New Physician Joins Oklahoma Allergy and Asthma Clinic Staff

Dr. Shahan A. Stutes joined the Oklahoma Allergy & Asthma Clinic staff in September 2010. He is board certified in both Internal Medicine and Pediatrics. Dr. Stutes received his medical degree from Texas A&M University Health Science Center in College Station, Texas. He completed his residency training in Internal Medicine and Pediatrics at Wright State University in Dayton, Ohio.

During his final year of residency training, he served as Chief Fellow of the Allergy and Immunology department and conducted research in chronic urticaria (chronic hives) and anaphylaxis treatment (life-threatening allergic reactions).

Dr. Stutes is a member of the American Academy of Allergy and Immunology, the American College of Allergy, Asthma and Immunology, the American College of Physicians and the American Academy of Pediatrics.

In his spare time, Dr. Stutes enjoys cycling, sailing and spending time with his wife and two children. His wife is currently serving in the United States Air Force and is stationed at Tinker Air Force Base. They live in Moore and attend church at the Tinker Air Force Base chapel.

Congratulations to Dr. Richard Hatch and his wife, Dawnya, on the birth of their daughter.

Eight Kinds of Food That Cause Most Food Allergies

- Cow’s Milk
- Eggs
- Peanuts
- Wheat
- Soy
- Fish
- Shellfish
- Tree Nuts

Obstructive Sleep Apnea - A Serious Condition Not Just for Adults

Could your child have sleep apnea? Take this short quiz. During the past 4 weeks, how often has your child had:

**Loud snoring**
Breath-holding spells or pauses at night? Choking or making gasping sounds while asleep? Restless sleep or frequent awakenings from sleep?

**Physical Symptoms**
Mouth breathing because of nasal obstruction? Frequent colds or upper respiratory infections? Nasal discharge or a runny nose? Difficulty in swallowing food?

**Emotional Distress**
Mood swings or temper tantrums? Aggressive or hyperactive behavior? Discipline problems?

**Daytime Function**
Excessive daytime sleepiness? A poor attention span or concentration? Difficulty getting up in the morning?

If you answered yes to these questions, your child could be suffering from sleep apnea.

(continued on page 3)
Is there real reform?

By Stanley F. Hupfeld

Reprinted with permission from The Journal Record

I must admit that I have mixed feelings about our new health care law. On the one hand, there is room for praise. Covering the uninsured is a worthy goal. Having a quarter of our working population with no insurance was a blight on our national character.

Surprising, despite reports to the contrary, there actually is some reform in the new legislation. The bill calls for experimenting with a new concept called accountable care organizations, medical homes, and bundled payments. This is an attempt to change the reimbursement system from our current fee-for-service methodology to instead holding health care organizations accountable for the maintenance of health. The emphasis here is on health outcomes rather than focusing on high-tech, very expensive solutions to every problem.

Having said that, the leadership in Congress was obviously so intent on bringing this legislation to reality that it really did stretch the bounds of reasonableness in how the legislation would be financed. As a consequence, what was a laudable effort was essentially converted into smoke and mirrors to make the numbers work.

There are at least four areas of dubious arithmetic. First, the assumption was made that the plan would be paid for in part by future Medicare reform cost savings. So we are to believe that our spineless Congress at some point in the future will actually cut benefits, raise taxes, or means test Medicare. There is nothing in their history to suggest they are up to the task. Rarring a debacle such as we recently saw in Greece, this isn’t going to happen.

Secondly, very costly fixes were conveniently left out of the bill. The most obvious is the so-called “doctor’s fix.” For the past several years, every few months Congress has been forced to delay a huge cut in doctors’ fees that were programmed by former legislation to have already taken place. The permanent fix of this problem ($250 to $300 billion) was never counted in the cost of health reform.

Thirdly, the bill anticipates future revenue by taxing so-called “Cadillac” plans. It is true some high-paid executives have richer plans than their employees, but many union plans also fall into this category. Again, are we to believe that some future Congress is really up to the challenge of taxing health plans that have historically been provided as a tax-free benefit?

