

# FOCUS

November 2016

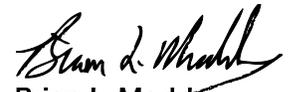
## Turning The Page

The recent announcement of the emerging partnership between OU Medicine and SSM Health signals an important evolution in health care models and delivery systems, locally and nationally. There's much excitement about this OU-SSM union and what it means for each of us going forward. More than closing a chapter, we've opened a new book on health care in Oklahoma and the region.

The agreement brings fresh optimism for continuing high-quality patient care based on the long-standing traditions of excellence built by each partner.

Town hall meetings, scheduled immediately after the announcement, provided a forum where senior leaders addressed a range of relevant questions in greater depth than had been possible prior to the public announcement. Thank you for your patience, participation and candid questions.

The spirit of positive support demonstrated throughout the enterprise is encouraging and appreciated. In the months ahead, this innovative partnership will continue to take shape and information will be made available as it is appropriate to do so.

  
**Brian L. Maddy**  
Chief Executive Officer

*Today, we begin a new era, focused on further elevating patient care, clinical research and health professions education for the benefit of all Oklahomans," said OU President **David L. Boren**. "We will continue to bring Oklahomans the best health care throughout the state with the ongoing support of University Hospitals Authority and Trust and by combining OU's highly respected Health Sciences Center with a leading health system, SSM Health."*

*"We are excited to open this new chapter with SSM Health," said **Mike Samis**, chairman of the University Hospitals Authority and Trust. "During its history, the Trust has invested in health care in Oklahoma to advance the mission of our state teaching hospitals, helping to provide quality care to patients and train the doctors of tomorrow. We look forward to continuing that role in collaboration with the University of Oklahoma and SSM Health."*

*"This is an exciting time for health care in Oklahoma," said **William P. Thompson**, president and CEO, SSM Health. "As part of SSM Health, the St. Anthony Hospitals and St. Anthony Physicians Group have a long history of providing high-quality, compassionate and personalized care. By coming together with OU Medicine, we will build upon our collective heritage of serving this community, while also striving to ensure that Oklahomans receive exceptional care for years to come."*

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To best serve the current and future health care needs of Oklahomans, SSM Health's St. Anthony Hospitals and Physicians Group are partnering with the University of Oklahoma and the University Hospitals Authority and Trust to create a premier health care network. This combined network will partner with physicians to not only deliver exceptional health care, but also to advance transformative clinical research and provide innovative educational experiences for future physicians and health professionals.

The combined resources of OU Medicine, UHAT and SSM Health include more than 23 Oklahoma hospitals and affiliates, including OU Medical Center, The Children's Hospital and OU Medical Center *Edmond*, as well as St. Anthony Hospital in Oklahoma City, Bone and Joint Hospital at St. Anthony and St. Anthony Shawnee Hospital. As part of the integrated delivery network, OU Physicians and St. Anthony Physicians Group, with a combined total of more than 1,100 physicians and providers, will work together to share best practices and clinical expertise with the goal of better coordinating patient care.

This new network brings together organizations that each represent more than 100 years of caring for Oklahomans. Established in 1898 as the first hospital in Oklahoma territory, St. Anthony Hospital's community-based network of services includes St. Anthony Physicians Group as well as a network of 17 rural hospital affiliates. Founded just two years later, the OU College of Medicine and its faculty physicians began training future doctors and conducting leading medical research. UHAT has supported the state's teaching hospitals in Oklahoma City since 1993, helping to build state-of-the-art medical and research facilities.

UHAT and SSM Health are committed to making significant investments in this new integrated network to ensure patients and caregivers continue to have access to the latest technology and state-of-the-art facilities. A capital plan is already under development and includes a new patient tower at OU Medical Center.

SSM Health and UHAT will share governance and financial responsibility in the network, with SSM Health managing the day-to-day operations. The transaction should be finalized within the first half of 2017, pending regulatory and other approvals. No state-appropriated funds will be used to create the new network.

The OU Medical System is currently managed by HCA, an investor-owned company based in Nashville. UHAT and HCA plan to end their relationship within the first half of 2017.

Focus is a publication of



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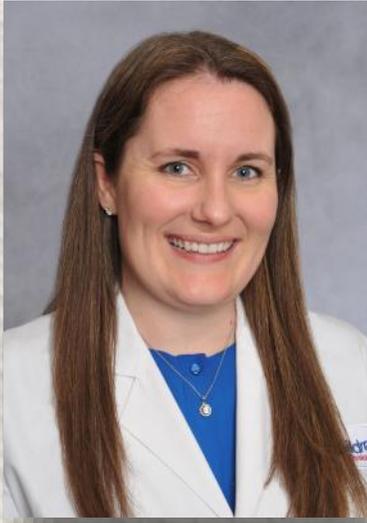
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## Meet Our New Providers

### KATHLEEN KIRKSEY, M.D., HUMAIRA QASIMYAR, M.D., PEDIATRICS

**Kathleen Kirksey, M.D.**, and **Humaira Qasimyar, M.D.**, have established their practices with OU Children's Physicians. They are both serving as chief residents of the section of General Pediatrics at the OU College of Medicine. Kirksey and Qasimyar are board eligible in pediatrics and have served in pediatric residencies at the OU College of Medicine since 2013.

Kirksey earned her medical degree at the University of Texas School of Medicine at San Antonio. She is a member of the American Academy of Pediatrics. Qasimyar earned her medical degree at the University of Nebraska Medical School-Lincoln.



*Kathleen Kirksey, M.D.*



*Humaira Qasimyar, M.D.*

### ALEXANDER R. RAINES, M.D. SURGERY

**Alexander R. Raines, M.D.**, a board-certified surgeon, has established his practice with OU Physicians. He has also been named a clinical assistant professor of surgery for the University of Oklahoma College of Medicine.

Raines provides general surgery for a variety of conditions, including gallbladder disease, hernias, alimentary diseases, tracheostomies and more. He completed a general surgery residency at the OU College of Medicine, where he also completed a general surgery research residency. He earned his medical degree from the University of Nebraska Medical Center, Omaha.



### JENNIFER H. FRANK, AU.D., AUDIOLOGY

**Jennifer H. Frank, Au.D.**, has established her audiology practice at OU Physicians. She provides a variety of hearing evaluations, amplification consultations, and device fittings for both adult and pediatric patients.

Frank is certified by the American Speech-Language-Hearing Association and is a Fellow of the American Academy of Audiology. She earned her doctorate in audiology at the University of Texas at Dallas.



*New providers, continued*



**SCOTT SAUCEDO, M.D.,**  
**NEUROLOGY**

Neurointensivist **Scott Saucedo, M.D.**, has established his medical practice with OU Physicians. He has also been named an assistant professor with the University of Oklahoma College of Medicine. Neurointensivists diagnose and treat critical conditions involving the central nervous system such as traumatic brain injury, ischemic strokes, intracerebral hemorrhages, subarachnoid hemorrhages and status epilepticus.

