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OKLAHOMA DO

Cheryl Homen, Editor-in-Chief



HARDESTY FAMILY FOUNDATION DONATES \$2 MILLION TO OSU FOR CREATION OF NEW RESEARCH CENTER

In recognition of the Hardesty Family Foundation's \$2 million gift contribution, OSU is naming a recently acquired 49,000-square-foot medical complex in south Tulsa the Hardesty Center for Clinical Research and Neuroscience.

"The COVID-19 Scholarship helped me with utilities and transportation. Since everything was shut down it allowed me to live without stressing about rent. Being part of the OSU family means something as they really do strive to ensure that current and post-students are well taken care of."

- Anonymous

8

VETERAN OSTEOPATHIC PHYSICIANS LIGHTEN THE FINANCIAL BURDEN FOR FUTURE OSTEOPATHIC SUCCESSORS

The COVID-19 pandemic has been tough on everyone. The Oklahoma Educational Foundation for Osteopathic Medicine, thanks to our past and present donors, awarded 85 Oklahoma State University College of Osteopathic Medicine students a cumulative total of \$46,000 through the OEFOM COVID-19 Hardship Scholarship.



OKLAHOMA OSTEOPATHIC ASSOCIATION'S VIRTUAL 2021 WINTER CME SEMINAR

The new 'normal' is here. As this fact sinks in, those of us in direct patient care need to focus our efforts with an intention for proficiency AND efficiency, to relearn and develop a new format and flow for office and hospital care. 2020 shifted the axis of the world, now we must find balance and GO FAST.

WINTER 2021

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HARDESTY FAMILY FOUNDATION DONATES \$2 MILLION TO OSU FOR CREATION OF NEW RESEARCH CENTER



Rendering of the Hardesty Center for Clinical Research and Neuroscience, scheduled to open January 2021 in Tulsa.

OSU Insider

Which a \$2 million gift, The Hardesty Family Foundation has made a commitment to fuel transformative research at the National Center for Wellness & Recovery. In recognition of the contribution, OSU is naming a recently acquired 49,000-square-foot medical complex in south Tulsa the Hardesty Center for Clinical Research and Neuroscience.

"As the national leader in addiction research, our goal at OSU Medicine is to unlock the mystery of addiction through groundbreaking biomedical and clinical research," said Dr. Kayse Shrum, OSU Center for Health Sciences president. "We are deeply indebted to Roger and the Hardesty family for this magnanimous gift which will allow us to develop personalized, evidencebased therapies for patients suffering from addiction."

The foundation's ongoing commitment to NCWR's research and treatment in the field of addictive behavior disorder will foster impactful solutions for research to aid generations of Tulsans.

"Over the years, my family and I have come to admire Dr. Shrum's leadership. We've witnessed the positive impact that OSU Medicine is having in our community," said Michelle Hardesty, Hardesty Family Foundation executive director. "Addiction has devastated the lives of thousands of Oklahomans. We are honored to support OSU Medicine's pioneering efforts to develop better, safer and more effective therapeutics to treat addiction and their cutting-edge pain management techniques." The center will house initiatives such as the prestigious NIH-funded HEALthy Brain and Child Development study, which explores the effects of early opioid exposure on infant and child development. This study and others will be enhanced by the OSU Medicine Biomedical Imaging Center on site, where advanced biomedical imaging research will examine neural correlates of addiction and how that can lead to new recovery strategies.

"The Hardesty Center for Clinical Research and Neuroscience provides a state-of-the-art, dedicated research infrastructure not found elsewhere at OSU or other academic institutions in the state," said Dr. Julie Croff, NCWR population and clinical research executive director. "One of the most exciting opportunities for us in this new space is that we will house multidisciplinary teams to ensure our findings will be rapidly translated from the bench to bedside to communities around the state."

The center's creation is made possible through a gift of land in Stillwater that will be sold with proceeds used to underwrite the purchase and renovation of the Tulsa property at 1013 East 66th Place. The property is currently being renovated to include the NCWR clinical trials unit, research initiatives and the OSU Medicine Biomedical Imaging Center. The Hardesty Center for Clinical Research and Neuroscience is scheduled for a ribbon cutting in March and will be fully functional in Spring of 2021.

FIGHTING FOR SO YOU CAN

Although our health care system has become more complex and many across our state don't understand it, your patients can rest assured you are looking out for them. As regulations become more cumbersome, who is looking out for your best interests? Us! The OOA is fighting for you so you can DO and we need you to work alongside us. As a physician member, you can shape the future of the osteopathic profession.

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Questions? Contact Cheryl Homen at 405-528-4848 or cheryl@okosteo.org.

Veteran Osteopathic Physicians Lighten the Financial Burden for Future Osteopathic Successors

by <mark>Audrey K.</mark> Hendricks OEF<mark>OM Found</mark>ation Administrator

The COVID-19 pandemic has been tough on everyone, whether it is financial, physical or mental health, employment, education, or life events. Many of these issues can have an effect like a row of propped up dominoes. When one topples over, it causes more to do the same.

The Oklahoma Educational Foundation for Osteopathic Medicine did not want future osteopathic physicians to have to worry about finding funds to keep roofs over their heads, meals on their tables, or purchasing books, while tackling their studies to be the best physician they can be. Thanks to our past and present donors, the Foundation was able to award 85 Oklahoma State University College of Osteopathic Medicine students a cumulative total of \$46,000 through the OEFOM COVID-19 Hardship Scholarship. This scholarship allowed students to stress less on funds and focus more on important matters in their lives.

The following are some students who received the scholarship and how appreciative they are for this contribution.

If you would like to donate to the Oklahoma Educational Foundation for Osteopathic Medicine, please visit our web<mark>site at ww</mark>w.okosteo.org or mail in the contribution form that can be found on page 13.

"The Oklahoma Osteopathic Association scholarship was a silver lining in an unfortunate time in my life. With the scholarship I received, I was able to family."

