A MESSAGE FROM THE PRESIDENT, KAREN P. GOLD, M.D.

February is here and if you're one of those rare people who actually achieve your New Year's resolution each year, congratulations. Seriously, you are rare indeed. According to U.S. News & World Report, the failure rate for New Year's resolutions is said to be about 80 percent, and most lose their resolve by mid-February. If this is true, it's clear that there is nothing wrong with us; the problem is in the tradition itself.

I hope you will join us on February 17th for our Inauguration Dinner when we will be honoring Mona Whitmire for her service and dedication as Executive Director of TCMS and the TCMS Foundation. We will also be honoring those physicians who retired in 2019.

I want to take this opportunity to address the most recent public health concern, the coronavirus. Public health officials are closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus first identified in Wuhan, Hubei Province, China. According to the CDC, the immediate threat to the general American public is low at this time. Most confirmed U.S. cases have a history of travel to Wuhan, China, which is the epicenter of the outbreak. The CDC reported the first confirmed instance of person-to-person spread with this virus on January 30, 2020. While person-to-person spread among close contacts has been detected with this virus, at this time this virus is NOT currently spreading in the community in the United States. The CDC recommends that travelers avoid all nonessential travel to China.

About the Novel Coronavirus

Q: What is the 2019 Novel Coronavirus?
A: The 2019 Novel Coronavirus, or 2019-nCoV, is a new respiratory virus first identified in Wuhan, Hubei Province, China.

Q: How does the virus spread?
A: This virus originally emerged from an animal source but has now been monitored spreading from person-to-person. It’s important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. At this time, it's unclear how easily or sustainably this virus is spreading between people. Person-to-person spreading has been identified in the United States, with the first instance confirmed on January 30, 2020. In general, coronaviruses spread through:

• Coughing or sneezing;
• Close personal contact, such as touching or shaking hands;
• Touching a surface with virus, then touching your mouth, nose or eyes before washing your hands.

Q: What are the symptoms and complications that 2019-nCoV can cause?
A: Current symptoms reported for patients with 2019-nCoV have included mild to severe respiratory illness with fever, cough and difficulty breathing. Read about 2019-nCoV Symptoms.

Protection

Q: How can I help protect myself and my patients?
A: Prevention
There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

• Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
• Avoid touching your eyes, nose, and mouth with unwashed hands.
• Avoid close contact with people who are sick.
• Stay home when you are sick.
• Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
• Clean and disinfect frequently touched objects and surfaces.

These are everyday habits that can help prevent the spread of several viruses. CDC does have specific guidance for travelers.

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Save the Date for Medicine Day 2020

Legislative Reception

Presented by the Oklahoma State Medical Association

MARK YOUR CALENDAR FOR WEDNESDAY, MARCH 25, 2020!

The Oklahoma State Medical Association’s annual Medicine Day continues to be a great success! In 2019, over 100 physicians and medical students met with legislators at the Capitol and later, during our Legislative Reception at the OSMA, were provided an excellent opportunity to discuss ways to create a healthier Oklahoma.

Medicine Day is an annual event where you – as an OSMA and TCMS member – have an opportunity to meet one-on-one or in a group with your legislators and let your medical voice be heard.

The Oklahoma State Medical Association, Tulsa County Medical Society, PLICO, and other medical profession partners will present our Medicine Day Legislative Reception on Wednesday, March 25, 2020 at the OSMA Headquarters (313 NE 50th Street, OKC) from 5-6:30 p.m. This will be the second week of Committee work in the opposite house, so we will have a good idea of what health related issues have the most momentum.

- Scope of practice
- Legal reform
- Rural access to quality health care
- Accepting federal funds
- Tobacco and public health
- Vaccinations

If you have questions about Medicine Day 2020, please contact OSMA Director of Government Affairs, Matt Robison.
WE WILL BE HONORING:

Mona L. Whitmire
TCMS & TCMS FOUNDATION EXECUTIVE DIRECTOR 2009-2019
WHO HAS BEEN WITH TCMS SINCE 1995

- AND -

TCMS MEMBERS UPON THEIR RETIREMENT

Stephen B. Campbell, MD  Dominic Losacco, MD
William R. Campbell II, MD  Melville M. Mercer, MD
Richard A. Doss, MD  James S. Mollor, MD, MPH
David R. Hicks, MD  Debra L. Morgan, MD
Alan G. Lewis, MD  Kenneth R. Setter, MD

WITH SPECIAL GUEST SPEAKER

John H. Schumann, MD
PRESIDENT OU-TULSA

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THANK YOU TO OUR SPONSOR

Welcome New Members

JOHN G. ABRAHAM, MD, Family Medicine, Harvard Family Physicians, 7912 E 31st Court Ste 100, Tulsa, OK, 74145. Medical Education: Morehouse School of Medicine, Atlanta, GA, 2005-2009. Residency: In His Image, Tulsa, OK, Family Medicine, 2009-2012.


The OU-TU School of Community Medicine, Department of Internal Medicine is seeking faculty physicians for our ambulatory practice in Tulsa. Our outpatient setting provides care coordination for a broad range of patients and was the first in the area to receive NCQA Patient-Centered Medical Home Tier Three recognition. We are recruiting candidates interested in a career in ambulatory Internal Medicine. Responsibilities include clinical care, as well as supervising and teaching residents and medical students. We provide faculty development programs for all faculty members to learn and improve teaching skills.

Applicants must hold an MD or DO degree, be Board Certified in Internal Medicine, and be eligible for Oklahoma licensure.

You can read more about the School of Community Medicine at:
http://www.ou.edu/content/tulsa/community_medicine.html

Interested applicants should send their CV to:
Jennifer-vogt@ouhsc.edu

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