Saucedo is board certified in neurology and vascular neurology. He completed a fellowship in neurocritical care at Emory University, Atlanta. He also completed fellowships in endovascular surgical neuroradiology and cerebrovascular diseases at the OU College of Medicine, where he completed his neurology residency. He earned his medical degree at the University of Miami Miller School of Medicine, Florida.

Saucedo is a member of the American Academy of Neurology, American Heart Association/ American Stroke Association and Neurocritical Care Society.

**VIPUL G. PAREEK, M.D.,**  
**HEMATOLOGY-ONCOLOGY**



**Vipul G. Pareek, M.D.**, a hematologist-oncologist, has established his medical practice with the Stephenson Cancer Center. He has also been named an assistant professor of hematology-oncology at the University of Oklahoma College of Medicine.

Pareek is board certified in internal medicine and board eligible in hematology-oncology. He specializes in the care of patients with cancers of the lung, esophagus and soft tissues.

Pareek completed a hematology-oncology fellowship at Montefiore Medical Center/Albert Einstein College of Medicine, New York City. He completed his internal medicine residency at St. Luke's and Roosevelt Hospital, New York City. He finished his medical school in India and also did a residency in nuclear medicine prior to coming to the United States.

He is a member of the American Society of Hematology, American Society of Clinical Oncology and American College of Physicians.

*New providers, continued*

**LACY E. HARVILLE, III, M.D.,**  
**CARDIOTHORACIC SURGERY**

**Lacy E. Harville, III, M.D.**, a cardiovascular surgeon, has established his surgical practice with OU Physicians. He has also been named an assistant professor of surgery for the University of Oklahoma College of Medicine.

Harville is board certified in surgery and thoracic and cardiovascular surgery. He comes to OU Physicians from Knoxville, Tennessee, where he was in private practice as a thoracic and cardiovascular surgeon for 24 years. At OU Physicians, he will perform all adult cardiac surgeries, including coronary bypass grafting, valve surgeries and complex aortic surgeries.

Harville completed a thoracic and cardiovascular surgery residency and a general surgery residency, serving as chief general surgery resident, at the University of Texas Health Science Center, San Antonio. He earned his medical degree at the University of Tennessee, Memphis.

Harville is a member of the American College of Surgeons, Society of Thoracic Surgeons, Southern Thoracic Surgery Association and Society of Critical Care Medicine.

**ALEXANDRIA C. CALDWELL, D.O.,**  
**PEDIATRICS**

Pediatrician **Alexandria C. Caldwell, D.O.**, has established her practice with OU Children's Physicians.

Caldwell grew up in Oklahoma City and attended Bishop McGuinness High School, before attending the University of Oklahoma for her undergraduate studies. She recently finished an Academic Generalist Fellowship Training Program at the OU College of Medicine, where she also completed her pediatric residency. She earned her doctor of osteopathic medicine degree at Oklahoma State University College of Osteopathic Medicine, Tulsa. She earned a bachelor of science degree in Zoology Biomedical Sciences at OU in Norman, graduating magna cum laude.

Caldwell is a member of the American Academy of Pediatrics.



*New providers, continued*



**JAMECA R. PRICE, M.D.,**  
**UROGYNECOLOGY**

**Jameca R. Price, M.D.**, urogynecology specialist, has established her practice with OU Physicians. She is also an assistant professor of obstetrics and gynecology with the University of Oklahoma College of Medicine.

Price specializes in the diagnosis and treatment of disorders affecting the female pelvic floor (bladder, bowel and reproductive organs). She has specific experience diagnosing and treating pelvic organ prolapse and incontinence.

Price is board certified in obstetrics-gynecology and board eligible in urogynecology. She completed a fellowship in pelvic medicine and reconstructive pelvic surgery at Oregon Health & Science University, Portland, where she also earned a master's degree in clinical research. She completed an obstetrics-gynecology residency at the University of Wisconsin, Madison. She earned her medical degree at the University of Nebraska Medical Center, Lincoln, where she also earned a Master of Public Health degree. She earned her undergraduate degree in biochemistry from OU in Norman.

Price is a member of the American College of Obstetricians and Gynecologists, American Urogynecology Society and Society of Gynecologic Surgeons.

**FELICIA D. ALLARD, M.D.,**  
**PATHOLOGY**



**Felicia D. Allard, M.D.**, a gastrointestinal/hepatobiliary cytopathologist, has established her practice with OU Physicians. She has also been named an assistant professor for the University of Oklahoma College of Medicine. Cytopathology is a diagnostic technique that examines cells from various body sites to determine the cause or the nature of disease.

Allard is board certified in anatomic and clinical pathology and cytopathology. She is specifically interested in gastrointestinal and hepatobiliary pathology and cytopathology.

Allard completed a clinical fellowship in cytopathology at the University of Virginia, Charlottesville. She completed another clinical fellowship in gastrointestinal and hepatobiliary pathology at Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, where she also completed an anatomic and clinical pathology residency. She completed an internal medicine internship at Roger Williams Medical Center, Providence, Rhode Island. She earned her medical degree at the University of Colorado School of Medicine, Aurora.

Allard is a member of the College of American Pathologists, United States & Canadian Academy of Pathology, American Society of Cytopathology, Rodger C. Haggitt Gastrointestinal Pathology Society and the Pancreatobiliary Pathology Society.

*New providers, continued*

**STEPHEN CONNER, M.D.,**  
**ORTHOPEDIC SURGERY**

**Stephen Conner, M.D.**, orthopedic surgery specialist, has established his practice with OU Physicians. Conner sees patients at the Canyon Park clinic in Edmond.

Conner is board certified in orthopedic surgery, and has particular expertise in shoulder, knee and ankle arthroscopy. He specializes in trauma, fractures, deformity repair and sports medicine.

He completed his residency at the University of Oklahoma College of Medicine, where he also earned his medical degree. He did his internship at Kansas City General Hospital, Kansas City, Missouri.

Conner is a member of the American Board of Orthopedic Surgeons, American Academy of Orthopedic Surgeons, American Medical Association and American College of Sports Medicine.



**LAURA E. FISCHER, M.D.,**  
**BARIATRIC SURGERY**

**Laura E. Fischer, M.D.**, a board-certified surgeon, has established her practice with OU Physicians. She has also been named assistant professor of surgery for the University of Oklahoma College of Medicine.

Fischer is board certified in general surgery. She specializes in minimally invasive surgery, including bariatric (weight loss) surgery and surgeries of the esophagus, stomach, spleen, adrenals, biliary tract, gallbladder, pancreas, intestines and hernias.

