

TULSA MEDICINE

Tulsa County Medical Society | A Newsletter for the Medical Community

December 2023



Popular weight loss drug's potential for treating alcohol, addictive disorders, highlighted in OSU, OU research

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TULSA COUNTY MEDICAL SOCIETY PRESIDENT'S LETTER



**TULSA COUNTY
MEDICAL SOCIETY**
Physicians Advancing Health Care

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TULSA COUNTY MEDICAL SOCIETY & TCMS FOUNDATION

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Can you believe it's already December? It's hard to believe how fast time has flown, and now we are rapidly approaching the holidays and the end of 2023. This year has been full of so many wonderful moments, so many adventures, and so many opportunities to serve fellow physicians. I hope you have been enjoying every moment, even in this extremely busy time of the year. Be sure to create space to celebrate family and friends, your staff and fellow coworkers, and of course - yourself. Enjoy the season, and celebrate all your accomplishments. You deserve it!

I want to extend my heartfelt thanks to everyone for the support you've shown to me personally and to the work of the Oklahoma State Medical Association throughout the year. None of what we do would be possible without your involvement - and on behalf of everyone at the OSMA, I thank you for all your participation, kind words, and all you do to make our Oklahoma community of medical professionals strong and successful.

Please join me in giving an extra thank you and a fond farewell to the OSMA staff who are retiring in December: Donna Bartlett, Nancy Bennett, Sandy Deeba, and Nancy Marshall. Just as we could not make OSMA a success without our members, we certainly would not be able to make our organizations run smoothly without our staff. Ladies, we wish you all the best in your next set of adventures. You will be missed!

In other news, it is always important for us to be involved in legislation and decisions being made for physicians in our state. Please look for ways to participate in making a difference. Here is one way to do so: The Tulsa County Medical Society is responsible for sending members to the State Capitol Building in April to staff the First Aid Station as Doctor of the Day. Remember, this volunteer activity provides us with a great opportunity for our members to meet their state legislators and talk to them about issues that matter to us. So, please consider being involved.

Here's another reason to make our voices heard at the State Capitol. Recently, OSMA noted that "when adjusted for inflation, Medicare physician payment has dropped 26% since 2001, while payments to hospitals and nursing facilities have kept pace with

inflation. With a looming Medicare physician pay cut of 3.37% in 2024, alarming rates of physician burnout and the passage of unsafe scope of practice expansions, medicine is not just at a crossroads: It is in crisis." It is up to us to push for a more sustainable system - one that preserves patients' access to high-quality physician care, while also helping to prevent future burnout for medical professionals.

We can have an impact in this arena by supporting the Strengthening Medicare for Patients and Providers Act, a bipartisan bill designed to link the Medicare physician payment schedule to the Medicare Economic Index. I encourage you to learn more about this bipartisan bill - and then contact your state representatives know you support it. Make your voice heard on this and other important issues that affect physicians and patients in our state.

Finally, I want to extend a warm welcome to our incoming TCMS President, Steve Bruns, MD. Steve is a general surgeon that I had the pleasure of taking classes with - we graduated from medical school together. His 2024 inauguration scheduled for March 1, so save the date and make plans to attend.

Happy holidays to all! May your December be filled with much holiday cheer, and may the new year ring in many wonderful opportunities and moments of joy for you!

All the best,

Sharon Smallwood, MD

"Not knowing your worth is the basis for generations of hurt and suffering. So, please understand who you are and how you bring value to this world. Then, you can help guide others into that same peaceful space."



**Sharon C.
Smallwood, M.D.**
TCMS President

**SAVE THE DATE
MARCH 1, 2024**



CALENDAR OF EVENTS

December 22, 25-26, 2023 & January 1, 2024 - TCMS, TCMS Foundation, and Project TCMS Offices Closed for the Christmas Holiday and New Year's. From all of us here, "Wishing you Happy Holidays and a Wonderful New Year!"



January 10, 2024
TCMS Board of Directors Meeting
6 PM at TCMS

January 23, 2024
OSDS Regular Schedule Series
Details to come - joetta@tcmsok.org

February 2 and 3, 2024
Oklahoma ACOG
Coding Workshop w/Brad Hart
5315 S Lewis Ave Tulsa OK
For more info or to register contact
joetta@tcmsok.org

March 26, 2024
OSDS Regular Schedule Series
Details to come - joetta@tcmsok.org

April 6, 2024
OSDS Annual Meeting
OU Schusterman Center
Details to Come - joetta@tcmsok.org

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
Katie Kemper, 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.

