



## Oklahoma Arthritis Network (OAN)

Thursday, January 6, 2005

### MINUTES

#### Attendees:

Debora Adams, OSDH Arthritis Prevention and Education Program, PACE Leader  
John Belzer, OUHSC, Dept. of Geriatric Medicine  
Robert Burch, OETA Channel 13-TV  
Russ Calhoun, OSU-OKC  
Nancy Chu, RN, OU College of Nursing/OK Minority Taskforce on Aging  
Ellen Griffin, Pontotoc County Health Department, Ada (VC)  
Anetta Harrell, Pharmacist, Pfizer  
Nicholas Hickman, Health Educator, Logan County Health Dept.  
Fran Kiser, PWA, Custer CHD, Clinton (VC)  
Mike Kiser, Developmental Disabilities (DDSD) Area III, Custer CHD, Clinton (VC)  
Lin Kisslinger, PWA, Fibromyalgia Support Group  
Stephanie LaFevers, Arthritis Foundation Eastern OK Chapter- Tulsa (VC)  
Marilyn Lanphier, OSDH Child and Adolescent Health  
Marisa New, OTR, MPH, OSDH Arthritis Prevention and Education Program  
Kathy Payne, OSDH, Health Promotion Director  
Patty Porter, Mercy Health Center, Senior Health Program  
Christian Price, FOX Channel 25-TV  
Steve Ronck, Deputy Commissioner, OSDH Community Health Services  
K. Denise Smith, Lawton Indian Hospital  
Dwain Starks, OSDH Distance Learning Coordinator  
Tony Stizza, KFOR Channel 4-TV  
Kent Swergy, OETA Channel 13-TV  
Dave Thompson, PhD, OU College of Public Health, Dept. of BSE  
Heather Ward, Health Educator, Logan County Health Department  
Betty Weber, Social Worker, Pontotoc County Health Department, Ada (VC)  
Ryan Wyssmann, OUHSC Pharmacy Student

VC = Video conferencing

PWA = Person with arthritis

#### I. WELCOME – Norma Goff, OAN Chair

New OAN Members: Robert Burch, Fran Kiser, Mike Kiser, Christian Price, Tony Stizza, Kent Swergy, and Ryan Wyssmann

#### II. NOVEMBER MINUTES APPROVED with one correction Virginia Holeman Office deleted from list of attendees.

#### III. Oklahoma Arthritis Network Projects/Committee Updates

- a) Advocacy Committee, Marisa New reporting for Betsy Replogle, Co-Chair  
Need people to sign up to help with advocacy. Congress has cut funding for the National Science Foundation and CDC. Most expect them to cut funds for medical research as well. We must watch and speak out on many issues. E-mail isn't always effective because some people don't read their messages every day. A phone tree must be set-up. I'm asking everyone to create a list of people who might be willing to make a phone call. Calls to Congressmen or legislators, governor or President, on issues they care about. Just telling them about the Oklahoma Arthritis Action Plan, it can make a huge difference in future policy. Call Betsy Replogle at (405) 848-3819 for more information and to get involved.
- b) Promotion: Media Summary: "Physical Activity: The Arthritis Pain Reliever" – Marisa New  
**[Media Summary distributed] The following acknowledgements were made to those community/state partners who assisted in many ways to distribute poster, brochures, and printed articles for organizational publications. Those who delivered campaign materials to mass audiences are listed below. Thanks to all who have assisted and continue to assist us**

**in this campaign. Poster and brochures are still available; please call (405) 271-9444, ext. 56520 or [deboraa@health.state.ok.us](mailto:deboraa@health.state.ok.us).**

BOY SCOUT TROOP 20  
DAVID G. ATTAWAY – TROOP COMMITTEE CHAIR

MARCUS HAYES AND VOLUNTEERS

OASIS INFORMATION AND REFERRAL  
MADALYN MCCOLLUM, PROJECT DIRECTOR

OKLAHOMA STATE EMPLOYEE BENEFITS COUNCIL  
NANCY HALLER, EXECUTIVE DIRECTOR  
CHRISTINA DYER  
OK HEALTH LIFESTYLE MANAGEMENT PROGRAM  
STATE WELLNESS PROGRAM

OKLAHOMA HEALTH CARE AUTHORITY  
NIKO GOMEZ, PUBLIC HEALTH INFORMATION OFFICER  
GAIL LIVENGOOD, NURSE CASE MANAGER

MARY MAHONEY MEMORIAL HEALTH CENTER  
DR. DONNA NEAL THOMAS, CEO  
DEBBIE HALLER

OKLAHOMA CITY PARKS AND RECREATION CENTER  
KRISTY POTTER, PUBLIC RELATIONS DIRECTOR

SALVATION ARMY  
BRENDA BURTON, DIRECTOR IN-HOME SERVICES

OKLAHOMA COUNTY LIBRARIES  
DANA MORROW, DIRECTOR OF OUTREACH

OU FAMILY PHYSICIANS  
ROBERT SALINAS, MD

HEALTHCHOICE  
HILLARY JOHNSTON, PUBLIC INFORMATION OFFICER

**IV. Community Education: PACE/ASHC Leader Training Workshops - Stephanie LaFevers**  
Funded through the cooperative grant from the CDC/OSDH

**a) PACE (People with Arthritis Can Exercise) Leader Training Workshop**

Thursday, Jan. 27, 2005  
Arthritis Foundation, Oklahoma City  
Must pre-register! Call (800) 627-5486.

