

THE BULLETIN

OKLAHOMA COUNTY MEDICAL SOCIETY

SEPTEMBER / OCTOBER 2022



OCMS Alliance Eyes 30th Kitchen Tour



Oklahoma
Blood Institute

FDA Lifts vCJD (Mad Cow) Blood Donor Deferral

Donors previously deferred for time spent in Europe are now eligible to donate. The FDA updated guidance regarding variant Creutzfeldt-Jakob disease, commonly referred to as Mad Cow Disease, **removing the donor deferral** for:

- Time spent in the U.K. from 1980-1996;
- Time spent in France & Ireland from 1980-2001
- Receipt of a blood transfusion in the U.K., France, or Ireland from 1980-present



Note: In 2020, the FDA removed several other European countries from the deferral list. The change presented today removes the remaining countries, effectively lifting the entire deferral.

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THE BULLETIN

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Introducing...



Dr. Claire Atkinson joins the staff on July 1, 2022. Dr. Atkinson just completed her fellowship in Allergy and Immunology at the University of North Carolina, Chapel Hill. Her MD came from the University of Oklahoma School of Medicine. She is board certified in Pediatrics and board eligible in Allergy and Immunology. She is the daughter of OAAC's Dr. Dean Atkinson.



Dr. Dean Atkinson



Dr. Laura Chong



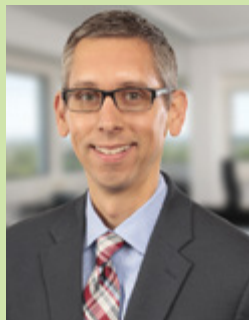
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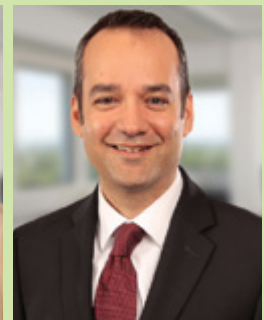
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*Sumit K. Nanda, MD*

President's Page

SUMIT K. NANDA, MD

So, it's an election year. And I know what our future lawmakers must be up late at night wondering and worrying about ... what do DOCTORS want? Or better yet, what do PATIENTS want? If you allow me, I'll take a chance and discuss my priorities.

We want to render evidence-based care and provide the best possible medicines for our patients. Sometimes those medicines may cost more, but WE would like to make the decisions as to which drug to administer rather than payers or legislators or a supervisory board. We would like to not have to get a prior authorization for every little test or procedure and force our patients to come back for the same test or treatment on a different day.

We would like a raise. We haven't had one in twenty years. We would like some (any) protection from frivolous lawsuits. We would like our government to show a modicum of fiscal restraint and not raise our taxes even more.

We would like a seat at the table whenever health policy is discussed. We would like to protect a woman's access to health care. We would like to have an adult conversation about protecting our society from gun violence. Increased funding for mental health care to

reduce gun violence is appropriate. But so is a ban on semiautomatic weapons and background checks.

We would like you to respect our hard work, knowledge, and experience and call us by our name ("Doctor") rather than the term "provider" or "caregiver." The latter terms are deliberately used by lawmakers, payers, and hospitals to undermine our importance in the health care system. Words and titles do matter. They blur the lines; they attempt to deceive. Changing our name is a naked attempt to "level the playing field." But the field is not level.

We would like to not be ridiculed for recommending treatments based on scientific data. We are dismayed by how TV pundits, Facebook friends, and politicians are now celebrated as medical experts. We are surprised by the utter disdain and contempt shown by the media and public for our scientifically informed recommendations on public health issues.

We believe that we are all in it together when it comes to public health emergencies and that the actions of each of us affects the rest of us. We believe in a shared responsibility for our own health and that of others. We believe in sacrifice for the greater good.

So, candidates, please take notice as you solicit donations and votes. This is what doctors want.

We need your help.



Join the Doctor of the Day program.

The Doctor of the Day program is an exclusive opportunity for our members to show policymakers the value of quality healthcare from a physician's perspective.

Members who join the program get to:

- Meet with their legislators
- Tour the capitol building
- Receive recognition during floor session
- Provide medical assistance should anyone in the legislature require it

Why participate?

- Represent physician interests at the Capitol
- Show legislators that physicians are unified in Oklahoma
- Make a difference in the political process
- Opportunities to speak with your elected officials about the importance of healthcare in Oklahoma

OSMA will have staff and lobbyists on hand during the Doctor of the Day, so participants won't be there alone without support.

Questions, concerns: contact

Rebecca Carr (rcarr@okcountymed.org) or Matt Robison (robison@okmed.org).

To sign up, call the office at 405-702-0500 or text Rebecca at 316-250-0359





John P. Zubialde, MD
Dean's Page

JOHN P. ZUBIALDE, MD
EXECUTIVE DEAN AND PROFESSOR,
FAMILY AND PREVENTIVE MEDICINE
UNIVERSITY OF OKLAHOMA
COLLEGE OF MEDICINE

As you've read previously in my column, a growing mission of the OU College of Medicine is to establish and nurture relationships with young people across all walks of life and all areas of Oklahoma who aspire to become doctors, but have historically lacked the information and resources necessary to successfully apply and be accepted to medical school. In parallel, our current medical students are learning about the importance of primary care access and community health to rural communities and underserved urban areas across our state. I wanted to take this opportunity to tell you about two of our exciting new initiatives that are addressing these needs.

This spring, the college acquired a large RV, customized as a health education classroom on wheels, to take health career experiences to students of all ages and all backgrounds throughout Oklahoma. Called "The Health Explorer," the 38-foot-long RV can serve as a mobile classroom or a clinic, and it is outfitted with state-of-the-art equipment for hands-on learning. The mobile classroom is quickly becoming a key outreach tool for the college and is particularly geared

to meeting the needs of students from tribal, rural, and medically underserved areas.