Fischer completed a fellowship in minimally invasive and bariatric surgery at Oregon Health & Science University, Portland. She completed a general surgery residency and internship at the University of Wisconsin Hospital and Clinics, Madison. She earned her medical degree at Columbia University College of Physicians and Surgeons, New York City. She earned a master's degree in forensic science at John Jay College of Criminal Justice at the City University of New York, New York City.

Fischer is an associate Fellow of the American College of Surgeons. She is a member of the American Society for Metabolic and Bariatric Surgery, Society of American Gastrointestinal and Endoscopic Surgeons and the Association of Women Surgeons.



**RAJESH KANAGALA, M.D.**  
**GASTROENTEROLOGY**

Gastroenterologist **Rajesh Kanagala, M.D.**, has established his practice with OU Physicians. He has also been named an assistant professor of medicine for the University of Oklahoma College of Medicine.

Kanagala has specific experience diagnosing and treating patients with chronic HBV and HCV infections, autoimmune liver diseases and hepatocellular carcinoma. He is board certified in internal medicine.

*New providers, continued*

**ERIC YEE, M.D.,**  
**PATHOLOGY**



Pathologist **Eric Yee, M.D.**, has established his practice with OU Physicians. He has been named co-director of Surgical Pathology and an assistant professor in the Department of Pathology in the University of Oklahoma College of Medicine.

Yee is board certified in anatomic and clinical pathology. He completed a fellowship in gastrointestinal and hepatobiliary pathology at Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, where he also completed an anatomic and clinical pathology residency. He earned his medical degree at the University of

Colorado Health Sciences Center, Denver.

Yee is a member of the Oklahoma County Medical Society, Oklahoma State Medical Association, Pancreatobiliary Pathology Society, Hans Popper Hepatopathology Society, Rodger C. Haggitt Gastrointestinal Pathology Society, United States & Canadian Academy of Pathology, College of American Pathologists and American Society for Clinical Pathology.

**AHMED BOLKHIR, M.D.,**  
**GASTROENTEROLOGY**

**Ahmed Bolkhir, M.D.**, a fellowship-trained gastroenterologist, has established his practice with OU Physicians. He has also been named an assistant professor of Medicine for the University of Oklahoma College of Medicine.

Bolkhir is board certified in internal medicine and board eligible in gastroenterology. He has a special interest in advanced endoscopy having completed an extra year of endoscopy-specific training at the Medical College of Wisconsin, Milwaukee. He also has a special interest in the diagnosis and treatment of esophageal diseases including Barrett's esophagus and esophageal cancer and pancreatic cancer.

Bolkhir completed a gastroenterology fellowship at Washington University School of Medicine–Barns & Jewish Hospital in St. Louis. He completed his internal medicine residency at the University of Illinois–Advocate Christ Medical Center, Oak Lawn, where he was the recipient of the first Exceptional House Staff Award. He earned his medical degree from the University of Garyounis Faculty of Medicine (Al-Arab Medical University), Benghazi, Libya, and received the University of Garyounis Faculty of Medicine Award of Outstanding Scientific Achievement.

## Primary Care Clinics Recognized By NCQA



Underscoring the OU Physicians commitment to quality care, the National Committee for Quality Assurance, a non-profit organization dedicated to improving health care quality, recently recognized seven additional OU Physicians primary care facilities as part of its Patient-Centered Medical Home program. All of our metro area primary care clinics now have the NCQA stamp of approval.

The medical home model combines teamwork and information technology to enhance care, improve the patient experience of care and reduce costs. Medical homes foster ongoing partnerships between patients and their personal clinicians. Patient care is overseen by clinician-led care teams that coordinate treatment across the health care system. Research suggests the medical home approach may result in higher quality, lower costs and better overall patient experiences.

NCQA recognition is given when a practice demonstrates its ability to meet patient-centered medical home quality standards aligned with the American Academy of Family Physicians, American Osteopathic Association, American College of Physicians and the American Academy of Pediatrics. Thanks to all who have worked so hard to earn this national recognition.

## Cookson Elected To International Society



Michael Cookson, M.D., professor and chairman, Department of Urology, was recently elected to the Society for Pelvic Surgeons. Cookson is the Donald D. Albers Chair and director of Prostate and Urologic Cancer services at Stephenson Cancer Center. Cookson is the first member from the state of Oklahoma and only one of 20 urologic surgeons in the nation elected to this prestigious organization.

"Dr. Cookson has truly created a center of national excellence at the OU Health Sciences Center. We are truly grateful for

his outstanding leadership," said OU President David Boren.

"As a urologic surgeon caring for patients with urologic cancers including prostate and bladder cancer, I am proud to be elected into this important professional society," Cookson said. "This multidisciplinary society aligns with our goals of collaboration and multidisciplinary care for patients with prostate and urologic cancers."

The Society for Pelvic Surgery is a multidisciplinary, international specialty society dedicated to improving care of patients with pelvic diseases. The SPS makes significant surgical and scientific advances in each discipline every year. The SPS annual meeting brings together leading members of all three major disciplines in pelvic surgery from around the world. Active membership consists of 91 total members from the U.S. and internationally from Europe, Australia and Canada.



## Pancreatic Cancer - Malignant Stealth

Pancreatic cancer has the highest mortality rate of all major cancers; only 8 percent of patients will survive more than five years after diagnosis, 93 percent will die within five years, and 71 percent will survive a year or less. It is one of the few cancers for which survival rates have not improved substantially for

more than four decades. As the third leading cause of cancer-related deaths in the United States, it is more lethal than breast cancer, and by 2030, it is expected to surpass colorectal cancer as the second leading cause of cancer-related death in the U.S.

Russell Postier, M.D., David Ross Boyd Professor and Chair, John A. Schilling Chair in surgery, specialist in the treatment of pancreatic cancer, cited the most current data available, which estimate that more than 53,000 Americans will be diagnosed with pancreatic cancer this year and nearly 42,000 people will die of the disease. In Oklahoma, new diagnoses are likely to exceed 19,000.



The pancreas is a glandular organ, tucked snugly behind the abdomen and small intestine — deep enough that early tumors aren't visible and can't be felt in a routine physical exam. In addition to its unseen growth, pancreatic cancer is a treacherous adversary because its symptoms are commonly associated with other diseases. "The symptoms of pancreatic cancer typically develop only after a significant amount of disease is present," Postier said. "Often, early diagnosis is not possible, and currently, no effective early screening technique is available for early detection in asymptomatic patients."

About 80 percent of patients who first present with pancreatic cancer will have metastatic disease at the time. Palliative therapy is offered with little chance for long-term survival. Postier said the other 20 percent may be candidates for the Whipple procedure, which includes removal of the head of the pancreas along with a portion of the intestine and the bile duct. While these patients have potential for long-term survival, they often experience a recurrence months or even years later.

