

OCTOBER 13, 2007 AT CEDAR CREEK RANCH


SADDLE UP ★

A BENEFIT TRAIL RIDE
TO FIGHT DIABETES

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Bluestem Foundation is hosting a benefit trail ride to fight diabetes on Saturday, October 13 at 9:30 a.m. at Cedar Creek Ranch.

For people who have diabetes, education and support from a team of health care professionals can help them maintain control of their diabetes and assist them in living a long and healthy life. Jane Phillips Medical Center in Bartlesville offers an outpatient education and support program that is certified by the American Diabetes Association.

However, only eight percent of people who are discharged from the hospital with diabetes return to the outpatient program for education and follow-up support.

There are many reasons for this low number, one of them being the cost of attending the program. Most insurance providers and Medicare do cover some of the cost of the program; but for the uninsured, or those who may be unable to meet their out of pocket expenses, the cost of these classes are a prohibitive factor.

All proceeds from Saddle Up! A Trail Ride to Fight Diabetes will be used to defray expenses for qualified persons who wish to attend the Outpatient Diabetes Education Program at Jane Phillips Medical Center.

The ride will be on the Cedar Creek Ranch, one of the ranches owned and operated by John F. and John B. Kane. It has been part of the Kane family operation since 1966 and is situated in eastern Osage County. Deep canyons, thick stands of blackjack oak trees, and native bluestem rangeland mark the ranch. Cedar Creek and Buck Creek

run through the ranch along with a scenic natural horseshoe lake.

The ride will cover approximately 15 miles of primitive trails including smooth stretches for leisurely riding and conversation, rambling creeks, hill-top breathtaking vistas, and challenging climbs and drops, just to add a little excitement. Riders are to provide their own horses.

Primitive camping is available on Friday after 3 p.m. The ride is from 9:30 a.m. to 4 p.m. on Saturday. A barbeque dinner catered by Dink's Pit Bar-B-Que will be served at 5 p.m. and entertainment provided by The Jimmie Johnson Band will be from 5:30 p.m. to 7 p.m.

Cost for those participating in the trail ride is \$45 per person. This includes the ride, lunch, dinner and entertainment. Riders are to supply their own horses.

For non-riders who want to participate in the dinner and entertainment only, cost is \$15 per person. Children 12 and under may participate for free.

Pre-registration is requested by September 29 to ensure adequate food.

To receive a brochure with registration form, rules and regulations, and more information regarding the fundraiser, please call the Jane Phillips Medical Center's Nursing Administration office at 918/331-1667.

Ride Schedule:

- Registration and coggins check on arrival
- Friday: Arrival between 3 p.m. and 9 p.m.

- Gate closes at 9 p.m. Friday
- Saturday: Arrival and check-in time 7-9 a.m.
- Parking and unloading: Cedar Creek Ranch North Pens
- Ride begins: Promptly at 9:30 a.m. (no exceptions)
- Arrive at lunch stop: 11:45 a.m.
- Lunch and rest period: noon
- Afternoon ride begins: 1 p.m.
- Ride ends and rest period at camp begins 4 p.m.
- Dinner: 5 p.m.
- Entertainment: 5:30 p.m. by The Jimmie Johnson Band
- 50/50 money drawing: 6 p.m. and entertainment continues until 7 p.m.

Cost and Payment Requirements:

- Riders—\$45 each
- Nonriders—\$15 each
- Children 12 and under—free
- Please pre-register by September 29, 2007 to ensure adequate food. You may also make your reservation by calling Jane Phillips Medical Center's Nursing Administration office at 918/331-1667 or by e-mail to mlechuga@jpmc.org.

