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Progress on track

Kramer School of Nursing produces quality nurses



photo by James Coburn

Lois Salmeron, Dean and Professor of the Kramer School of Nursing is pleased with the educational outcomes the school delivers.

by James Coburn,
Staff Writer

Outstanding educational opportunities have forged ahead during Dean and Professor Lois

Salmeron's three years of leadership at Kramer School of Nursing, Oklahoma City University. She was hired as the assistant dean in 2005 and soon became associate dean until the retirement of Dr. Marvel Williamson.

"I think the progress we've seen is that we've launched programs that we had planned," Salmeron said.

Kramer already had a baccalaureate program going as well as the RN to

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OKLAHOMA'S NURSING TIMES

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Graceful healing

Nursing staff and therapists compliment patient centered care



Terri Downey, lead therapist at Grace Living Center Bethany, along with Jeremy Killman, RN, assist patients in achieving their personal best.

by James Coburn, Staff Writer


As the lead therapist, Terri Downey, says she is very grateful for the nurses she works with in the Bridges Program at Grace Living Center Bethany.

"We appreciate our nurses so much, the whole nursing staff including the aides," Downey said. "We are fortunate in the therapy department to get to spend a lot of time with our patients," Downey said.

Communication with the nursing staff is paramount when spending time with patients, sometimes for three hours a day in the gym. If they're showing signs of decline or if they are doing great, communication between the nurses and therapists is vital.

The Bridges Program is the skilled nursing program at Grace. And Grace Living Center Bethany is one of three Grace Living Centers in the metro offering the program. What sets the Bridges Program apart from some other Grace Living Centers is a separate dining area is provided for patients coming in. There is a separate entrance for the families to enter through

See BRIDGE Page 3



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KRAMER

Continued from Page 1

BSN and master's degree programs. The master's degree was reworked to make it focus more on leadership opportunities in the arena of health care. The family nurse practitioner track (DNP) will be graduating its fourth class in May.

"That is going very well," Salmeron said. "Of the three graduating classes to date, we've only had one student who didn't pass the certification exam on the first try. That student has passed it now, so everybody has their credential."

Kramer has also pursued and has approval from its national accrediting agency to launch the adult gerontological acute care nurse practitioner track (a BSN to DNP program). The students in these programs do not exit with a master's degree, but as a DNP.

"This is what national organizations want and where health care is going," Salmeron continued.

Kramer is in the process of admitting its first cohort of those students in the fall. Dr. Gina Crawford is leading the process. Kramer has also been approached by some health care agencies about the need to have a clinical nurse leader track.

"So we have that curriculum approved now by the national organizations to launch that in the fall," Salmeron said. "So we are in the process of interviewing and admitting students into that track."

She said Kramer's Ph.D. program is going well with enrollment. International students are attracted to the program to effect productive health care improvements at home.

Another significant project began two years ago. Dr. Cindy Rauh, a Kramer School of Nursing graduate and the chief nursing officer at Duncan Regional Hospital, approached Salmeron about bringing its generic baccalaureate program to Duncan. Approval by necessary entities was granted, and a cohort with 15 students commenced studies last August at the Duncan Regional Hospital Education Center.

"We deliver that curriculum live through Synchronoss Polycom Technology," Salmeron said.

Last summer, the classrooms on the third floor were installed with all of the equipment to deliver it live to their classroom. Salmeron has hired faculty in Duncan to facilitate

the classroom and work with the Kramer faculty at OCU.

The second level of the cohort will begin in August of next year. A second classroom site is being equipped with polycom equipment.

"We need more than one room. So we have gone through the budget process and are going to equip another classroom downstairs," she said. "That will be done probably the second week of May."

Kramer is revamping the classroom technology upstairs to meet the standard of quality that Kramer expects.

"You only learn that by doing it and realizing the challenges that go along with it if you've never done this before. We found out quickly that we really needed to enhance that equipment up there," Salmeron said. "It will be done this summer, so we will have two efficient classrooms to deliver this curriculum."

Dr. Rauh wants to improve the percentage of baccalaureate nurses that she has in her hospital. Salmeron said the educational facility in Duncan is beautiful. It was built for the purpose of having nursing programs on that campus to educate nurses.

"When we were working on this her percentage of baccalaureate prepared staff nurses she had at that time was 44 percent and she wants to meet 80 percent by 2020."

Rauh has been the chief nurse at Duncan Regional Hospital for nearly 24 years. As a Kramer DNP graduate, Rauh has remained loyal to OCU.