"The problem with pancreatic cancer is that even if you resect all the disease you can see and feel, most patients recur due to micro-metastatic disease that is impossible to detect," Postier said. "But there's hope on the horizon."

He explained that the key is systemic therapy - chemotherapy that can kill these small numbers of tumor cells to obtain a cure. "In the past two to three years, two new drug regimens have been developed that may radically improve survival. The regimens are far superior to anything previously available and result in significantly prolonged life in patients

Pancreatic cancer often shows no symptoms until late in the progression of the disease. Having one or more of these symptoms does not mean you have pancreatic cancer. However, it's important that you discuss any of these symptom with your physician:

- Jaundice (yellowing of skin and whites of eyes) could indicate a blockage in the bile duct
- Pale-colored stools
- Dark urine
- Pain in upper or middle abdomen and back
- Weight loss for no known reason
- Loss of appetite
- Nausea, vomiting
- Enlarged gallbladder or liver

## Pancreatic Cancer Risk Factors:

- Smoking
- Obesity
- Age. Pancreatic cancer is rare in people 40 or younger. It occurs most often in people 60 years of age or older.
- African Americans are at higher risk for pancreatic cancer than other populations.
- Men are at higher risk than women, likely related to smoking habits.
- Known genetic abnormalities may predispose a person to developing pancreatic cancer. A family history where a number of family members are affected also indicates increased risk.

For both men and women, the average lifetime risk of pancreatic cancer is about one in 65, or 1.5 percent. But individual risk factors may elevate each person's chances of developing pancreatic cancer.

*Continued from previous page*

with advance disease." The result is substantially better survival in the resected patients. Patients whose tumors have been removed will be treated with one of the new chemotherapy regimes, either after their operations or before *and* after their operations, in an effort to eradicate this micro-metastatic disease. "Studies using these two new drug combinations are ongoing, but results are not yet available," he said. "In addition, basic research is being conducted in an effort to determine why this disease is so deadly, and to develop better therapies."

Pancreatic cancer is best treated in high-volume centers where there is great depth of experience with the tumor. The Whipple procedure is a complex and lengthy surgery, but one most often that results in curing the disease. Postier said, "Centers doing high volumes of this procedure have significantly better outcomes due to the complicated nature of the operation and the skilled nursing care required in the post-operative period. The likelihood of surviving the Whipple operation, therefore, is directly related to the volume of operations performed and the level of skill available."

Some risk factors, like aging or a genetic condition, are impossible to control. Smoking and being very overweight, on the other hand, are unnecessary risks. About 25 percent of pancreatic cancer cases are linked to smoking, while 10 percent or less have genetic links. Long-term smokers double their risk of pancreatic cancer and risk increases with years and number of cigarettes smoked.

Some studies indicate that diabetes is another risk factor, and new-onset diabetes may be an early sign of the disease. Having many risk factors, of course, doesn't mean pancreatic cancer is inevitable, just as the absence of risk factors does not ensure being cancer-free.

Most recorded cases of pancreatic cancer occur in developed countries. Men have historically been at higher risk than women. However, the gender gap has closed some in recent decades, likely due to increasing numbers of females who smoke and who began smoking at an earlier age than previous generations.

Pancreatic cancer continues to be a major killer but there is reason for hope. Postier said, "As more patients are referred to high-volume centers, and as better therapies are developed, the outlook for the future may be much better than results of the past."

## Leaders Announce Historic Partnership

To enhance quality care for all Oklahomans, the University Hospitals Authority and Trust, the University of Oklahoma and SSM Health's St. Anthony Hospitals and Physicians Group are integrating services to create a premier health care network in Oklahoma. The partnership, publicly announced last month, will provide patients with an exceptional experience through seamless coordination of our hospitals, primary and specialty care physicians, outpatient centers, clinical research programs, home health and rehabilitation services. As part of the integrated network, OU Physicians and St. Anthony Physicians Group will work together to share best practices, clinical expertise, and advanced technology to enhance patient care. The shared goal is to strengthen the breadth of high-quality, innovative education experiences in order to train future physicians and health professionals.

*Andrews addresses attendees at the October 26 press conference.*



Pictured above in a symbolic signing of the agreement, **seated from left:** OU President David L. Boren; William Thompson, president and chief executive officer, SSM Health; and Mike Samis, chair, University Hospitals Authority and Trust.

**Standing, from left:** Ken Rowe, OU Health Sciences Center; Dean Gandy, UHAT; John Johnson, UHAT; Glenn Coffee, UHAT; Renzi Stone, OU Board of Regents; Brian Maddy, OU Physicians; Jason Sanders, M.D., OU Health Sciences Center; M. Dewayne Andrews, M.D., OU College of Medicine; Paula Friedman, SSM; Leslie Rainbolt-Forbes, OU Board of Regents; Jim Everest, UHAT; Pete Regan, UHAT; Chris Howard, SSM; Anil Gollahalli, SSM; Joe Hodges, SSM; and Kevin Lewis, M.D., SSM.

## Salinas Accepts Inspire Award

This year's fundraising event for Easter Seals Oklahoma was the first of its kind, entitled, "Inspire Awards—Inspiring Oklahomans of all abilities for over 90 years. Robert Salinas, M.D., OU Physicians Family Medicine provider with special interest in geriatric medicine, received the "Distinct Inspiration Award," given to honor his work in the community, which has benefited people of all ages with disabilities.



*Pictured above, from left: Cynthia Thomas, M.S.W., L.C.S.W.; Angela Nooner, A.R.N.P.; Linda Crawford; Steven Crawford, M.D.; Linda Salinas, M.D.; Robert Salinas, M.D.; Barbara Barrett, D.P.M.; James Barrett, M.D.; Lynn Mitchell, M.D., M.P.H., OU Physicians chief medical officer; and Barry Mitchell, M.D.*

## Catapult Health Screenings November 15—16

Schedule a free on-campus health screening this month, available for benefits-eligible OU employees. It's important to know your numbers to promote your own good health. Your screening includes measurements for:

- height
- weight
- blood pressure
- body mass composition
- blood glucose
- cholesterol

You should not eat anything eight hours before your screening in order to ensure accurate blood glucose and cholesterol results.

No registration is required, but you'll save time if you complete a consent form in advance. Be sure to bring your insurance card if you have medical insurance.

Direct your questions to  
[healthy-sooners@ouhsc.edu](mailto:healthy-sooners@ouhsc.edu)

As you support the OKC Thunder this season, drop by the OU Children's Physicians Thunder Kids Zone at Chesapeake Arena and give your kids a treat in the process. Located near section 113, it's a great space for kids and parents to have fun before and during the game.

