the Month:

#### Ten Resolutions That Will Make a Difference

Happy 2017! In the tradition of setting New Year's resolutions, Jill Raines suggests 10 HIPAA resolutions for each employee to adopt. Compliance with these resolutions greatly reduces the likelihood of a HIPAA violation. Post these resolutions and challenge those in your area to adopt them this year.

#### HIPAA Resolutions for 2017:

1. Encrypt all devices used for university business, including checking email.
2. Don't use external cloud storage for PHI. Use Sync and Share if you need a cloud.
3. Access only those medical records essential to the performance of your work duties. Refrain even from accessing your own records.
4. Double-check the "To" line before hitting "Send" on all email messages.
5. Don't take PHI home solely for your convenience. Check your HCC policy to see when it is permissible to take PHI home.
6. Research records are also subject to HIPAA compliance. Treat them like clinical records.
7. Don't discuss patients or research participants on social media, even if they start the conversation.
8. Secure PHI before you leave your work area, even for brief periods.
9. Don't share PHI with vendors unless you are *absolutely certain* that a Business Associate Agreement is in place.
10. Confirm fax numbers and, if faxing off campus, dial 9 for an outside line.

"Mary, Sally, Valerie, Marty, and I look forward to working with you in 2017," said Jill Raines. "We're happy to come to meetings, orientations, lunch and learns, or the like to discuss the HIPAA topic of your choice. Let us know how we can help with your compliance program so we all reach our goals of protecting our patients' PHI and avoiding HIPAA violations."

### Happy New Year!





## Carbon Monoxide Poisonings Increase In Winter

The volume of calls related to carbon monoxide poisoning received at the Oklahoma Center for Poison and Drug Information increases significantly during the winter. As furnaces and fireplaces come into more frequent use, the risk of carbon monoxide exposure is more likely.

Carbon monoxide is a colorless, odorless gas produced by incomplete burning of carbon-containing fuels. It is present in varying amounts in vehicle exhaust, gas stoves,

wood-burning stoves and furnaces, water heaters, small engines, lanterns and grills. Without proper ventilation, fumes build up in enclosed areas. Carbon monoxide build-up may also occur in connection with blocked or damaged chimneys or vents. The gas is toxic and harmful because it displaces oxygen in the blood. As a result, the heart, brain and other vital organs are deprived of oxygen.

Personnel at the center suggest that any home heating appliance, including water heaters, should be checked by a professional on a regular basis in order to keep your family safe. Like all durable goods, these appliances are subject to wear and tear that can degrade performance over time.

There are many known instances when people have attempted to heat their homes with grills or stoves. The OCPDI warns that this practice is extremely dangerous; effective safety measures cannot be implemented when any type of equipment is used improperly or in a manner contrary to its intended purpose.

Carbon monoxide detectors are readily available and inexpensive. While you could pay premium prices for devices with integrated pumps or digital displays, there is a vast selection in the \$15 to \$50 range that will perform well. Detectors should be placed near the ceiling for most effective smoke detection. They should be placed at least 15 inches away from heating or cooking appliances and should not be placed in humid areas, such as bathrooms.

In the event your detector sounds an alarm, the house or building should be immediately vacated. First, get to fresh air, then identify the source of the carbon monoxide and make sure it is eliminated as a threat - before re-entering the home. Call the center right away; staff can address specific concerns related to your particular circumstances.

The effects of carbon monoxide poisoning pose a greater threat to a child than an adult. If a female is pregnant and exposed to carbon monoxide, she should immediately contact her obstetrician/gynecologist.

For additional resources, visit [oklahomapoison.publishpath.com](http://oklahomapoison.publishpath.com) or visit the Oklahoma Center for Poison and Drug Information Facebook page.

The most common signs of early carbon monoxide poisoning are

- Headache
- Dizziness
- Weakness
- Upset stomach
- Vomiting
- Chest pain
- Confusion

Severe symptoms include:

- Fainting
- Irregular heartbeat
- Cessation of breathing
- Seizures
- Coma
- Heart attack



Pharmacists and registered nurses at the Oklahoma Center for Poison and Drug Information are available every day around the clock to answer questions.

**800-222-1222**

## Fountain Lake's Holiday Celebration

Staff at OU Physicians Fountain Lake clinic gathered just before winter break to celebrate with fun, food and competition. Elaine Davis, clinic manager, won honors for owning (and wearing) the "Ugliest Sweater," and stealing was the name of the game with a rough-and-tumble round of Dirty Santa.