"With the COVID-19 pandemic, I was unable to work and my husband's salary was reduced. This scholarship allowed us to pay our rent comfortably and contributed to the supplies and materials that I needed to be successful on my board exams. I am so grateful for the OEFOM scholarship and cannot wait to give back when I am a practicing physician." -Anonymous

"I am extremely grateful to the members who have given/continue to give to the Oklahoma Osteopathic Association so that medical students can receive scholarships in times of need. My husband and I knew that we would be moving to Tulsa after receiving my OSU-COM acceptance, but he had lost his job in March due to the pandemic and we were concerned about the transition. We were overwhelmed with all of the expenses associated with moving, finding a place to live, purchasing necessary technology for school, and doing so without a current income. Since then we have been able to do everything necessary to relocate and start a new chapter in Tulsa, and I am now about to complete my first semester of my first year. I appreciate the members from OEFOM who helped contribute to my COVID-19 scholarship - it has been one of the greatest blessings this year. Thank you."

- Sydney Blevins, OMS-I

Oklahoma D.O. | Winter 2021

"Words cannot express how thankful I am to have been chosen as a scholarship recipient. Through your support, I accomplished more than I thought would be possible during this COVID-19 pandemic. As a medical student, your generous financial assistance lightened the financial burden and allowed me to focus on academic responsibilities, such as contributing toward public health research. Thank you, committee, for your willingness to support me and other medical students in achieving our educational goals."

Sincerely, Lynn Bui, OMS-II

"With so many changes in our schedule due to the pandemic, the scholarship was so helpful in covering unforeseen costs, such as in housing and food!" - Anonymous

"I'm so grateful for the opportunity to be an individual who received this scholarship. During the pandemic, I was trying to study for boards, and faced many situations financial and non-financial I never thought I would experience. The school ended up closing, resulting in me having to come up with a new place to study. As a person who depended on going to school to study, this was extremely anxiety-provoking for me. I decided that I would get the most benefit if I left Tulsa and moved back home, so I would have the opportunity to study at local libraries in my small community that were still open. Little did I know, in the midst of the pandemic my board exam would get canceled several different times due to testing site closures and other various reasons. I was finally able to get my exam rescheduled in yet another state. Receiving this scholarship, took off some of the financial stress I felt during the closure of our school and cancelation of testing sites. I really don't think it would have been possible for me to move to a better study environment without the assistance from this scholarship and for that, I am extremely thankful. Thank you so much!"

- Anonymous

"When the pandemic started shutting things down, my job also started losing business. I was a nurse assistant at a hospital in Branson and the hospital census started dropping, so I was called off work for about 95% of my shifts thereafter. I was using this job to save up money to lessen my federal loan load during medical school, so the loss of work put a large dent in my savings. Receiving the COVID-19 scholarship lessened this dent and I have put the money to good use by putting it toward car repairs, rent payments, and buying groceries. I'm very grateful for the money I was awarded as I know it has diminished my financial stress greatly and has allowed me to place more focus on my studies instead of my finances."

- Kristyn Robling, OMS-I

"Among all the challenges of 2020, navigating the COVID-19 pandemic as medical students has been particularly difficult. Our home was vandalized in mid-March while on an away-rotation, living expenses changed as we were pulled from rotations in April/May that provided a substantial portion of housing and food, and a family member suffered a heart attack in June. We were exceptionally grateful for the help from OEFOM and were able to secure the house while spending much needed time with family. Thank you all so much for the COVID scholarship and the support of osteopathic medical students."

> - Tyler Watson, MEd, OMS-IV & Ashley Watson, OMS-IV

"I used the scholarship assistance I received to help pay for my rent and groceries. Since I received my funds in one large sum, I was able to bulk buy some of the food and items I would need. That took away the stress of having to go out frequently at the beginning of the semester and having to possibly expose myself to COVID. It also took off some of the financial burden medical school presents. Every little bit helps, so I am incredibly grateful for the assistance I have received."

- Anonymous

When COVID-19 hit, my hours at work were cut by half. Although I was thankful for still having a job, I was worried about the nearfuture expenses I would have to make for my quickly approaching first year of medical school. Words cannot begin to describe the gratitude I have for the OOA members/donors during that time, for their generosity helped alleviate my financial stress."

- Alma Rios Wilson, OMS-I

"Due to the pandemic, I was unable to continue my job at my university's health clinic. I planned on working into this summer, so that was about 4 months less of pay. The COVID-19 scholarship provided me financial support to get me through the summer as I moved to a new town for medical school. It helped ease additional stress I had approaching the beginning of school, and I'm very appreciative of those who made it possible."

> Kindest regards, Jordyn Austin, OMS-I

"The scholarship certainly helped with unexpected living expenses since I was unable to go home to Montana and I had to cover unexpected rent and food expenses. I also had my daughter in July and it helped with her expenses as well!"

- Anonymous

My name is Jacob Gray, and I am an OMS-I at OSU-COM. During my undergraduate career at OSU-Stillwater, I support up, and that is what I would live on for the remainder of the semester. I would make a smaller amount of money over wir Sometimes during the spring, I would supplement my savings by repairing cars for cheap in the Stillwater area or tutorin This was my financial normal before early 2020.

Because of the pandemic and shutdowns, I could not supplement the money I had made during the winter break of 2019, first semester at OSU-COM, where I would receive more money to live on. As a result, my savings were running very low my credit card. My situation was becoming bleaker with every passing month, and I was running out of options quickly. 'needed to make it to those funds' disbursement. Over the summer, I was considering selling my car or other assets so tha it was cheaper than moving to Tulsa, and I was short on money. I would have had to ride the BOB to and from class, which people, but it helped me keep my dream of becoming a physician alive that much longer. It helped to push me over the fin pandemic (hopefully!) begins to subside in the next year.

"The COVID-19 OEFOM Hardship Scholarship provided me substantial financial "The COVID-19 scholarship assistance Scholarship provided the substantial intances relief from the changes the pandemic caused intances and is the pandemic caused during it helped to leecon mice that I received helped relieve extreme monetary relief from the changes the pandemic caused during dent debt and cover some of movie ecent inexpected to lessen my stu-nexpected expension. burdens for me during the pandemic. Between having ny fourth year of medical school. It helped to lessen investor brought on by the bandemic I had to completely restricted and stu-source of my recent unexpected in the state of the second stu-lad to completely restricted as to second stuburdens for me during the pandemic. Between naving the same canceled and having to travel to visit and the same constant of the same co dent debt and cover some of my recent unexpected expenses my schedule and living arrangements and the scholardices Iny board exams canceled and naving to davel to visit and and here are of family in Miami, the support provided to visit and the support provided made a to be able brought on by the Pandemic. I had to completely restructure nonev eased some of the financial burdens. I and the scholarship immensely lake care of family in Miami, the support provided made a to be a travel and part root while I particulated that a be my schedule and living arangements, and the scholarship orateful to OOA for their kindness and oenerosity. Substantial impact on me. These funds allowed me to pay for gas to travel and pay rent while I navigated these and the support of etudente to pay tor gas to traver and pay tent white that was a start and pay tent white the support of students hey eased some of the mancial burdens. I am imme grateful to OOA for their kindness and generosity." - Toni A.E. Nigro, OMS-III

"The COVID-19 Scholarship helped me with utilities and transportation. Since everything was shut down it allowed me to live without stressing about rent. Being part of the OSU family means something as they really do strive to ensure that current and post-students are well taken care of."

