

TulsaPeople



Medical & Dental

2020 GUIDE





Drs. Mark Sherwood, N.D., and Michele Neil-Sherwood, D.O., are the founders of Functional Medical Institute, which treated Jimmy Rothrock, right. Sherwood is a doctor of naturopathy, a field of alternative medicine that favors lifestyle improvements as a method of medical treatment.

Cause and effect

TULSA CLINIC ADDRESSES THE CAUSES OF DISEASE THROUGH DIET AND LIFESTYLE.

BY ANNA HOLTON-DEAN

Jimmy Rothrock found his way to Tulsa-based Functional Medical Institute and the "Fork Your Diet" way of life in March. Eight years earlier, routine lab work revealed elevated liver enzymes and the possibility of cancer.

"I was on statin drugs, anti-inflammatory drugs, allergy medicine, decongestants, ant-acids, a whole litany of things," Rothrock says. At the time, he had trouble finding a physician he felt comfortable with and took himself off most of these medications.

In March he found Drs. **Michele Neil-Sherwood**, D.O., and **Mark Sherwood**, N.D., — a married couple and founders of FMI — who thoroughly tested Rothrock and mapped out a diet and lifestyle plan tailored to his individual needs to combat the causes of his underlying health issues.

In only nine months, Rothrock dropped from 31% body fat to 12.8%.

"I have energy like I did at 15 years old," Rothrock says. "It is very much a miracle."

What he describes as miraculous is the functional medicine approach to health care. It's the premise behind "Fork Your Diet," a documentary by the Sherwoods available on Amazon Prime Video and a bestselling book.

Functional medicine is a systems biology-based approach that focuses on identifying and addressing the root cause of disease. As Sherwood explains, "It is really looking upstream as high and as deep as you can go, looking for underlying causes of disease conditions. Cancer, Alzheimer's, autoimmune disease, type 2 diabetes, heart disease — they all have lifestyle and diet as a contributor."

He prefers to use the term "functional healing" because a proper lifestyle and diet can be components to help restore healing and health.

The physical wellness that results from a healthy diet extends to other areas of life, Neil-Sherwood explains. "Without a doubt, there is an inseparable connection between physical health and well-being and emotional, intellectual and spiritual health.

"If one area suffers, the other areas will be negatively affected. Life is about balance."

But what does it mean to "fork your diet?" More than an attention-grabbing play on words, Sherwood explains they are not promoting a plant-based diet, but a real-food diet. "In a nutshell, we should be putting food in our mouths that is actually

food and staying away from things that were never food," he says.

In the "Fork Your Diet" documentary, viewers watch two patients follow a real-food diet with fruits, vegetables, nuts, lean meats and fish high in Omega-3s.

It also has some tongue-in-cheek, humorous metaphorical moments, which have brought mixed reviews. In one scene, authorities raid a house and arrest a mother for feeding her children sugar in a way that is reminiscent of taking drugs.

"It's extremely controversial," Sherwood says. "We have gotten praise and criticism. Locally, we were able to fill three theaters at the Tulsa Starworld in Bixby." At press time the documentary had over 10 million minutes of view time in the U.K. and U.S. on Amazon Prime.

The Sherwoods are willing to accept some negative criticism for their humorous approach to a serious issue if it gets the public's attention.

The 30-gallon vase sitting in their office filled with patients' no-longer-needed prescription bottles is all the motivation they need to continue to spread the message of "Fork Your Diet" and help reverse disease, one fork-full at a time. **TP**