Rules & Regulations:

- Current negative coggins will be checked at gate
- Riders under age 18 must be accompanied by a parent or guardian
- Shoes on your horses are recommended
- Riding is prohibited except during the ride
- No riding double or riding bareback
- Kicking horses must be flagged with red on their tail

- No stallions
- Do not pass trail leaders. Any exceptions could cause confusion to the people behind and endanger riders.
- No littering, smoking, or alcohol permitted
- No pets on the trail
- Reservations requested for meals and trail ride
- Entry and liability releases for all riders

Accommodations At Cedar Creek Ranch:

Overnight camping is available on Friday night prior to the ride and Saturday night after the ride. Very primitive setting. Port-a-potties will be provided. No electricity is available. Dogs allowed in camp ON LEASH ONLY AND MUST BE CONFINED TO YOUR CAMP. Potluck on Friday night, bring a covered dish and join the fun.

Meals For Saturday:

Lunch includes sandwich, chips and a cookie. (Compliments of Aramark.) Dinner will include smoked meats, coleslaw, baked beans, roll and dessert. (Thanks to Dink's Pit Bar-B-Que of Bartlesville.) Drinks will include iced tea, lemonade, soft drinks, or water.

Suggested Equipment:

A camera, weather appropriate clothing, water canteen, rain poncho, sun screen, and insect repellent. 🐾

Get Ready to Set Sail for GLITZ 2007

Bluestem Foundation's Dinner Fundraiser

Join Bluestem Regional Medical Development Foundation for a clambake along the coastlines of Jane Phillips Medical Center in Bartlesville during low tide for Glitz 2007. The Foundation, which supports the mission of Jane Phillips Medical Center, hosts the annual fundraiser for JPMC's continuing staff education.

Sail date is Friday, September 21, 2007 at 6:30 p.m. at Jane Phillips Medical Center in the Rose Garden.

Jane Phillips Medical Center has benefited from the proceeds of the Glitz events for the past 16 years. The funds raised have made available training and educational opportunities that were beyond the capabilities of the operations budget of the hospital. The result has been a significant elevation in the levels of competence and skills possessed by the hospital staff that provides patient care in our community and by those who support them.

"ConocoPhillips is a principle sponsor of our annual event and we are most grateful for their support of our hospital and for their investment in our staff members' continuing education," said Mike Wilt, Bluestem Foundation Executive Director.

"With technology constantly changing and with our mission of providing quality, safe care for our patients, it is important that we raise funds to provide continuing education and additional training for our staff," said David R. Stire, JPMC President/CEO. "We

sincerely appreciate everyone who supports us in this important endeavor of providing a more knowledgeable and versatile staff which benefits both the hospital and the community."

Nautical-themed contests will be held throughout the evening and a silent auction will be held from 6:30 p.m. to 8:30 p.m. A live auction will be held at 8:45 p.m. Many of the hospital departments' employees who used Glitz funds donated a themed-basket for the auctions. In addition, many area businesses/organizations and individuals donated items for both the silent and the live auctions.

The evening's menu features:

- Vegetable tray with crab dip and ranch dip
- Heirloom tomato, beet, and asparagus salad sampler with seaside vinaigrette
- Clambake complete with clams, shrimp, scallops, chicken, sausage, ears of corn, and golden potatoes served with drawn butter, cocktail sauce, and lemon wedges
- Crusty rolls
- White chocolate clamshells filled with chocolate mousse and topped with a pearl mint
- Strawberry rhubarb tarts
- Coffee, tea, and water
- Cash bar

The public is invited to attend. Tickets are \$100 and a portion is tax deductible. To make reservations, call the Bluestem Foundation at 918/331-1431 by September 10. Seafood will be served. For those with seafood allergies an alternate menu is available.

Dress is casual, with clambake or sailing attire encouraged.

"Bring your appetite," said Wilt. "We'll supply the food, bibs, napkins, and fun!"

A companion event, the Glitz Open Golf Tournament, will be at Adams Golf Course on Thursday, September 27.

To register a team, contact Mike Wilt at 918/331-1364 or by email at mwilt@jpmc.org.