While students may be drawn to medicine as a career, they may not understand the lengthy process and milestone achievements necessary to apply and be accepted to medical school. If we introduce them to health career pathways when they are younger and better connect them to resources and mentors who can guide them over the various hurdles along the way, we believe they will have a greater rate of success. As we take the RV across the state, we also plan to provide new tools that help those students who have committed to medicine as a career to establish key relationships with physicians and pre-health education advisors in their own communities.

As we know, most counties in Oklahoma have a shortage of primary care physicians. Data shows that if we can recruit students who attend college in Oklahoma and also go to medical school and residency here, there is a 70-75% chance they will stay here to practice. Some of them will even return to their home communities to serve, which is especially key for expanding access to primary care services.

Many of our current College of Medicine students are also traveling with the RV as it crosses Oklahoma, interacting with youth and teaching them basic skills. These interactions have a powerful impact, particularly on high school students, who see someone not that much older than they are who is becoming a physician. Our medical students also gain first-hand knowledge of the barriers to good health that exist in many rural and underserved areas. A patient's overall health is affected a great deal by what takes place in families, neighborhoods, and the community at large.

A second initiative that I'm very excited to see success in is the establishment of Premier Medical Education Hubs at community hospitals and clinics throughout Oklahoma. In this effort, the College of Medicine is partnering with several healthcare facilities to provide our third- and fourth-year students with community health experiences in smaller communities and underserved areas. Thus far, we have created hub partnerships at Jackson County Memorial Hospital in Altus, the Chickasaw Nation in Ada, and the Oklahoma City Indian Clinic, with more in the works.

In this program, our partners at the hubs host students for 30-day primary care experiences that also include a variety of community-based activities. In addition to learning to provide patient care alongside physicians, nurses and other providers, our students

take part in what we call immersive community experiences. Thus far, students have helped with student athlete wellness physicals, provided care at football games, volunteered at a farmer's market, and learned about Native American culture at the Chickasaw Cultural Center. These activities further connect students to each community and allow them to see how integral physicians and various health activities are to their towns. Our partners at these hubs also have developed protocols to efficiently onboard students, and they provide housing to each student outside of Oklahoma City.

Both the Health Explorer mobile classroom and the Premier Medical Education Hubs are possible because of a \$7.5 million grant from the U.S. Health Resources and Services Administration (HRSA). The grant has funded several other projects with like goals: to create a more diverse physician workforce of the future, to establish a pipeline of new primary care physicians, and ultimately to reduce healthcare disparities and improve the health of Oklahomans. As a medical school, we believe we have an institutional responsibility to engage in this type of outreach across Oklahoma. We like to say that a person's ZIP code should not determine their health status. Initiatives like these make me hopeful that we are creating the change that will ultimately improve the lives of every Oklahoman.



Physician Leadership Academy Class XII

Founded in 2010 by the Oklahoma County Medical Society as the idea of Dr. Larry Bookman, the Physician Leadership Academy has trained more than 100 physicians in the areas of leadership skills, business of medicine, the political atmosphere, and how medicine is vital to the success of the community. The Academy targets current and future leaders and is designed by physicians to equip, educate, and empower physicians as they take on leadership and responsibility. The Academy is open to any physician, regardless of membership status.

The Academy Planning Committee is pleased to announce the upcoming Class XII:

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About the Cover

*Nichols Hills Area Kitchens
Highlight October 23 Event*



Alliance's Kitchen Tour Celebrates 30 Years of Fundraising

BY EVIE KLOPP HOLZER

Six homes in and around Nichols Hills will open their doors to the public on October 23, when the Oklahoma County Medical Society Alliance presents its 30th Alliance Kitchen Tour from 11 a.m. to 4 p.m. Special surprises are incorporated into this year's tour, as the Alliance celebrates 30 years of fund raising through the tour. The event not only provides a lovely way to spend a Sunday afternoon, but also all provides its proceeds to promote local health and wellness causes.

Alliance Kitchen Tour tickets are \$20 each and available online at www.ocmsalliance.org and in store at Culinary Kitchen and Home, located at 7222 N. Western Avenue. Tickets can also be purchased at the door of each home on the day of the tour, with neighborhood signage leading the way.

Supporting Health Initiatives

Since its inception in 1991, the Alliance Kitchen Tour has allowed members to support health-related organizations and causes in Oklahoma County. This year's beneficiaries



are Keaton's Kindness Foundation (K Club) and the Health Alliance for the Uninsured (HAU). The K Club supports pediatric cancer patients who are treated at Oklahoma Children's Hospital and the Jimmy Everest Center for Cancer and Blood Disorders and their families through financial assistance and random acts of kindness. HAU assists Oklahomans seeking basic health care, mental health, vision, dental and women's health care, and it guides Medicaid enrollment to improve individual and community health outcomes.

"Alliance members are dedicated to promoting community health initiatives," said kitchen tour co-chair Tessa Wicks. "The Kitchen Tour provides a great way for our group to pull together and support important organizations, and we are thrilled to support K Club and HAU this year."

In addition, the annual Kitchen Tour helps fund year-round Alliance community service initiatives, in which the organization donates food, funds, goods and volunteer hours to organizations in Oklahoma County.

Celebrating 30 Years

The Alliance Kitchen Tour has been a fall tradition for the past 30 years, except for a single cancellation in 2020 due to the COVID pandemic. An estimated 20,000 volunteer service hours are required to organize and execute each tour; members, homeowners and participating sponsors, advertisers and local designers donate their time. Since inception, proceeds have benefitted Oklahoma County nonprofits selected through an annual grant application process. To date, the annual tour has raised more than \$650,000, while showcasing 150 homes in and around Nichols Hills.