*Pictured above from left: Brian Potthoff, M.D., Stephanie Cossey, Traci Bartley, Elaine Davis, Amy Taylor, Christi Goff, Jackie Taylor and Tricia Evans.*



*Above, wearing the winning sweater, Elaine Davis.*

## Spreading Holiday Cheer

It has become a holiday tradition to provide seasonal music with complimentary cups of hot cocoa on designated days in selected facilities where patients are seen. Musical instruments, artists and styles may vary from year to year, but there's no mistaking the way music enhances the spirit of the season. And what could be more welcoming than hot cocoa on a wintry day?





# Holiday Retreat Revisited





*More Holiday Retreat photos*







A sincere "Thank You" goes out to all the generous physicians and employees who, through the annual OU Physicians Angel Tree Project, helped make the holiday brighter for families in difficult circumstances.

Once again, we saw our people take the initiative to make this time of year a little more special for the less fortunate.

As the project came to an end, more than 200 "angel children" were provided with gifts for a merrier holiday. When people are in need, OU Physicians physicians and employees prove again that they are truly the best.

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



FACILITY SERVICES

271-CALL  
(271-2255)

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



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*)



## 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:*  
**Dana Stephens,**  
Pediatric Hematology-Oncology

**Travis Gill,**  
Sooner Pediatrics

**Melissa Trimble,**  
Dermatology

**Monik Monter,**  
Pediatric Hematology-Oncology

*Seated, from left:*  
**Samantha Ward,**  
Stephenson Cancer Center

**Rachel McKinney,**  
Dermatology

**Brianna Moore,**  
Anesthesiology Billing

*Standing, from left:*  
**Rodney Nisely,**  
Pediatric Hematology-Oncology

**Nick Shepherd,**  
Stephenson Cancer Center

**Tyshawn Smith,**  
OU Physicians Fountain Lake

**Hannah Morrissey,**  
Pediatric Endocrinology

*Seated, from left:*  
**Tammeria Killman,**  
Orthopedics

**Brittany White,**  
Neurology

**Tiffany Day,**  
Pediatric Hematology-Oncology





## 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 Tiffanie Alexander, Patient Accounts

Tiffanie Alexander has participated in many Live to Give activities in the past two years - so many, in fact, that she really can't list them. But she does remember what is most important about volunteering. "I have enjoyed each event I've been included in, and to be able to reach out and help others is something that I've always wanted to do," she said.

But Alexander said knowing how and where to become involved was a bit challenging. She had some experience through her church, but when she came to work at OU Physicians, new doors were opened. "I was so excited knowing that I would have opportunities to help in so many different ways."

Her first Live to Give outing was a Toby Keith Foundation fundraising event. "I also helped at the animal shelter in Norman, the Regional Food Bank and Habitat for Humanity." Alexander has supported worthy causes outside of Live to Give, running 5K events for the OKC Memorial Marathon and Susan G. Komen Race for the Cure. And, once a month she helps prepare and serve meals to families staying at the Ronald McDonald House.

Volunteering with Habitat for Humanity holds a special place in Alexander's memory. "When they were teens, I had encouraged my children to try to do the summer Habitat programs. I had always wanted them to have that experience," she said. But as a single mom, she found that the related travel expenses in addition to ongoing financial obligations created barriers to participation. "So when I first started working here and realized I could finally have an opportunity to work with that amazing program - and my daughter could join me - I was very excited."

Alexander believes Live to Give is an incredible program that benefits a great number of people in and around our community. It's also a valuable employee benefit for those who take advantage of all it has to offer.

"I would encourage anyone who has not done an event to just go once. See how wonderful it feels to get involved, do your part for your community and work with so many amazing OU employees with the same goal as your own," she said. "This opportunity to participate — it really is an awesome gift that we have been given."

# LIVE to GIVE



 Medicine



## Volunteers “Read Around The Building”

In partnership with the Foundation for Oklahoma City Public Schools, OU Medicine is committed to supporting a local elementary school, Edwards Elementary, in various ways throughout the school year.