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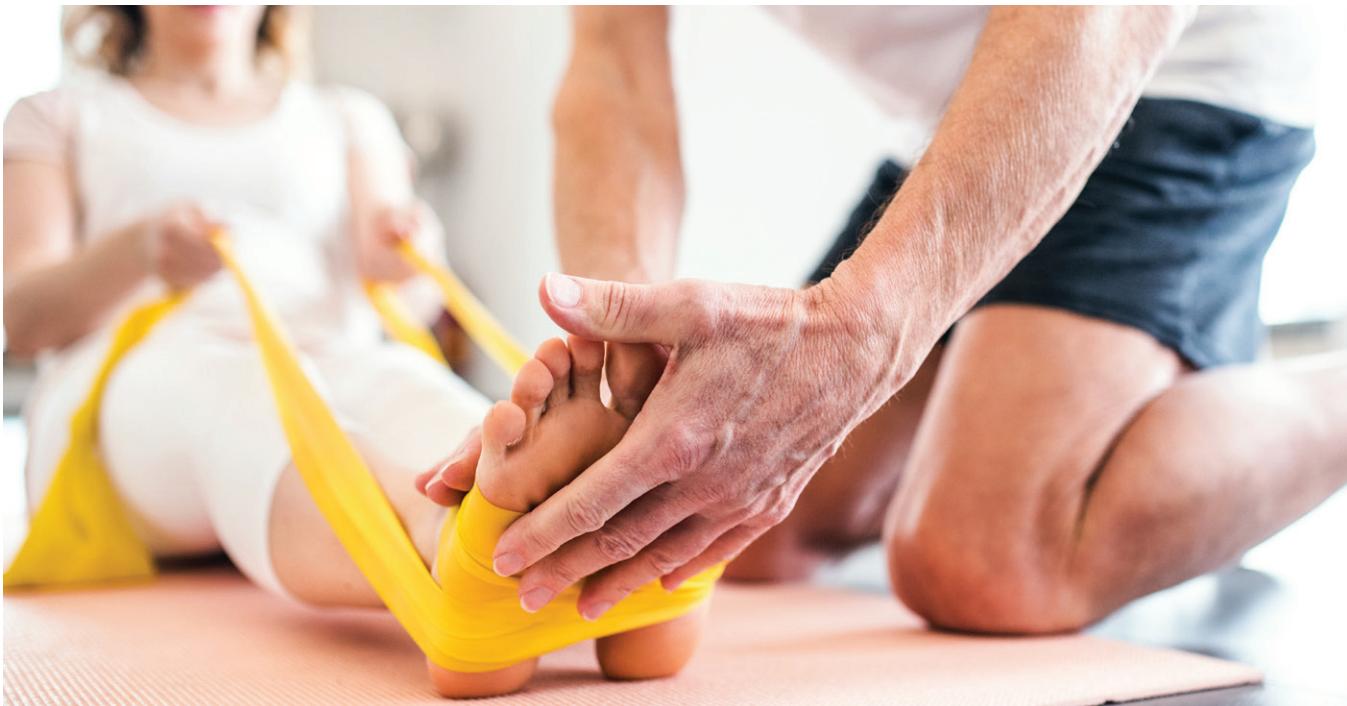
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Pass on pills

PHYSICAL THERAPY OFFERS ALTERNATIVE TO PRESCRIPTION PAIN MEDICATION.

BY BRIA BOLTON MOORE

Going to sleep is a terrifying experience when you know it hurts all night,” says Carolyn James, a Redbud Physical Therapy patient.

James had three surgeries in four years that left her with nerve pain. “I do not like being on medications that alter my ability to do my work and take care of my family, so I wouldn’t take the meds as often as needed to work,” she says. “Then, the pain became unbearable at night.”

James’ primary care physician referred her to a pain management specialist who suggested she seek treatment at Redbud. In addition to traditional physical therapy like mobilization, manipulation, exercise and dry needling, Redbud began offering virtual reality this year in all of its 15 clinics in northeastern Oklahoma.

“We know our bodies are made up of this network of electrical and chemical signals, and they’re running rampant all the time, and with someone who has chronic pain, we need to work not only on the physical aspect of their pain, but also on the pain generator, which is the brain,”

says Amy Malone, a physical therapist and regional director of Redbud. “I can’t go in and manipulate their spinal cord and touch their nerves, so we’re using a virtual reality concept. It’s pain education that helps the patient get a handle on what their brain is doing to exacerbate their pain.”

James says she has found relief with physical therapy — aquatic therapy and virtual reality — as well as a prescribed muscle relaxer once a day.

“Since starting virtual reality, when I wake up in pain, I start slowly breathing in and out, focusing on relaxing muscles instead of the fear that I automatically went to before,” James says. “Last night I actually slept, which is not a common occurrence for me.”

Virtual reality is just one way Redbud is helping patients manage pain as part of “PT Over Pills,” a national endeavor to replace medication with physical therapy treatments.

“For years, the go-to for doctors has been control pain, control pain, control pain — rightly so — and the fastest way to do that is with pain pills,” Malone says. “However, that’s unfortunately been a quick fix, and

now many patients are addicted to opioids.”

In 2017, the U.S. Department of Health and Human Services declared a public health emergency to address the national opioid crisis. Opioid overdoses led to more than 42,000 deaths in the U.S. in 2016, and an estimated 40% involved a prescription opioid. Prescription pain reliever opioids include oxycodone, hydrocodone, codeine and morphine.

According to a 2018 report from the Oklahoma Bureau of Narcotics and Dangerous Drugs, “Oklahoma continues to lead the nation in the abuse of prescription opioids.” More than 4.1 million opioid prescriptions were dispensed in Oklahoma in 2017, which equates to a prescribing rate of 106.7 prescriptions per 100 people. Further, the 2016 Centers for Disease Control Guidelines for Prescribing Opioids for Chronic Pain recommends nonpharmacologic therapy like physical therapy as a pain management method.