"Since its founding in 1925, the Alliance has had a rich history of supporting the improvement of health in Oklahoma County," said Alliance member Jeary

Seikel. "From the early days of sewing hospital gowns for patients at Children's Hospital, to hosting teen symposiums on the danger of drug and alcohol use, to distributing posters to tag agencies to encourage organ and tissue donation, to highlighting the need for childhood vaccinations, Alliance projects evolved as times have changed.

"Money raised through the annual Kitchen Tour has allowed us to evolve and expand our efforts, providing a great boost to those whose services improve the health and wellbeing of Oklahomans."

30th Kitchen Tour Advertising and Sponsorship Opportunity

Do you or someone you know need a great advertising opportunity – local business, friends, family? Ask them to advertise in the Kitchen Tour booklet. There are options ranging from \$80 to \$5,000. Find the advertising and sponsorship information on our website at <https://www.ocmsalliance.org/sponsor-levels>. For questions, contact Tessa Wicks at 405-227-1331 or send an email to kitchentour@ocmsalliance.org.

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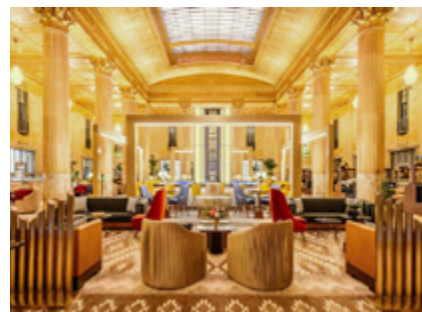


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Law and Medicine

Reasonableness, Ethics and Morality of Abortion Laws

S. SANDY SANBAR, MD, PhD, JD, FCLM*



In 1550 BC, the Egyptian Ebers Papyrus recorded evidence of the first induced abortion. About 3000 years later, the name “America” was the Latinized version of “Amerigo” which was placed on a map created by Martin Waldseemüller in 1507 AD. Amerigo Vespucci was the Italian explorer who set forth the concept that the lands that Christopher Columbus sailed to in 1492 were part of a separate continent.

Native American Indian people had been living in “America” for untold generations before Europeans came there. The Indians celebrated the bounty given to them by the “*Great Spirit*.” Many tribal native Indian societies induced abortion by using various abortifacient agents such as black root and cedar root.

In Europe, before 1600 A.D., Catholic and Protestant nations often persecuted

or forbade each other’s religions. British colonists frequently maintained restrictions against Catholics. People from different European countries came to America to escape religious oppression and forced beliefs by such state-affiliated Christian churches as the Roman Catholic Church and the Church of England.

In an attempt to resolve civil unrest, America’s forefathers established the separation of church and state, and guaranteed the freedom to practice one’s faith without fear of persecution. That guarantee was enshrined in the First Amendment to the Constitution in 1791 as, “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof ...”

From 1600 to 1900, abortion was frequently practiced in North America.¹

Continues on page 18 ...

*Dr. Sanbar is an Adjunct Professor of Medical Education, University of Oklahoma Health Sciences Center; Executive Director and Past Chairman and Diplomat, American Board of Legal Medicine; and Past President and Fellow, American College of Legal Medicine. He is a health law attorney and a retired cardiologist.

- Abortions were legal in the British colonies if they were performed prior to quickening.
- French colonies considered abortions to be illegal, but they were frequently performed.
- Abortion was illegal in the Spanish and Portuguese colonies.

Between 1776 until the mid-1800s, abortions were not illegal in most states, but they were regarded as socially unacceptable. During the 1860s a number of the United States passed anti-abortion laws which were difficult to enforce. After 1860, stronger anti-abortion laws were passed which were vigorously enforced. Consequently, many American women began to utilize illegal underground abortion services. Interestingly, during the slavery era in the United States, slaves in America were subject to the rules of their owners who refused to allow them to terminate pregnancies; the owners wanted to own more children as slaves.

For approximately 50 years (1973-2022), abortion was legalized in the U.S., until *Roe v. Wade* was overturned by *Dobbs*. In 2022, some states began passing strict abortions laws similar to those in the 1860s, and some made abortion a criminal act of murder of the fetus by the mother or the doctor.

The Reasonable Person

In 1837, an English court of common pleas established in *Vaughn v. Menlove*,² that the reasonable person standard is objective, and not subjective. In the Vaughn case, a farmer piled a haystack near his neighbor's cabin. Subsequently, the haystack caught fire and burned his neighbor's cabin down. The neighbor sued.

The farmer argued that he should not be liable because he genuinely did not consider that the haystack may cause his neighbor's cabin to burn down. The jury found that the farmer's actions were *objectively unreasonable*. The court held the farmer to the standard of a reasonable person and found him liable.

At common law, the reasonable person standard is objective, as opposed to subjective. The reasonable person is the fictional, or hypothetical, legal standard for lawful behavior.

In the 2022 case of *Dobbs* which overturned *Roe v. Wade*, the majority of the Honorable Justices of the U.S. Supreme Court knew or should have known that their landmark decision might, like hay, ignite a "fire" which might "burn" many American citizens. The minority decision strongly disagreed with that of the majority. *Was the majority decision reasonable? Was it ethical? Was it moral?*

Ethics and Morality

The terms *ethics* and *morality* are often used interchangeably by ethicists and philosophers who consider the terms to be the same as moral philosophy.³ But academic, legal, medical and religious professionals do make a distinction between ethics and morality.