The zone has been a big hit with fans the last few years and has helped raise awareness of the unique services our physicians provide.

At each OKC Thunder home game, the OU Children's Physicians Thunder Kids Zone is a place kids and parents go for some pre-game fun. Clever give-aways keep OU Children's Physicians in view even after the game, enhancing our opportunities to become the chosen provider of health care services for more families with children.

Here's what's in store for those who stop by the **next four home games:**



Sunday, November 13

*Grab a cinch bag*

Sunday, December 11

*Enjoy a warm scarf*

Saturday, January 7

*Restore order with a pencil pouch*

Saturday, February 11

*Be a Thunder superhero in Thunder cape*

## Protecting Our Patients



Soon, the flu season will be in full swing. As temperatures fall and we're drawn indoors for longer periods, we increase opportunities to share and spread illnesses.

At OU Physicians, we continue to strongly encourage our patients to protect themselves by being vaccinated against the influenza virus.

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

Children will be seen in the OU Children's Physician Building, Suite 5. For this influenza season, the live attenuated influenza vaccine, also known as the "nasal spray," is not an available option.

Adults may receive the vaccination through Friday, December 16, at the OU Physicians Health & Wellness Clinic in the OU Physicians Building, Suite 4A.

## Save The Date!



It's the annual  
**OU Physicians  
Holiday Retreat**

**Friday, December 16  
7–10 p.m.**

**Chevy Bricktown Events Center**

Enjoy hors d'oeuvres, full bar, door prizes, candy buffet, photo booths and music by SquadLive.

**More information coming soon.**

# Great American Smokeout

Thursday, November 17

Quitting for one day is the  
first step in quitting for good.

For support resources  
and more information:

[www.cancer.org](http://www.cancer.org)



OKLAHOMA  
mothers' milk bank

## OMMB Achieves Donor Milestone

The Oklahoma Mothers' Milk Bank was formed in order to provide breast milk to babies whose mothers, for whatever reasons, are unable to provide enough of their own milk. The milk bank is a source of donated mother's milk, screened for purity and safety. Last month, OMMB screened its 1,000<sup>th</sup> donor mother.

"We are thrilled to achieve this milestone in our first three years of dispensing safe, pasteurized donor milk throughout Oklahoma," said Becky Mannel, executive director of the milk bank.

Donors undergo a strict screening process before their milk is accepted. Donated milk is then pasteurized and lab-tested before distribution to neonatal intensive care units around the state.

Oklahoma continues to rank well above the national average for infant mortality. Many deaths are associated with the state's high rate of preterm birth and number of babies born with complications. Mannel said, "While breastfeeding is strongly recommended for all babies, it is even more critical that our sickest, smallest babies receive human milk feedings." She explained that many cases involve mothers who cannot provide enough milk due to their own illnesses or complications during pregnancy.

OMMB was formed to help these babies survive, go home from the hospital in better health and avoid readmission. In some cases, the milk bank continues to provide safe donor milk to ensure an infant's survival even after leaving the NICU. Currently, there is no funding from Medicaid or other insurance providers in Oklahoma for pasteurized donor milk after hospital discharge.

Keri Hale, clinical director of the milk bank, said, "We try not to turn any baby away. Our goal is to help babies survive and thrive."

This year alone, OMMB has provided nearly \$30,000 in safe donor milk to babies with medical needs. The hope is that one day, OMMB can fully meet needs in the community.

Mannel, who was recently elected to the board of directors for the Human Milk Banking Association of North America, said there is great pride in the progress made in three short years of operations. "Much of that is due to the collaboration with and support from the Oklahoma Blood Institute, the Oklahoma State Department of Health and also to the 1,000 mothers who have generously taken time and energy to be screened for milk donation." She said OMMB was the thirteenth HMBANA-accredited milk bank in the U.S. when the operation began in 2013. While there are now 22 operating HMBANA milk banks, most states do not have their own milk bank.

For more information about the Oklahoma Mothers' Milk Bank, call the milk bank at 405-297-LOVE, visit [www.okmilkbank.org](http://www.okmilkbank.org), or email [info@okmilkbank.org](mailto:info@okmilkbank.org).

# Fall Music Festival

Fall Music Festival 2016 had a fine run this year with exceptional weather, a wide variety of food options and great music. Thanks to all who supported the event. We're looking forward to another great event next year!





## Executive Luncheon

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



Front row, from left:  
**Rayli Williams,**  
Obstetrics & Gynecology

Middle row, from left:  
**April Colwell,**  
General Internal Medicine

Back row, from left:  
**Shannon McEntire,**  
Community Health

**Morgan Lawton,**  
Family Medicine

**Reanna Luttrell,**  
Pediatric Hematology-Oncology

**Heather Martin,**  
Credentialing

**Amy Sandoval,**  
OU Breast Institute

**Carol Cable,**  
OU Cardiovascular Institute

**Kristina Acree,**  
Pediatric Otolaryngology

**Alma Martinez,**  
Pediatric Cardiology

**Angelina Carranza,**  
Pediatric Surgery

**Aletha Paradis,**  
Patient Accounts

*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**

**November HIPAA Hipster:**

**Valerie Golden, HIPAA Security Officer**

In her role as EMR manager, Valerie Golden has been the go-to person for questions regarding the OU Physicians EMR system for many years. But her background also includes work in health information management, information technologies - and HIPAA privacy. Golden recently agreed to take on a new challenge and, effective October 31, she is the university's HIPAA Security Officer. In this role, Golden will help clinics and departments ensure that they are complying with the HIPAA security regulations and University HIPAA security policies. She will assist health care components with physical and technical security of electronic PHI systems, conduct training on HIPAA security issues, update policies and procedures when needed, and help assess HIPAA security strengths and weaknesses. The job is big, but Golden is up for the challenge and we welcome her to this new role with great excitement. Look for her in a clinic near you soon!

### **HIPAA Tip of the Month: Give Thanks for HIPAA**

As Thanksgiving nears, consider this month's HIPAA Tip from a new, perhaps challenging, perspective: why we should be thankful for HIPAA:

1. **Happy Patients:** By protecting our patients' PHI, we help our patients stay safe and happy. A HIPAA breach can put patients' finances and reputations at risk, and steals peace of mind. It only takes a second to lock your computer screen or lock the desk drawer. It takes just a minute to ensure you are handing the clinic visit summary to the correct patient or sending an email to the intended provider.
2. **Trusting Patients:** The OU Physicians and University of Oklahoma names are important. When we comply with HIPAA, such as by discussing PHI only when necessary for our jobs, we send a message to our patients that they can trust us with not only their health, but also their health information. Speak in quiet tones when other patients are present. Our patients will notice.
3. **Loyal Patients:** Patients who know we are committed to them will be committed to us. Making patient privacy a priority shows that we care and value their loyalty. Take the time to share with your patients some of the ways we take care of their privacy, including the patient portal, which provides a secure communication channel; secure servers that store and back up their information; and the encryption of devices to prevent unauthorized access.