Malone says physical therapy focuses on putting the patient back in control so they can replace suffering with hope. **TP**



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Sleep woes

THE DISORDERS AND POOR SLEEP HYGIENE BEHIND AMERICANS' SLEEP ISSUES

BY BRIA BOLTON MOORE

This is likely not shocking news: Many Americans aren't catching enough Zs.

Thirty-five percent of U.S. adults are not getting the recommended seven hours of sleep each night, according to 2018 data from the Centers for Disease Control and Prevention.

"We believe people are getting an hour or more less sleep than they were 75 to 100 years ago," says **Michael Newnam**, M.D., the director of sleep medicine at Hillcrest Medical Center and Hillcrest Hospital Cushing. "The recommended amount of sleep is between seven and nine hours for adults and, unfortunately, many of us are falling well short of that."

Newnam says insomnia is the most common sleep disorder, which he defines as "difficulty getting to sleep or difficulty maintaining sleep." Sleep apnea, a disorder in which breathing repeatedly stops and starts, and shift work disorder, when people struggle to sleep during the day because they work at night, are other sleep disorders he sees often.

When helping a patient work toward better sleep, Newnam says he first addresses

sleep hygiene to see if the problem can be solved naturally.

Here are some of Newnam's recommendations:

- Keep electronics like TVs and phones out of the bedroom or at least on silent.

Newnam says the use of electronics "distracts people from going to bed at a normal time, and the light coming in tends to delay the normal circadian rhythm, so you don't get that melatonin release that you would normally get. Because we have artificial light, it's getting rid of the normal drive and urge to sleep that we would get as the sun goes down."

- Keep clocks out of sight.
- Have a comfortable mattress and cool bedroom.
- When possible, keep children and pets out of the bed.

- Don't go to bed until you're truly sleepy.

"A lot of time people base their bedtime on when they think they should go to bed," Newnam says, "and what happens then is you lay there frustrated trying to go to sleep, and it perpetuates the issue of insomnia."

If adjusting sleep hygiene doesn't help a patient, Newnam looks to melatonin, a

natural, over-the-counter supplement, and thirdly to prescription medication.

"I try to balance the fact that any of the sleep aids can become habit forming," Newnam says. "You can become psychologically or physically dependent, so we use them with caution."

When a patient has sleep apnea, which is diagnosed by history and sleep testing, there are a few treatment options. A CPAP (continuous positive airway pressure) machine is the most common treatment. An oral appliance, a custom-made dental device, is another treatment option.

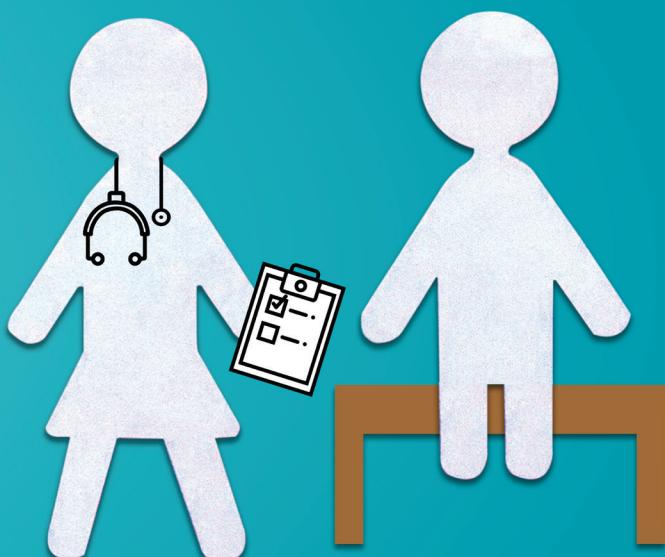
"An oral appliance is a good solution for sleep apnea issues when a CPAP cannot be tolerated by the patient," says **Chris Vinson**, D.D.S., of Tulsa Precision Dental.

Vinson says his patients with oral appliances often report they snore less and have an increase in energy throughout the day.

Although many people have trouble sleeping from time to time, Newnam says a doctor should be seen when someone snores, thinks they might have sleep apnea, or when their sleep issues affect normal daytime function. **TP**

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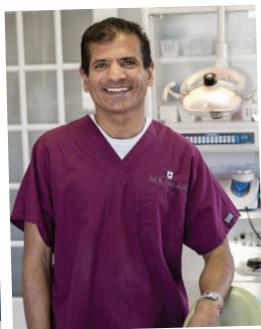
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Dr. Robin Carson
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Teen birth rate lowered

The number of teens giving birth in Tulsa County has declined 57% in the past decade, according to the Oklahoma Department of Health Vital Statistics. For example, in 2010, 50 Oklahoma teens gave birth per 1,000. In 2017, that number dropped to 30, according to the Annie E. Casey Foundation.