INVOICE



HAVE YOU RENEWED YOUR MEMBERSHIP YET?

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.
3. **Online** - Use the link in your **emailed invoice** to pay securely and directly to your membership account.

Please contact 918.743.6184 or email or joetta@tcmsok.org if you have any questions about dues or membership.

We thank you for your membership and support!

By joining TCMS and OSMA our members are among friends, colleagues, and peers, who share their interest, concern, and dedication to the medical profession. Our strength relies on members, who are committed to making an impact on the field of medicine.

Share with them the opportunity to join! Have them visit www.tcmsok.org/join or have them contact Mark or Joetta at 918.743.6184 or email tcms@tcmsok.org.

2023 ANNUAL MEETING AND SCHOLARSHIP DINNER A SUCCESS

On Friday, November 3, Tulsa County Medical Society and the TCMS Foundation held its Annual Meeting and Scholarship Dinner. Syeachia Dennis, MD provided the keynote address to those in attendance. Sharon Smallwood, MD, TCMS President gave remarks and David Griffiths, MD, TCMS Foundation Chair presented a report on Project TCMS. Dr. Griffiths presented the scholarship awards to 9 medical student recipients. In total, \$37,000 was awarded. We want to thank Stride Bank, SVMIC, and Trust Company of Oklahoma for their sponsorship of the evening. For more photos from that evening, visit: <https://annual-meeting.tcmsok.org/>



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POPULAR WEIGHT LOSS DRUG'S POTENTIAL FOR TREATING ALCOHOL, ADDICTIVE DISORDERS, HIGHLIGHTED IN OSU, OU RESEARCH

University researchers in Oklahoma are excited about the potential impact a popular weight loss medication also could have in treating alcohol and addictive disorders. A team of researchers from the University of Oklahoma and Oklahoma State University announced this week that it has published the first evidence that the drug semaglutide specifically reduces symptoms of alcohol use disorder.

Semaglutide has made headlines as an FDA-approved drug for the treatment of diabetes under the name Ozempic and weight loss under the name Wegovy.

"This research marks a significant step forward in our understanding of the potential therapeutic applications of semaglutide in the field of addiction medicine," said Dr. Jesse Richards, OU assistant professor of medicine and director of obesity medicine. The team said larger, controlled studies will be needed to validate and expand on the initial findings. One such clinical trial is underway at the OSU Hardesty Center for Clinical Research and Neuroscience in Tulsa.

Richards said the anecdotal evidence about semaglutide's possible effect on alcohol use has been piling up.

"That's one of the big things that brought this up — people were spontaneously reporting this," he said. Richards recalled one of his patients who used to consume a case of beer over just a few hours at the lake. After starting to use semaglutide for weight loss, he lost all craving for beer and cut back.

"That was the first one that really made me sit up and take notice," Richards said. Also promising, officials said, is that low doses of the medication are producing the reported results.

The team published its initial evidence on Monday in a paper in the *Journal of Clinical Psychiatry*. The paper outlines the outcomes of six patients who received semaglutide during treatment for weight loss, demonstrating a significant decrease in their test scores that identify alcohol disorders.

Dr. Kyle Simmons, the paper's senior author and professor of pharmacology and physiology at the OSU Center for Health Sciences, is conducting the current clinical trial in Tulsa.

The effort, dubbed STAR (Semaglutide Therapy for Alcohol

Reduction), is funded by the Hardesty Family Foundation and OSU-CHS.

"With the publication of this case series, the stage is set for future clinical trials, such as the STAR studies, which can definitively tell us whether semaglutide is safe and effective for treatment of alcohol use disorder," Simmons said.

A sister study is underway in Baltimore, funded by the National Institute on Drug Abuse. Richards said the team is motivated in part by what the research could mean for Oklahoma. The state has some of the nation's highest rates of obesity, diabetes and alcohol intake, with rural, underserved populations being hit especially hard.

"One of the things that is really driving us is how we may end up helping improve the lives of a lot of Oklahomans who deal with multiple issues," Richards said. "This could help their primary care providers take better care of them."