PACE is the land exercise program and is a one-day training.

**b) ASHC (Arthritis Self Help Course) Leader Training Workshop**

Feb 2-4, 2005 (Wed-Fri), 2 ½ day Training  
Saint Francis Health Zone, Tulsa  
Must pre-register! Call (800) 400-4526, Arthritis Foundation, Eastern OK Chapter.

So far have received inquires for application packets from Miami, Claremore, Tulsa, Muskogee, Stillwaer, Logan/Lincoln counties.

April 20-22, Wilburton, OK (depending on demand, Enid may be an alternative site)  
Must pre-register! Call either (800) 627-5486 or (800) 400-4526 for application packets.

- c) Arthritis Self Help Course for the community  
Stephanie reporting for Shona Lennon, AF OK Chapter.

Monday, Jan. 17, 2005  
Midwest City Regional Hospital

Arthritis Self Help Course is over half full. A few extra spaces are available; please call Shona Lennon (405) 936-3366 or (800) 627-5486 to pre-register or on-line registration, [www.arthritis.org](http://www.arthritis.org)

**V. PRESENTATION- Mark A. Stratton, PharmD, OU College of Pharmacy  
“The Latest Drug Therapy Dilemmas in Arthritis and Other Rheumatic Disease”**

**Highlights:**

- **VIOXX, Celebrex, and Bextra are non-steroidal anti-inflammatory drugs (NSAIDS). All were placed on the market more so for their ability to decrease the risk of GI bleeding rather than their analgesic effect.**
- **VIOXX and these other drugs target a particular enzyme in the pain pathway. Studies indicated that VIOXX was the most selective (statistically significant) in decreasing the risk of GI bleeding, more so than the other COX II inhibitors.**
- **Preliminary information suggest that even though these COX II inhibitors decrease the risk of GI bleeding, they open the back door in causing a prothrombotic state resulting in the increase risk of heart attack and stroke.**
- **Naprosyn/Naproxen are now being reviewed. A recent study showed an increase frequency of cardiovascular event with those patients taking Naprosyn. Naprosyn is a traditional NSAID. There is also evidence indicating traditional NSAIDs are cardio protective. Is it a statistical anomaly? Was it bad patient selection? Was it dose-related effect or was it duration related effect? Must be further studied.**

**The dilemma: Patients are concerned about managing their arthritis by these particular agents, what kind of alternatives do we have available for them?**

- **Pre- COX II inhibitors (Celebrex, VIOXX, and Bextra), the NSAIDS are still available and equally effective as analgesics. These are Motrin and the other 18 or so NSAID agents available. Tylenol is not a NSAID but is an equally effective analgesic.**
- **The American College of Rheumatology and the American Geriatric Society do suggest acetaminophen (Tylenol) for mild to moderate arthritis pain and is the drug of choice for the geriatric patient population.**
- **Pain is an incredibly subjective complaint that we just can't measure like we can blood pressure. It's a trial and error thing.**
- **Patients have unrealistic expectations about what they are supposed to achieve from pain therapy. Complete pain relief may not be a realistic goal. A reduction in pain should be the expectation. If you have chronic pathologic pain, the mechanism by which these drugs work may require you to take it for an extended time before you can determine if the drug will work for you or not.**

Problem: Some patients go home take one pill and when it doesn't work. They call their doctor and the doctor calls the pharmacy with another prescription. This is what I call the pharmacological merry-go-round. We must get off the merry-go-round. Taking one may not do a lot of good. You may need to get on a fixed schedule.

**Questions asked:**

***What about other pharmacological approaches?***

Non-systemic, analgesics such as capsaicin cream (Zostrix\*) benefit some people.

***What about glucosamine, chondroitin, MSM?***

These are herbal or alternative products and are governed by the FDA in terms of the quality of the product itself. It's kind of the buyer beware. The NIH is completing a five-year study specifically looking at glucosamine and chondroitin. The good news, they are probably pretty harmless which is the most important thing from my perspective...they do no harm. If people feel that it helps them and willing to pay the money, however, I recommend they buy it from a reputable source or the same source all the time.

***What about the importance of non-pharmacological (non-drug) modalities?***

It can't be emphasized enough the importance of non-drug modalities for the management of arthritis pain. Education and exercise are very important forms of non-drug intervention. When people are educated knowing the real numbers and the real risk then the fear factor is reduced.

We must educate our patients so they have a healthy understanding of the role of drugs in the treatment of disease so they will not be apt to force issues based on what is new? The power of suggestion is great. However, what is new isn't what is always better.