The reason for the improved numbers?

Sex education is proven to work for lowering teen pregnancy, according to **Preston Shatwell** with Amplify, a youth health collective formerly known as Tulsa Campaign to Prevent Teen Pregnancy. And when we trust youth with facts and resources to make informed decisions about their sexual health, they are more prepared to plan their future.

Tulsa Public Schools is a leader in promoting sex education, providing it in seventh and ninth grades, notes **Amber McConnell**, executive director of Amplify. "Not all Oklahoma schools do that."

Despite this good news, Tulsa County's 2018 teen birth rate remains the second-highest in Oklahoma — far higher than the national average. In an effort to solve the problem, Amplify is partnering with organizations like Tulsa Health Department, Youth Services of Tulsa, Take Control Initiative, TPS and several other programs.

The high teen birth rate has a significant economic impact because 84% of teen births are paid for with Medicaid. — **MINNIE PAYNE**

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Drs. Nick Hunter, Kathy Henry and Blake Henry

All in the family

THREE AWARD-WINNING DENTAL PROFESSIONALS REFLECT ON THE FAMILY BUSINESS.

BY ANNA HOLTON-DEAN

The family that works together, stays together." That isn't precisely how the saying goes, but it has proven true for three longtime Tulsans who have earned Tulsa County Dental Society's "Dentist of the Year" distinction.

Dr. **Nick Hunter** won the award in 1990, his son-in-law Dr. **Blake Henry** won in 2012 and his daughter Dr. **Kathy Henry** is now the proud recipient for 2019.

The award, named the A.L. Walters Award after one of the organization's founders, is given to one dentist per year and is voted on by the Tulsa County Dental Society's executive committee, explains **Sheri Greer** of the Tulsa County Dental Society. "It recognizes the dentist who has given time, energy and expertise to our organization. It recognizes his/her contributions in dentistry, advancing leadership, ethics, professionalism and excellence. Dr. Nick Hunter and Drs. Kathy and Blake Henry all represent outstanding service to dentistry and to the Tulsa community."

Kathy not only serves her patients at Lewis Park Family Dentistry, but also the community through OkMOM (Oklahoma Mission of Mercy), a two-day free clinic offering treatment to the uninsured, under-insured or those who would not

otherwise have access to dental care. She helped bring the event to Oklahoma 10 years ago and continually works to improve it to better meet the needs of Oklahomans.

"It's a pleasure to have a front-row seat to watching the dental community and local communities throughout Oklahoma rally together to provide dental care for their neighbors," she says.

It's just one of many factors that earned her 2019's "Dentist of the Year" award.

"It feels good to be honored for doing work that I truly enjoy," Kathy says. "I remember coming into town from dental school to watch my dad receive the same award and proudly watching Blake receive it a few years ago. I never imagined we would all get to be recognized for doing what we really, truly enjoy."

Although her father never pressured her to pursue the dental field, Kathy says she realized in college dentistry would provide a great work/life balance, a balance that has proven helpful in raising her six children with Blake. Today, she practices at Lewis Park Family Dentistry alongside her father and sister, **Kellie Southard**, who is a dental hygienist, and her cousin, **Dr. Justin Young**, making it a true family affair.

"Being able to work with my family has

been a dream come true," Kathy says.

And her father couldn't agree more.

"We talk about cases with one another, it's non-confrontational, and we've never had a cross word," Nick says. "I have done this for 45 years, so I've seen it all. They ask me what I think about things and how I'd do it."

"Sometimes I have an idea I want to share with them in case it comes up. It's not something they would know from education, but I know from experience. It's good to be a mentor and be the old guy here to help them along the way."

In addition to her father's sage advice, staying on the cusp of new advances is another way Kathy continues to grow professionally. "Medicine in general is always changing," she says. "Staying up-to-date with research and technology is the key to being able to offer the best treatments for our patients."

"There is concrete evidence that oral health affects systemic health. Although clinicians have always known the connection exists, using research to make that connection for patients allows us to work together for the best outcomes possible for our patients."

While Kathy and husband Blake don't work in the same office — he practices at Henry Orthodontics — working in the same field allows them to fully share in the other's successes and to sympathize with struggles.