"It's a medication that addresses a uniquely Oklahoma problem," Simmons said. "Here we have a single medication that may address some of the long-term health outcomes and consequences of these big public health problems that we have here in Oklahoma." Simmons cautioned, however, that the new research shouldn't prompt people to start requesting the drug to treat alcohol disorders just yet.

"We don't know if it's safe and effective in well-validated trials," he said. "Also, we currently have FDA-approved treatments, and really that's where people should be focusing right now."

"It's important to make that point because I'm worried that patients are going to run out and pressure their providers," he added.

The researchers praised the spirit of teamwork that the effort represents and which they expect to continue. "This is an example of what can happen when our two R-1 research institutions in Oklahoma collaborate," Simmons said.

By Tim Stanley, Tulsa World Staff Writer
November 29, 2023



Jesse Richards, DO
TCMS Member since 2020



Both Ozempic and Mounjaro are prescription medications designed for adults with diabetes. Wegovy is used as an obesity treatment.



Letter from the Owner

Hello! I'm Tiffany Turner, the owner of Swallowing and Neurological Rehabilitation, a regional adult medical speech pathology center here in midtown Tulsa. I am a board certified swallowing specialist, one of only a handful in the midwest, and my team and I offer several highly specialized services that no one else in the area provides. I first opened SNR almost 10 years ago, and we just recently expanded the clinic and tripled our space in order to be able to serve more patients in need of our services.

We regularly treat individuals with diagnoses such as head and neck cancer, progressive neurological diseases, strokes, traumatic brain injuries, laryngeal injuries or pathologies, dementia, autoimmune conditions, and many others.

Some of the highly specialized services we offer include:

- endoscopic swallow studies (FEES),
- videostroboscopy voice exams,
- neuromuscular electrical stimulation and other treatments for swallowing impairments,
- the SPEAK OUT! Parkinson's voice treatment program,
- myofascial release/manual therapy for fibrosis and lymphedema,
- individualized treatment for various voice, swallowing, and airway pathologies, and
- standardized testing and individualized treatment for aphasia and cognitive-linguistic impairments.

We truly love what we do and would love the opportunity to serve your patients. Please feel free to reach out if we can help in any way, and I'd love to connect.

Sincerely,

Tiffany Turner

Tiffany Turner, MS, CCC-SLP, BCS-S

☎ (918) 928-4700

✉ therapy@tulsasnr.com

🌐 www.tulsasnr.com



GIVE THE GIFT OF SCHOLARSHIP THIS HOLIDAY SEASON

SCHOLARSHIP FUND

TULSA COUNTY MEDICAL SOCIETY FOUNDATION

The Scholarship Fund was established in 1964 as a 501(c)3 organization, from proceeds received from a community-wide mass immunization for Polio sponsored by TCMS. In 2010, the fund became a program of the Tulsa County Medical Society Foundation. The Fund had a total of \$31,500 in the beginning. It was envisioned that approximately \$2,500.00 annually would be presented until the fund was depleted. Thanks to the generosity of our members and through planned giving, to date, over \$1.49 million in scholarships has been given to 1,333 medical students.

We are sure you understand the significance of receiving financial assistance as a medical student, without any obligation for repayment. As practicing or retired physicians it is our hope that you will contribute to the Scholarship Fund as a partner in this important program.

The Foundation is a 501(c)3, tax-exempt charitable organization so your contribution would be tax-deductible and any gifts received by December 31 could go towards your 2023 deductions.

Please remember what it was like in medical school and contribute what you can so we can continue to help others as we helped you. If you are interested in setting up a **named scholarship** in your, or someone else's honor, please contact the TCMS Foundation office at 918.743.6184 or email mark@tcmsok.org.

As an organization, we are interested in both mentoring medical students and investing in their future as practicing physicians. Oklahoma ranks 48th in number of physicians per capita. It is important that we, as stakeholders in the health of our community and our state, work to improve access to care. Building relationships with the medical students and providing support through the Scholarship Fund is one vehicle of addressing the shortage of physicians in our state.

To give:

ONLINE - [Click Here](#) to give securely by debit or credit card

CHECK - Mail to TCMS Foundation at 5315 S Lewis Ave, Tulsa, OK 74105

PHONE - You may also call TCMS Foundation at 918.743.6184

Thank you for your support of the Scholarship Fund!

TCMS MEDICAL STUDENTS HOLD WINTER CLOTHING & BOOK DRIVE

The Tulsa County Medical Society Student and Resident Council along with the Psychiatry Student Interest Group are holding a Winter Clothing & Book Drive.

