

### The truth about psychiatric disorders

**MYTH** — Psychiatric disorders are not true medical illnesses like heart disease and diabetes.

**FACT** — Mental and addictive disorders are often overlooked when we speak of public health or medical issues. They are medical conditions that disrupt a person's thinking, ability to relate to others, and daily functioning.

Mental and addictive disorders are as treatable or even more successfully treated than common physical illnesses such as heart disease, cancer or diabetes. However, if left untreated, they are among the most disabling and destructive illnesses known.

### Breathe Deep

When you take deep breaths from the abdomen, rather than shallow breaths from your upper chest, you inhale more oxygen. The more oxygen you get, the less



tense, short of breath and anxious you feel. Next time you feel stressed, take a minute to slow down and breathe deeply:

- Sit or stand with good posture.
- Breathe through your nose.
- Inhale, filling first the lower part of your lungs then the middle part, then the upper part. As you inhale, feel your stomach expand with your hand. If your chest expands, focus on breathing with your diaphragm, the primary breathing muscle at the bottom of the ribs.
- Hold your breath for a few seconds.
- Exhale slowly. Relax your abdomen and chest.

Practice these two exercises, in whatever combination feels best for you, for ten minutes, twice a day.

### Blackberry Limeade

Makes 8 servings  
6 cups water, divided  
3 cups fresh blackberries  
1 cup sugar  
¼ cup fresh lime juice (about 4 limes)  
8 thin lime slices  
Fresh blackberries for garnish (optional)

Place 1 cup water and 3 cups blackberries in a blender and process until smooth. Press blackberry puree through a sieve into a large pitcher; discard seeds. Add remaining 5 cups water, sugar, and juice to pitcher; stir until sugar dissolves.

Place one lime slice and a few blackberries, if desired, into eight glasses; pour about one cup (8 ounces) limeade over each serving.

Calories: 125 (2% from fat); Fat: 0.3g; Protein: 0.8g; Carbohydrate: 31.9g; Fiber: 0.7g; Cholesterol: 0mg; Iron: 0.4mg; Sodium: 5mg; Calcium: 22mg

Taken from "Cooking Light," June 2007.

— This week's column provided by Taliaferro Community Mental Health Center

# Terrific tools of telemedicine

## Ever-improving technology increases abilities of doctors to treat at a distance

By **ROBERT FOX**  
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**T**elemedicine ranges from two doctors discussing a case over the phone or by e-mail to using satellite technology to broadcast a consultation between providers at facilities in two countries, using videoconferencing equipment and robotic technology.

The two primary technologies used in telemedicine are store and forward and two-way interactive television (IATV), according to an article on Telemedicine Information Exchange, [telemed.org](http://telemed.org). The first technology involves taking an image, storing it on one computer and sending it to another. The second technology is used when a face-to-face consultation is necessary.

Dr. William Pettit, associate dean of for Rural Health at OSU, said OSU has had telemedicine networks since 2001. The two-way interactive television system allows a physician at a distant location to perform a physical exam on a patient remotely.

Pettit said a licensed health care professional, registered nurse, physician's assistant or physician, are in the exam room with the patient. Equipment linked to the computer allows the examining physician to listen to lung and heart sound; check the patient's heart rate and blood pressure; look in the patient's eyes, ears, nose and throat; examine lesions and deformities; and view real time results of tests, such as EEG, EKG, sonogram and CT scans.

He said the only thing the examining physician can't do is touch the patient. The physician can have the attendant in the room palpitate the patient for him and observe the reaction.

He said Medicare counts a telemedicine consultation as a face-to-face consultation, as long as Medicare recognizes the network.

Pettit said while this system can be used for a routine doctor visit, more often it is used to consult a specialist.

"The beauty is the doctor never leaves his office," he said. The system decreases the time that specialists or patients have to travel, patients don't have to be away from work as long,



COURTESY PHOTO

A specialized bus is part of a telemedicine network operated by Oklahoma State University. The university has had a network since 2001.

BELOW LEFT AND RIGHT: Interior views of the OSU telemedicine network bus.



and prescriptions can be filled and lab work can be done in the patient's home town.

For the minimum equipment for a consultation, it costs upwards of \$25,000. Pettit said to purchase all of the equipment and higher quality components (TV and cameras especially), it can run between \$55,000-\$60,000.

The system can be set up in a doctor's office or even in a nursing home.

"This isn't designed to compete with primary health care physicians — pediatrics, internal medicine, obstetrics and family practice — It's really designed as an adjunct for their care," Pettit said.

## Duncan 'fiesta' actually a health boost to kids

By **STEVE METZER**  
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**DUNCAN** - It looked like just another fun day at the park. The tilt-o-whirl, miniature train and other rides of Kiddieland were up and running. Youngsters were busy on the swing sets. Somebody was serving up hot dogs. There was a climbing wall and a dunk tank, and if that weren't enough, Lt. Gov. Jari Askins was there, along with Duncan Mayor Gene Brown and others who participated in a "dance-a-long" with children and their parents.

But this wasn't just any old day at the park. This was Fiesta at Fuqua Park, an annual event organized by the Stephens County Health Department. The goal - above and beyond giving

local youngsters a good time as summer nears its end and thoughts start turning to the new school year - was to try to ensure that students have all their proper immunizations and are otherwise ready for their first day of classes.

According to Dawn Price, who took charge of planning the fifth annual fiesta on Saturday, kids and their parents who first checked in at a school bus located at the park participated in several activities, including getting immunizations updated and going through free dental and vision screenings. Mixed in, to keep things interesting and enjoyable, were Kiddieland rides, games and other fun stuff. When they were finished, boys and girls reported back to the bus and received free bags of school supplies and treats, such as free passes to see the movie "Cars" at the local Palace Theater.

### 900 participants

The Fiesta at Fuqua has been a very popular event. Price reported that 900 bags of supplies and treats were handed out last year, and the hope and goal was that at least that many would be handed out at this year's event.

Quite a crowd had gathered for the start of the fiesta at 9 a.m., and many remained when it was scheduled to end at noon. Kids who took part said it was a fun way to spend the morning; their parents commented that the free school supplies and the convenience of getting health checks and immunizations updated so easily was welcome and appreciated. According to Price, the Duncan Breakfast Optimist Club helped a great deal with the event, and donations made by local businesses and individuals added a lot to its success.

## HOPE AND HEALING

*Congratulations!*

**Comanche County Memorial Hospital CONGRATULATES Dr. Nadim Nimeh, Dr. Manal Robin, Dr. Jorge Frank and the Staff of the Cancer Centers of Southwest Oklahoma for excellence in cancer research.**

Under the leadership of Medical Director Nadim Nimeh, MD, the physicians and staff of the Cancer Centers of Southwest Oklahoma have been awarded a Certificate of Excellence from the National Cancer Institute's Cancer Trials Support Unit. This award is in recognition of outstanding achievement in leading the enrollment of breast cancer patients to an important study through the breast cancer trial program.

We would like to thank Dr. Nimeh and his staff for their dedication to clinical research. In an effort to improve the lives of people throughout Southwest Oklahoma, they bring research home and help those who are fighting the battle against cancer.

As a leader in cancer research in the state of Oklahoma, Dr. Nimeh and his staff are currently enrolled in over thirty clinical trials to find cures for different types of cancer.

Thank you to Drs. Nimeh, Robin, Frank and staff for being an inspiration and a beacon of hope and healing for the people of Southwest Oklahoma.

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