

Happy Monday Friends!!

"Have you ever noticed that anyone driving slower than you is an idiot, and anyone driving faster than you is a maniac." – George Carlin

I am fascinated by traffic patterns.

Why does traffic seem to bottleneck at certain points on a route, for no obvious reason?

Then, suddenly, it opens up again a mile down the road.

No cars exited, no additional lanes appears, but traffic suddenly flowed normally.

That exact thing happened on my commute this morning.

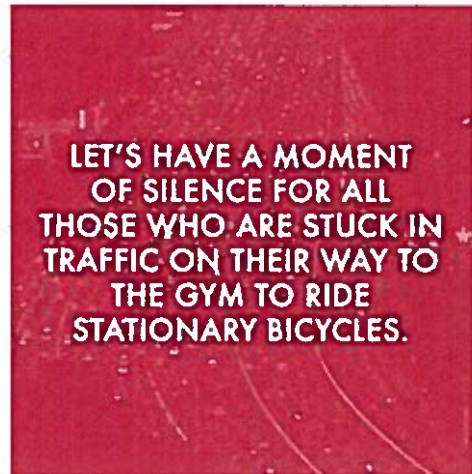
I came around a curve just North of where I-44 merges on to I-35.

The middle lane suddenly just stopped moving.

There was no accident or slow moving vehicle leading the pack.

No additional vehicles had merged onto I-35

We all just stopped.



Thankfully, at 7 am, there isn't enough traffic to completely ruin your day (or your bumper).

While we would prefer to have traffic flow in a free pattern, it is typically nothing more than an inconvenience or frustration when it gets congested.

A blot clot congesting and blocking blood flow to the brain, on the other hand, is far more than just an inconvenience.

Flowing Freely

A [stroke](#) can occur when a clot blocks the blood supply to part of the brain, or when a blood vessel in or around the brain bursts.

In either case, parts of the brain become damaged or die.

Stroke can cause disability (such as paralysis, muscle weakness, trouble speaking, memory loss) or death.

Smoking is a leading cause of stroke. Smoking can:

- Make blood thicker and more likely to clot
- Increase the buildup of plaque (fat, cholesterol, calcium, and other substances) in the blood vessels leading to the brain
- Damage blood vessels in the brain

Smoking doubles your risk of stroke, compared to a nonsmoker.

But 2-5 years after quitting, the [chance of a stroke](#) could fall to about the same level as a nonsmoker's.

Secondhand smoke can also be a [risk factor for stroke](#).

Breathing secondhand smoke increases your risk of stroke by 20-30%.
Each year secondhand smoke exposure causes 8,000 deaths.

The good news is that genetics aside, we do have choices.
We can change behaviors to lower the risk of stroke.

CME, Educational & Research Opportunities

Educational Information

Oklahoma Hospital Association launches campaign to expand Insure Oklahoma: The Oklahoma Hospital Association launched an initiative Wednesday to encourage the state to broaden health care coverage under Insure Oklahoma. The initiative, [makeOKbetter](#), is an online movement aimed at getting the state to accept federal dollars to expand Insure Oklahoma, which helps provide health insurance to employees of small businesses and individuals without access to employer-sponsored insurance.

Grant Opportunities

Truth Initiative is accepting grant applications from public community colleges to support efforts to advocate for, adopt, and implement a 100% smoke and tobacco-free policy. To be eligible for a \$10,000 grant, applicants must submit a proposal by April 29, 2016. Eligible applicants include public community colleges that do not already have a 100% smoke-free or 100% tobacco-free policy. For grant guidelines, a link to the application, and related materials, please visit the Truth Initiative website at <http://truthinitiative.org/news/helping-community-colleges-kick-their-tobacco-free-campus-efforts-gear>. For more information, email communitycollege@truthinitiative.org or call Kristen Tertzakian or Alex Parks at 202-454-5555.

Professional Opportunities

Public Health Program Specialist

Oklahoma Department of Mental Health and Substance Abuse Services

[This position](#) will assist with the planning and implementation for health education and chronic disease programs. The incumbent for this position will provide training and technical assistance to the Oklahoma Department of Mental Health and Substance Abuse Services contractors; make presentations at national, regional, state and local meetings; disseminate best practices information. This position will also be responsible for building public health partnerships and enhancing capacity buildings to create health impacts for existing programs.

