

TULSA MEDICINE

Tulsa County Medical Society | A Newsletter for the Medical Community

October 2023



**Tulsa County
Medical Society**

Physicians Advancing Health Care

ANNUAL MEETING SCHOLARSHIP AWARDS

**JOIN US FOR THE 2023
ANNUAL MEETING AND
SCHOLARSHIP AWARDS**

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NOVEMBER 3, 2023

6:00 PM Happy Hour
7:00 PM Dinner & Program

**President's
Letter** - Sharon
C. Smallwood, M.D.

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**TCMS &
OSMA
Membership Dues**

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**Welcome
New Members!**

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TULSA COUNTY MEDICAL SOCIETY PRESIDENT'S LETTER



October is here — the time of changing leaves, autumn harvests, Halloween pumpkins, and cool mornings that are perfect for a taking a walk or sitting on your porch with a cup of coffee or tea before beginning our workday. I hope you are fully enjoying the change of seasons by taking advantage of the fall weather for things you love to do — whether that's an outdoor brunch on the weekends with friends, hikes at Turkey Mountain, or taking the kids around for candy in their costumes. It's so important to take time and appreciate these everyday moments and make memories!

Of course, this time of year is when people start planning holiday travel, parties, indoor activities, and family events. And so it is time to also start thinking about cold, flu, RSV, and yes, COVID-19 prevention. As medical professionals, we have the privilege to share good health information and promote wellness in our circles. I encourage you to investigate the latest recommendations on preventing these illnesses and take appropriate steps to protect yourself, your staff, your patients, and loved ones. Consider wearing masks when in public and around crowds, as well as getting the latest flu and COVID-19 booster vaccines. These steps help keep people healthy — including you!

October means the end of 2023 which is quickly approaching, and I'm sure you have plenty of year-end items to take care off. It is the same here at the Tulsa County Medical Society Board. We're hard at work handling our end-of-year to-dos to help us to serve you effectively, and you'll see a few requests coming from us that we ask you to handle as soon as you can do so.

First on that to-do list is sending in your updated information for our 2024 membership directory, which we're currently in the process of updating right now. You have probably already seen the request for information, which was mailed to all our members at the end of September. Having your most current information makes it easier for us to keep you up-to-date and aware of anything happening that's of interest to you. So, thank you for making time to fill out the forms and keep the membership directory updated.

Second, it's that time of year again... dues time. Your membership dues help us to do all that we do to support the medical community in our region, and we're looking forward to continuing to serve you and all our members with excellence. Dues statements have been mailed to all of our current members. Please be sure to pay before the end of the year to keep your membership active without interruption. Every member is essential to our community — and we value your presence here!

And finally — last but certainly not least — our TCMS Annual Meeting and Scholarship Dinner will take place on Friday, November 3, from 6 to 9 p.m., at the DoubleTree Warren Place. Please save the date and make plans to attend this important event for all members. We'll be gathering to connect with one another and to help honor the OU and OSU medical students who will be receiving scholarships this year. Our keynote speaker will be Dr. Syeachie Dennis, formerly a part of the clinical faculty with the OU School of Community Medicine and currently Chief Medical Officer and the Regional VP of Health Services for Humana Healthy Horizons of Oklahoma. You'll find all the essential details about this event, as well as the names of the scholarship recipients, within this month's newsletter.

We look forward to seeing you in November, celebrating all our wins this year, and enjoying the harvest that working as medical professionals brings to all of us and our community.

All the best,

Sharon Smallwood, M.D.

"The smallest things in life can bring the greatest joy and the brightest smile to any face. Be that thing!"



Sharon C. Smallwood, M.D.
TCMS President

TULSA COUNTY MEDICAL SOCIETY

Physicians Advancing Health Care

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TULSA COUNTY MEDICAL SOCIETY & TCMS FOUNDATION

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INVOICE



TCMS MEMBERSHIP INVOICES SENT

CALENDAR OF EVENTS

The 2024 TCMS & OSMA Dues Statements have been mailed and emailed to our membership. There are several options to pay:

1. **Check** - Make payable to TCMS and mail to our office
2. **Credit Card** - Complete the information and mail or fax to our office.
1. **Online** - Use the link in your emailed invoice to pay securely and directly online to your membership account.

Below is an example of what the invoice looks like.