Morality is something that is personal and normative. Ethics is the standards of "good and bad" that is distinguished by a certain community or social setting. For example, a local community may think abortion is immoral, and some people may personally agree with that. However, if the local community has no strong feelings about abortion, and an individual considers abortion immoral on a personal level, in this situation, *morality* would contradict the *ethics* of one's community. *Morality* has a Christian connotation to many Westerners, because moral theology is prominent in the church. On the other hand, the term 'Ethics' is used in conjunction with business, medicine, law, and other professions.

All patients have a basic right to consent to, or refuse, medical care.

The Honorable Benjamin Nathan Cardozo served on the New York Court of Appeals from 1914 to 1932, at which time President Herbert Hoover appointed him to the U.S. Supreme Court to succeed Oliver Wendell Holmes Jr. Justice Cardozo served on the Supreme Court from 1932 until his death in 1938.

In 1914, then Judge Cardozo stated in the landmark case of *Schoendorff v. Society of New York Hospital*⁴ that, "Every human being of adult years and sound mind has a (basic) right to determine what shall be done with his (or her) own body ..."

Populations of the World

As of 2022, the world's population was about 7.96 billion people. The United Nations predicts the world population will grow to 9.7 billion people in 2050. The top three countries in the world by population are:

- China with 1.45 billion people (18.2%).
- India with 1.4 billion (17.6%).
- United States with 0.335 billion people (about 4% of the world population). The first U.S. census was conducted in 1790. The population then was about 2.5 million people.

Religions of the World

According to Pew Research Centre demographic analysis of 2020, Christianity represents 32% of the global population, about 2.4 billion people; Islam represents 24% (about 1.9 billion); Hinduism 13.6% (1.08 billion); Nonreligious, atheists and agnostics, rank fourth at 11.6% (about 0.92 billion), and Buddhism 6.8% (about 0.54 billion). In 2022, Pew research center noted that Islam will be the largest religion in the world by 2030.

Religions in the U.S.

In stark contrast to the religions of the world are the religions in the U.S. Christians comprises about 75% of the population, and includes evangelical protestants, Catholics, mainline Protestants, Black Churches and others. However, 16.1% (about 54 million Americans) are unaffiliated nonreligious agnostics and atheists. It is also noteworthy that Jews represent 1.7% and Muslims 0.6% of Americans. Why is that?

In 1215, Canon 68 of the Catholic Fourth Lateran Council installed racial law and ordered Jews and Muslims to mark themselves off by a difference of dress, which became a badge of shame. In 1290, parliamentary law drove Jews from England altogether. And, Muslims were turned into non-humans. The theologian Bernard of Clairvaux announced that the killing of Muslims was not actually homicide, but malicide, which is the extermination of incarnated evil, not the killing of a person. Discrimination against Jews and Muslims appears to persist to date.

On Common Ground: World Religions in America, of Harvard's Pluralist Project, noted the following, "The religious landscape of America is changing as immigrants from all over the world take the oath of citizenship and claim the United States as their home ... The deepest reason for America's religious diversity is our fundamental commitment to religious freedom: matters of religious conscience cannot be legislated or decided by majority rule."

Countries do not Agree on Abortion

India and China represent a third of the global population.

- In China, abortion is generally legal on demand and generally accessible.
- In India, abortion has been legal under various circumstances for the last 50 years, and women have access to safe and legal abortion services which are covered 100% by the government's public national health insurance funds.

In Europe, abortion is legal in most of its countries, and 95% of European women of reproductive age live in countries which permit abortions electively or for broad socioeconomic reasons.

In Sweden, the choice of an abortion is entirely up to the woman until the end of the 18th week.

In Russia, abortion is legal as an elective procedure up to the 12th week of pregnancy, and in special circumstances at later stages.

In Canada, abortion legal at all stages of pregnancy, no matter the reason. It is publicly funded as a medical procedure under the combined effects of the federal Canada Health Act and provincial health-care systems.

In Australia, abortion has been mostly decriminalized, and access in to abortion is "tracking well" despite attacks from anti-choice groups

In Latin America, however, there is a complete ban on abortion, without an exception for saving maternal life.

In 2022, the U.S. Supreme Court overturned the 1973 precedent, *Roe v. Wade*, thereby causing a firestorm that has divided the States into those that are pro-abortion and those against.

Continues on page 20 ...

Religious and Nonreligious People Do Not Agree on Abortion

Christians recognize the people's right to protect themselves and their lives from dangerous or complicated pregnancies. About 56% of Catholics support legal abortion. 63% of Evangelicals oppose abortion.

About 55% of Muslims believe in permitting abortion to protect the mother's life. In July 19, 2022, the Muslim Imam, Dawud Walid, of Detroit, who is the Executive Director of the Council on American Islamic Relations in Michigan, stated, "As a Muslim leader, I'm against the demonization of Christianity, even if I see rulings that I would consider problematic. As Americans, we have to learn that we can vigorously disagree, but not use it to dehumanize our fellow Americans or villainize an entire religion."

About 87% of the nonreligious, atheists and agnostics, believe that abortion should be legal.

In Judaism, the foundational religious texts state that life begins at birth. In general, 83% of American Jews consider abortion a basic human right and should be legal. Jews believe that life begins at birth, and not at conception.

In July 14, 2022, Rabbi Barry Silver, of Boca Raton, challenged the Florida state law banning abortions after 15 weeks. He argued that the law violates the state Constitution's right to privacy and freedom of religion. Rabi Silver's original lawsuit stated that "abortion is required if necessary to protect the health, mental or physical well-being of the woman." Subsequently, he filed an amended complaint along with Rabbi Arthur Wascow, the founder and director of the progressive Jewish organization the Shalom Center. Silver's

initiative is called Helping Emancipate Abortion Rights Today (HEART). It seeks to "restore abortion rights in a post-Roe v. Wade world" and "allow any person of any belief system to challenge the anti-abortion laws on religious grounds."