Last month, OU Medicine Live to Give volunteers provided much-needed help for the school’s annual Read Around the Building event. With little lead time, 20 volunteers responded to ensure a good experience for children at every grade level. Observing the theme, “Reading Under the Stars,” volunteers and kids read together, followed by discussions about the material they had read. In addition, volunteers joined in a craft activity that resulted in festively decorated classroom doors.



Studies show kids from lower socio-economic backgrounds enter school with fewer than half of the vocabulary words than their more financially secure counterparts. Many factors contribute to this situation, including the fact that many parents work at two full-time jobs with little time spent in routine conversations. School administrators believe the Read Around initiative is having beneficial results.



Our door is about Christmas. The polar bear looking at the milk and cookies. We have stockings full of presents. The Christmas tree has presents under the tree. We are going to have ornaments in the window and trying to sneak in the stockings are going to be decorated. The tree is going to be decorated. If we win we get to have a gathering. We are going to have a pizza party if Mrs. Allen picks us. We are going to say merry Christmas. I hope you like it merry Christmas, happy New Year and have a great Christmas break.

Rose Jackson



On Christmas Eve there was a polar bear. He was setting up for Christmas. He finally finished with the lights he took a step back and looked around and saw a table. It had a plate of milk and cookies. What kind you may ask chocolate chip and sugar cookies.

Angel Felder





## OU Fit Star of the Month Kathy Hoffhines, Executive Office

Kathy Hoffhines remembers clearly selecting wedding photos taken at her daughter's wedding earlier this year. As the mother of the bride, Hoffhines was surprised to see "...a 'puffy person' in my place. For me, it was a reality check," Hoffhines said. "I needed a lifestyle change."

Hoffhines is an OU Fit participant because she is committed to creating and maintaining a healthy lifestyle. "I don't know of many other companies that actually care about each employee's health the way OU Physicians does," she said. "OU Fit offers programs that encourage good health. Not only are the programs free, but employees are rewarded financially to participate in them." She said keeping her points updated on the portal isn't her strength, but knowing that our organizational culture supports health and wellness gives her a very positive outlook.

Besides OU Fit, other influences keep Hoffhines on track for fitness. One of those influences is a good friend who is engaged in a years-long battle against breast cancer. "She believes her unhealthy lifestyle was a factor in her cancer diagnosis. I've watched her fight for her life, now doing everything she can to live healthy." Hoffhines believes that her friend's changed lifestyle, along with medical treatment, are the reasons she is still alive today.

Hoffhines is trying to eat and drink healthier. She avoids sugary beverages, determined not to drink her calories. "I appreciate the way the hospital cafeteria posts nutrition information on food selections," she said. "I try to bring my lunch a couple of times a week; planning ahead helps in making healthy choices when I take the time to do it. It also helps to have a co-worker in the office who eats healthy. That may be one of the things that has helped me the most."

Throughout the day, Hoffhines tries to get away from her desk just to move around. "If something needs to be delivered to somewhere across campus, I volunteer to walk it over. I see parking spaces and stairs as opportunities to get in a few extra steps on my way to the office."

She enjoys riding her bike and does a lot of walking. "We live near a nice walking trail and walking after work with my husband is a chance to get some exercise and to catch up with each other on our day," she said. "I also enjoy attending the Total Body Tone class offered during lunch and really appreciated it when OU Fit offered it three days a week."

Hoffhines enjoys a supportive family culture. She and her husband have four children, all of whom are employed in some area of health care. "They all try to eat healthy, work out regularly and run marathons," she said. "One of our daughters-in-law has her master's in nutrition; she has been a great resource for me in re-making favorite recipes and coming up with healthier desserts."

Overall, Hoffhines is motivated by a singular goal: "I want to feel good for as long as I can."

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

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

### ***Fiber - Soluble and Insoluble. What's the difference?***

Soluble fiber is that which attracts water and becomes gel-like during digestion. The digestive process slows, which helps create that feeling of fullness. Some types of soluble fiber may help lower risk of heart disease. It is found in oat bran, barley, nuts, seeds, beans, lentils, peas and some vegetables and fruits. Soluble fiber attaches to cholesterol particles to carry them out of the body. As a result, overall cholesterol levels may be reduced. Psyllium, a common fiber supplement, contains soluble fiber.

Soluble fiber is the kind we call roughage because it comes from the woody parts of plants—think broccoli stems, outer kernel of corn, skin and seeds of vegetables and fruits.

