Cancer is a word no one ever wants to hear from his or her doctor. Fortunately, there are many physicians at TTUHSC working in clinics and laboratories to combat this deadly disease.

Subhasis Misra M.D., has been at TTUHSC for about a year, and has made a huge impact in research, the Department of Surgery and students’ lives.

Misra began studying in India and earned his Master of Science degree at Rush University in Chicago. Since then, his achievements and honors have highlighted an expansive medical knowledge and a willingness to help students.

“The students help a lot,” Misra said. “I get to work with them closely but the hard work is theirs. I just help facilitate and give them the ideas. We truly have an amazing group of students in Amarillo.”

He is also grateful for the support he gets from the department and clinical research unit to carry out these projects. Collaboration is key and he said he hopes to partner with basic scientists moving forward.

Misra said researchers in the Department of Surgery Division of Surgical Oncology investigate outcomes, quality and epidemiology of many areas of cancer including geriatric oncology, breast cancer, skin cancer and gastrointestinal cancer.

Outcomes research involves looking at clinical results and putting them to use in direct patient care. Some of the outcomes research conducted by TTUHSC focuses on melanoma in Potter County, a county with one of the highest melanoma death rates in Texas. Research on diagnostic method investigates how biopsies affect surgery and subsequent patient outcomes.

Cancer management is also a huge research segment in the surgical oncology division. Quality research is qualitative research on how TTUHSC and partnering hospitals measure up to national cancer care standards. Lastly, epidemiological research looks at the top cancers in the Panhandle. The expansive research looks at the top cancers in the Panhandle over the last 10 years, and the effect of various medical conditions on cancer survival rates.

One new research segment in the Department of Surgery will focus on caring for elderly cancer patients. The interprofessional Geriatrics Oncology Center for Excellence will allow elderly patients get the care they need in one location. In addition, studies will be done to help health care professionals better understand geriatric cancer.
SOP Happenings

Medication Cleanout

The Spring 2014 Medication Cleanout event was a huge success. Almost 440 cars came through the line and more than 1,100 pounds of unused medication were collected, with an additional 55.5 pounds of syringes. Since the inception of the Medication Cleanout project, 16,280 pounds of medication have been collected.

Kappa Psi International Night

School of Pharmacy students celebrated the diversity of cultures within the SOP with the annual International Night hosted by Kappa Psi. Students, administrators and friends gathered at the Hilton Garden Inn of Amarillo on March 8. Students were encouraged to wear their nations’ dress as well as provide food from their home countries. The students also participated in a talent show, which included dancing, standup comedy, singing, piano playing and tap dancing.
Forty-nine graduating students from the School of Medicine gathered at the Amarillo Country Club on March 21 to participate in Match Day 2014. Students opened envelopes containing their residency location. The Louise Evans Bruce Community Service Award was presented to Wales Madden Jr. and Wales Madden III for their continued generous support of TTUHSC at Amarillo. Congratulations to all of our 2014 graduates.
Poison Center Open House

The Texas Panhandle Poison Center (TPPC) hosted an open house of their new offices and call center inside the School of Pharmacy in Amarillo on March 14. Members of the Amarillo community came by to help the TPPC celebrate.

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TTUHSC Harrington Library
1400 Wallace Boulevard
354-5448
Special Announcements

The West Texas Pharmacy Association is always a wonderful supporter of our students and school. This year they awarded a record number of scholarships. Twenty-eight $1,000 scholarships were awarded to TTUHSC SOP students. Scholarship recipients will be honored at the WTPA Presidents Banquet and reception on April 26 at the Overton Hotel and Conference Center. Congratulations to all of our recipients!
The Amarillo recipients are:
Kathryn Bachman P1, Lida Binesheian P2, Cody Frausto P2, Nathan Harris P3, Suzanne Lamb P4, Courtney McGinnis P2, John O'Connor P2, Megan Sneller P4.

Members of the TTUHSC department of Pediatrics and Nurse Family Partnership were part of the 14th annual Child Abuse Prevention Conference at the Amarillo Civic Center on March 27.

TTUHSC Talks

TTUHSC Talks is hosted in the School of Pharmacy. Dr. Marjorie Jenkins, Chief Scientific Officer at the Laura W. Bush Institute for Women’s Health talked about her research regarding women’s health. Students listened in while she gave insight.
THE COLOR RUN presents
2014 kaleidoscope TOUR

June 7
8 am

THE HAPPIEST 5K ON THE PLANET

Amarillo
Laura W. Bush Institute

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save $5: THINK HAPPY
You may think you’re doing all you can to protect yourself from the sun. If you apply sunscreen with a high SPF every time you’re outdoors - even on cloudy days - that’s a great start. But your skin isn’t the only area of your body that needs protection from the sun’s harsh rays, your eyes also need to be shielded from the sun.