The Unitarian Reverend Harris Riordan and the Buddhist minister Maya Malay, of Florida, also filed a lawsuit in state court, echoing arguments from Rabbi Barry Silver.

This trend has been emulated in other states that ban abortion.

In August 2022, in Kansas, 58.9% voted to keep abortion as a state constitutional right.

Rabi Vered Harris has been the spiritual leader of Temple B'nai Israel in Oklahoma City since 2012. She is the fifth Rabbi to serve the congregation since its founding in 1903. On July 24, 2022, in a guest column in the Oklahoman, Rabi Harris wrote,

"Make no mistake about it, pregnancy is not a condition wherein a separate being just happens to be independently living inside a womb. And it does not happen spontaneously or immaculately." "Judaism does not condone all abortions in all instances. It also does not regard a fetus as a person with rights equal to the one who is carrying it ..." And she also noted that, "Mislabeling abortion as murder, making a woman's life – not even equal to, but less than that of a fetus, disregarding a woman's ability to speak up for herself and for her own needs – these all violate the religious and moral convictions of our tradition."

This article concludes by repeating the three questions: *Was the majority decision in Dobbs to overturn Roe v. Wade reasonable? Was it ethical? Was it moral?*



1 <https://pubmed.ncbi.nlm.nih.gov/10297561/>

2 Vaughn v. Menlove, 3 Bing. (N.C.) 467, 132 Eng. Rep. 490 (Court of Common Pleas 1837).

3 <https://www.britannica.com/>

4 Schoendorff v. Society of New York Hosp., 105 N.E. 92, 93 (N.Y. 1914)



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Health-Workers' Bureaucratic Abuse

BY HANNA A. SAADAH, MD

Caring for the sick requires medical and humanitarian skills. Health workers are trained to provide medical care under stress, but they are not trained to provide compassionate care under abuse. Feeling abused drains compassion and disrupts the therapeutic alliance between patient and healer.

"It is more important to know what kind of patient has the disease than what kind of disease the patient has. The good physician treats the disease. The great physician treats the patient who has the disease," said Sir William Osler.

Knowing the patient who has the disease cannot be achieved through medical science; it can only be achieved through genuine compassion. When abuse drains compassion, the health worker's role declines from healer to medical technician, and patients suffer the dire consequences of this decline.

Health-worker abuse is emotional, unintentional, and caused by escalating bureaucratic burdens, which are levied to the point of burnout. Computers—now viewed as torture chambers—siphon time away from patient care and confound the mission of health workers. Twice as much of health workers' time is spent with computers than with patients (Confronting Health Worker Burnout and Well-Being, N ENGL J MED 387;7 August 18, 2022).

Profit-driven administrations are still unaware that complex bureaucratic burdens are counterproductive and not cost effective. They have not yet learned how

to calculate the hidden costs of burnout, of harmful sitting at computers, and of having less time for patients. Measuring quality by measuring documentation rather than carefully evaluating patient care, gives unreliable information to administrators and the wrong message to health workers.

About 52% of nurses and 20% of doctors are planning to leave health care this year, and shortages of one million nurses are expected by the end of 2022 (Confronting Health Worker Burnout and Well-Being, N ENGL J MED 387;7 August 18, 2022).

One exceptional effort by Hawaii Pacific Health, the *Getting-Rid-of-Stupid-Stuff* program, has saved 1,700 nursing hours per month across the health system (N Engl J Med 2018; 379: 1789-91).

Health workers have already told the Surgeon General that they are at their breaking point (Confronting Health Worker Burnout and Well-Being, N ENGL J MED 387;7 August 18, 2022). Our country is failing its health workers and the patients they serve by allowing health administrations to levy unbearable bureaucratic burdens. Sanctioning bureaucratic dictatorships is anathema to democracy but we are doing it with a clear conscience. We also have the most expensive medical care in the world.

"Healthy citizens are the greatest asset any country can have," said Sir Winston Churchill. Let us hope that our collective intelligence as a nation will rise to confront our health-workers' burnout and well-being, which crouch at the core of our health crisis.

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Alison Fink

DIRECTOR'S DIALOGUE



In August, we launched Class XII of the Physician Leadership Academy. The Academy, started in 2010 by OCMS under the direction of Dr. Larry Bookman, has trained more than 100 physicians. Focus areas for sessions include leadership skills, the business of medicine, the political atmosphere, and how medicine is vital to the community. The Academy targets current and future leaders and is designed by physicians to equip, educate, and empower physicians as they take on leadership and responsibility. It is open to any physician, regardless of membership status, and continues to produce graduates who go on to lead OCMS.

This year, the committee requested applicants to state what they believe are the most challenging issues facing physicians today and we received more than 60 different responses. Our PLA class members include a wide range of specialties, but many answers were common across the board.

I am sure you have already identified the most common issue for physicians: problems with insurance companies. Plans, preauthorizations appeals, prescriptions, pressure from companies, paperwork ... and the list goes on and on. The control of the insurance companies on medicine is incredibly concerning to many respondents.

Another top issue: trust in physicians and the public perception of the value of physicians as it relates to patient experiences. A crisis of misinformation online regarding physicians and medicine and the rise of 'pseudo-medicine.'

What else?

- **The increasing use of APRNs and PAs as a replacement for physicians.** Respondents feel they have roles in healthcare, but the training is not equal to that of

physicians and that often is not realized by patients and administrations.