Insoluble fiber adds bulk and acts as a sort of broom, sweeping food more quickly through the stomach and intestines. It is found in wheat bran, vegetables and whole grains. Insoluble fiber helps to keep the digestive system regular and can improve bowel-related health problems, like constipation, hemorrhoids and fecal incontinence.

Both kinds of fiber are beneficial, and most fiber-rich foods contain both types. Eat plenty of vegetables, fruits, beans and whole grains, and you'll gain all the benefits.

Be aware, however, that whole grain and high fiber are not necessarily the same thing. You'll have to read labels and determine the actual grams of fiber to know for sure.

## **Fit Start Kick-Off January 16 Change Your Life in 56 Days**

**The third annual FitStart Challenge** begins this month, launching a new year, a new season, perhaps even a new lifestyle of better health and improved fitness. Learn ways to

- ★ fuel your body
- ★ move more
- ★ look leaner
- ★ live healthier
- ★ and have fun doing it.

### **What is it?**

FitStart is OU Fit's eight-week wellness challenge, open to all OU Medicine and Health Sciences Center employees who are OU Fit members.

**Form a team** (minimum of five, maximum of seven people)

**Pick a team captain.**

**Select a team name.**

Weekly (Monday - Friday) biomarkers based on team average:

**Three** vegetable servings daily. **Seven** hours of sleep daily. **6,000** steps daily

Teams also earn points for participation in specific weekly challenges. Each team must earn a minimum of 300 points in order to attend the FitStart awards luncheon.

**Each individual must undergo assessments before and after the challenges.**

Assessments include BMI, percentage of body fat and waist circumference. All information is kept strictly confidential. Here are times and locations for pre-challenge assessments:

**Wednesday, January 4**, 1- 3:30 p.m.

OU Children's Physicians Building, conference room 8995

**Thursday, January 5**, 9 - 11:30 a.m.

Nicholson Tower, 5th Floor conference room D

**Friday, January 6**, 2- 4 p.m.

Nicholson Tower, 5th floor, conference room D

**Tuesday, January 10**, 11 a.m. - 1 p.m.

Nicholson Tower, 5th Floor conference room D

**Thursday, January 12**, 2 p.m. - 4 p.m.

Nicholson Tower, 5th Floor conference room D

**Friday, January 13**, 9:30 a.m. - 1 p.m.

OU Children's Physicians Building, conference room 8995

More details available in OU Fit email notifications and newsletters.

**Interested in joining OU Fit?**

**Want to know more about the benefits and perks?**

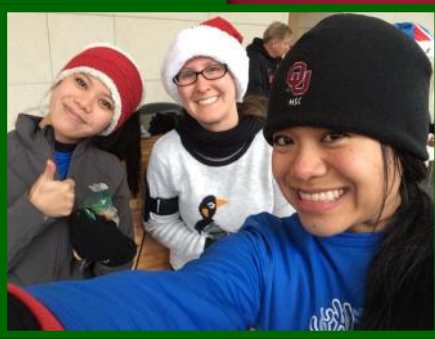
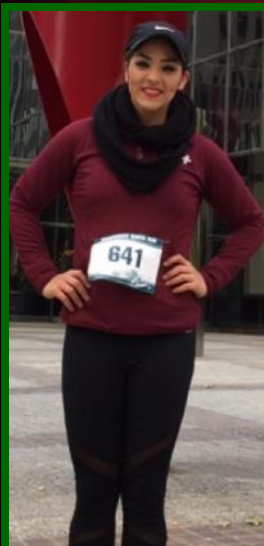
**Contact [OUFit@ouhsc.edu](mailto:OUFit@ouhsc.edu)**



## OU Fit Featured Recipe

### Mixed Berry-Almond Gratin

#### SandRidge Santa Run 2016



No one will miss the butter when you replace it with tofu. The result is still a rich, crusty dessert or breakfast gratin, with healthy and delicious berries. It's high in fiber, but low in sodium, cholesterol, saturated fat and calories.

#### Ingredients:

$\frac{1}{3}$  cup slivered almonds (1 $\frac{1}{4}$  ounces)  
 $\frac{1}{2}$  cup granulated sugar  
 2 tablespoons all-purpose flour  
 Pinch of salt  
 1 large egg  
 $\frac{1}{3}$  cup firm silken low-fat tofu  
 Confectioners' sugar for dusting  
 3 cups mixed berries, such as raspberries, blackberries and blueberries



1 tablespoon butter, softened  
 $\frac{1}{4}$  teaspoon pure almond extract

Preheat oven to 400° F. Coat 1-quart gratin dish or 9-inch pie pan with cooking spray.