Training Opportunities

The [Smoking Cessation Leadership Center](#) (SCLC) is pleased to invite you to its next *free* webinar, [“Beyond the Basics: Pharmacotherapy for Smoking Cessation”](#) on Monday, March 14, 2016, at 1:00pm EDT (120 minutes).

Webinar Objectives:

- Identify patients who are candidates for combination therapy and, after consideration of patient-specific factors, design a treatment regimen (drugs, dosages, routes, and duration of therapy).
- Identify patients who are candidates for high-dose pharmacotherapy and recommend a treatment regimen (drug, dose, route, and duration of therapy).
- Identify patients who are candidates for extended-duration pharmacotherapy and recommend a treatment plan (drug, dose, route and duration of therapy).
- Determine situations for which use of nicotine replacement therapy prior to the quit date might be beneficial and recommend a treatment regimen (drug, dose, route, and duration of therapy)

Advanced Practice Motivational Interviewing 2016 - 4 ACCME Approved CME Credits

Training Overview:

This is a unique opportunity for providers including Doctors of Medicine, Doctors of Osteopathy, Registered Nurses, Advance Practice Registered Nurse, Licensed Practice Nurses, Physician Assistants and behavioral health professionals that provide direct patient care to learn advanced principles of motivational interviewing. This four hour workshop offers 4 AMA PRA Category 1 Credits™ at no cost to the provider.

Dates:

March 9, 2016

Tulsa, Oklahoma

8:30AM – 12:00PM

Breaks Included

March 25, 2016

Oklahoma City, OK

8:30AM – 12:00PM

Breaks Included

Link to registration <https://www.eventbrite.com/e/advanced-motivational-interviewing-workshop-tickets-21084709935>

Tobacco Cessation Training 2016

Training Overview:

A general cessation training covering tobacco use in Oklahoma, brief motivational interviewing techniques and pharmacological interventions for tobacco cessation.

Dates:

April 8, 2016

Tulsa, Oklahoma

9:00AM – 12:00PM

Breaks Included

April 11, 2016

Oklahoma City, OK

9:00AM – 12:00PM

Breaks Included

Link to Registration: <https://www.eventbrite.com/e/tobacco-cessation-training-registration-20954834474>

Global Tobacco Dependence Treatment Summit – May 23-24, 2016

Mayo Clinic, Rochester, MN

The Summit will bring together world leaders in tobacco dependence treatment, an extraordinary faculty, U.S. and international grantees, and healthcare professionals to highlight the critical role tobacco dependence treatment plays in national and international tobacco control efforts.

Remember...

"I'm dependent on other people. I need someone to help wash and dress me, to help me to the bathroom...

If you haven't started (smoking), don't; and if you have started, you can quit. It's never too late. "

– Suzy, [Tips from Former Smokers](#)

Suzy came from a family of smokers.

At age 15, Suzy began sneaking cigarettes.

Throughout her adult life, she still smoked on and for several years.



off

In 2007, at age 57, Suzy suffered a stroke, which her doctors linked to her many years of smoking. It was then that she quit for good. The stroke caused Suzy to have partial paralysis and problems with her speech and eyes. Worse yet, it cost Suzy her independence.

While not necessarily scientific, it's always a good idea to drive at a constant speed, without competing with other drivers for bits of headway.

A nice, noncompetitive driver can help erase traffic waves, while normal highway competition may actual CREATE them.

(If you're curious about traffic waves like I am, this is an [interesting site](#) with some "food for thought" on changing the flow of traffic.)

Just as a little patience and space on the highway can clear up stop and go traffic, risk factors for stroke can also be lessened with behavior changes, including quitting smoking, avoiding secondhand smoke, eating a healthy diet and regular exercise.

Until next week,

Oklahoma Strategic Tribal Alliance for Health (OSTAH)
Margie Burkhart
Cherokee Nation Healthy Nation



Oklahoma Hospital Association (OHA)
Jennifer W. Roysdon
Hospitals Helping Patients Quit



"There is no clinical treatment available today that can reduce illness, prevent death, and increase quality of life more than effective tobacco treatment interventions."

-Treating Tobacco Use and Dependence, US Public Health Service, US Dept. of Health and Human Services