DECEMBER 4 - JANUARY 26

Your donations will support inpatient psychiatric patient populations at the Tulsa County Behavioral Health Center.

DONATIONS NEEDED

- Hats
- Gloves
- Coats
- Jackets

- Paperback Books (Please avoid extreme or triggering subject matter)

Drop-off Sites:

- OU-Tulsa Student Lounge
- OSU Tandy Mod Lounge
- Tulsa County Medical Society, 5315 S. Lewis Ave, Tulsa, OK 74105



TCMS RETIRED PHYSICIANS GATHER FOR HOLIDAY LUNCHEON

On Wednesday, November 15, the TCMS Retired Physicians (formerly Golden Oldies) the Life Members of the Tulsa County Medical Society, met for a holiday luncheon at the TCMS Building. The group enjoyed a happy hour, lunch, and speaker.

The keynote speaker, Susan Neal, Executive Director Gilcrease Museum and Helmerich Center for American Research provided an update on the construction of the museum. The 83,500-square-foot building will create new opportunities for Gilcrease to explore broad, complex stories of American history, art and culture. The re-envisioned museum will present a much-improved visitor experience and state-of-the-art exhibition space meeting today's standards for care of the collection and touring exhibitions.

Thank you to all who were able to attend and we look forward to upcoming events in 2024. If you would like to become involved, contact Mark McElreath at mark@tcmsok.org or 918.743.6184.



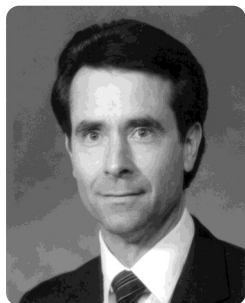
For 100 years, the Oklahoma Medical Board has promoted the Health, Safety and Well-being of the citizens (patients) of Oklahoma by requiring high levels of qualifications, standards and continuing education for regulated medical licenses.

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

IN MEMORIAM



John Loring Aldridge, MD
TCMS Member Since 1978 (45 Years)

John Loring Aldridge, M.D., age 76, passed away peacefully at his home on November 16, 2023. His family and the Tulsa community is abundantly grateful for his life - a life well-lived. John was born in San Francisco, California in 1947 to John Vernon and Beverly Nan Aldridge. His family moved to Plainview,

Texas, shortly after his birth. After his father's death in 1961, his mother moved the family to Austin, Texas, where he attended McCallum High School and gained life-long friends. He studied geology at The University of Texas at Austin, graduating with a bachelor of science degree in 1970. He graduated from The University of Texas Medical Branch at Galveston in 1975. Following his residency in anesthesiology at Scott & White Medical Center in Temple, Texas, he began his 40 plus year career with St. Francis

Hospital based Associated Anesthesiologists Inc. He married Jeanie Marie Northcutt in 1983. John and Jeanie raised their children, John and Sidney, in Tulsa.

John was a thought leader within his large anesthesia group, of which he was a past president. He was appreciated for his wonderful compassion, willingness and ability to take care of very sick patients, and his famous wit. Before surgery he sought to decrease his patient's stress with much-needed humor. John always researched new ways to alleviate his patient's pain during and after surgery. He was grateful to be able to help patients at such a stressful time in their lives. He was a past president of the Oklahoma Society of Anesthesiologists. John pursued his passion for all things car-related. He maintained an ever-changing group of vintage cars. He collected Cushman motor scooters and was active in the Cushman community, attending meets with his wife, Jeanie, on their beautifully restored scooters.

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



Dwane Blake Minor, MD
TCMS Member Since 1959 (64 Years)

Dwane Blake Minor, MD, long-time Tulsa physician and dermatologist, passed away peacefully at his home on Tuesday morning, November 14 at the age of 97. He was born in Drumright, OK on February 6, 1926 - the first child, and only son to Samuel Basil Minor and Mary Ophelia Bradshaw Minor. Before

reaching the age of 5, his family would move to Cushing, Oklahoma where his father opened a Sinclair oil and gas distribution service. As a teenager, he would assist his dad with his business by picking up and delivering both open and sealed oil and gas drums to gas and service stations in the north-central Oklahoma region. For many years, he liked to point out the reckless mindlessness of a typical adolescent in moving these combustible drums to and from his flatbed truck with a lit cigarette in his mouth. Dwane would go on to complete all 12

years of his primary education in Cushing, serving as class president during his senior year before graduating from Cushing High School in May 1944.