"She likes the way we deliver our curriculum," Salmeron said.

The faculty for the RN to BSN program in Duncan travel to the site. The RN to BSN program at Kramer School of Nursing is one of the most innovative programs that exists for diploma nurses, Salmeron said. It is a nine-month 30-credit hour program giving credit for RN license and credit for certifications.

"It's an adult learning environment way of being able to achieve your BSN," Salmeron said. "And most students have to go through a lot of other general education and it takes at least two years. That's not the way our program works."



BRIDGE

Continued from Page 1

the long-term care center.

"It's really a separate whole unit for the patients we have here," she said. "There's different social activities. They have a court yard and more amenities than a regular skilled unit in a nursing home."

Jeremy Killman, RN, has been working in the Bridges Program for just over a year.

One of the good things about being a nurse is the wide variety of fields available, said Killman, who earned his Bachelor of Science degree at the University of Central Oklahoma in Edmond.

"To be able to pick this type of environment was a little bit different because it's dealing with a mixed population of people," he said.

A variety of patient needs are met from strokes to post-operative care. Some of the patients are in their 40s and others are in their 90s.

"I sort of went into a specialty area right out of school which was cardiac. And it was fast paced, but getting the experience of getting to work with a broader range of people will just make me a better nurse down the line," Killman explained. "I'll be

able to have a broader population of people to work with."

The nurses at Grace need to have a lot of individual knowledge but the nursing staff takes a team oriented approach to patient care. The staff might have anywhere from nine to 20 patients at a time in the Bridges Program.

"I can't ever take the attitude that I'm doing this all by myself," he noted. "I rely on the nurse aides. I rely on the nurse that's working with me. We bounce ideas off each other."

The nurses prepare the patients for breakfast fairly early, he said. So being able to talk with the therapists about the wellness of a patient is an important observation to share, he said.

"As a nurse, what can I do that therapy is already working with so that we're on the same page?" Killman will ask the therapists. The two fields have different yet complimentary training.

"To me it's being able to have added knowledge. What can I do to see what would help me in my practice?" Killman said.

His approach is not to tell a patient to get up and out of bed when a therapist is telling someone to take it slow.

For Killman, the residents are the best part of the Bridges Program. Many of the patients come from a hospital to become stronger. He admires their resiliency.

"For a lot of older patients that you would think, 'I don't know how much they have left to go on.' They amaze you with what they'll try to do."

Killman tries to make each patient feel at home to achieve that mental balance needed to get better.

"I enjoy the science aspect of it. I enjoy the people aspect of nursing," Killman said. "But it came really from a place knowing there's a whole lot of people out there needing really good care and somebody who is compassionate while they're doing it."

ANNUAL WHEELCHAIR BASKETBALL TOURNAMENT SCHEDULED

OU Medicine will host the 9th Annual Wheelchair Basketball Tournament, benefitting the Oklahoma Adaptive Sports Association (OKASA -- formerly the Greater Oklahoma Disabled Sports Association), Thursday, April 27, at Oklahoma City University (OCU). Teams from OU Medicine administration, pediatrics, neurosurgery, orthopedic surgery, otolaryngology, pediatric surgery, OU Medical Center operating room and urology, and a team from 180 Medical will compete in 10-minute exhibition basketball games against young wheelchair athletes from OKASA. Additionally, an exhibition game between the 2A State Championship Christian Heritage Academy girl's basketball team will play a round against the OKASA team. All participants in these games will compete in wheelchairs.

The event will be held from 5:30 to 9 p.m., at OCU's Freede Wellness Center, 2501 N. Blackwelder Ave. The first of the 10-minute contests will begin at 5:45 p.m. There is no cost to watch the activities.

Fundraising activities including a silent auction, baked goods sale and more will be held. Funds raised from the event will help OKASA athletes purchase sports equipment and travel for national basketball tournaments.

For more information or for accommodations on the basis of disability, call (405) 271-6900.

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Triston was a country boy who enjoyed hunting, fishing and the great outdoors. He was a great student and football player and enjoyed cooking dinner for family and friends. Triston was compassionate, dependable and cared about acts of kindness, so it was no surprise to his family that he would become an organ and save three lives.