Departments that have benefited from Glitz funds include Nursing, Respiratory Therapy, Diagnostic Imaging, ER, Information Technology, Medical Records, Behavioral Services, Business Services, Cancer Center, Case Management, Central Stores, Home Health, Hospice, Physical Medicine Center, Wellness Connection, Clinical Finance, Physical Therapy, Occupational Therapy, Maintenance and Engineering, Medical Library, Education, Medical Staff Services, Public Relations, Family Services, Pharmacy, Lab, BioMed, Cath

Lab, Social Services, Cardiology, Dialysis, Endoscopy, Infection Control, Patient Registration, Risk Management, Safety, Speech Language Pathology, Rehab, Surgical Services, Telecommunications, and Heart-Vascular Center.

Sponsors include 66 Federal Credit Union, Administrative Consultant Service, Aramark Healthcare, Arvest Bank, Asbestos Handlers, Inc., BancFirst, Bartlesville Care Center, Bartlesville Radio, Benefit Management, Career Employment Service, CFR, Inc., Community Care HMO, ConocoPhillips, Continuous Care Hospital of Bartlesville, Rick Dugan—CPA, DS Herron Company, EideBailly, Green Country Village, Heritage Village Nursing Center, Holtz Electric, Hughes Lumber, Jim Ruley & Company, John B. Kane, Keleher Outdoor Advertising, Key Personnel, Kinslow, Keith & Todd, Kone, Inc., Liz Fugate/ReMax of Bartlesville, MAC Fire Systems, Marketing Group, McAnaw Construction Company, McAnaw Family Foundation, Med-Staff of Oklahoma, Medtronic, Mitco, Musselman Abstract Company, Oakley Pontiac-Buick, Osage Million Dollar Elm Casino, Pendergraph, Inc. PDG+creative, Rodolf & Todd, SCIFFT, Shelley Koster Real Estate, Sojourn Care Hospice, Strecker & Associates, Susan Dick—CPA, Unipro Business Resources, United Linen, and United Safety & Claims. 



Guidelines for Blood Pressure & Cholesterol

By Mike Bass, JPMC Wellness Connection Manager

How Heart Disease Happens:

Both high blood pressure and high cholesterol contribute to a gradual disease process called atherosclerosis. Fatty material called plaque builds up inside the arteries (the tubes that carry blood from your heart). The arteries become scarred, hardened, narrower, and less elastic. And, they have a tough time supplying enough blood to the body. Eventually an artery may become completely blocked by plaque or by a blood clot caught in a narrow spot. If the blood supply to the heart is blocked it causes a heart attack. If the clogged artery supplies blood to the brain it causes a stroke also known as a "brain attack." A third possibility is that an arterial wall becomes weak and breaks causing a hemorrhagic stroke or aneurysm.

What Is High Blood Pressure?

Blood pressure is the force of blood pushing against the walls of your blood vessels. High blood pressure makes the heart work harder than normal causes it to grow abnormally large and puts both the heart and arteries under greater strain.

In a blood pressure reading

the first number, systolic, is the pressure while your heart beats or contracts and pumps blood out. The second, diastolic, is the pressure of the arteries while your heart rests and refills with blood. Any reading of 120 over 80 is considered pre-hypertensive and many experts think we should treat those at this level with lifestyle changes.

High blood pressure is the number one risk factor for stroke—the second leading cause of death in America. It contributes to cardiovascular disease, kidney disease, dementia (a form of memory loss in older people), eye damage, and congestive heart failure.

What Is Cholesterol?

Cholesterol is a yellowish-white waxy fat that is carried in the blood by lipoproteins. A total cholesterol level under 200 is desirable and over 240 is high.

HDL, the "good" cholesterol, consists of a lot of protein and a little fat and helps protect against heart disease by carrying cholesterol away from the arteries. That's why a high level (over 60) is desirable.

LDL, the "bad" cholesterol, is the type our bodies absorb when we eat fried and fatty foods. It contains a lot

of fat, but little protein, making it an unstable compound that can break easily while traveling through your bloodstream, depositing cholesterol on arterial walls. A level below 100 is optimal and over 160 or more is considered high risk.

Triglycerides, another kind of fat, also contributes to coronary heart disease. Levels under 150 are desired.