- Anonymous

- Anonymous

"My husband and I were in between housing after the COVID-19 lockdown last summer. The OEFOM's generous scholarship provided us muchneeded relief - critical in helping us afford rent and utilities for an apartment until my husband's fall teaching stipend kicked in and we could secure more student loans."

"Prior to the shutdown this past Spring, my husband worked as a therapist at a Tulsa Public School. When the schools closed, this severely reduced the number of clients he could see and reduced our household's income equally. I had already taken out extra money with loans to help cover our expenses while my husband searched for a new job. The COVID-19 Hardship Scholarship was able to pay for a month of our groceries and utilities. This not only gave us peace of mind, but also afforded us more time to find a job. My husband is now working at a very stable counseling agency and I am able to focus on my rotations. We are both very grateful for the blessing that this scholarship was."

- Mandy Dean, OMS-III

ed myself by working as an auto-tech and mechanic. I also worked landscaping and other odd jobs to build my savings ter break and rely on my budgeting of the money from the previous summer to get me through the Spring semester. g. My family was not able to help me outside of taking on some of my tuition. All other expenses were my responsibility.

/2020. I received some assistance through the CARES act, but it was barely enough to get me to the beginning of my , and it was getting to the point where I had to prioritize what bills to pay and which to ignore. Many of these went on The money that I received from the COVID-19 scholarship allowed me to have just that little bit more wiggle room I t I would not fall behind on rent. This would have been especially difficult because I chose to remain in Stillwater since ch would have added a layer of stress to my life with the pandemic. What I received may not seem like much to many nish line, and I am grateful for it. I am now in a much better financial situation and hope to continue improving it as this

> Thank you all very much for the opportunity. Jacob Gray, OMS-I

> > Sincerely,

"My husband and I were both new graduates this past summer. My husband was limited in his job search due to the COVID-19 pandemic, and additionally, we needed to pay moving costs before loans were disbursed the first week of school. The COVID-19 scholarship assistance helped considerably and I am so thankful to have received this. This money allowed us to more easily pay our first month's rent, and eased the stress of a longer than preferred job search."

- Anonymous

During the pandemic, my husband, daughter, and I experienced increased costs in the areas of food, textbooks, and resources for school. My husband was without work for a while, and as a full-time student, our funds are limited. Thank you for your generous contributions, which made much-needed aid available to me and my family during these unprecedented times of COVID-19!"

Oklahoma D.O. | PAGE 11 Crystal Goree, OMS-IV

"There are not enough words to express my gratitude to be a recipient of an OOA Covid-19 grant. My wife was expecting at the time and had to have several different emergency medical treatments throughout her pregnancy. This money served as an aid to help cover medical expenses for these treatments and also was no longer employed. Without this money, it would have been extremely difficult to cover all of the medical and other expenses that we were facing, while also trying to balance the time and study requirements of medical school. My wife and I were thrilled to welcome our first son in August and he is healthy and growing so quickly. Thank you to the OOA for being such a large help during this time in our lives."

Sincerely, Aaron Pierce, OMS-IV

"COVID-19 has obviously changed several aspects of our lives, we have had to modify our lives in several ways. For me, it was a hard transition, when COVID-19 first hit, our school was shut down and every class moved online. Prior to then, I relied heavily on the school internet. So when I had to do everything from home, I found it hard to keep up, my internet was cheap and the speed was awful. The OEFOM COVID-19 scholarship was a lifesaver, it allowed me to upgrade my internet speed so I could keep up with school work. It also helped me stress out less about the extra fees that came with grocery and food deliveries and doing my part to flatten the curve. Taking the stress out of these situations further helped me to focus more on school work and made the transition easier for me. I am grateful for the scholarship, it was a lifesaver."

- M. Tomi Adewumi, MBS, MHA, OMS-III

"The COVID-19 hardship scholarship aided me as I began to transition to start medical school. During the pandemic, I, unfortunately, lost my job, which I planned on keeping until I moved to Tulsa for school. This scholarship helped lessen the amount of money I needed to take out for student loans. I was able to use the scholarship to help fund an iPad Pro, which has been essential to my success in medical school. I am grateful for the Oklahoma Educational Foundation for Osteopathic Medicine and the Oklahoma Osteopathic Association for this scholarship and the investment they made towards my future during these unprecedented times."

- Alex Douglas, OMS-I

"The current global pandemic has placed, and undoubtedly will continue to place, unforeseen hardships on everyone around the globe, but it is with excitement and heartfelt appreciation that I thank the Oklahoma Educational Foundation for Osteopathic Medicine for the aid provided to me to assist with my personal hardships during this time. The kindness, generosity, and assistance provided to me allowed the continuation of my medical education at a time when it was seemingly unattainable. Thank you, again, for all that you have done and do for Osteopathic Medicine!"

- Anonymous

"I am so thankful that when times got tough, there were people out there that wanted to help make it a little easier. The COVID-19 relief scholarship helped me take a deep breath and know that even though my summer job plans were canceled, I wouldn't have to worry about paying the bills. This scholarship gave me a chance to take a deep breath and focus on taking care of my mental and physical health, rather than scrambling to make ends meet. It is a tough time to be a medical student, and we are entering a world of medicine we never anticipated. I am looking forward to paying it forward one day and helping another medical student feel financially secure.

- Audrey Byrd, OMS-II

Oklahoma D.O. | Winter 2021



We Need Your Help!