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Fundraiser Helps Metro Tech Students Succeed

The Metro Tech Foundation's 8th Annual "Sowing the Seeds of Success" Banquet recognizes student achievement through scholarships awarded to students completing their career training at Metro Technology Centers. The event is scheduled for Wednesday April 26th, 11:30 a.m. - 1 p.m. at the Oklahoma City Golf & Country Club, Nichols Hills, Oklahoma. Express Employment Professionals is the presenting, platinum sponsor of the event this year. Express will have the opportunity to designate a Metro Tech Foundation Scholarship, along with a speaking opportunity at the event. Jennifer Anderson, VP Marketing & Communications said "Express Employment Professionals' sponsorship of the Metro Tech Foundation supports our already mutually beneficial relationship. Metro Tech trains people and we put them to work. Express values our partnership with Oklahoma Career Tech educators and facilities and looks forward to putting Oklahomans to work. This is just one more way we can help support Oklahomans on their path to achieve a higher level of success."

Debra Ponder-Nelson, executive director for the foundation said "We so graciously thank Express Employment Professionals for partnering with us and serving as our platinum sponsor this year, as well as all our community partners who sponsor and attend our event. The Annual Banquet serves as a fundraiser to assist students with emergency needs and help them remain focused and on track to complete their

career training program by providing financial support when problems and obstacles get in the way. The Banquet also rewards students for academic achievement with scholarships, and is a special time to "thank" our sponsors for their giving, which allows the Foundation to continue its mission in serving students. It is through gifts, donations and volunteer work that the Metro Tech Foundation is able to help over 300 students annually."

Metro Technology Centers is a career and technology center with four campuses serving businesses, adults and high school students. Metro Technology Centers locations include the Springlake Campus, South Bryant Campus, Aviation Career Campus and the Downtown Business Campus.

We look forward to celebrating our students with you! Event and table sponsorships are still available for purchase, as are individual seats to attend. For more information about sponsorships or purchasing seats to attend, visit www.metrotech.edu/foundation; email foundation@metrotech.edu or call 405.595.4415



Right: Carlos Diaz and Kanesha Tate were two of many winners at the 2016m Banquet.

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Hats off to ISMC Hospitalists

by Sheila Kennedy-Stewart, MSN, RN, CMSRN & Melodie Hopkins, BSN, RN

The hospitalist movement has arrived and it has transformed the care of hospitalized patients and the collaboration among healthcare professionals. For Integris Southwest Medical Center (ISMC) nurses and members of the Clinical Practice Council (CPC), having a close, professional relationship with our hospitalists is a must to improve the value of inpatient care. In the fifteen years since the hospitalist movement and quality movement began, our nurses have supported the initiative for 24/7 hospitalists in the hospital for a safer health care system. The engagement of collaboration is mutual between our nurses and hospitalists. Melodie Hopkins, Intermediate Care Team Lead for Integris Southwest Medical Center, "The Hospitalist Group have respect for the nurses' judgement and recommendations in patient care. We feel we now have a voice that is

being heard." ISMC's Clinical Practice Council is instrumental in supporting nurses by introducing LEAN projects to curtail hospital costs, supporting evidence-based practice for maintaining the highest standard of patient care and raising funds for the celebration of the annual 'Nurses Week'. This time of year, the CPC would normally be organizing a fund raiser for the special week's celebration. But ISMC is about to transition to EPIC computer system and all the nurses are busy with extra educational classes. When the hospitalists became aware that this year's nursing week might not be well celebrated due to lack of funds, they jumped into action.

Our hospitalists organized and are sponsoring the "Brushes and Bubbly." This event will be a painting fundraiser. The event is to be held

Continued on next page

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May 25th, 2017 at Nosh Restaurant in Moore. Tickets for the event are \$ 35.00 and all proceeds will go to the Clinical Practice Council. The Nurses of ISMC are grateful for the comradery of our wonderful hospitalists and

we salute you: Mobolagi Olulade, M.D., Carolyn Pimsler, D.O., Jeanette Kelley, D.O., Nicole Dodson, D.O., Adrian Scaunasu, M.D., Abie John, M.D., Emenike Uba, M.D., Shiedeh Khodadadian, D.O., Ryan Morgan, D.O.,

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Blood test identifies individuals at high risk of developing lupus

New research from the Oklahoma Medical Research Foundation will help physicians better identify blood relatives of lupus patients at risk for developing the disease.

Lupus is caused by the immune system becoming unbalanced, leading to the development of autoantibodies and chronic inflammation that can damage the body's tissues and organs. The disease predominantly strikes women and healthy relatives of lupus patients have an increased risk of developing the autoimmune disease compared to the general population.