"It is so much fun that Kathy and I are in the same field. We met in our first month of college at Texas Christian University, and we've been together ever since," Blake says. "We were side by side throughout our education. We know how much hard work went into achieving success in school and how much time it takes to run a small business/private practice. We understand each other better than most couples possibly could. We've been together for 25 years, and she's my partner in every way."

Although all three family members have now been honored as TCDS' "Dentist of the Year," Blake says the work itself is the reward.

"I am thankful every day for the opportunity to be an orthodontist," he says. "I couldn't think of any other job I would rather have. I love going to work every day, knowing that I'm helping give people smiles to be proud of."

After 45 successful years of practicing on Lewis Avenue in Tulsa, Nick adds people should always be the focus.

"We are not working on teeth; we are working on people. Teeth are hooked to the people," Nick says. "It's the people you take care of." **TP**



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Eastern Oklahoma Oral and Maxillofacial Surgeons (EOOMS) is committed to providing comprehensive oral surgery care. They practice the full scope of oral and maxillofacial surgery. Common procedures include wisdom teeth and dental extractions with intravenous anesthesia for patient comfort. They specialize in all aspects of dental implant surgery, bone grafting and jaw reconstruction. As a group they offer 24-hour practice coverage and take trauma calls for local hospitals.

EOOMS is comprised of six experienced oral surgeons: Larry Lander, D.D.S. M.S.; Vic Trammell, D.M.D.; Todd Johnson, D.D.S.; Gregory Segraves, D.D.S.; M.S. Heath Evans, D.D.S.; Matthew McShane, D.D.S. All EOOMS surgeons hold memberships in numerous dental societies including the Tulsa County Dental Society, Oklahoma Dental Association, American Dental Association, Southwest Society of Oral and Maxillofacial Surgeons and American Association of Oral and Maxillofacial Surgeons.

For patients' convenience, most of the group's services are provided in the EOOMS offices. The offices are board certified for office IV

anesthesia to ensure patient comfort. Quality of care and patient safety are always the group's primary concern.

The EOOMS staff is a committed group of employees who strives to achieve the highest standard of care. Their surgical team has specialized training in oral surgery and anesthesia assisting, which provides for a more comfortable and safe oral surgery experience.

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Montereau residents Arnold and Pat Brown discuss objects from Tulsa Zoo Education Specialist Miranda Adams' presentation at a recent Memory Cafe.



Sparkling the mind

MEMORY CAFE ENGAGES THOSE AFFECTED WITH MEMORY LOSS AND THEIR CAREGIVERS.

BY ROBERT EVATT

Professional private caregiver **Cindy Brookshire** makes sure her clients with dementia get everything they need, from meals to medicine to friendly human contact.

"I've done everything, such as scrubbing spots out of the carpet or just being a companion," Brookshire says.

But for all her dedication, there are a few things Brookshire can't provide, such as an up-close encounter with an owl.

That avian opportunity happened for around 15 dementia patients and dozens of others through a Memory Cafe session at Montereau, a Tulsa retirement community.

Memory Cafe allows caregivers and their elderly clients who suffer memory issues a chance to share new experiences and learning opportunities, says **Laura Allen**, Montereau's wellness program manager. "This allows caregivers and those with a dementia diagnosis to relax and have a good time together," Allen says of the quarterly sessions.

Though Memory Cafe programs can vary greatly, the common goal is to enrich the lives of those with dementia by providing

them with entertaining presentations and activities they can see or touch.

"Someone with dementia might have a short attention span, so having a sensory aspect might help them stay engaged," Allen says.

That's why one meeting centered on a presentation by the Tulsa Zoo with a live but docile owl and turtle. In another, a presenter discussed her passion for quilting as attendees touched some of her quilting squares.

The Memory Cafe concept began in the Netherlands over 20 years ago, when Dutch psychologist Dr. **Bere Miesen** wanted to find ways to remove the stigma from various forms of dementia. Today, hundreds of communities and organizations such as Montereau run independent Memory Cafes. Other area Memory Cafes are hosted by the First Baptist Church of Tulsa and Evergreen Baptist Church in Bixby.

Allen says Montereau established a Memory Cafe to better serve the community's residents in-house because it would make attendance easier for caregivers and their loved ones.

A recent Memory Cafe session featured a live model-train set that residents were able to operate themselves. Allen says the session not only gave those with dementia something to interact with, but also revived long-forgotten memories.

Though the usual programming during Memory Cafe is designed with the memory-impaired in mind, the sessions also can benefit caregivers, Allen says. Caregiving can be an emotionally draining and isolating experience, especially when they're taking care of a parent that has changed due to dementia.