The Oklahoma Educational Foundation for Osteopathic Medicine General Fund provides funding for monthly expenses to the OOA Central Office. Please consider a tax-deductible contribution of \$25, \$50, \$100, \$250, \$500 or a \$1,000 or more to the OEFOM General Fund.

Tax-deductible gifts can be easily made to OEFOM in the following ways:

- 1. Make a secure donation online at www.okosteo.org » Foundation Tab at top of the page » Donate to OEFOM » Give to the OEFOM General Fund.
- 2. Mail this form with your check or credit card information to 4848 N. Lincoln Blvd., OKC, OK 73105.

3. Fax your form to the OOA's central office at (405) 528-6102.

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New Pediatric Medication Guide Developed by OSU-CHS, Partners

by Sara Dian Plummer - OSU Insider

The use of medications like antidepressants, mood stabilizers, antipsychotics and other psychotropic medications to treat

children and teens with emotional and behavioral issues has dramatically increased in recent years.

"Oftentimes youth with the most significant emotional and behavioral needs are prescribed the most medications, and yet are less likely to have seen a child and adolescent psychiatrist," said Dr. Sara Coffey, assistant clinical professor of Psychiatry and Behavioral Sciences at OSU Center for Health Sciences.

"It's imperative that up-to-date, evidence-based resources and collaboration is available to our clinicians on the front line of what at times can feel like a mental illness epidemic."

> According to a 2015 study in the New England Journal of Medicine, there has been a 600

percent increase in use of atypical antipsychotic medications in the last 25 years compared to just a 70 percent increase in psychotherapy

during that same time.

And in another study of Medicaid claims, up to 67 percent of youth prescribed atypical antipsychotic medications also reported quality of care

concerns.

"With this overprescribing and at Oklahoma D.O. | Winter 2021 we put youth at risk for serious side effects and miss the opportunity to employ more evidence-based care," Coffey said.

primary care physician. In fact, the American Academy of Pediatrics estimates that in the next 10 years, 40 percent of patient visits to pediatricians will involve longterm chronic disease management behavioral conditions.

and limited access to evidence-based therapy, clinicians are doing what they can with the information they know to treat the symptoms of often devasting and destructive mental health symptoms in our

resources and collaboration available to our clinicians on the front line of what at times can feel like a mental illness epidemic."

In order to meet this growing need, the Oklahoma Health Care Human Services' Division of Child for Oklahoma physicians

times imprudent use of medications, Community Initiative also provided additional funding to aid in the creation and distribution of the guide.

Dr. Deborah Shropshire, director of Child Welfare Services in the The majority of youth who do Oklahoma Department of Human receive treatment get it from their Services, said children who have experienced high rates of trauma are much more likely than other children to be treated at some point with psychotropic medications.

"Unfortunately, Oklahoma has a high of physical and psychological or rate of adverse childhood experiences (ACEs), the kinds of trauma that can result in behavioral health symptoms "With the severe shortage in that often prompt families to seek child and adolescent psychiatrists health care solutions," Shropshire

> "Although this resource is meant to aid in the diagnosis and treatment of children and adolescents, it is important to note that ultimately the care of patients is a partnership with the patient, their family and the treating clinician."

youth," Coffey said. "It's imperative said. "While reducing trauma is and that up-to-date, evidence-based should be a priority, it's also critical is that there is clear, evidence-informed guidance for providers on how to safely and effectively treat children with behavioral health needs. And that is what prompted the creation of the guide."

Authority and the Department of Clinicians from the University of Oklahoma Center for Health Sciences Welfare assembled a task force to and the OSU Center for Health develop the Oklahoma Pediatric Sciences, including Coffey, lead the Psychotropic Medication Resource core team that invited child and Guide, a collection of resources adolescent psychiatrists, pediatricians and and pharmacists to join the task force health care professionals caring for in drafting the guide. The task force youth with mental illness. Telligen reviewed and compiled up-to-date

information on best prescribing practices.

"I want to thank our amazing task force members who came together voluntarily to work on this important project, and Telligen Community Initiative that helped support this endeavor," Coffey said.

The comprehensive document is for any clinician managing psychiatric medications in children and adolescents such as pediatricians, family physicians, psychiatrists, physician assistants and nurse practitioners. In the future, revisions to the guide will be made to ensure treatment recommendations are

> evidence based and current.

"Although this resource is meant to aid in the diagnosis and treatment of children and adolescents, it is important to note

that ultimately the care of patients is a partnership with the patient, their family and the treating clinician," Coffey said. "Our goal was to provide evidence-based information to support youth with psychiatric illness and the judicious use of medication to support psychiatric care."

View the digital Oklahoma Pediatric Psychotropic Medication Guide at okla.st/okpedpsychotropicmed or order a copy of the guide by calling 1-877-283-4113 and reference publication number 20-27.



Charles W. Bingham, DO Family Medicine Tulsa, OK

John Carlson, DO Emergency Medicine Tulsa, OK

Steven M. Gearhart, DO Emergency Medicine Ada, OK

Shane B. Hnatusko, DO Emergency Medicine Tulsa, OK

Shelton D. Knudsen, DO Emergency Medicine Oklahoma City, OK

Welcome new members!

The OOA Board of Trustees welcomes the following new members to the OOA family!

Jared Lepley, DO Surgery Tulsa, OK

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Rebecca Massey, DO Emergency Medicine Tulsa, OK

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OKLAHOMA OSTEOPATHIC ASSOCIATION VIRTUAL 2021 WINTER CME SEMINAR JANUARY 22-24, 2021

WE ARE GOING VIRTUAL

The Oklahoma Osteopathic Association (OOA) realizes that our community is involved in direct patient care and the impact of the COVID-19 pandemic on the profession is of the utmost concern.

Due to the continued progression of coronavirus (COVID-19), the Oklahoma Osteopathic Association has determined that it would be in the best interest of our members to make the 2021 Winter CME Seminar a virtual event.

Exhibitors will be participating virtually and will be sharing information about their companies and products during breaks.

THE OOA

The mission of the Oklahoma Osteopathic Association is to advocate for the osteopathic profession and promote the health and well-being of all Oklahomans. The OOA is the voice for all Oklahoma DO's. No matter what your specialty, no matter where you work or who you work for.

WHY SHOULD WE GO FAST?