In their recently published paper, OMRF scientists Judith James, M.D., Ph.D., and Melissa Munroe, M.D., Ph.D., evaluated previously unaffected relatives of lupus patients. Of the 409 lupus relatives who agreed to participate in the follow-up

study, on average 6.5 years from their last evaluation for lupus, they found that 11 percent—45 people—had since developed lupus.

"We have been very curious about why some family members go on to become lupus patients themselves while others stay healthy," said James. "We know that family members have some shared genetic risk, but we want to identify who is the most at-risk."

James and Munroe found that higher levels of specific inflammatory proteins in the blood predicted which subjects would develop the disease. On the other hand, family members who did not develop lupus had higher-functioning regulatory mechanisms in place that may have been protective.

"Although many relatives transitioned into lupus patients, we



Oklahoma Medical Research Foundation scientist Melissa Munroe, M.D., Ph.D.

had far more, 89 percent, who stayed healthy," said Munroe. "This research focused on trying to find blood markers that identify people, even seven years beforehand, who are going to become lupus patients."

Based on the results of this study, which were published in the scientific journal *Arthritis & Rheumatology*, James and Munroe recommend that physicians test the relatives of lupus patients for the specific inflammatory proteins in their blood. For those who display higher levels of the proteins, they suggest referring them to a rheumatologist for a consultation and possible enrollment in clinical trials focused on preventing disease onset.

James and Munroe will be partnering with other lupus researchers to launch one such prevention trial at OMRF. Known as SMILE, the clinical trial will seek to identify individuals found to be at high-risk for lupus and treat them with an anti-inflammatory medication. The goal of the upcoming prevention trial is to delay the onset of lupus, lessen the symptoms of the disease, or potentially prevent it altogether.

"This kind of work is really expansive and new," said James. "It gives us hope that we can better identify early markers for the development of lupus, but maybe even more importantly, that we can learn from the immune systems of family members who don't get sick. This might tell us how we could

retrain the immune system to keep people healthy."

A native of Pond Creek, Okla., James earned her M.D. and Ph.D. degrees from the University of Oklahoma Health Sciences Center and joined OMRF's scientific staff in 1994. A pioneer in the field of autoimmune disease prediction and holder of the Lou C. Kerr Chair in Biomedical Research at OMRF, her work has advanced scientists' understanding of lupus and helped physicians delay disease onset in patients displaying early symptoms of lupus.

Munroe joined OMRF in 2010 from the University of Iowa. Her research focuses on developing and testing novel strategies for monitoring autoimmune diseases with the goal of mitigating or preventing further organ damage caused by these diseases.

Other OMRF staff members who contributed to this project were Joel Guthridge, Ph.D., Virginia Roberts, Tiny Powe, Tim Gross, Wade DeJager, Rebecca Bourn, Ph.D., and Angela Andersen, Ph.D.

The study was supported by the National Institute of Allergy, Immunology and Infectious Diseases (grant numbers U01AI101934, R01AI024717, U19AI082714), the National Institute of General Medical Sciences (grants U54GM104938, P30GM103510), and the National Institute of Arthritis, Musculoskeletal and Skin Diseases (grants P30AR053483, RC1AR058554, and U34AR067392). All of these are parts of the National Institutes of Health.

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Autumn Light Hospice: 580-252-1266

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Pat McGowen, Vol. Coordinator, 405-947-7705, ext.
134; Tulsa - Samantha Estes, Vol. Coordinator,
918-425-4000

Centennial Hospice: Becky Johnson,
Bereavement Coordinator 405-562-1211

Choice Home Health & Hospice:
405-879-3470

Comforting Hands Hospice: Bartlesville:
918-331-0003

Companion Hospice:
Steve Hickey, Vol. Coordinator, Guthrie:
405-282-3980; Edmond: 405-341-9751

Compassionate Care Hospice: Amy Legare,
Bereavement/Vol. Coordinator, 405-948-4357

Cornerstone Hospice: Vicky Herrington, Vol.
Coordinator, 918-641-5192

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Coordinator, 405-789-2913

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Parkway Suite 400 OKC OK 73108 405-943-0903

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of Spec. Projects - Tulsa 918-744-7223

Harbor Light Hospice: Randy Pratt, Vol.
Coordinator, 1009 N Meridian, Oklahoma City, OK
73107 405-949-1200