"With Memory Cafe, caregivers can feel like they're not the only one going through this, and can make connections with other people," Allen says.

At the same time, it's also important for caregivers to see the person they're caring for enjoying themselves, she says.

Brookshire has a client, whom she refers to as a friend, with dementia who shared a few comments with her regarding the Tulsa Zoo's owl. "She was very interested in it," Brookshire says. **TP**

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Karma and Love, students at Webster Middle School, work with Toni Nigro and Diana Varnes during a recent after-school STEM demonstration. Nigro is one of 11 participants in the Albert Schweitzer Fellowship, which addresses unmet health needs and develops future health leaders.

the University of Oklahoma, OSU and Langston University, in addition to TU. This year's group of 11 fellows comes from a diverse array of fields, including speech pathology, psychology, social work, law and fine art in addition to medicine — both M.D. and D.O. programs.

The current group of fellows also is the first all-female group.

Gold says Fellows must design a project that fills an unmet health need in the community. To ensure the effectiveness of these projects, each fellow must work with an established agency in the community to house their project.

Nigro chose to work with Daniel Webster Middle School to promote STEM education, as research shows most girls give up on scientific studies by the age of 12. By introducing students in the school to female doctors and scientists, Nigro hopes to rekindle their interest in STEM fields.

"None of them had met a scientist or career doctor, so this gives them the opportunity to pick their brains and see what they do," she says.

Gold says a previous fellow, **Alex Button** of TU, noticed the Day Center didn't have a good way to ensure the homeless regularly took prescription medication, which led to unnecessary trips to emergency rooms.

Button used educational tools such as visual pill calendars and regular meetings with participants to improve medication use. His system is still in place at the Day Center, as are many other projects established by Schweitzer fellows.

"Over 70% of Schweitzer projects get sustained in some way once the fellowship is over," Gold says. "The Fellowship has become an incubator of unique solutions to health gaps for health systems, community organizations and the overall Tulsa community."

Tulsa's program also gives fellows an opportunity to become community leaders, as well as the chance to break out of disciplinary silos and interact with each other during monthly meetings.

"I've been in an all-woman fellowship this year with arts students, psychologists and others — an interdisciplinary team to bounce ideas off of," Nigro says.

The Albert Schweitzer Fellowship was established in 1940. In 2015, Tulsa became the 13th chapter across the nation to establish a Schweitzer Fellowship program, thanks in part to funding from the Morningcrest Healthcare Foundation. **TP**

Next gen

FELLOWSHIP DELIVERS INNOVATIVE SOLUTIONS TO UNMET HEALTH NEEDS AND DEVELOPS TOMORROW'S GENERATION OF HEALTH LEADERS.

BY ROBERT EVATT

Toni Nigro, a student in Oklahoma State University Center for Health Sciences' Doctor of Osteopathic Medicine program, is working hard to prepare for a career as a family physician.

Even so, every week she and guests from the medical and scientific communities demonstrate STEM projects to sixth- through eighth-grade girls at Daniel Webster Middle School.

"It could be anything from learning what DNA is to showing them a real human brain," Nigro says. "We also brought in some robotics and showed them what programming is."

This science, technology, engineering and math work isn't a side project — it's part of Nigro's growth as a medical professional, as well as a way to improve the overall health of Oklahoma. Her project

and dozens of others came about due to the Albert Schweitzer Fellowship, a 12-month program designed to address unmet health needs and develop the next generation of health leaders.

Rachel Gold, program director for the Tulsa Schweitzer Fellowship, says the Fellowship uses a broad definition of health. It views health as not just an absence of disease, but as a complete state of physical, mental and social well-being.

"Oklahoma ranks the lowest in almost every health measure," she says. "There's a great need for innovative solutions to address those gaps right now, and to build leaders with the networks, skills and tools to work on those gaps for the long haul."

Although the Tulsa Schweitzer Fellowship is housed at the University of Tulsa, it draws 10-12 fellows each year from



Dr. Stanley Prough and
Dr. Shauna McKinney

Tulsa Fertility Center

Reproductive endocrinologists provide infertility treatments

With a caring staff, compassionate doctors and a state-of-the art facility, Tulsa Fertility Center specializes in making baby dreams come true. As the only clinic in northeast Oklahoma with a full-service IVF lab, Tulsa Fertility Center is well equipped to handle a variety of fertility needs, all from the comfortable and convenient location near downtown Tulsa.

For many Tulsans with barriers to becoming parents, "hope starts here," with treatments ranging from intrauterine (a.k.a. "artificial") insemination, surgery for underlying fertility problems, in-vitro fertilization (IVF) and much more. TFC also offers an egg donor program and post-vasectomy fertility treatment.