"We've got to have a delicate balance of carefully and prudently going towards normality and opening up at the same time that we contain and not allow these surges." — Dr. Anthony Stephen Fauci

The new 'normal' is here. As this fact sinks in, those of us in direct patient care need to focus our efforts with an intention for proficiency AND efficiency, to relearn and develop a new format and flow for office and hospital care. What does it mean to mix in a substantial load of telemedicine patients? How do we balance consumer expectations (instant doc on my phone) with our understanding of the standard of care? 2020 shifted the axis of the world, now we must find balance and GO FAST.

At the completion of this seminar, attendees will receive a review of different disease processes, new ways for workflow and format, using new tools at the point of care, to provide a new kind of care, and do it all efficiently: working smarter, not harder.

ACCREDITATION

The OOA is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The OOA designates this program for a maximum of 17 AOA Category 1-A credits. AAFP credits are pending.

IMPORTANT SEMINAR INFORMATION



HOW TO LIVESTREAM

The Virtual 2021 Winter CME Seminar will be streamed via the Zoom platform. When you register, be sure to provide us with a valid email address. Instructions on how to access the livestream will be sent to your email.

CANCELLATIONS

The OOA must receive requests for refunds before January 8, 2021 in order to be granted. A \$30 service fee will be charged. Registrations fees are not refundable after January 8, 2021. Extenuating circumstances will be reviewed on an individual basis.

MEMBERSHIP

Membership dues must be current at the time of registration to qualify for member rates. If you would like to join or renew your membership, please mark your registration form accordingly or contact Cheryl Homen at 405.528.4848 or cheryl@okosteo.org.

SPECIAL ACCOMODATIONS

Please notify OOA staff if you have any special accommodation requirements by January 8, 2021.

QUESTIONS

Audrey Hendricks Phone: 405.528.4848 | Fax: 405.528.6102 Email: audrey@okosteo.org

PROGRAM SCHFDI/I F



Friday, January 22

Noon - 2 PM	General CME Sessions
3 - 3:15 PM	Exhibitor Connection
3:15 - 5:15 PM	General CME Sessions
5:15 - 6:15 PM	Past President's Council and District President's Council Meeting
6:15 - 7:15 PM	Bureau on Legislation

Saturday, January 23

8 - 10 AM	General CME Sessions
10 - 10:15 AM	Exhibitor Connection
10:15 - 12:15 PM	General CME Sessions
12:15 PM	Lunch/Networking
12:45 - 1:45 PM	General CME Sessions
1:45 - 2:45 PM	Proper Prescribing Sign-in required to receive credit
2:45 - 3 PM	Exhibitor Connection
3 - 5 PM	Risk Management Sign-in required to receive credit
6 - 7 PM	Social Hour Some time for fun, playing games and visiting virtually.

Sunday, January 24

8 AM - Noon General CME Sessions

WE'VE GOT AN **APP FOR THAT!**

We've created an app to help make your Virtual 2021 Winter CME Seminar experience even better! See the schedule, speakers, exhibitors and sponsors on your phone. Access all of the lecture slides and connect with other attendees using the Social Feed.

STEP 1 Open your

app store on your mobile device & search for "Yapp". Download it.

STEP 2 Open the app and click the button in the top right-hand corner (it's a circle with a plus sign inside). Type in the code 'OOAWINTER21' into the space.

STEP 3 The OOA's Winter **CME** Seminar app should appear in your library automatically. Select the photo.

STEP 4 Enjoy the app! Explore all of the information located inside by clicking the different menu items. Create a profile to connect with other attendees in the Social Feed.

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Seminar App!

re excited for you to joir Winter CME Seminar - J

Welcome to the OOA's

Virtual 2021 Winter CME



Christopher C. Thurman, DO, program chair

Specialty

Name				Spec	ciaity
City of Practice	Phone	\	/alid Email /	Address*	*
REGISTRATION FEES	ON	OR BEFORE 01.08.21	AFTER 01.08.21		
DO Member Registration (including	g Proper Prescribing)	\$ 350	\$ 380	s	
DO Member Proper Prescribing & Risk Management Only Registration			\$ 240	ř	REGISTRATION TOTAL
Retired DO Member Registration (i	including Proper Prescribing)	\$ 110	\$ 140		
DO NonMember Registration (including Proper Prescribing)		\$ 850	\$ 880	S	MEMBERSHIP FEE TOTAL*
DO NonMember Proper Prescribin	\$ 710	\$ 740			
DMD/Non-Physician Registration (ir	\$ 450	\$ 480			
MD/Non-Physician Proper Prescribing & Risk Mgmt. Only Registration		\$ 310	\$ 340	5	TOTAL ENCLOSED/DUE
Student Intern Resident Fellow	Registration	\$ 0	\$ 0	L	*if applicable
ACCREDITATION		PAYMENT I			

The OOA is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. The OOA designates this program for a maximum of 17 AOA Category 1-A credits. AAFP credits are pending.

NOTE: Membership dues must be current at the time of registration and at the time of the conference to qualify for member rates.

Requests for refunds must be received before January 8, 2021, and a \$30 service fee will be charged. No refunds after January 8, 2021. A printed syllabus will not be available.

MEMBERSHIP	
□ 4 or more years in practice	\$ 500
3rd Year of Practice	\$ 400
2nd Year of Practice	\$ 300
Ist Year of Practice	\$ 200
Military	\$ 100
□ Out-of-state	\$ 100
Associate Member*	\$ 100

TO COMPLETE YOUR REGISTRATION

Nomo

- Mail this form to 4848 N. Lincoln Blvd., OKC, OK 73105
- Fax this form to 405.528.6102
- Register online at www.okosteo.org/upcoming-cmes-events

*ASSOCIATE MEMBERSHIP

Associate membership may be granted to teaching, research, administrative, or executive employees of accredited osteopathic colleges or of osteopathic hospitals approved by the American Osteopathic Association, members' full-time employees, and to administrative employees of this Association or of affiliated organizations or of district societies.

PAYMENT INFURMATION:

- Check enclosed (check must be made payable to OOA representing payment for items checked.)
- Credit Card Information Below (all information must be provided below for your card to be processed.)
- □ VISA □ MASTERCARD □ DISCOVER □ AMERICAN EXPRESS

Name on Card		
Credit Card No.		
Exp. Date	3 Digit CID No.	
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City	ST & ZIP	klahoma
Signature		D.O.
** Valid email must be provided receive Zoom link.	l and opted-in for OOA emails to	PA



GET INVOLVED WITH THE OOA BY JOINING A BUREAU!