Stepping outside exposes you to ultraviolet (UV) rays and blue light rays. UV and blue light rays are invisible, but can lead to vision loss.

Studies show that exposure to UV light and blue light may increase your risk of developing cataracts and age-related macular degeneration. They can also cause other types of vision loss, benign growth on the surface of the eye (known as pterygium) and skin cancer around the eyes.

During summer, UV radiation is three times greater than in winter. However, people can be exposed to intense UV rays that are reflected off snow. You can damage your eyes from just a single day in the sun. UV light reflecting off the sand, pavement and snow can burn the eye’s surface or cornea. Sunburn of the cornea, or photokeratitis, occurs when the eyes are exposed to large quantities of UV light in a short amount of time. It usually recedes within one to two days, but cumulative exposure to UV rays could be a risk factor for the diseases and conditions noted above. You should protect your eyes from the sun year round.

To defend your eyes against sun damage:
- Wear sunglasses whenever you’re outside, especially in the early afternoon and in high altitudes where UV light is most intense.
- Don’t be fooled by cloudy days. The sun’s rays can pass through clouds and haze, so it’s still important to protect your eyes.
- Wear sunglasses that block 99% to 100% of UVA and UVB rays, as well as blue light. Glasses worn at the beach or on ski slopes should be darker to block more light.
- Some sunglasses are mislabeled, so always buy sunglasses from a reputable vendor. Your optician can check your glasses to measure the UV protection.
- A wide-brimmed hat or cap will block about half of UV rays. A brimmed hat or cap can also limits UV rays that can reach eyes from above or around glasses.
- Even if you have contact lenses with UV protection, wear your sunglasses.
- When swimming, wear goggles. They protect your eyes from the sun and from chlorine, which can make eyes red and puffy. When swimming in a lake or pond, bacteria can get under contact lenses and cause inflammation of the cornea.

If you have any problems with your eyes, see your eye doctor.
Telling funny tales of hard work, good food and family life on the rural Oklahoma ranch where she lives with her husband and four children, Ree Drummond has attracted millions of readers to her website, ThePioneerWoman.com. In addition to her top-rated cooking show on Food Network and multiple best-selling books, she has been named one of Forbes’ Top 25 Web Celebrities.

In *The Pioneer Woman Cooks: A Year of Holidays*, Ree captures what holidays are really all about — cooking good food and sharing good times with family and friends. In her biggest cookbook yet, Ree shares more than 140 delectable new and classic recipes, all presented alongside her trademark gorgeous, step-by-step photographs.

Ree’s tried-and-true recipes rely on simple ingredients and are guaranteed to please family and friends. Ree features major holidays like Thanksgiving and Christmas, but she also covers other fun and beloved celebrations, like The Big Game, Valentine’s Day, Mother’s Day, Father’s Day and Cinco de Mayo.


11:30 a.m. to 1 p.m.
Thursday, April 17, 2014
Amarillo Civic Center Heritage Ballroom
Luncheon, purse auction and book signing
Employee Spotlight:

Employee: Macy Begley

Title: Unit Coordinator for SOP Student Services

Macy started at TTUHSC in June 2013. She has been married to Travis for three years. He is the livestock judging coach at WTAMU. Her favorite hobbies are making crafts, golfing and spending time with the kids at the Maverick Club. She also loves going to stock shows and cooking.

At TTUHSC, Macy enjoys working with the students and recruiting for the program. She attended Texas Tech University and moved to Canyon from Lubbock, Texas.

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We will feature a different employee in every issue of The Beat. To nominate yourself or someone from your department, contact Justin Patterson at 354-5412 or justin.patterson@ttuhsc.edu
HEALTH RISK ASSESSMENT

Have you earned your extra 8 hours of paid leave?
If not, schedule a Wellness Visit with your PCP today AND complete the online UHC Health Assessment!
You have until August 31, 2014 to earn AND spend the 8 hours!

For the wellness visit - be sure it is coded as a “wellness visit” & do not bring up questions about other health issues.
To receive the 8 leave hours, you must return the following to Human Resources:

☑ Complete the online Health Assessment at www.myuhc.com and print the Participation Certificate
☑ Wellness Visit documented on Doctor’s Note
Please send any information you’d like to include in *The Beat* to Justin Patterson at justin.patterson@ttuhsc.edu.