Tulsa County Medical Society
5315 S. Lewis Avenue
Tulsa, OK 74105-6539

INVOICE

INVOICE TO
Dr. John Smith
123 Main Street
Tulsa, OK 74111

INVOICE NO. **4213** TOTAL DUE **680.00**

DATE **October 1, 2023** TOTAL DUE BY **30 Days Upon Receipt**

Qty	Description	Unit Price	Total
1	TCMS Membership Dues	380.00	380.00
1	OSMA Membership Dues (Inflation)	150.00	300.00
1	AMA Membership Dues (Additional Opportunity)	420.00	420.00
Total			1,100.00
Payment / Credit / Write Off / Discounts Applied			(0.00)
TOTAL DUE			680.00

If your full-time working status has changed, please contact our office for potential lower-cost membership options.

Payment Options

Online - Use this link to make your payment online [Submit payment online here](#) Phone - 918.743.6184 - Call to pay by credit card

Fax - 918.743.0336 - Complete the information below and fax to our office Mail - 5315 S. Lewis Avenue, Tulsa, OK 74105 Make check payable to TCMS

Please include a copy of the invoice with your payment if sending by Fax or Mail.

Credit Card Number _____ Amount Paid _____
Name on Card _____ Expiration Date _____ Code _____
Zip Code for card _____ E-mail to send receipt to _____

Lobbying Fees: For federal income tax purposes, TCMS dues are 100% deductible as a business expense while OSMA dues are 100% not deductible as a business expense. *Membership in OSMA is required to continue OSMA Group Health Plan Coverage.
AMA estimates that 70% of your membership dues are allocable to lobbying activities of the AMA, and therefore are not deductible for income tax purposes. Dues-paying members are eligible to receive a print copy of the Journal of the American Medical Association. For the 2024 membership year, the allocated cost of \$44 for JAMA® is included in, and not deductible from AMA membership dues. All members receive free online access to the JAMA Network™, which brings together JAMA and the 11 specialty journals. In addition, all members are eligible to receive AMA Morning Rounds®.

This year, the OSMA Board of Trustees has approved an Inflation Hardship waiver for 2024. OSMA Dues for those physicians whose practices have been financially impacted. If you feel you need to take this hardship, simply mark and pay your selection.

If your full-time working status has changed, please contact our office for lower-cost membership options.

Please contact myself or Joetta Cunningham at 918.743.6184 or email us at mark@tcmsok.org or joetta@tcmsok.org if you have any questions about dues or membership.

We thank you for your membership and support of your physician organizations. Now more than ever, we need each other, we need you!

Mark McElreath, MPA
Executive Director

October 11, 2023

TCMS Board of Directors Meeting

October 24, 2023

PLICO Evening Rounds at TCMS

Dinner: 5-6:00 PM

Program: 6-8:00 PM

MPL Lessons Learned: 10 Years in Review
Graham Billingham, MD, FACEP, FAAEM
Chief Medical Officer, MedPro Group

For questions, please call 405.815.4800
PLICO are hosting other Evening Rounds events in Tulsa this fall

Please [Click HERE](#) for more information

November 3, 2023

Annual Meeting & Scholarship Awards

Dinner

DoubleTree Warren Place, Tulsa

Happy Hour: 6 PM

Dinner & Program: 7 PM

More details on page 4

[Click HERE](#) to RSVP

PROPER PRESCRIBING VIRTUAL CME

Thursday, February 15, 2024 – 6-7:00 PM

Friday, May 17, 2024 – 12-1:00 PM

Friday, July 19, 2024 – 12-1:00 PM

Friday, September 13, 2024 – 12-1:00 PM

Thursday, November 14, 2024 – 6-7:00 PM

Friday, December 6, 2024 – 12-1:00 PM

To sign up or for more information, contact Sandy Deeba, 405-601-9571

*Signed into law in 2018, Oklahoma's Senate Bill 1446 mandates that all physicians complete one hour of CME in pain management per year. To help Oklahoma's physicians better understand how this new law impacts their practice and patients, the Oklahoma State Medical Association is hosting special CMEs in Oklahoma City and Tulsa. This one-hour event offers insight to the legal issues affecting pain management and an overview of the new laws connected with prescribing opioids to patients. All Oklahoma physicians with a DEA license are required to take this one hour course annually.

LEADERSHIP OPPORTUNITIES AVAILABLE

There are several opportunities for leadership within TCMS and OSMA. This includes TCMS Board of Directors positions as well as Trustee and Alternate Trustee positions with OSMA.

If you have any interest in these roles or would like more information, please contact Mark McElreath, Executive Director, at 918.743.6184 or email mark@tcmsok.org.





**Tulsa County
Medical Society**

Physicians Advancing Health Care

ANNUAL MEETING SCHOLARSHIP AWARDS

Friday, November 3, 2023

6:00 PM Happy Hour
7:00 PM Dinner & Program

DoubleTree Warren Place

6110 S Yale Ave
Tulsa, OK 74136

Keynote Speaker

Syeachia Dennis, M.D.