How to Turn the Pressure Down:

There is so much you can do to lower your blood pressure that past national guidelines have recommended that people with stage 1 hypertension (140/90-159/99), and no other risk factors, try lifestyle changes for a year before going on medication. By changing how they eat, drink, exercise, deal with stress, and by quitting smoking many people have been able to reduce their risk for serious health complications.

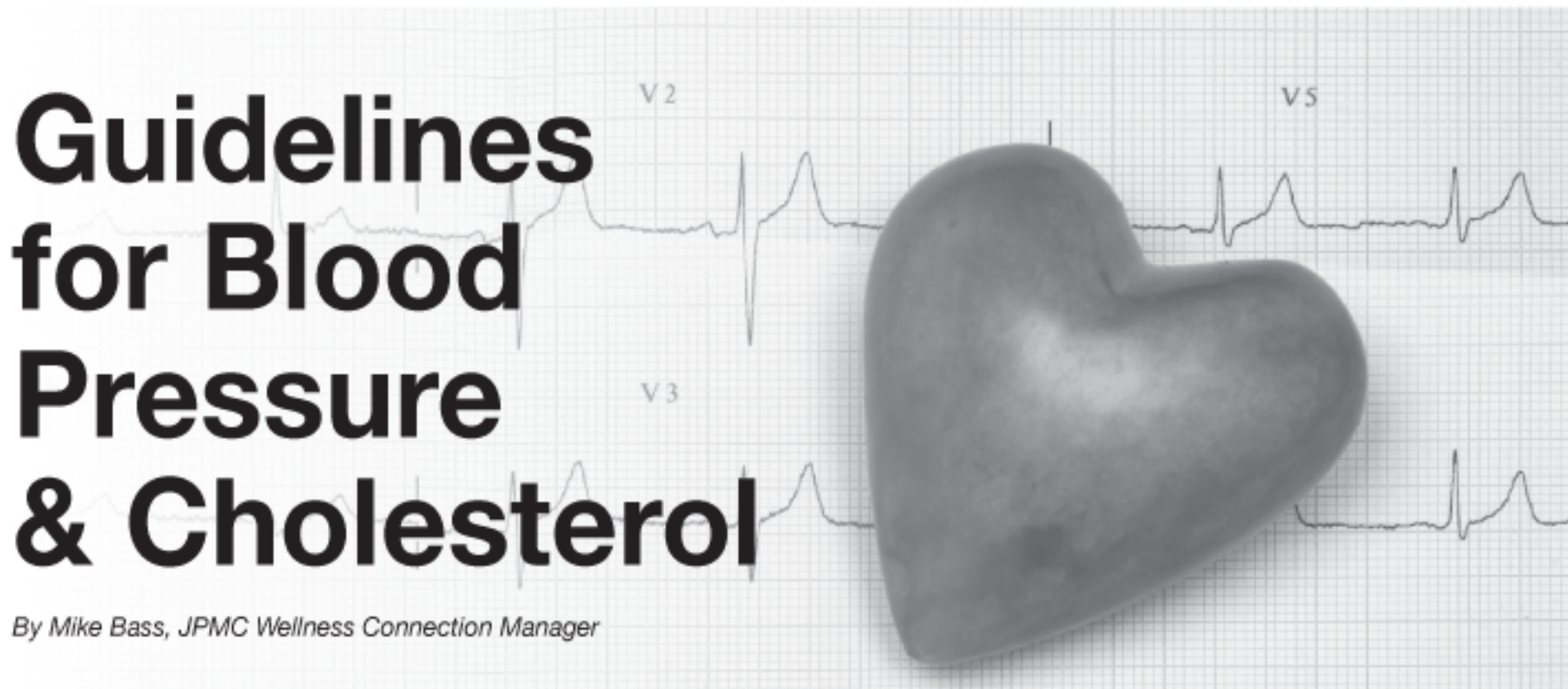
♥ **Lose weight.** This is probably the most effective non-drug method of lowering blood pressure. Losing even as few as 5-10 pounds reduces the workload on your heart.