HIPAA compliance can feel like more of a burden than a blessing at times, but from a patient's perspective, it really is a blessing to know your health information is safe and that you can trust your provider's ability to safeguard it. So when you count your blessings this Thanksgiving, count HIPAA, too. Our patients do.

**Have a Happy HIPAA Thanksgiving!**

## KXY Loves Kids Radiothon

Live from the Children's Atrium the 15th annual KXY Loves Kids Radiothon returns for what has become one of the most successful fundraising and awareness events in support of Children's Hospital Foundation.

Wednesday and Thursday,  
November 9 and 10,  
6 a.m. - 6 p.m.  
The Children's Atrium

Listeners will be inspired by stories of survival and medical miracles told by those who actually experienced them. Miracle children share stories of hope even as they live with cancer, diabetes and a range of other conditions.

KXY 96.1 Clear Channel Radio hosts will broadcast live for two days, encouraging your support by becoming a KXY Loves Kids Club Member. The monthly pledges of club members are part of ongoing efforts to fund pediatric research, education and clinical care for kids throughout the state.

Contact Jan Dunham,  
405-271-8439 or  
jan-dunham@ouhsc.edu,  
for more information about  
this exceptional event.



**CAVETT KIDS**  
**Got Talent**  
\*\*\*\*\* SHOWCASE

**CAVETT KIDS**  
FOUNDATION  
TRANSFORM • INSPIRE • EMPOWER

FOR MORE INFO:

a night of **INCREDIBLE** performances by *Cavett Kids*

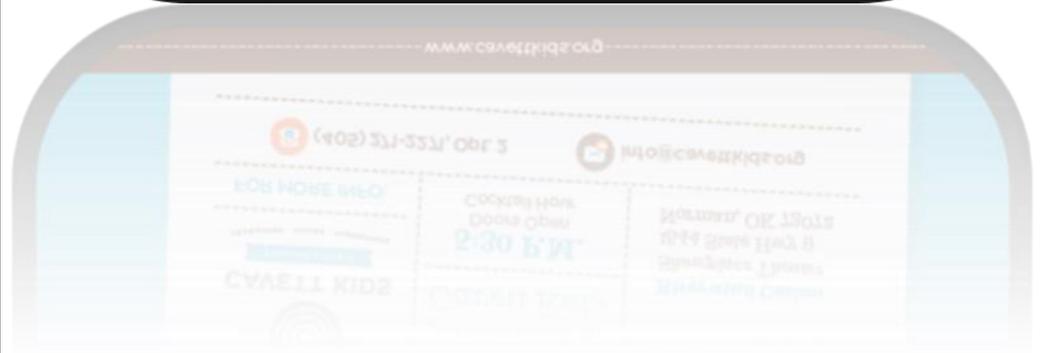
**friday NOV 18**

**5:30 P.M.**  
Doors Open  
Cocktail Hour

**Riverwind Casino**  
Showplace Theater  
1544 State Hwy 9  
Norman, OK 73072

(405) 271-2271, Opt. 2 info@cavettkids.org

www.cavettkids.org



## Hallo-Winners Announced

The entries ranged from the very scary to frightfully fun and the judges had their work cut out for them. The winning entries were selected based on the use or integration of materials, space, theme, originality and teamwork.

Overall Winner and recipient of the Ghoul Cup Pediatric Otolaryngology/ Audiology: "Toy Story"



Winner in Adult Clinics

OU Cardiovascular Institute: 101 Dalmatians



Winner in ASU Information Systems: "Haunted House"



Winner in Outreach Clinics

OU Physicians Canyon Park: "Dr. Seuss "





Chemotherapy & Infusion



Pediatric Neurology



Pediatric Cardiology



Pediatric Hematology-Oncology



Pediatric Orthopedics



Pediatric Pulmonology

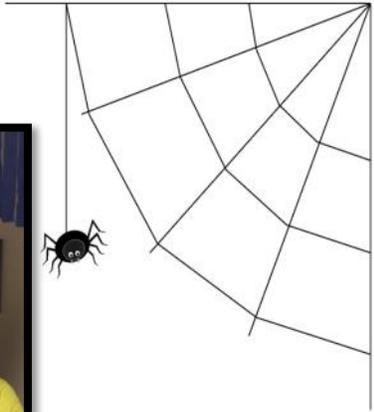




Otolaryngology



Pediatric Diabetes-Endocrinology



Adolescent Medicine



Reporting & Analytics/Group Billing



General Internal Medicine



Psychiatry & Behavioral Sciences

# Children's Halloween Party

With its "superhero" theme, the Children's Halloween celebration last month drew nearly 150 kids and a number of everyday superheroes. The event offered face-painting, Halloween crafts, balloon animals, cape decorating and mask making. Snacks were provided by dietitians at The Children's Hospital. Special guests included OU Spirit and Boomer and Bricktown Clowns and Smiley O'Riley, the Dental Depot clown conductor.



## Angel Tree Fundraiser

In conjunction with the OU Medicine Farmers Market set for Thursday, November 3, a silent auction will be held to raise funds for Angel Tree.



Plan now to be there and place your bids for great prizes - gift baskets filled with an array of coveted treasures.

Through Angel Tree, we are able to assist OU Physicians employees who may have financial struggles during the holiday. Last year, more than 64 families received gifts because of your generosity. We look forward to another successful experience this year.

## Christmas Tree Lighting

The OUHSC Staff Senate and the Community Outreach Committee cordially invite all to the 2016 Tree Lighting Ceremony and Reception.

**Bird Library Foyer  
Wednesday, November 30**

**Jason Sanders, M.D.,  
Senior Vice President  
and Provost**

**Santa  
Community Christmas  
Carols**



**Refreshments will follow  
tree lighting ceremony**



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*)

## LIVE to GIVE



 Medicine



Live to Give volunteers previously selected as 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 Susan VanGundy, Anesthesiology

Susan VanGundy is an active and regular participant in Live to Give volunteer events. Among other activities, she has provided hours of labor for at least three Habitat for Humanity projects, and has made repeat visits to the Regional Food Bank of Oklahoma. "These two are probably my favorites," said VanGundy.

She volunteered for a food bank workday, in part because friends had told her what a great organization it is, and first-hand experience convinced her they were right. VanGundy said the organization's dependence on volunteer labor was obvious so they make it count. "They are so organized and they have made the volunteer process an art. I was amazed." VanGundy's granddaughters reinforced the volunteer effort and look forward to a return trip. "Now, when a planned event doesn't work with my schedule, I'm a little disappointed."