- **Governmental roles in health care, such as the criminalization of necessary medical care.** The number of laws that restrict care delivery. Access to healthy foods for minorities and underserved. (Personal anecdote: I grew up in McCurtain County. The cost of food there is insane compared to the metro, and fresh food access is partially dependent on if you know someone who has a great garden).
- **Burnout.** Burnout has been overused so much that physicians are tired of talking about it. In this instance, it's specifically referring to the increasing demand being placed on physicians in a medical system that is already stressed with insufficient resources. Physicians are overworked and underappreciated.
- Another common response was how to be a better **advocate for their patients.** Physicians want their patients to have access to mental health care, the prescriptions they need, foods that fit their dietary requirements. Basic human needs.

It was clear to me reading the responses that our applicants are experiencing similar hurdles no matter the specialty. Often, physicians do not see the value of joining a general medical society like OCMS. They are not sure of the value in comparison to their specialty society. In my next article, I will highlight how OCMS and OSMA are helping to combat these top issues, piece by piece.

What are your thoughts? I would love to hear from you. Email me at afink@okcountymed.org.

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OKLAHOMA CITY PERFORMING ARTS HIGHLIGHTS

Philharmonic 2022-23 Season “Opening Night” Slated for September 17



*“An Evening with Kelli O’Hara”
is slated for February 24-25, 2023*



*Oklahoma City Philharmonic Music
Director Alexander Mickelthwate*

OKLAHOMA CITY PERFORMING ARTS HIGHLIGHTS

When the Oklahoma City Philharmonic announced its 2022-23 season early this spring, several details were yet to be finalized. Now, OKCPHIL is going full-steam ahead with some exciting new announcements—including Kelli O'Hara, Michael Feinstein and a favorite Holiday movie that's become a family Christmas standard.

The 1990 Christmas comedy film "Home Alone" makes its OKCPHIL debut Thanksgiving weekend, for one performance on Saturday, November 26 at 8 p.m. at Civic Center Music Hall. The movie stars Macaulay Culkin as a precocious 8-year-old who is left behind when his family mistakenly goes on vacation without him.

"'Home Alone' has become a holiday classic," said Alexander Mickelthwate, OKCPHIL Music Director. "After a Thanksgiving Day filled with turkey, and then the mad shopping of Black Friday, this Saturday evening performance will give families a chance to come together with a favorite Christmas movie. And hearing the soundtrack performed live with the OKCPHIL will make it an entirely new experience!"

Last April, OKCPHIL presented "Star Wars," with the orchestra playing the iconic John Williams soundtrack to the original 1977 motion picture. It resulted in two sold-out performances.

"Audiences showed us they really like this kind of movie event," Mickelthwate added. "So, we will present 'Home Alone' on Thanksgiving weekend, and then later in the season we will screen Marvel Studio's 'Black Panther' April 28-29."

During the Holidays, all roads lead home. This year, OKCPHIL presents an all-new extravaganza called "Coming Home for Christmas" starring legendary performer Michael Feinstein.

"This is a show we are really excited about," Mickelthwate said. "Christmas is all about family, so this one is for you, our OKCPHIL family. Michael Feinstein is a

multi-platinum recording artist and a five-time Grammy nominee. He is such an amazing performer and interpreter of song.

This Christmas show is an entirely new concept and we cannot wait to celebrate with you the magic of the holidays."

The third concert surprise will be "An Evening with Kelli O'Hara," at 8 p.m. February 24-25 at Civic Center Music Hall.

"Kelli will take us on a musical journey through her life," Mickelthwate said. "Growing up in Oklahoma, she had an array of influences. One of those was Rodgers & Hammerstein, and as we celebrate the 80th anniversary of 'Oklahoma,' we think our audiences will love seeing one of their favorite daughters perform music from this extraordinary musical."

Previously announced concerts include the season opener of the Inasmuch Classics Series, "Opening Night," at 8 p.m. September 17 at Civic Center Music Hall, with world-renowned pianist Garrick Ohlsson.

The Classics series also includes "Mahler's Vienna," "Bolero!" with guest conductor Joseph Young and legendary guitarist Pepe Romero, followed by "Nordic Soundscapes." The Cliburn International Piano Competition Medalist Daniel Hsu will be featured in the "Rite of Spring," program and percussionist Evelyn Glennie visits Oklahoma City for "Sight and Sound."

"One of the biggest names in classical music is violinist Joshua Bell," Mickelthwate said. "He will be here for one evening next April and we are so excited to bring Joshua onto our stage."

"Also, our Classics series includes 'Oklahoma Stories,' commemorating the centennial of civil rights leader Clara Luper," he added. "We have commissioned a work by Hannibal Lokumbe, titled 'Trials, Tears, Transcendence: The Journey of Clara Luper.' We will

Continues on page 28 ...

OKLAHOMA CITY PERFORMING ARTS CALENDAR



Michael Feinsten will be headlining “Coming Home for Christmas” in December

present that during the final program of next year in May as a tribute to this extraordinary civil rights icon who made such a difference in the lives of so many Oklahomans.”

The Chickasaw Nations Pops Series will be just as phenomenal, with a special 90th Birthday Tribute to legendary composer John Williams, who has written some of the most iconic film scores in cinematic history, from Indiana Jones to Jurassic Park, E.T. to Schindler’s List and many more.

Another family favorite will be “Disney in Concert: Magical Music from the Movies.” For many, some of the earliest childhood movie memories involve a Disney film. Now, relive those memories as this wonderful production features four fabulous vocalists with our full orchestra, along with clips and images from original Disney movies.

The OKCPHIL will present the Emmy Award-winning vocal trio The Texas Tenors, one of the most sought-after musical acts, with a repertoire ranging from classical to country to big band. This group was a fan favorite on the TV show “America’s Got Talent,” and has an extraordinary mass appeal Oklahoma audiences are sure to enjoy.