The Oklahoma Osteopathic Association has many ways for members to get involved and help guide the future of the association. One of the best ways you can make a difference is by participating in one of our bureaus. If you are interested in joining one or more of these bureaus, check the boxes that apply and mail this form back to us.

Name:	Cell Phone:
Email:	

Bureau on Legislation: This bureau keeps members updated on the latest legislative news that will impact your practice and patients. The participants also help guide the OOA's stance on legislative issues.

Bureau on Residents and New Physicians: This bureau is open to residents and physicians who have been in
practice for less than 10 years. They focus on how the OOA can better serve new physicians at the beginning of
their careers.

Member Services: This bureau is open to any active member of the OOA and focuses on bringing new benefits to our membership.

Bureau on Postgraduate Education: This bureau primarily focuses on organizing the annual Research Poster Symposium. The symposium provides students and residents with an opportunity to showcase their research and win prize money.

Bureau on Continuing Medical Education: This bureau focuses on the Winter and Summer CME Seminars to help determine the program chair and overall purpose of each seminar.

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OSU Diagnostic Labs in Stillwater, Tulsa Process 1,800 COVID-19 Tests Daily

OSU Insider

Once the COVID-19 pandemic reached Oklahoma in March, Oklahoma State University leaders considered how to best use its resources to serve the state and a partnership between the main Stillwater campus and OSU Medicine in Tulsa emerged.

FDA-approved machines to run the test analysis for COVID-19 were identified at the OSU Diagnostic Laboratory, part of the Oklahoma Animal Disease Diagnostic Laboratory on the Stillwater campus. The partnership with OSU Medicine meant the lab could transition to performing both animal and human testing.

Dr. Kenneth Sewell, OSU vice president for research, said the collaboration and can-do spirit that created the lab has been impressive.

"We were fortunate that we had equipment already up and running that works with this particular test, and we had the ability to marshal forces during a stressful time," Sewell said. "We have a flexible mindset— when we have a problem to solve, we solve it."

Since March Dr. Anil Kaul, clinical professor at OSU Center for Health Sciences, has also been directing the clinical diagnostic laboratory at the OSU campus in Stillwater as well as the lab on the CHS campus, which also serves as a drive-thru COVID-19 testing site.

"It's not a real challenge if it doesn't feel too big and I knew it was a big challenge as I have been teaching emerging infections and pandemics for more than five years and knew the scale of this pandemic, but I knew that I had to step up," Kaul said. "Personally, I feel that it is a privilege to be able to contribute and help during this pandemic. I think it is the support of everyone, including our administration, our teams in Stillwater and in Tulsa and of course my family, that has been instrumental in helping me step up and meet these challenges."

The diagnostic lab in Stillwater currently processes about 1,500 COVID-19 tests from across the state each day resulting in more than 176,000 tests processed between April and November.

At the diagnostic lab in Tulsa at the OSU-CHS campus, lab technicians process about 300 tests a day and have processed nearly 29,000 tests from June through November.

"My biggest responsibility is to get all patient samples tested accurately and results sent out in a timely manner so that our lab can make an impact in limiting the spread of COVID-19," Kaul said.

OSU-COM Student Brandon Postoak Named ANAMS President-Elect

by Sara Dian Plummer - OSU Insider

Last year, Brandon Postoak served as the first osteopathic medicine liaison for the Association of Native American Medical Students (ANAMS). Now the third-year OSU College of Osteopathic Medicine student serves as the organization's president-elect.

ANAMS is a national organization created to further the education and opportunities of current and future Native American medical and allied health students. It was developed under parent organization

the Association of American Indian Physicians (AAIP).

When Postoak, an enrolled member of the Chickasaw Nation, started medical school he didn't even know ANAMS existed. "I hope to instill confidence in others the same way others have done for me."

"When I found out there were others like me, it was indeed a transformative moment," he said. "Native Americans are poorly represented in medicine and other science-related careers and we wanted to come together and try to change that."

Serving as the osteopathic liaison he was responsible for letting other osteopathic medical schools know about the ANAMS organization and its goals and mission. He also attended executive board meetings and heard about current challenges faced by members and what



plans were underway to overcome those challenges.

"It was quite amazing to see the talents of other future Native American physicians from the around the country," Postoak said.

His goals as president-elect are to assist and support the current president in strengthening ANAMS and acquire as much knowledge as possible about the organization, its future and how it can effect change.

"I would love to broaden its impact and reach those students who need just a little bit of encouragement or support like I did. I hope to instill confidence in

others the same way others have done for me. It merely

took a small opportunity to change my life and I hope to provide that for my people," he said.

Postoak said he's proud to be a student at OSU-COM and represent the institution in ANAMS, and he's also appreciative of the encouragement he's received since beginning his journey into medicine.

"Five years ago, I couldn't picture myself being in the roles I currently serve in. The support from family, friends and the OSU-COM community has allowed me to be where I am today," he said. "I am genuinely grateful for everyone."



LEGIS LATIVE UP DATE

by Maegan Dunn, Administrator of Legislative Affairs

COVID-19

The end of 2020 became brighter as the first COVID-19 vaccine was approved by the U.S Food and Drug Administration and quickly distributed to states. The first dose of the Pfizer vaccine was administered in Oklahoma on December 14 to frontline health care workers. Oklahoma has a four-phased vaccine distribution plan and if you would like to administer the vaccine to your patients, you can sign up through the Oklahoma State Department of Health on their website: <u>https://oklahoma.gov/ covid19/vaccine-information.html</u>.

Although there is hope with the vaccine, we understand and recognize that continuing with wearing a mask, washing your



hands, and watching your distance are still vital to keeping all Oklahomans safe. Prior to Thanksgiving, the OOA joined other health care partners in a press release to encourage everyone to keep their loved ones safe during the holidays by continuing these measures.

MEDICAID EXPANSION

After SQ 802 passed, Governor Stitt instructed the Oklahoma Health Care Authority (OHCA) to seek proposals from Managed Care Organizations (MCO) to manage the entire Medicaid population. As we have shared, this directive is concerning as there are no guarantees on when supplemental payments will be made to hospitals and how quickly physicians will be reimbursed. With the current model operated by OHCA, physicians are reimbursed within 10 days. With a MCO, reimbursements could take up to 45 days. Another concern with the MCO model is the overhead cost. Currently, OHCA's overhead costs

are 4 percent, but a MCO can have overhead costs of up to 15 percent.