Since 1980, Stanley Prough, M.D., and Shauna McKinney, M.D., and their dedicated staff, including Fertility Laboratory Director J. Kevin Thibodeaux, Ph.D., have been passionate about building families. "Our greatest accomplishment is the growing number of families that have achieved pregnancy," McKinney says. "They were finally able to put infertility behind them."

"Our passion for resolving infertility drives us to invest our time in research, teaching and advocacy to further the field of reproductive

medicine, and support the infertility community," Prough says.

TFC's fellowship-trained fertility specialists bring affordable fertility care to patients across Oklahoma's Green Country, as well as residents of northwestern Arkansas, southwestern Missouri and southeastern Kansas who make the journey to Tulsa to seek treatment. Men and women travel to Tulsa to find that TFC's fertility doctors truly care about their struggles to get pregnant.

The center provides patient-centered care, meaning patients always see a fellowship-trained reproductive endocrinologist and have access to 24/7/365 attention from TFC on-call staff and physicians.

TFC is a member of the Society for Assisted Reproductive Technology and was recently re-accredited by the College of American Pathologists for its laboratory operations.

TFC accepts most insurance plans and commits to making world-class fertility care both affordable and accessible.

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Barbara Grogg, above, founded Power of a Nickel with her husband, Stan Grogg, D.O., below. The medical service provides health care to those in many countries.



Still healing

RETired MEDICAL PROFESSIONALS
CONTINUE SERVICE ABROAD.

BY MINNIE PAYNE

After careers in the medical field, retirement wasn't going to mean hanging up the stethoscopes for **Stan** and **Barbara Grogg**.

For years Stan, an osteopathic pediatrician who retired from the Oklahoma State University Center for Health Sciences in 2014, and Barbara, a nurse practitioner who retired in 2011, were involved with numerous global outreach programs. Through these ventures, the couple has helped meet the medical needs of people in Nicaragua, Cuba, Haiti, Uganda, Vietnam, Belize, India, Guatemala, Ukraine, Greece, Mexico and the Philippines.

In 2013, the Groggs started the nonprofit Power of a Nickel to continue their medical service. Barbara had recognized just how much a nickel's worth could provide medical care across the globe. The purpose: to provide quality health care and health education to people in need.

Trips attract medical students and professionals from across the U.S. Trip teams vary in size from 15 to 35, but the nonprofit enforces a rule of only three medical students per one attending physician. "Trips will have 50% non-medical (personnel) and we always have a considerable number of specialists," Stan says. Non-medical team members are always needed on the trips to help with organization and providing care.

Each trip is extremely busy. Approximately 100 pairs of reading glasses are provided, and dental fluoride is applied to the children's teeth. In Uganda, deworming typically is offered, and a six-month supply of medication is left for further treatment. Power of a Nickel returns in six months to continue treatment and assist new patients.

Power of a Nickel works with organizations already working in the sites they visit. Those organizations must agree to provide follow-up care to those who are identified as needing additional medical care in Power of a Nickel's visit. It must be a partnership.

More than simply providing medical care, Power of a Nickel also provides ongoing health education to students, teachers, parents, local health care students and professionals in the communities they serve.

The Power of a Nickel team also looks for partners to address a wide range of medical and wellness needs. For example, "we partner with Days for Girls by providing hygiene pads," she says. "Medical students and I teach about safety, preventing abuse and what to do should it happen. Stan has a projector through which we teach about other hygiene such as lice and ringworm, as well."

Education is often done through storyboards, such as educating about the importance of hand washing or using new facilities.

"Basically, whatever the school wants us to teach, we do," she says. "It's not about us. It's about them and their needs."

Learn more about Power of a Nickel, its needs and future medical trips at powerofanickel.org. **TP**

Urologic Specialists of Oklahoma

With a team of 21 board-certified urologists, Urologic Specialists is the largest urology group in the region serving patients at clinic locations in Tulsa, Muskogee, McAlester, Fort Smith, Arkansas, and Joplin, Missouri. In addition to caring for patients with general urology needs, the practice includes subspecialists in female urology, pediatric urology, trauma and reconstructive urology, kidney transplantation, male sexual health and urologic oncology.

Urologic Specialists is also home to the Prostate Cancer Institute. As the only Advanced Prostate Care Center in the region, it is dedicated solely to men with advanced prostate cancer and their specific health care needs. A specialized team including urologic oncologists, surgeons and a cancer nurse navigator work together to provide individualized cancer care for each patient.