“This will be such an amazing season,” Mickelthwate added. “If you are a long-time patron, we thank you for your support. If you haven’t been to one of our performances in a while, please come back—we would love to see you. And if you haven’t yet experienced all the OKCPHIL has to offer, then you are in for a treat. We hope to see you soon.”

Tickets and Information on these and other OKCPHIL-related concerts and projects can be found at OKCPHIL.org or by phoning 405-TICKETS.

OKC PHILHARMONIC | 2022-23

Opening Night

September 17

Mahler’s Vienna

October 15

Happy 90th, John Williams!

November 4-5

Bolero

November 12

Home Alone in Concert

November 26

Coming Home for Christmas

December 2-3

Nordic Soundscapes

January 7, 2023

Disney in Concert: Magical Music from the Movies

January 27-28, 2023

Rite of Spring

February 4, 2023

An Evening With Kelli O’Hara

February 24-25, 2023

Sight and Sound

March 4, 2023

The Texas Tenors

March 17-18, 2023

Joshua Bell

April 15, 2023

Marvel Studios’

Black Panther in Concert

April 28-29, 2023

Oklahoma Stories:

Clara Luper Centennial

May 13, 2023

OKLAHOMA CITY PERFORMING ARTS CALENDAR

LYRIC THEATRE OF OKLAHOMA

The Rocky Horror Picture Show
October 5-30

Lyric's A Christmas Carol 2022
November 16-December 23

The Play That Goes Wrong
February 5-23, 2023

**Big River: The Adventures of
Huckleberry Finn**
February 16-March 11, 2023

The Sound of Music
June 27-July 2, 2023

The Prom
July 11-16, 2023

Ain't Misbehavin'
July 25-30, 2023

Concerto
September 13-October 1, 2023

OKLAHOMA CITY BALLET

Ballet Under The Stars
September 17

Lady of the Camellias
October 21-23

The Nutcracker
December 10-18

Cinderella
February 10-12, 2023

Future Voices
A Choreographic Showcase
March 9-12, 2023

Shorts
Three Iconic Ballets in
One Performance
May 5-7, 2023

OKC BROADWAY

Hairspray
September 6-11

Hadestown
October 25-30

Tootsie
November 15-20

Cats
December 30, 2022-
January 1, 2023

The Book of Mormon
January 13-15, 2023

Jesus Christ Superstar
February 14-19, 2023

Disney's Frozen
March 22-April 2, 2023

Hamilton
May 24-June 4, 2023



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Standing next to his brown mate
Hoping that she might awake!

The third day that I drove by
He laid down by her side
How long would he still wait
And what thoughts did he contemplate?

The fourth day that I drove by
Two dead ducks I now did spy!
No longer would his heart still ache
Was it accident or heartbreak?

I parked my car and went inside
Was this an omen I should bide?
I told my wife, should I die first
Carry on, for better or worse!

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IN MEMORIAM

DR. NICOLAAS LINGEN MEIRING

An accomplished physician, lover of art and travel, and connoisseur of authentic food and food wine, Dr. Lingen Meiring's life didn't come to an end with his death. Lin passed away peacefully and unexpectedly in his home on Sunday, February 6, 2022, at the age of 88. As they say in South Africa, "*n groot boom het geval.*" "A big tree has fallen."

Born in Pietermaritzburg, South Africa in 1933 to Nico Rally Meiring, Lingen quickly established himself as a competitive swimmer which culminated by seizing a spot on the South African Olympic swim team. After making it to the finals in the 100-meter backstroke of the 1952 Olympics in Helsinki, Finland, Lin and his teammates caught the eye of the OU swim coach looking to build a winning team in Norman.

Lin loved to tell the story of when the South Africans hit campus, with snow on the ground, in Bermuda shorts and sandals. It's all they had.

Soon after, a blind date with a Theta, Ann Sheridan Watson, was followed by marriage, four children, medical school, a red brick house in Heritage Hills, and a beat-up old white Porsche that he drove with pride.

His dedication to medicine soon revealed itself as he blazed a trail as one of the leading Ear, Nose and Throat doctors in the region. He was one of the first ENTs to use a surgical laser, was featured on local newscasts and dedicated himself to his patients who recount to this day about his wonderful bedside manner. In fact, it was a common occurrence to watch him be approached by patients in public who would say, "I'm sorry to interrupt, but you changed my life." Those moments were never lost on four children watching their father create a reputation as a caring and competent doctor.

While work was demanding, he made every effort to attend his children's sporting events, graduations, and special milestones. He was always there.

Lin had an adventurous side too which led to a vacation home in Crested Butte that remained in the family for over 30 years. Some of the fondest Meiring memories of CB



include Lin making his famous Caesar Salad (stolen from Junior's) and beef tenderloin on New Year's Eve. This all occurred while solving puzzles at the table and talking about funny moments of the day.

Having relatives visit from South Africa including Ouma and Oupa (Lin's parents), and his sisters Marie and Poppet was always a treat and major event. His niece, Marjka Nel, got to come for a yearlong visit and was delighted by her Uncle Lin's eclectic jazz collection.

After Lin retired, it seems that's when he hit his stride. Cooking classes, book clubs and I-Hop breakfasts with his retired doctor "RODEO" friends. He bought ATVs and attended the Utah Jamboree many times. When he bought a Can-Am motorcycle, he equipped it with a cane-holder and handicapped sticker. Lin was also an avid traveler. He saw the world with many trips to South Africa, Panama City, Greece, Singapore and just before he passed, he spent three weeks in Paris with his beloved companion Beverly Chansolme. Having lunch atop the Eiffel Tower, just a few weeks ago, was truly a highlight of his life. It's to Beverly we owe much gratitude for making his final years full of love and joy.