With World War 2 still raging in both Europe and Asia at the time of his high school graduation, he immediately joined the US Navy - shipping out immediately by rail from Oklahoma to basic training in San Diego, CA. From there he reportedly wrote his parents that, "They can't do this to me!" and vowed to contact his congressman immediately to "make this stop." His formal protest evidently either never materialized, or never reached sympathetic ears, and so he successfully completed the program - hitchhiking afterwards back to Cushing, Oklahoma for a two week leave. At the end of that leave, he hitchhiked back to California in August 1944, this time to San Francisco where he would deploy on a troop ship with 900 of his fellow sailors.

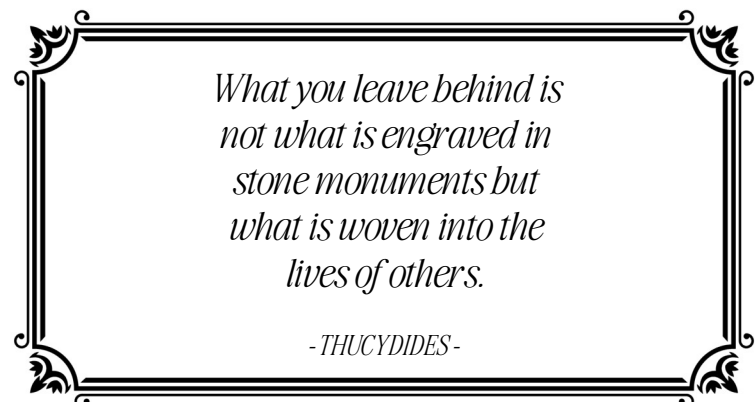
To view the full obituary [click here](#).



Thomas "Tom" Wallace White, MD
TCMS Member Since 1996 (27 Years)

Dr. Thomas "Tom" Wallace White, 68, died peacefully at home on November 4, 2023 after a short illness with glioblastoma. Though he lived nearly his entire life within the state of Oklahoma, Tom travelled the world and brought his family along for the ride. Tom was

passionate about his career as an interventional radiologist at St. John's Hospital. Tom is survived by his wife, Judy, and daughters, Michelle White and her husband Glenn Sturm; Lisa White and her wife Kyrstin Haecker; granddaughter, Rose Sturm; and his brother, David and his wife Brenda.

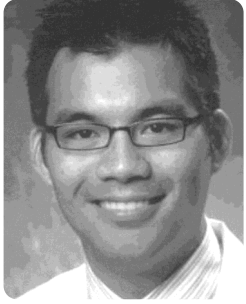


Our deepest sympathies and condolences to the friends and family of these members.

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.

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

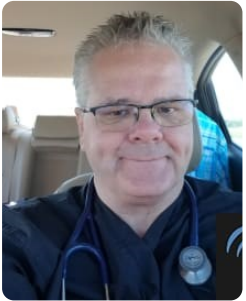
WELCOME NEW MEMBERS!



Brian J. Barki, MD
Anesthesiology
6901 S Olympia Ave
Tulsa OK 74132
918.388.5701



Christopher R. Klotz, MD
Family Medicine
Ascension
13600 E 86th St N #100
Owasso, OK 74055
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Fax: 918.403.6311



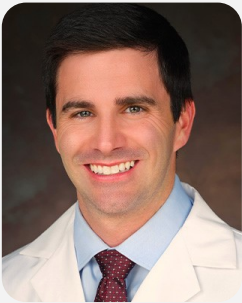
Kent T. King, MD
Family/Emergency Medicine
300 N. Denver
Tulsa OK 74103
918.596.8942

WELCOME NEW AND RETURNING MEMBERS FROM



Brandon C. Humble, MD
Tulsa Allergy Clinic of Tulsa
Allergy-Immunology
9311 S Mingo Rd
Tulsa OK 74133
918.307.1613 Fax: 918.307.2454

WELCOME NEW MEMBERS FROM



Zackary P. Burrow, MD, DPT
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TULSA MEDICINE

A Newsletter for the Medical Community | December 2023

Tulsa County Medical Society

5315 S. Lewis Avenue

Tulsa, OK 74105-6539

You chose a path to care for others.

We're here to protect and defend you every step of the way.



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