♥ **Reduce salt intake.** About 75% of African Americans and 35% of whites are salt-sensitive. A diet

high in salt can cause retention of fluids which in turn may raise blood pressure levels. We'd all do well to cut our salt intake to about a teaspoon a day (2,300 mg). The problem is 75% of the salt we eat is hidden in processed foods. To really get on top of salt intake you're better off eating whole and homemade foods and swapping the saltshaker for spicy no-salt herb blends. Salt alternatives containing potassium, magnesium, and less sodium may also be helpful.

♥ **Eat a diet high in fruit, vegetables, whole grains, and low-fat dairy products.** Our diet may be the main reason we have higher rates of heart disease and stroke than many other countries. We've replaced healthy whole foods with processed foods containing too much fat and salt. Research indicates that eating more foods containing potassium, calcium, magnesium, and fiber may help reduce blood pressure.

♥ **Exercise.** A moderate program of aerobic exercise such as brisk walking, bicycling, swimming, or running for 30-45 minutes 3-4 days a week can produce a drop of about 10 points in elevated systolic and diastolic levels. It can also help



you lose weight and handle stress. Consult your physician before starting a new exercise program if you have a known health risk or suspect you might have a health risk.

♥ **Find regular ways to relax.** Research has shown that stress can cause temporary rises in blood pressure and if experienced over a long term, may result in high blood pressure. There are many ways to reduce stress. Exercising, meditation, deep breathing techniques, yoga, and prayer are classic methods. You may also find gardening, listening to music, hot baths, humorous books and movies, or being with friends just as relaxing.

♥ **Limit alcohol.** Moderate drinkers (no more than two drinks a day for men and one drink a day for women) actually have lower risk for heart disease than nondrinkers. At higher levels, drinking aggravates hypertension, reduces your heart's pumping ability, and interferes with the effectiveness of medications.

♥ **Quit smoking.** The effect of smoking won't show up in the doctor's office because you can't smoke there. But when a smoker lights up their systolic pressure (the first number) goes up more than 20 points on average then goes back down over the next half hour. So smokers with high-normal readings actually have intermittent high blood pressure every time they smoke. Quitting isn't easy so get help if possible. It takes most people many attempts before they quit for good so don't give up! If you succeed, your risk of heart disease will be cut in half within a year.

♥ **Ask your doctor about aspirin.** The American Heart Association recommends a daily dose for people with heart disease.

♥ **Take medications if you need them.** Finding the right medications requires patience and good communication between you and your doctor. Do not take any medications without first consulting your physician.

How to Reduce Your Cholesterol Levels:

The main cause of high blood cholesterol and LDL levels is a diet high in saturated fats and cholesterol. But recent research indicates that to really control the problem you've got to exercise as well as eat a low-fat, low-cholesterol diet. Doing just one isn't nearly as effective.

♥ **Reduce total fat intake to no more than 30% of your total daily calories.**

♥ **Reduce saturated fat to no more than one-third of the fat you eat.** Major sources of saturated fat include butter, cheese, whole milk, cream, meat, poultry, chocolate, coconut, palm and palm kernel oil, lard, and solid shortenings. Most processed foods such as cookies, crackers, and other bakery goods contain trans-fatty acids which increase cholesterol. Look for "hydrogenated" or "partially hydrogenated" oils on labels and avoid them.

♥ **Replace saturated fats with mono-unsaturated "good" fats like olive oil, canola oil, and nuts which can lower cholesterol.** Poly-unsaturated fats like corn, sesame, safflower, soybean, and sunflower oils are good, too. Use these oils for cooking and salads, and always bake or broil your food rather than frying. Instead of butter or stick margarine use a non-fat margarine. Better yet, spread your bread with non-fat cream cheese or dip it in olive oil.

♥ **Reduce dietary cholesterol to 300 milligrams per day by avoiding dairy products made with whole milk and cream, egg yolks, and organ meats such as liver.**

♥ **Eat more fish.** Research shows that certain fatty fish oils in the omega-3 group reduce blood cholesterol levels. Fish especially rich in omega-3 oils are salmon, tuna, mackerel, lake trout, bluefish, herring, and sardines.