Also available at Urologic Specialists is Votiva. A technology designed specifically for women dealing with symptoms many women experience after childbirth or menopause ranging from urinary incontinence to vaginal laxity and dryness. Votiva is a non-surgical option using heat therapy delivered via radio frequency waves to promote collagen synthesis, shrinkage and tightening of female tissues. Results can generally be felt immediately, with continued results over the following weeks.

Learn more about all the patient services available at urologicspecialists.com.

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Healthy Roots Dentistry

Healthy Roots Dentistry was founded on providing excellent dental care while also addressing how your dental health is related to your overall health. "Our holistic approach to disease processes originating in the mouth can be an important step in your health journey," says John Garrett, D.D.S. "Dentistry is an integral piece of your health care puzzle and we strive to offer the most biologically compatible, long-term solutions for your dental health as well as preventative care that can help detox, strengthen and enrich your entire body."

Along with cleanings, fillings, implant and crown procedures, the full-service dental practice provides fluoride-free cleanings, gluten- and dye-free polishing paste, 3D imaging to detect hidden infection, laser dentistry, tongue-tie releases, ozone therapy and oral sedation, all in a family friendly atmosphere.



Garrett, a graduate of the University of Oklahoma College of Dentistry, is continually expanding his education to bring his patients the most up to date holistic treatment options and procedures. He is Safe Mercury Amalgam Removal Technique (SMART) certified and is also certified to administer pediatric conscious sedation. Garrett is a member of the International Academy of Oral Medicine and Toxicology (IAOMT), International Affiliation of Tongue-tie Professionals (IATP), International Dental Implant Association, Tulsa County Dental Society (TCDS), American Dental Association (ADA) and American Academy of Pediatric Dentistry (AAPD).

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Levinson Sullivan Dentistry PLLC

Levinson Sullivan Dentistry is a locally owned restorative and cosmetic dental practice with a focus on patient health and prevention.

"We love what we do. Being able to provide comprehensive treatment options to patients and watch them attain a greater level of health is incredible," says Carla Sullivan, D.M.D.

This female-owned, comprehensive dental practice has a special interest in sleep disorders, nutrition and women's health. They offer services including advanced oral cancer screenings, oral sedation, saliva tests, implants, whitening and sleep appliances.

"We are committed to staying up to date on the latest advancements in dental technology," says Marti Levinson, D.D.S. "It is also important for us to foster long lasting relationships with our patients."



Marti Levinson, D.D.S. and Carla Sullivan, D.M.D.

Levinson and Sullivan, in tandem with their expert staff, value continuing education and have experience with digital technology including 3D imaging, digital impressions and CEREC in-office crowns. They incorporate techniques including laser therapy, digital impressions, guided implant placement and myofunctional therapy for patients of all ages.

Levinson and Sullivan strive to bring awareness to the connection between optimal dental and overall health. Personalized care, a relaxing atmosphere and expert service are the hallmarks of the practice.

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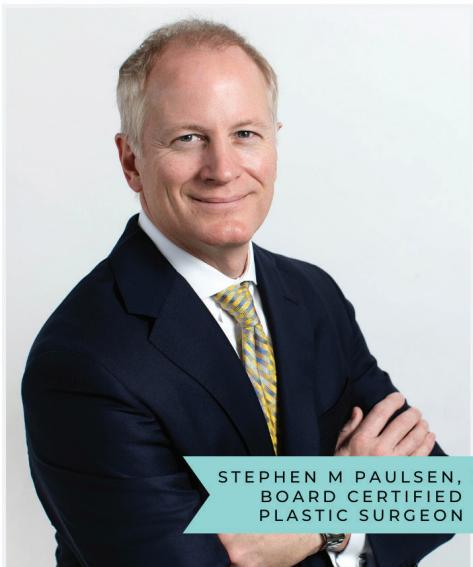
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Cannon's practice is committed to the highest standards of patient care, quality control and safety. All surgical staff members are ACLS certified to ensure the highest levels of patient safety.

Cannon is a graduate of the West Virginia University School of Dentistry and completed his four year residency and training in Oral and Maxillofacial Surgery at The Carle Foundation Hospital in Champaign, IL. He is a Board Certified Oral and Maxillofacial Surgeon, Diplomate of the American Board of Oral and Maxillofacial Surgery

and a Fellow of the American Association of Oral and Maxillofacial Surgeons. He is currently on staff at Tulsa's St. John Medical Center and Hilcrest Medical Center.

Dr. Cannon and his wife, Meghan, have three children: Chloe, John and Pippa. The family loves spending time together, traveling, skiing and participating in their children's activities.

For those interested in learning about the procedures Dr. Cannon performs, please visit the practice website at www.cannonoralsurgery.com.

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