- Much of pain mgmt is placebo (55% of the effectiveness of pain therapy is placebo) so power of suggestion is extremely powerful.

**VI. Oklahoma Lupus Association – Not present to report.**

**VII. Arthritis Foundation – Stephanie LaFevers**

February 27-March 1 Arthritis Foundation Advocacy Summit

**The Arthritis Foundation is collecting personal stories that will be delivered to senators and representatives offices in Washington DC during the Summit.**

The upcoming Advocacy Summit February 27-March 1, 2005, will be one of the best opportunities for persons with arthritis to share their personal stories of how arthritis affects their daily life with Members of Congress and their staff. People who can't attend are also being asked for their stories. Please write a short personal story about how arthritis affects them - a first-person account of someone who lives with arthritis, or a parent who has a child with arthritis. If possible, please include a picture. The more letters -- the larger the effect. Please send the personal stories and photos to the Arthritis Foundation in Tulsa or Oklahoma City by January 28.

Arthritis Foundation Eastern Oklahoma Chapter  
4520 S. Harvard #100  
Tulsa OK 74135

Arthritis Foundation, Oklahoma Chapter  
3232 W Britton Rd Ste 200  
Oklahoma City, OK

January 29 - Camp Diversity Education Day

Junior level girl scouts will be exposed to different topics to include joint health and sensitivity training. 180 girls to participate. Tulsa Community College and NE AHEC are just a few collaborative partners. Volunteers from the OAN are being asked to assist. Call the AF Eastern Oklahoma Chapter for more information.

**VIII. OSDH Arthritis Prevention and Education Program - Marisa New**

**OAN ADVISORY COUNCIL AND STEERING COMMITTEE UPDATE**

The OAN Advisory Council was formed in October 2004. Thanks to the following members who have consented to a three year term.

April Borg, MN, RN	Saint Francis Hospital
Paula Root, MD, MPH, MBA	Blue Cross/Blue Shield
Darrell Gilbert	Oklahoma State Legislature
Mike Seney	Oklahoma State Chamber of Commerce
Sandi Sanders, COO	Chickasaw Nation
<b>Ed Brandt, MD, MPH</b>	<b>OUHSC, Dept. of Health Administration and Policy</b>

**This Advisory Council will meet annually.**

**The OAN Steering Committee has provided organizational and individual commitments in the form of specified objectives and strategies that have been added to the overall action plan. They will take the lead in meeting these objectives by organizing collaborative activities if appropriate.**

Norma Goff, RN, MS	Director, Aging Services Division
Betsy Repogle, MA, CPA	Member, NIAMS
Paulette Shafer	Senior Outreach Liason, OCAST
Anetta Harrell, PharmD	Clinical Education Specialist, Pfizer Corporation
Birdie Johnson, RN	CEO, Central Oklahoma Integrated Network Systems (COINS)
Stephanie LaFever	Vice President, Arthritis Foundation, Eastern Oklahoma Chapter
Shona Lennon	Program Director, Arthritis Foundation, Oklahoma Chapter
Mandy McNeely	Person with Arthritis
Marisa New, OTR, MPH	Coordinator, OSDH Arthritis Prevention and Education Program
Todd Owens, RPT	Physical Therapist, OU Medical Center
Karen Ross, MD	Geriatrician, OUHSC, College of Medicine, Dept. of Geriatric Medicine
Jo Singleton, RN	Nurse, Caddo County Health Department
Dave Thompson, PhD, MPH, PT	Professor, OUHSC, College of Public Health, Dept. of BSE
Carla Wilhite, OTR	Specialist, Occupational Therapist, AgrAbility Project, Oklahoma ABLE Tech

#### **IX. Announcements**

March 23-25, 20th Annual - 2005 Conference will be in Tulsa at the Hilton Tulsa Southern Hills, 7902 Lewis Avenue, Tulsa, OK 74136. For reservations call (918) 492-5000.  
To register for the conference go to: [www.oktfma.org](http://www.oktfma.org)

The cost is \$60 for the three days, which includes meals. The first day they will have a forum, and a box lunch will be provided. They will provide different workshops.

Information and concerns will be forwarded to the 2005 White House Conference on Aging October 23-26 in Washington, D.C. The last time there was in Washington was 1994.

#### **Feb. 24-27 - The National Association of Gerontology**

**Will be convening in Oklahoma City at the Cox Center. Universities across the country will be attending. It is the educational branch of the Gerontological Society. For more information, visit [www.aghe.org](http://www.aghe.org)**

**This will be the first time Oklahoma has hosted this national conference.**

**September 7-9 7<sup>th</sup> Annual Indian Elders Conference**  
**Clarion, Meridian Conference Center**  
**Oklahoma City, OK**  
**Call Denise Smith for more information,  [\(580\) 353-0350 ext. 348](tel:(580)353-0350)**

**X. Next Meeting will be Thursday, April 7, 2005 at 2:00 p.m. in Room 314**

["The Painful Truth" Data Report, and 2005 OAN CALENDAR OF EVENTS distributed.]