Horizon Hospice: LaDonna Rhodes, Vol.
Coordinator, 918-473-0505

Heartland Hospice: Shawnee: Vol. Coord. Karen
Cleveland, 405-214-6442; OKC: Vol. Coord. Tricia
Woodward, 405-579-8565

Heavenly Hospice: Julie Myers, Coordinator
405-701-2536

Hope Hospice: Bartlesville: 918-333-7700,
Claremore: 918-343-0777 Owasso: 918-272-3060

Hospice by Loving Care: Connie McDivitt,
Vol. Coordinator, 405-872-1515

Hospice of Green Country: Tulsa:
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918-224-7403

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Coordinator, 405-848-8884

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Humanity Hospice:
Kay Cole, Vol. Coordinator 405-418-2530

InFinity Care of Tulsa: Spencer Brazeal, Vol.
Director, 918-392-0800

Indian Territory Home Health & Hospice:
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Interim Healthcare Hospice: 405-848-3555

Image HealthCare : 6116 S. Memorial Tulsa,
Ok. 74133 (918) 622-4799

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RN, Executive Director. 405-842-0171

LifeSpring In-Home Care Network: Terry
Boston, Volunteer and Bereavement Coordinator
405-801-3768

LifeLine Hospice: April Moon, RN Clinical
Coordinator 405-222-2051

Mercy Hospice: Sandy Schuler, Vol.
Coordinator, 405-486-8600

Mission Hospice L.L.C.: 2525 NW Expressway,
Ste. 312 OKC, OK 73112 405-848-3779

Oklahoma Hospice Care: 405-418-2659
Jennifer Forrester, Community Relations Director

One Health Home Health in Tulsa:
918-412-7200

Palliative Hospice: Janet Lowder, Seminole, &
Sabrina Johnson, Durant, 800-648-1655

Physician's Choice Hospice: Tim Clausing,
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Professional Home Hospice: Sallisaw:
877-418-1815; Muskogee: 866-683-9400; Poteau:
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PromiseCare Hospice: Angela Shelton, LPN -
Hospice Coordinator, Lawton: (580) 248-1405

Quality Life Hospice: 405 486-1357

RoseRock Healthcare: Audrey McCraw,
Admin. 918-236-4866

Ross Health Care: Glenn LeBlanc, Norman,
Chickasha; April Burrows, Enid; Vol. Coordinators,
580-213-3333

Russell Murray Hospice: Tambi Urias,
Vol. Coordinator, 405-262-3088; Kingfisher
405-375-5015; Weatherford-580-774-2661

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918-774-1171

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CTCA at Southwestern Regional Medical Center First in State to be Awarded Certification



Cancer Treatment Centers of America® (CTCA) at Southwestern Regional Medical Center in Tulsa, Oklahoma announced that it has earned The Joint Commission's Gold Seal of Approval® for Lung Cancer Certification. The Gold Seal of Approval® is a symbol of quality that reflects an organization's commitment to providing safe and effective patient care. CTCA® in Tulsa is the first hospital in Oklahoma to receive this designation.

The Joint Commission's Disease-Specific Care Certification evaluates clinical programs across the continuum of care and addresses three core areas:

- Compliance with consensus-based national standards;
- Effective use of evidence-based clinical practice guidelines to manage and optimize care; and
- An organized approach to performance measurement and improvement activities.

CTCA in Tulsa has undergone a rigorous on-site review in January 2017. Joint Commission experts evaluated compliance with national disease-specific care standards as well as with lung cancer-specific requirements. Clinical practice guidelines and performance measures also were assessed.

"CTCA in Tulsa has thoroughly demonstrated a high level of care for patients with lung cancer," said Patrick Phelan, executive director, Hospital Business Development, The Joint Commission. "We commend CTCA for becoming a leader in lung cancer care, potentially providing a higher

standard of service for lung cancer patients in its community."

"We are pleased to receive Lung Cancer Certification from The Joint Commission, the premier health care quality improvement and accrediting body in the nation," added Daniel Nader, DO, FCCP, Chief of the Pulmonary Services at CTCA and Lung Program Director. "This certification provides a third-party validation of our high-quality, consistent approach to patient care, treatment and services provided at our hospital."