On December 11, state House Members announced they had sent a letter to Governor Stitt expressing their concern that implementing a commercial managed care partnership would be detrimental to Oklahomans. This letter was prompted after legislative members attended a meeting with rural hospital CEOs and other health care stakeholders. The 26 lawmakers urged the governor to not move forward before the legislative session begins February 1. The legislators who signed the letter are:

State Rep. Rusty Cornwell, R-Vinita State Rep. Eddy Dempsey, R-Valliant State Rep. Jim Grego, R-Wilburton State Rep. David Hardin, R-Stilwell State Rep. Justin Humphrey, R-Lane State Rep. Gerrid Kendrix, R-Altus State Rep. Ken Luttrell, R-Ponca City State Rep. Stan May, R-Broken Arrow State Rep. Kevin McDugle, R-Broken Arrow State Rep. Anthony Moore, R-Clinton State Rep. Jim Olsen, R-Roland State Rep. Logan Phillips, R-Mounts State Rep. Randy Randleman, R-Eufaula State Rep. Dustin Roberts, R-Durant State Rep. Sean Roberts, R-Hominy State Rep. Cynthia Roe, R-Lindsay State Rep. Marilyn Stark, R-Bethany State Rep. Wendi Stearman, R-Collinsville State Rep. John Talley, R-Stillwater State Rep. Tammy Townley, R-Ardmore State Rep. Kevin West, R-Moore State Rep. Rick West, R-Heavener State Rep. Danny Williams, R-Seminole State Rep. Max Wolfley, R-Oklahoma City State Rep. David Bullard, R-Durant State Sen. Rob Standridge, R-Norman

If your legislator is on this list, please thank them for their work to protect health care providers and Medicaid patients. If your legislator is not on this list, please encourage them to stand up and join their fellow lawmakers in these efforts.

OKLAHOMA PANDEMIC CENTER FOR INNOVATION AND EXCELLENCE

On October 7, the Oklahoma State Department of Health, in partnership with Governor Kevin Stitt and federal, state, and private industry leadership, announced the establishment of the Oklahoma Pandemic Center for Innovation and Excellence (OPCIE), the first center of its kind in the nation at the intersection of agriculture, animal and human medicine, food safety, public health testing and preparedness. frontline of defense against any future biosecuritythreatening diseases and will leverage Oklahoma's unique rural and urban assets to benefit public health.

This center will administratively bring together a breadth of capabilities both locally and nationally, and will include partnering with Oklahoma State University, the University of Oklahoma, the OSU College of Veterinary Medicine, and numerous other public and private partners. The Public Health Lab will serve as a pillar of OPCIE and will include a human diagnostic/ public health laboratory, a genetic biorepository and a multi-disciplinary basic science lab for human, animal, plant and food-related bioterrorism research.

Join the Bureau on Legislation

Joining the OOA Bureau on Legislation is easier than ever with the implementation of Zoom, a remote video conferencing platform.

The Bureau is open to all members and is a place for you to express your opinion and to keep up-to-date on legislative issues. The Bureau meets in the evening at the OOA's offices in Oklahoma City and by Zoom throughout the year. Zoom is very easy and allows those who can't drive to Oklahoma City to participate. Zoom is easily accessible on your phone, laptop, or desktop computer.

Please call the OOA office at 405-528-4848 or email Maegan Dunn at <u>maegan@okosteo.org</u> to join. All we need is your email address and your commitment to join the Bureau on Legislation.

Support your OOPAC

Oklahoma Osteopathic Political Action Committee contributions provide support to Oklahoma State legislators and legislative candidates. Please, consider a gift to this important PAC. Gifts can be made online at <u>www.okosteo.org</u> by selecting "OOPAC" under the "Legislation" tab, or can be made by calling the OOA office at 405-528-4848.

Located in Stillwater, the center will serve as the state's

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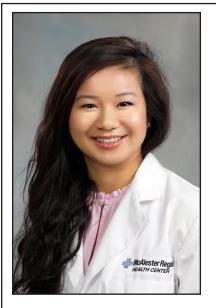
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OOA Welcomes Dr. Jessica E. Shiu as Resident Trustee

Dr. Jessica E. Shiu, DO, PGY-3, was appointed as the Resident Trustee on the OOA's Board of Trustees in November. Dr. Shiu, originally from California, is a family medicine resident at the McAlester Regional Health Center. When applying for the position, Dr. Shiu shared why she wanted to serve:

"As a third year resident, I find that only a small percentage of my patients understand the healing principles of osteopathic medicine or are aware of its existence. As my quality improvement project, I am partnering with a colleague to raise awareness of osteopathic medicine among patients in hopes to continue to educate members of the community. Serving on the Board of Trustees will allow me to continue to

advocate for the osteopathic profession and promote the health and wellness of my patients, colleagues and community members."

We are thrilled to have her serve on our Board, and we look forward to the impact Dr. Shiu will have on her patients and the profession.

AOA CATEGORY 1-A CREDITS WHENEVER • WHEREVER

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31 Daniel Adrian Brown, DO Patrice A. Aston, DO			la	nuary

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In Memorial: Deaths in the Osteopathic Family



Dr. Michael Hershel Mowdy was returned to his Heavenly Father on Nov. 6, 2020 at home surrounded by loved ones. He was born Nov. 17, 1945 in Pawhuska, OK to Dorathy Louise Mowdy & Mike J. Mowdy. He grew up in Oklahoma City graduating from Moore High

School & Oklahoma State University with a degree in Physiology. He served in the U.S. Army as a medical laboratory technologist receiving an honorable discharge. While at Oklahoma State University he met his future wife Jeanne Naifeh. They recently celebrated their 50th Wedding Anniversary. Dr. Mowdy was in the inaugural class of the Oklahoma College of Osteopathic Medicine and Surgery in Tulsa, OK. He received the OOA's Outstanding and Distinguished Service Award at the 115th Annual Convention in 2015. Dr. Mowdy will be greatly missed by those who loved him, and by the many lives he touched as a physician, father, husband and grandfather.