Chief Medical Officer,
Humana Healthy Horizons of Oklahoma



[CLICK HERE TO RSVP](#)

Call

918.743.6184

Join us as we hold our 116th Annual Meeting and celebrate the 2023 Educational Assistance Scholarship Awards.

Sponsorship Opportunities Available



PATIENT COMPLAINTS WHICH ARE

NOT PART OF NORMAL AGING

Voice or Speech Changes

- Hoarse, rough, or breathy voice
- Slurred or unclear speech
- Difficulty projecting volume



Cognitive Decline

- Attention or memory difficulty
- Difficulty completing daily tasks (e.g., money & med management)

Difficulty Swallowing

- Coughing while eating/drinking
- Food or pills sticking
- Feeling food/liquid go "down the wrong pipe"



Increased Language Difficulties

- Word finding difficulty
- New difficulty with reading/writing/spelling

We can help!

therapy@tulsasnr.com



918-928-4700



Referral Fax: 918-928-4701

TCMS MEMBER & PROJECT TCMS VOLUNTEER APPRECIATION DAY AT THE TULSA ZOO A SUCCESS!

Thank you to the nearly 300 TCMS Members & Project TCMS Volunteer Physicians and Staff who joined us for an Appreciation Day at the Tulsa Zoo on September 10. We appreciate ALL our members and volunteers. **THANK YOU!!**



MEDICAL STUDENT GAME NIGHT



The TCMS Medical Student Members had a Game Night on Friday, September 29, at TCMS.



Thank you to HUB for sponsoring and to the students who attended and had great time together!

THE PROMISE AND PITFALLS OF AI IN THE COMPLEX WORLD OF DIAGNOSIS, TREATMENT, AND DISEASE MANAGEMENT

This conversation is part of a series of interviews in which JAMA Editor in Chief Kirsten Bibbins-Domingo, PhD, MD, MAS, and expert guests explore issues surrounding the rapidly evolving intersection of artificial intelligence (AI) and medicine.

Medical practice is about the human interaction between clinicians and patients, but what does it mean when a technology with human-like attributes such as AI enters the examination room? How does the dynamic between clinicians and patients change when AI is involved?

In a recent interview, Kirsten Bibbins-Domingo, PhD, MD, MAS, editor in chief of *JAMA* and the *JAMA* Network, discussed this aspect of AI with primary care physician Ida Sim, PhD, MD. Sim is codirector of a joint program between the University of California, Berkeley, and the University of California, San Francisco (UCSF) in computational precision health. She is also an elected member of the National Academy of Medicine and the American College of Medical Informatics.

The following is an edited version of the interview.

Dr Bibbins-Domingo: I think of you as a physician who's been in this informatics research space for a long time. You've also thought about how we create structures for sharing data and making data more accessible, and now all of us are talking about AI, and it's transforming how we're going to practice. It's transforming how we're going to do science. Why are we talking with a different urgency right now?

Dr Sim: It is an urgency, absolutely. I think November 30, 2022, is going to go down in history. That was the day when ChatGPT came out. I had been talking to other people here in Silicon Valley about ChatGPT-2.0, about DALL-E, and it was just mind-blowing what was going on in the computer science world that we were not seeing publicly. But November 30 changed that.

That was an inflection point, and this is why I think it's so transformative. *AI* and *machine learning* are 2 different terms, but we won't dissect those. A lot of the work previous to what the public sees has been machine learning. You take a bunch of data, stick it in a black box and out comes something. And that something is usually a prediction.

Machine learning, it's called *predictive analytics*, is like, for example, this patient has a 68% chance of needing ICU [intensive care unit] transfer in the next 24 hours. This patient has a 72% chance of being readmitted in 32 days. That we can wrap our heads around. We do logistic regression. We have tons of *JAMA* papers for decades about prediction. We know how to do prediction. We know how to think about it as clinicians. It's a number.

ChatGPT is not a number. What it generates is natural language. Natural language is what you and I are doing; this is how we interact with each other. It's where we connect with other humans. And for the first time, a machine can interpose itself into that exchange in a way where we in our millennia of evolution see language exchange coming from another being.

So now we have this machine that can be kind of human-like, which is qualitatively different from all the machine learning that we've seen before in AI. You see the amazing interest and also fear, honestly, that this technology has engendered. It can do all sorts of things. Sure, it can predict, and all that kind of thing, but because it's got this quality of being natural language and something that can almost act human-like in its interactions, it's fundamentally different.