VanGundy considers Habitat for Humanity a worthwhile organization as well. "It is truly helping those who are willing to help themselves." VanGundy has also assisted with clean-up efforts in city parks and was able to participate at one of the pet adoption events. "Anyone who knows me would not be a bit surprised that I volunteered for the pet adoption event. I LOVE animals!"

She has made this year's Warm Christmas project a departmental challenge. VanGundy and a colleague are working to gather enough donations to complete 25 gift bags. "It is amazing to think what the Warm Christmas organization is able to do with \$25!"

VanGundy says other volunteers have impressed her. "I've been able to meet co-workers who I might otherwise have never had the opportunity to meet. Last year when I volunteered, I also volunteered my granddaughters. They also enjoyed the event and hope to go with me again.

VanGundy has a history of volunteering and considers it a personal responsibility of each individual. Her mother was a great role model, volunteering for school activities, scouting events and more. "I've always volunteered whether at school, church or now, at work. I'm a firm believer that everything I learn, everything I do, comes back to me at some point in the future, in some way. There is a lot of self-satisfaction in doing anything you see as worthwhile."

VanGundy commended the efforts of Kelli Hayward Walsh, project manager, for program's effectiveness and success, citing the quality of events and organizations the program supports. "Participating makes you proud for what you've done as well as proud to be a part of our organization," she said.

VanGundy promotes volunteerism among the Anesthesiology staff and several staff members are now involved. "I believe everyone needs to be involved in their community — to give what, where and when we can; you never know when it might be you that needs another person's assistance."

LIVE to GIVE

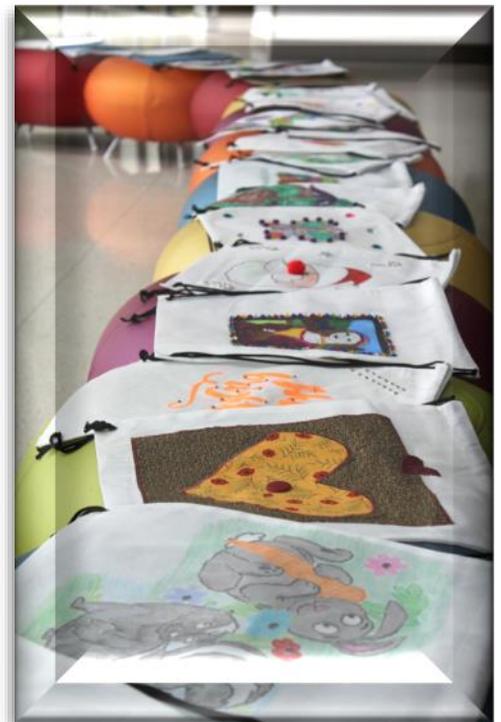


 Medicine

## Christmas Is Warmer

Thanks to generous Live to Give volunteers and others from across campus who participated, disadvantaged children will experience a warmer winter season than they might have faced, and a Warm Christmas, too. Several of the uniquely decorated bags are shown below.

In addition to the bags, volunteers donated \$25, which will be used by the Warm Christmas organization to supply basic needs for each child.



## 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.

*Top Photo, seated, from left:*

**Alicia Hayes,**  
Pediatrics

**Wynne Malone,**  
Urology

**Kaeloni Tauvao,**  
Pediatric Orthopedics

**Gerri Delozier,**  
Urogynecology

*Back row, from left:*

**Marlo Southerland,**  
Pediatric Surgery

**Tela McCollum,**  
Pediatrics

**Kyle "Nick" Caudle,**  
Pediatric Specialties

**Shelby Murrell,**  
Stephenson Cancer Center

**David Canizales,**  
Sooner Pediatrics

*Bottom photo, seated,  
from left:*

**Yamilexs Vasquez,**  
Prenatal Diagnostic Center

**Ashlie Stepney,**  
Obstetrics & Gynecology

**Miriam Mathew,**  
Gynecologic Oncology

**Melissa Boydston,**  
Pediatrics

*Back row, from left:*

**Ana Bennett,**  
Gynecologic Oncology

**Kristena Brazel,**  
Pediatric Endocrinology

**Marie Garcia,**  
Pediatrics

**Dejah McGrew,**  
Sooner Pediatrics

**Jane Hill,**  
Health Access Network





*Top photo, standing, from left:*

**Moya Wright,**

Community Health

**Lindsay Jones,**

OU Cardiovascular Institute

**Sarah Jones,**

Gynecologic Oncology

**Xenia Jimenez,**

Reproductive Medicine

**Danielle Leatherman,**

Prenatal Diagnostic Center

**Artheia Perry,**

Internal Medicine

*Top photo, from left:*

**Lupe Miranda Gonzalez,**

Community Health

**Gabriela Silva,**

Otolaryngology

**Amy Ingraham,**

Float Pool

**Shermona Johnson,**

Pediatric Cardiology

*Bottom photo, standing, from left:*

**Whitney Fleming,**

Pediatric Gastroenterology

**Catherine Coffey,**

Mid-Del Family Medicine

**Cristal Minor,**

OU Physicians Fountain Lake

**Paul Weger,**

Stephenson Cancer Center

**Angela Curtis,**

Stephenson Cancer Center

**Kaylee Woodmansee,**

Pediatric Orthopedics

*Bottom photo, from left:*

**Evelyn Warren,**

Family Medicine

**Sally Abernathy,**

Patient Accounts

**Jessica Votruba,**

Stephenson Cancer Center

**Karla Ortega,**

Pediatrics

*Standing, from left:*

**Dawn Anderson,**

Psychiatry & Behavioral Sciences

**Desiree Southers,**

Reporting & Analytics

**Marcie Hatley,**

Grand Prairie Pediatrics

**Teri Lynch,**

Urology

*Seated, from left:*

**Pamela Prado,**

Reporting & Analytics

**Danielle Zuniga,**

OU Breast Institute

**Jackie Logan,**

Lawton Family Medicine

**Kristi Robison,**

Surgery





## OU Fit Star of the Month

Marcia Messner,  
Psychiatry & Behavioral Sciences

Several years ago, Marcia Messner learned she had an autoimmune disease that affected her lungs. After a number of relapses, she decided her best strategy against the disease was to become as healthy as possible in order to promote faster recovery between episodes.

Messner appreciates the fact that OU Physicians supports employees' efforts to improve health and fitness, even beyond offering the OU Fit program. "The NRGY fitness facility makes it possible for me to use all the equipment including treadmill, stationery bike, Stairmaster and free weights. Then, there are fitness classes - yoga, tai-chi, core training and circuit workouts, to name a few." In addition to having access to a first-class fitness facility, the OU Fit program includes opportunities for participants to earn financial incentives by meeting certain goals throughout the fiscal year.