Spread almonds in a shallow baking pan and bake until light golden and fragrant, 4 - 6 minutes. Let cool.

Place sugar (or Splenda) flour, salt and almonds in food processor. Process until finely ground. Add egg, tofu, butter and almond extract and process until smooth. Spread berries evenly in the prepared gratin dish. Scrape the almond mixture across the top, spreading evenly. Bake until light golden and set, 40 - 50 minutes. Let cool for at least 20 minutes. Dust with confectioners' sugar and serve warm.

#### NUTRITIONAL INFORMATION

Makes: 6 servings

Serving size: N/A

<b>Calories</b>	<b>196</b>
<b>Fat</b>	<b>7 g</b>
Saturated fat	2 g
Mono Fat	3 g
<b>Cholesterol</b>	<b>40 mg</b>
<b>Carbohydrates</b>	<b>30 g</b>
Dietary fiber	4 g
<b>Protein</b>	<b>5 g</b>
Sodium	50 mg
Potassium	167 mg



# Support Groups

## Project 31 Breast Cancer Support Group

**When:** Tuesday, January 3

(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](mailto:sarah@project3one.org)

## Hep-C Support Group

**When:** Tuesday, January 3

(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@ouhsc.edu](mailto:michelle-price@ouhsc.edu)

## Blood & Marrow Transplant (BMT) Gathering

**When:** Wednesdays— January 4, 18

(Every other Wednesday at noon)

**Where:** Stephenson Cancer Center, 5th floor, Room 5058

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

**Contact:** Stephanie Sponsler, 405-271-8143

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

**When:** Wednesday, January 4

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

## SOS Breast Cancer Support Group

**When:** Thursday, January 5

(first Thursday monthly at noon)

**Where:** Stephenson Cancer Center, 5th floor, 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

## HOPE in Oklahoma

### Gynecologic Cancer Support Group

**When:** Saturday, January 7

(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

## Parents of Children With Cancer

**When:** Tuesdays— January 10, 24

(second and fourth Tuesdays monthly at noon)

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

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

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

## Bladder Cancer Support Group

**When:** Wednesday, January 11

(second Wednesday monthly, 12:15 -1:15 p.m.)

**Where:** Stephenson Cancer Center, Room 6012

**Who's invited:** fighters, survivors, caregivers and advocates

**Contact:** Lisa at [bladdercansg@gmail.com](mailto:bladdercansg@gmail.com)

## Cochlear Implant Support Group

**When:** Wednesday, January 11

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

**Where:** OU Physicians Building 2nd floor, Room 2107

**Contact:** Carolyn Messick, M.S., CCC/SLP  
405-271-1368 or [carolyn-messick@ouhsc.edu](mailto:carolyn-messick@ouhsc.edu)

## Empower!

### Metastatic Breast Cancer Support Group

**When:** Thursday, January 12

(second Thursday monthly, noon)

**Where:** Stephenson Cancer Center, 5th floor, 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

## Brain Tumor Support Group

**When:** Thursday, January 12

(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



## More Support Groups

### Young Adult Cancer Support Group

**When:** Thursday, January 19

(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](mailto:yasgoklahoma@gmail.com) for more information

### Us TOO! Prostate Cancer Support Group

**When:** Tuesday, January 17

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

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

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

**Contact:** Dane Libart, L.C.S.W., 405-595-7217, or [dlibart@odmhsas.org](mailto:dlibart@odmhsas.org)

### Support Group for Adults with Diabetes

**When:** Tuesday, January 31

(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 [groups@haroldhamm.org](mailto:groups@haroldhamm.org)

RSVPs requested

### Caregiver Support Group

**When:** Wednesday, January 25

(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](mailto:spascoe@eastersealsoklahoma.org)

Lunch provided. RSVPs requested.

[www.eastersealsok.org/caregiver-support-group/](http://www.eastersealsok.org/caregiver-support-group/)

### Pancreatic Cancer Support Group

**When:** Thursday, January 26

(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, January 27

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

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

**Contact:** Carmen Soriano, R.N., 405-417-2438, or Celia Hollis, 405-236-0589

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