Lin was preceded in death by his parents, Nicolaas Meiring and Rachel Burger Naude Meiring and brother, Pieter Naude Meiring and brother in-law, William Richard Weeks.

He is survived by sister, Marie Susanna Weeks and sister, Leonora Elizabeth "Poppet" Nel and her husband Johan Philip Nel, all residing in South Africa; children, Marcia Meiring of Oklahoma City (Liza and Sasha Meiring), Paul and Sarah Meiring of Summit, NJ (Anna, Nic and Henry), Philip Meiring of Overland Park, KS (Amy and Emily) and Pieter and Stacy Meiring of Oklahoma City (Benjamin, Isaac and Huxley).

A service celebrating Lin's life was held at Hahn Cook Funeral Home followed by a gathering of friends and family at the Oklahoma City Golf and Country Club.

IN MEMORIAM

DR. CHARLES L. FREEDE

Beloved Oklahoma City pediatrician Dr. Charles L. Freede passed away on May 13, two months shy of his 101st birthday. He died while a patient at INTEGRIS Baptist Medical Center, where he had practiced and maintained his office, and of whose precursor institution, Baptist Memorial Hospital, he had served as a member of the charter board of directors and later, as board chairman. In the 1970s he was an adjunct instructor at the OU College of Medicine.

He was preceded in death by his wife of 65 years, Dorothy Allen Barlow Freede. Surviving are his children Charles L. Freede, Jr. of Oklahoma City; Mary L. Freede (Bradley Johnson) of Garland, Texas; Libby A. Stevens (Carroll) of Mill Valley, Calif.; and Emily E. Freede (William Westmoreland) of Albuquerque, N.M. His two grandchildren, Lauren E. Freede of Dallas, Texas, and Jay C. Freede of Oklahoma City, also survive, as do several nieces and nephews. His brothers William J. Freede of Redondo Beach, Calif., and Henry J. Freede, M.D., of Oklahoma City, predeceased him as did their parents, H.J. Freede, a 1907 law school graduate of the University of North Dakota, and Nedgie Adella Wright Freede, a native of Birdtown, Arkansas, and one of the first women long-distance telephone operators west of the Mississippi River.

From childhood Dr. Freede was inquisitive, adventurous, clever, and quietly unbounded by convention. His wry sense of humor often took people by surprise given his mild-mannered appearance and demeanor. He was an inveterate prankster and absolutely could not be believed on any subject on April Fool's Day. Such playfulness absolutely endeared him to his young patients. He loved these things: chocolate, ketchup (on everything!), all animals, OU football, and the Benny Goodman songbook.

He was diligent in everything he did. His first job at age 9 was at a downtown lunch counter which he soon came to manage whenever the proprietor needed time off. He and his lifelong friend, the late Harry H. Wilson, had many adventures, including roaming 1940s Los Angeles when



Dr. Freede was building Lockheed P-38 Lightning aircraft in Los Angeles during college summers.

Dr. Freede was a graduate of Oklahoma City's Central High School, the University of Oklahoma, where he was a member of Alpha Tau Omega fraternity, and the OU College of Medicine Class of 1945, where he was selected for membership in Phi Chi national honorary medical society. When America entered World War II, he sought to join the Navy but as a sleepwalker was disqualified, ships being a risky environment with such a condition. Instead, he enlisted in the US Army—and was promptly assigned to Army ships, transporting dependents back from Europe and

Asia. He was discharged in 1947 at the rank of Captain and subsequently partnered with his medical school contemporary and fellow veteran Dr. H.V.L. Sapper, who also predeceased him. At the outbreak of the Korean War both men were called back into the Army and had to close their practice and relocate their families, only to be discharged a matter of months later.

Dr. Freede was a pillar of the First Baptist Church of Oklahoma City, having joined the church as a child. He was a deacon, a dedicated volunteer at Good Shepherd Clinic and other missions, and a faithful member until he could no longer physically attend. He was many things to many people – a superb father and father-in-law, a great friend, a gracious gentleman to one and all, and a devoted caregiver to three generations of Oklahoma children. He was also a polymath; he could do anything; fix anything; make anything. His gifted stride-piano rendering of American standards made him an enduring hit at The Fountains at Canterbury, where he lived for nearly 20 years. On his 90th birthday he became the oldest person ever to bungee-jump off the top of the Stratosphere Hotel in Las Vegas, an 829-foot drop.

The family wishes to thank the many caregivers who provided essential support to their father in his latter years. Memorial gifts may be made to the First Baptist Church of Oklahoma City or to a charity of choice.

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John Ross, MD, General Urology
Kelly Stratton, MD, Urologic Oncology/Robotics
Gennady Slobodov, MD, Male/Female/Reconstructive/
Incontinence/Neurogenic Bladder
James Wendelken, MD, General Urology

OU Physicians:

Adult Urology 405-271-6452
Edmond 405-340-1279
Stephenson Cancer Center 405-271-4088

Pediatric Urology

Dominic Frimberger, MD
Pediatric Urology/Reconstructive Surgery/Spina Bifida
Pediatric Urology/Robotics
Adam Rensing, MD, Pediatric Urology/Robotics
Bhalaajee Meenakshi-Sundaram, MD, Pediatric Urology/Robotics

OU Children's Physicians:

Urology 405-271-2006
Edmond 405-340-1279



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- **Watch your blood pressure and cholesterol and never ignore chest pain.**
- **Don't skip regular wellness checks or screenings like a heart scan, mammogram, or your colonoscopy – they can all be lifesavers.**
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