Messner pointed out that OU Fit offers a variety of ways to participate, both in physical and educational pursuits, including lunch-and-learn series and Recipe Refresh. OU Fit incentives are also earned when participants give volunteer hours through the Live to Give program, and get flu shots, dental exams and other preventive and proactive health measures. She said, "Since we all respond to challenges differently, educating ourselves, then attempting physical endeavors may be ways that help us ease into doing things that are good for us."

Messner makes good use of the skywalks, putting in three to four miles every day. "But, I didn't want to get burned out because of a limited exercise regimen, so incorporating classes has added variety to my workout throughout the week." Currently, Messner participates in yoga and tai chi, offered during the work day. "I'm a newbie to both and I'm loving them," she said. In as brief a time as five years, Messner has detected changes in her flexibility, strength, posture and balance. "I knew it was time to address the situation before it could become an issue."

Messner has seven active grandchildren ranging in age from 2 to 13 years, who believe she can do anything - play kickball, walk the dog, swim, give horseback rides, even jump on the trampoline with them. Because she's made disciplined choices that have kept her healthy, she really can do almost anything. "It's my personal reward that by keeping myself in shape, I'm able to continue doing those types of activities with them."

Recently, Messner and her husband both completed the annual OU Wellness Fun Run 5K. In addition, she participates in the annual 5Ks associated with Susan G. Komen Race for the Cure and the Oklahoma City Memorial Marathon. "I am not the fastest out there but I have a fun time, and have met lots of people along the way."

Messner has a favorite quote that neatly sums up her healthy mindset: *Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, maintain an interest in life.* - William London

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



## Check Out Total Body Tone

It may be exactly what you're looking for in a workout, and it's available right here, twice a week, **Mondays and Wednesdays from noon until 12:45 p.m.**

Build strength, add definition and increase bone density. Build lean muscle resulting in decreased body fat. Research has proven that lean muscle burns more calories than fat. Build muscle, speed up metabolism, and you'll burn more calories not just while working out, but also while at rest.

No muscle is overlooked in the workout that uses a variety of weight training equipment to change the shape of your body.

Interested in joining  
OU Fit?

Want to know more about  
the benefits and perks?  
Contact [OUFit@ouhsc.edu](mailto:OUFit@ouhsc.edu)

## Get Ready For Fit Start.

8 weeks, 3 organizations,  
1 FITNESS GOAL

**FitStart**

January 2017

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

## OU Fit Featured Recipe

### Cranberry Orange Fruit Bars

Sweet and tart, these bars make a great on-the-go treat or terrific holiday cookies.

**Prep time:** 40 minutes

**Total time:** 2¾ hours (including cooling time)



- 1 cup chopped nuts, (walnuts, pecans, almonds or hazelnuts) or old-fashioned rolled oats, divided
- ¾ cup whole-wheat pastry flour, (see Tips)
- ¾ cup all-purpose flour
- ½ cup sugar
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 1 large egg
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- 5 cups cranberries, fresh or frozen, divided
- ½ cup orange juice
- ¾ cup sugar
- ¼ cup cornstarch
- 1½ teaspoons freshly grated orange zest
- 1 cup orange segments
- 1 teaspoon vanilla extract

**See instructions at left.**

**Tips:** Lower in protein than regular whole-wheat flour, whole-wheat pastry flour is milled from soft wheat and has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer. To segment citrus, with a sharp knife remove the skin and white pith from the fruit. Working over a bowl, cut the segments from their surrounding membranes.

**To prepare crust:** Combine ¾ cup nuts (or oats), whole-wheat flour, all-purpose flour, sugar and salt in food processor; pulse until nuts are finely ground. Add butter; pulse until well blended. Whisk egg, oil, 1 teaspoon vanilla and almond extract in small bowl. With the motor running, add mixture to food processor. Process, then pulse, scraping down sides, if necessary, until mixture begins to clump, 30 to 45 seconds (it will look crumbly). Measure out ½ cup of mixture and combine in bowl with remaining ¼ cup chopped nuts (or oats). Set aside for the topping.

Preheat oven to 400°F. Generously coat 9 x 13-inch baking dish with cooking spray. **To prepare fruit filling & assemble bars:** Combine 3 cups cranberries, orange juice, sugar and cornstarch in a large saucepan. Bring to a simmer over medium heat, stirring constantly, until mixture is very thick, 4 - 5 minutes. (It may take up to 10 minutes to get a thick result if you start with frozen fruit.) Stir in remaining 2 cups cranberries, orange zest, orange segments and 1 teaspoon vanilla.

Transfer dough to prepared baking dish. Spread evenly and press firmly into the bottom to form a crust. Spread the fruit filling over the crust. Sprinkle the reserved topping over the filling. Bake the bars for 15 minutes. Reduce oven temperature to 350° and bake until the crust and topping are lightly brown, 25 to 30 minutes more. Let cool completely before cutting into bars, at least 1½ hours.

#### Nutritional Information

Makes: 18 bars

<b>Calories</b>	205
<b>Fat</b>	9 g
Saturated fat	2 g
<b>Cholesterol</b>	19 mg
<b>Carbohydrates</b>	30 g
Dietary fiber	3 g
<b>Protein</b>	3 g
<b>Sodium</b>	70 mg

\* Nutritional Guidelines based on the [USDA's MyPlate Standards](#).

# Support Groups

## Project 31 Breast Cancer Support Group

**When:** Tuesday, November 1

(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, November 1

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

## Blood & Marrow Transplant (BMT) Gathering

**When:** Wednesdays— November 2, 16, 30

(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, November 2

(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, November 3

(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

## HOPE in Oklahoma

### Gynecologic Cancer Support Group

**When:** Saturday, November 5

(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— November 8, 22

(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, November 9

(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, November 9

(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](mailto:carolyn-messick@ouhsc.edu)

## Empower!

### Metastatic Breast Cancer Support Group

**When:** Thursday, November 10

(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, November 10

(second Thursday monthly, 6 p.m.)

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

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

**Contact:** Leslie Chandler, 405-271-1640 or [leslie-chandler@ouhsc.edu](mailto:leslie-chandler@ouhsc.edu)

Light refreshments served

## Brain Tumor Support Group

**When:** Thursday, November 10

(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

## *Support Groups, continued*

### **Young Adult Cancer Support Group**

**When:** **Thursday, November 17**  
(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, November 15**  
(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, November 29**  
(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 email [groups@haroldhamm.org](mailto:groups@haroldhamm.org)  
RSVPs requested

### **Caregiver Support Group**

**When:** **Wednesday, November 23**  
(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/)

### **Spanish-Speaking Cancer Support Group**

**When:** **Friday, November 25**  
(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**