♥ **Exercise.** Aerobic exercise, along with improving your diet, can

reduce your blood cholesterol levels by up to 15%. Exercise will also help you lose weight and keep it off. Talk to your doctor about starting an exercise program if you have a current health risk or think you may have a health risk.

♥ **Medication.** If your total cholesterol, especially your LDL level, remains high despite diet changes and exercise, your doctor may recommend medications. Generally an LDL level over 190 or a LDL level over 160 with two or more risk factors requires medication.

♥ **Eat at least five fruits and vegetables a day.** They help lower LDL "bad" cholesterol according to a variety of studies. It appears that people who eat multiple servings of fruits and vegetables each day consume less saturated fat and have healthier diets. In addition it also appears that these types of foods play an important role in lowering the risk of coronary artery disease.

Why You Should Care:

Heart disease is the number one cause of death in the U.S. today.

- 700,000 people will have strokes and about 170,000 of them will die this year.
- 1,100,000 people will have heart attacks and nearly half of them will die this year.

High blood pressure and high cholesterol are major risk factors for heart disease, yet many people don't even know if they have them.

You can't just tell by how you feel. Yet every day your heart and blood vessels may be suffering damage.

High blood pressure is often called the silent killer. Untreated it can cut 10 to 20 years off a person's life. As many as one-third of Americans have high blood pressure but don't even know it.

We know how to help prevent and treat high blood pressure and cholesterol. There are many treatment options available, ones you control at home and in your lifestyle and ones your doctor can

prescribe for you.


To assist with understanding your potential risk and what can be done to reduce it, the Wellness Connection will be providing discounted blood pressure and lipid (Total Cholesterol, HDL, LDL, Triglycerides) screenings every Thursday in September from 6:30 a.m. to 10:30 a.m. on the ninth floor of Jane Phillips Medical Center. To learn more about the screenings and to schedule an appointment, contact the Wellness Connection at 918/331-1102.

At the Wellness Connection, our programs are based upon a number of factors, which can positively impact you. We call this "setting the pace for success through the Wellness Connection's medical fitness and therapeutic strategies.

We identify and utilize your individual medical profile. This enables our qualified Wellness Connection professionals to design a dynamic, safe, and medically-supervised program. This is a necessary component to achieving optimal health, preventing, and treating disease through exercise and therapeutic based therapies.

Your success is significantly enhanced through medical supervision, clinical integration, and the hospital's support. Our Wellness Connections professionals concentrate on producing positive outcomes for you.

To help you start a fitness or therapeutic program, we are offering all non-members a one-week free trial introductory membership to check us out. To get your free trial introductory membership started, come by the Wellness Connection, fill out a physical activity readiness questionnaire, receive a facility orientation, and a one-week membership.

For more information about JPMC's Wellness Connection programs, call 918/331-1102. 




JPMC Offers Mother/Daughter Workshop: Growing Up

Jane Phillips Medical Center's Women's Health Education is offering the Mother/Daughter Workshop "Growing Up" on Saturday, October 13 from 9 a.m. to 11 a.m. at Jane Phillips Medical Center in the first floor classroom.

The class is offered to girls ages 9-13 and their mothers. The program will address menstruation and puberty. Mothers and daughters are given the opportunity to explore the physical and emotional changes

that come about during puberty. They are encouraged to consider the positive aspects of puberty and the transition to womanhood. This class is offered in a supportive atmosphere.

Reservations are requested. Please call 918/331-1425 to enroll.

Pre-enrollment is requested one week in advance. Cost is \$25 per mother/daughter couple. Please note: five couples are required per class. 