CTCA in Tulsa First Hospital in Oklahoma to be Awarded Lung Cancer Certification from the Joint Commission continued

Dr. Nader served as the CTCA sponsor of the Lung Cancer Certification. Other physicians instrumental in the certification process included:

- Kendal Hervert, DO, Pulmonologist
- Peter Baik, DO, FACOS, Thoracic Surgeon
- Theodore Pollock, DO, FACOI, Director of Medical Oncology & Vice Chief of Staff
- Douglas Kelly, MD, Radiation Oncologist

CTCA in Tulsa adheres to the National Comprehensive Cancer Network clinical practice guidelines and currently has five active interventional pulmonary trials, as well as three chemotherapy trials and three lung cancer device studies and registry.

For more information about CTCA, visit cancercenter.com/tulsalung

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit www.ok.gov/health

Gala Raises \$845,000 for Children's at Baptist Medical Center

The INTEGRIS Foundation raised a record-breaking \$845,000 at the 2017 INTEGRIS Gala benefiting the newly renamed INTEGRIS Children's at Baptist Medical Center on Friday, April 7, at the National Cowboy & Western Heritage Museum. More than 700 guests attended the 19th annual event.

The funding will launch the first ever Child Life Specialist program at INTEGRIS, designed to help pediatric and neonatal patients and their families understand their diagnoses and navigate through the emotional, psychological and financial challenges of being in the hospital.

Following the harrowing story of Olivia Koch, the smallest surviving baby to ever leave INTEGRIS Baptist Medical Center, the gala audience raised \$255,000 toward the purchase of a state-of-the-art digital X-ray machine to be permanently placed inside the neonatal intensive care unit. This specialized device saves valuable time when seconds matter and emits 80 percent less radiation than typical machines; an extraordinary benefit for many NICU babies who require hundreds of X-rays during their hospitalization.

The Philanthropist of the Year was also announced at the event. The award celebrates transformational and visionary philanthropy within INTEGRIS. This year Steve and Barbara Young took home the honor. The Young's personal legacy of giving continues the longstanding corporate commitment from the company that Steve's maternal grandfather founded in 1909, OESCO, whose philanthropic partnership with INTEGRIS Baptist Medical Center began in 1955.

The chairs of the 2017 gala were Drs. Julie Watson, Johnny Griggs and Bronwyn Woods. Griggs received the Founding Father award for his role in creating the Pediatric Intensive Care Unit at Baptist Medical Center in 1991.



**Vicki L Mayfield, M.Ed., R.N.,
LMFT Marriage and Family
Therapy Oklahoma City**

*If you would like to send a
question to Vicki, email us at
news@okcnursingtimes.com*

Q. I am a health care provider and I am very concerned with all the pharmaceutical drugs being advertised on TV. I worry that people will believe everything they see and hear in the commercial and dump more money into this industry that is failing us in so many ways. These are some of my concerns. ---- Rhonda

A. I don't know how many readers have paid close attention to these frequently run drug commercials. It is crazy to think that drugs are being advertised on TV....really?

It is highly unlikely that any of these drugs will make you sing, dance or ace a game of volleyball but you would never know it if you fell for the message in the commercial. Notice how the speaker enunciates very clearly until he gets to the side affects of the drug. Then suddenly he has a manic episode, his speech is pressured and barely audible. The last thing you think you heard is something about coma and possible death. But with those butterflies and beautiful surroundings who focuses on being in a coma.

So ok, you think one of these drugs might help you. You talk to your doctor, who also thinks this drug might help your symptoms and he writes a prescription. Now the scary part. You pull into the pharmacy parking lot with your prescription in hand. The pharmacy tech takes over while you wait. Your name is called and you are told you owe \$475.00 after insurance has paid their part. Now you have symptoms related to finding out the pharmaceutical industry is raping you.

So what has happened? You watch a commercial for a new drug with people who are smiling big, some are singing, dancing, growing beautiful flowers and don't forget the butterflies and maybe the ocean. These are happy people taking their new drug. Who wouldn't want to smile big and grow beautiful flowers.

So now your hooked. Your doctor writes the prescription. The pharmacist tells you the price. You announce he can keep the drug because there is no way you can pay for it unless you stop eating.

Or another issue.....Maybe your doctor gives you samples of the new drug and you find it does help your symptoms. But when you are told it will cost \$475 after your samples are gone, what is the point.

I was personally given a prescription for a skin cream, with a coupon because the doctor told me it might be expensive. When I went to pick up the prescription the pharmacy tech had a strange look on his face when he told me the small tube of cream was \$1042 after the coupon!!

Be cautious. Pay attention to the side affects listed for these drugs. If you can make behavioral or life changes, try that first. Your health and your money are at risk.

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