The patient-doctor relationship is about human relationships and language is the mediation of that relationship. And now we have a machine that can do that.

To view the rest of the article visit: <https://jamanetwork.com/journals/jama/fullarticle/2810236>

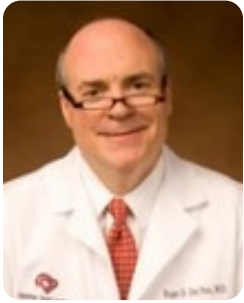
OKLAHOMA ACOG MEMBERS MENTIONED IN NEW YORK TIMES ARTICLE



Kate Arnold, M.D. and Angela Hawkins, M.D. were recently featured in this New York Times article, "As Abortion Laws Drive Obstetricians From Red States, Maternity Care Suffers."

<https://www.nytimes.com/2023/09/06/us/politics/abortion-obstetricians-maternity-care.html> (Subscription may be required)

WELCOME NEW MEMBERS!



Roger D. Des Prez, M.D.

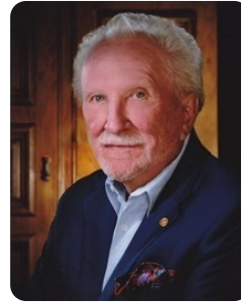
Oklahoma Heart Institute
Cardiovascular Disease
Internal Medicine
1265 S. Utica Ave, Suite 102
Tulsa, OK 74104
918.592.0999



Bernadette M. Miller, M.D.

OU Health Physicians
Internal Medicine
4444 E 41st St
Tulsa, OK 74135
918.619.4100

IN MEMORIAM



Bill "Billy" Paul Loughridge, M.D.

TCMS Member Since 1967 (56 Years)

Billy Paul Loughridge, MD was born April 19, 1935 in Ardmore, OK to Elizabeth (Shorter) and William Floyd Loughridge. He passed from this life Monday, August 28, 2023 at the age of 88.

Growing up in Ardmore, he was a determined, if not overly talented athlete who lettered in football, became a Golden Gloves boxer and even an amateur bull rider. His grit and determination sparked a desire to find his passion. Graduating from Ardmore High School in 1953, he entered the University of Oklahoma at Norman, intending to become a physician.

While completing his undergraduate studies, he became a valued member of the Sigma Chi Fraternity and worked as a dish washer and server in exchange for room and board. Some four decades later he would be honored as a "Significant Sig" for his lifetime achievements.

In 1957 he received his degree in Sociology with minors in both chemistry and zoology. He would later be the first graduate to hold a Fulbright Fellowship for study abroad. Focused on his ultimate goal, he was accepted to the University of Oklahoma School of Medicine in Oklahoma City and was able to finance his education with loans from the Kellogg Foundation washing glassware by night at the Research Foundation and working as an exterminator for a pest control company to pay the bills. He completed medical school in 1961 and shortly after, he married Linda Faye Harrell.

Following his graduation from medical school, "BP" was appointed as an intern at the University of Texas Medical Center in Galveston, followed by four years as a general surgical resident. He then received a fellowship from the NIH (National Institute of Health) to conduct cardiovascular research. As a Fulbright Scholar, he was led to Sweden, where his works with liver disease and advancements in liver regeneration were unprecedented.

Upon return from Sweden, he moved to Syracuse, NY where he served as a Senior Resident in Thoracic Surgery at the State of New York Upstate Medical University. There he worked with the renowned thoracic surgeon, Dr. Watts Webb. After an intensive year of study, BP moved back to Tulsa and joined Cardiovascular Surgery Inc., an innovative cardiovascular practice.

BP practiced cardiovascular surgery in Tulsa from 1967 until his retirement in 1998, performing over 10,000 surgeries. He also taught in medical schools, wrote three books, and served as an expert witness in numerous legal cases requiring his expertise.

To view the full obituary [click here](#).

*Our deepest sympathies and condolences to the
friends and family of these members.*

If you would like to make a contribution in the memory of these individuals, please mail your donation to TCMS Foundation at 5315 S. Lewis Avenue, Tulsa, OK 74105 or call our office at 918.743.6184.

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TULSA MEDICINE

A Newsletter for the Medical Community | October 2023

Tulsa County Medical Society

5315 S. Lewis Avenue

Tulsa, OK 74105-6539

For 100 years, the Oklahoma Medical Board has promoted the Health, Safety and Well-being of the citizens (patients) of Oklahoma by requiring high levels of qualifications, standards and continuing education for regulated medical licenses.

We take pride in our agency's ability to ensure that qualified healthcare professionals are available to the citizens of this state.



Learn more about our purpose and vision at www.okmedicalboard.org