Jane Phillips Medical Center Welcomes



Kyle D. Craig, M.D.
Family Medicine/Obstetrics
3400 S.E. Frank Phillips Blvd.,
Suite 602
Bartlesville, OK 74006
918/338-3790

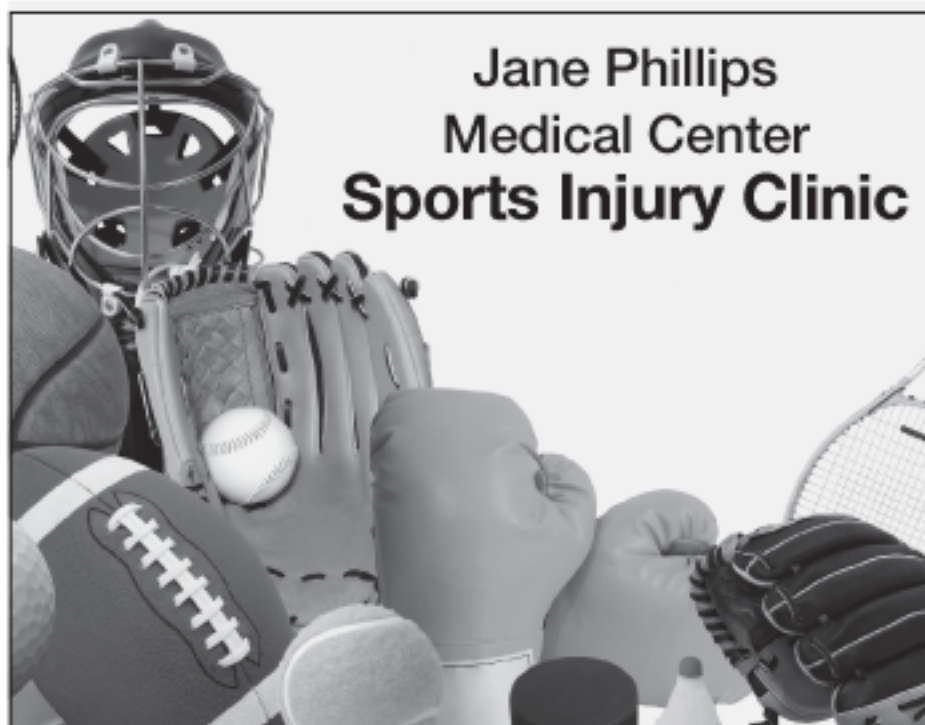
- Medical School—University of Texas Medical School, Houston
- Residency—Family Practice Residency Program at Ventura County Medical Center
- Fellowship—Surgical/High Risk Obstetrics + Gynecology at Ventura County Medical Center
- Board Certified in Family Medicine by the American Board of Family Practice

Accepting the Following Insurance Plans:

- Medicare
- OK Medicaid
- Self Pay

Dr. Craig is currently credentialing for insurance plans. Please call his office for an update on which insurance plans he is accepting.

For an appointment, please call 918/338-3790.



Jane Phillips Medical Center Sports Injury Clinic

Open Saturdays
September 8–November 3, 2007
9 a.m.–11 a.m.

- Student athletes* should report to Jane Phillips Medical Center's Emergency Room entrance, off of State Street.
- Care of injured athlete is directed by a team of sports medicine professionals. Your medical team includes an orthopedic surgeon, licensed physical therapists, and a certified athletic trainer.
- Normal charges will apply for all services. Please bring appropriate insurance information.

**Students under 18 must be accompanied by a parent or guardian.*

Attention Coaches!

JPMC Sports Medicine Coordinator
Alan Mount, MS, ATC, Certified Athletic Trainer
Free consultations to area sports teams to assess, evaluate, and treat sports related injuries.

Jane Phillips Medical Center
3500 S.E. Frank Phillips Blvd.
Bartlesville, OK 74006
918/331-1553

Visit us on the web at www.jpmmc.org.