Dr. Paul Benien, Jr., 80, of Oklahoma City finished his course and went to be with the Lord Jesus on November 11, 2020. Paul was born in Tulsa, Oklahoma to Dr. Paul F. Benien and Kay Fandel on February 17, 1940. He attended Cascia

Hall High School where he excelled as a star athlete and was awarded a full-ride scholarship to play football at the University of Oklahoma. He went on to receive his osteopathic medical degree from the College of Osteopathic Medicine in Des Moines, Iowa in 1966, which became one of his greatest passions in life because he lived his life to help other people. Dr. Benien served as a Captain in the US Army Medical Corps during the Vietnam War from 1967-1970 and was awarded a Bronze Star for his service. He was known and loved by everyone he met because of his kindness and desire to help others. He lived a full life, was happily married, and loved his family. And yet, through all these things, his motivation for life was his love for the Lord Jesus and considered everything a loss to the surpassing greatness of knowing Jesus Christ his Lord.



Jan. 22 - 24, 2021

OOA Virtual 2021 Winter CME Seminar

Jan. 22, 2021

Past President's Council and District President's Council Meeting

Jan. 22, 2021

Bureau on Legislation

Feb. 4, 2021

OOA Bureaus & Board of Trustees Meetings OSU-COM Advisory Council Meeting Oklahoma City, OK

March 4, 2021

OOA Bureaus & Board of Trustees Meetings OEFOM Board of Trustees Oklahoma City, OK

April 1, 2021

OOA Bureaus & Board of Trustees Meetings OSU-COM Advisory Council Meeting Oklahoma City, OK

April 29 - May 2, 2021

OOA Virtual 121st Annual Convention



THE PRAYER LIST

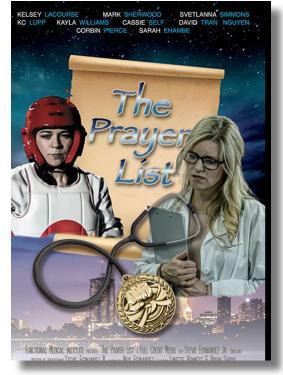






Do you have good news to share?

We would love to include it in our next issue of Oklahoma D.O.! Contact Cheryl Homen at 405-528-4848 or cheryl@okosteo.org to submit your news today.



Our very own Dr. Michele Neil-Sherwood has an encouraging life story that was captured in a movie titled "The Prayer List." Shot in Tulsa, the film was picked up by the worldwide distribution company Bridgestone Multimedia Group. The official release is set for late March or early April of 2021.

You'd be surprised at what she's overcome to be where she is today in her love for Osteopathic medicine and healing people.

A sneak preview was shared in Tulsa in November and was a huge success. Several of those in attendance stated, everyone's performance was brilliant and exciting!

The film was directed by Stevie Fernandez and stars Svetlana Simmons, who plays Dr. Neil-Sherwood and Dr. Neil-Sherwood's husband, Dr. Mark Sherwood, who plays himself. Dr. Neil-Sherwood stated "An incredible group of locally and regionally based actors gave Hollywood-level emotional and gripping performances. And the crew was amazing. I am so filled with pride and can't wait for all of you to see this wonderful and inspiring story."

You can learn more on their website about upcoming announcements at www.theprayerlistmovie.com.

Proposed Amendments to The

The following are proposed amendments to the Oklahoma Osteopathic Association's Constitution & Bylaws. Recommendations were made by the Bureau on Constitution & Bylaws at the October, 2020 meeting. These amendments will be up for approval at the 2021 annual business meeting that will take place at the 121st OOA Annual Convention.

Amendment 1

Bylaws, Article I. Membership

Section 1. Regular Member

An applicant for regular membership in this Association shall be a graduate of a college of osteopathic medicine approved by the American Osteopathic Associations Commission On Osteopathic College Accreditation or a graduate of an allopathic medical school accredited by the Liaison Committee on Medical Education or a graduate of a school of medicine located outside of the United States who completed residency training in a program accredited by the Accreditation Council on Graduate Medical Education and shall be eligible for licensure as an osteopathic or allopathic physician and/or surgeon or shall be in a training program, which is a prerequisite for licensure. Any graduate of a college accredited by the American Osteopathic-Association, who is legally qualified by the State Board of Osteopathic Examiners and ethically qualified by the Board of Trustees of the Oklahoma Osteopathic Association to practice as an osteopathic physician and/or osteopathic physician and surgeon is eligible for membership in this Association. An applicant is required to make application in writing for membership in the Association on the prescribed form as furnished by the Executive Director of this Association and shall present the full amount of the fee with said application, which shall be signed by two members of the Association and shall be acted upon by the Board of Trustees. The provisions of this section shall not be retroactive.

Upon receipt of application for membership, the Executive Director shall present the same to the Bureau on Membership for recommendation to then Board of Trustees for their approval or disapproval at a regular or special meeting of the Board.

Any member whose dues or assessments for the current fiscal year remain unpaid after December 31, shall automatically be dropped

OOA Constitution & Bylaws

from membership and such person shall not be permitted to attend any of the Association's official business sessions, or receive any Association membership benefit. If an individual has been lapsed for more than one year and renews his or her membership by paying dues prior to a meeting of the Board of Trustees of the Association, the individual shall be granted provisional privileges and duties of regular The Board of Trustees of this Association shall members until approval of membership by the Board of Trustees.

In order to maintain membership in the Oklahoma Osteopathic Association, physicians must comply with the American Osteopathic Association's requirement for continuing medical education. All members will be responsible for having their approved continuing medical education credits submitted to the Central Office of the Oklahoma Osteopathic Association.

All regular members in good standing shall have voting privileges.

Amendment 2

Article VI. Board of Trustees **Executive Committee and Administrative Staff**

Section 1. Board of Trustees

consist of the President, President-Elect, Immediate Past President, Vice President, and nine (9) other members who shall be the elected Trustees. Two (2) Trustees shall be elected annually by the Association to serve terms of three (3) years each, and three (3) Trustees shall be elected annually by the Association to serve terms of one (1) year each. One (1) of the one year trustees shall be a non-voting resident Trustee. Vacancies will be filled as provided in the Bylaws. The Board shall be the administrative and executive body of the Association and perform such other duties as are provided in the Bylaws. The composition of the Board shall be a majority of osteopathic physicians.

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