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Neurosurgeon Dr. John Smithson, Jr. Begins Full-time Practice

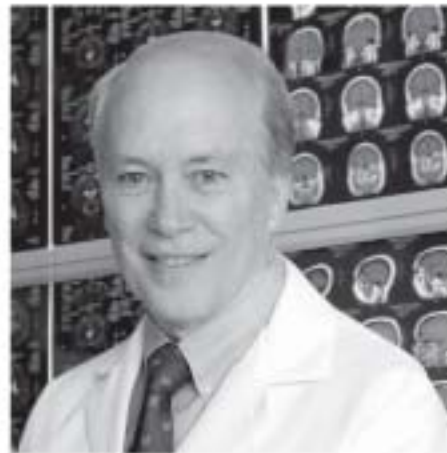
Jane Phillips Medical Center and St. John Neurological Center welcome Neurosurgeon John R. Smithson, Jr., M.D.

Dr. Smithson received his medical degree from the University of Oklahoma Medical School. He completed a surgery internship and a neurological surgery residency from the University of Kentucky.

He completed his fellowship from the Institute of Neurology, Queen Square in London, England.

Dr. Smithson is a Diplomat of the American Board of Neurological Surgery, and a member of the American Association of Neurological Surgeons and the Congress of Neurological Surgeons.

Dr. Smithson recently began his full-time neurosurgery practice in Bartlesville and his office is located at 3550 S.E. Frank Phillips Boule-



vard. His office number is 918/331-1050.

His subspecialty interests include stroke and cerebrovascular surgery, carotid endarterectomy, aneurysm clipping, intracranial tumors, spine surgery, and carpal tunnel release surgery. **JP**



Join JPMC's Family Services Staff for WalkAmerica on September 8

Make a stand against premature births by joining Jane Phillips Medical Center's Family Services staff and the March of Dimes for WalkAmerica.

WalkAmerica is the walk that saves babies. As the March of Dimes' biggest fundraiser, WalkAmerica supports research and programs to help prevent or treat premature birth, birth defects

and other threats to babies' health. Jane Phillips Medical Center annually helps with this major fundraiser.

WalkAmerica will take place at Woolaroc on Saturday, September 8. Registration starts at 8 a.m. and the Walk at 9 a.m. with lunch to follow.

Walk for a special child in your life. Walk for all babies. **JP**

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and David R. Stire

How to find a Physician

Call Our Physician Information Line

918/331-1297

Jane Phillips Medical Center
3500 S.E. Frank Phillips Blvd.
Bartlesville, OK 74006
www.jpmmc.org

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Pictured are Dan Gilliam, ConocoPhillips Community Relations Manager, and David Stire, JPMC President/CEO, by a fetal monitor in one of the labor and delivery rooms at Jane Phillips Medical Center. JPMC Family Services staff members attended a fetal monitoring class and purchased monitoring manuals using Glitz funds. The monitors are used to keep staff and physicians informed of a baby's vital signs including blood pressure, heart rate, and pulse during labor. ConocoPhillips is a principle sponsor of the annual Glitz event.



Jane Phillips Medical Center

- Licensed for 309 beds
- Cancer Center, fully accredited as a comprehensive cancer center by the American College of Surgeons, offering both radiation therapy and chemotherapy
- Heart-Lung Center diagnostic services, including heart catheterization lab, echocardiography, nuclear SPECT studies, noninvasive vascular lab, and pulmonary function testing lab

- Cardiopulmonary Rehabilitation and Wellness Facilities
- Outpatient Surgery Unit
- Emergency Services
- Critical Care Services
- Diagnostic Services, including CT, MRI, nuclear medicine, angio-interventional radiology, needle biopsy, mammography, ultrasound, X-ray, fluoroscopy, and bone densitometry
- Family-Centered Maternity Care
- Home Health Services
- Physical Medicine Center, including physical therapy, occupational therapy, sports medicine, communication disorders, aquatic therapy, and work conditioning
- Rehabilitation Services—16-bed inpatient unit
- Hospice—Palliative Care
- Behavioral Services
- Renal Dialysis
- Sleep Disorders Center
- Pain Management Clinic
- Heart Failure Clinic
- Long-Term Acute Care

918/333-7200

800/824-8854

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Wesleyan Christian School (WCS) student Logan Thomas works on one of the nine surplus computers donated by Jane Phillips Medical Center. Supervising Logan is WCS fourth grade teacher Stephanie Frederick.