Finally, we are to believe the government can put a whole new series of requirements on insurance companies such as limits on lifetime reserves, covering children under the age of 26, and eliminating pre-existing conditions without impacting premiums. The concept is that somehow our government can jawbone insurance companies into minimal protection increases with huge additional risk being required of them. Logic tells us that one of three things will happen.

• Insurance carriers will simply stop writing health insurance.
• To control costs, insurance carriers will begin to significantly limit the choice of providers.
• Premiums will dramatically rise. All three of these could get us to a government option relatively quickly.

So while there are many things that are very positive about the legislation, it’s unfortunate it was sold on the back of half-baked economics.

Stanley F. Hupfeld is the chairman of the Integris Family of Foundations. He is a fellow of the American College of Healthcare Executives.

In The News — Individual Insurance Premiums Increased 20%

A recent report from the American Medical Association showed that even when the nation was debating to overhaul the health insurance market, people who purchase their own insurance policies were experiencing sharp increases. The Kaiser Family Foundation found that participants said “they were faced with premium increases averaging 20 percent when they last sought to renew their coverage.”

The Foundation reported than an estimated 14 million individuals in the United States under age 65 purchase coverage themselves, rather than through an employer, and of those, 77 percent experienced a premium increase. While 60 percent of policyholders paid the higher bills, 16 percent switched to a less expensive plan.

America’s Health Insurance plans spokesman Robert Zirkelbach said he doesn’t expect increases to moderate because medical costs are continuing to soar. He said that the “increases are being driven by the impact of people deciding to drop their health insurance in a weak economy.”

At the OAAC, the staff is concerned and aware of these increased out of pocket expenses for their patients.

“We are working hard to tighten our belts here and to keep our costs down yet provide high quality medical care and excellent patient service,” said Dr. John Bozalis, OAAC board-certified allergist.
The OAAC staff welcomes new patients! New patients experience a relatively short waiting period because of the large amount of allergists available. OAAC’s staff is extremely patient-friendly and focused on customer service. With satellite offices in Edmond, Norman, North Oklahoma City, and then the main location on the Oklahoma Health Center campus, the OAAC has the staff, the technology and the desire to help all allergy and asthma patients. Visit the website at www.oklahomaallergy.com to see addresses for all OAAC locations and make your initial appointment. Call today — (405) 235-0040.

“Sleep apnea is infrequently recognized by individuals and may directly affect their daily lives,” says James Claflin, board-certified OAAC allergist. “Patients with allergies may be at higher risk for sleep apnea because of the involvement of the upper airway by allergic changes. Sleep apnea can even increase the possibility of gastroesophageal reflux (acid reflux) which can cause increased chest and nasal difficulties.”

“Undiagnosed sleep apnea can result in a medical condition known as pulmonary hypertension which is increased blood pressure in the lungs,” he said. “This problem is very difficult to treat and can be fatal.”

The best prevention for sleep apnea related medical problems is recognition of the sleep apnea and appropriate management. The most common symptoms related to sleep apnea are daytime tiredness, forgetfulness, irritability, decreased school and work performance, etc.

“If there is any question about sleep apnea, talk to your local physician or contact a certified sleep center for evaluation,” said Dr. Claflin.
Garyl G. Geist has been named chief operating officer of the Oklahoma Allergy & Asthma Clinic. Geist has 18 years of management experience in organizing and leading healthcare, employee leasing and retail companies. He recently served as chief executive officer for Valir Health and still sits on the board of directors. Under Geist’s leadership, Valir was named one of Oklahoma City Metro’s 50 fastest growing companies five years in a row.

Prior to joining Valir Health, Geist was chief operating officer of HR Solutions, an Oklahoma City based staffing/employee leasing company and chief financial officer of Sight ‘n Sound Appliance Centers.

Geist holds a Master’s degree in Accountancy from the University of Oklahoma and a Bachelor of Science degree in Accounting from East Central University.

“I am very excited to be a part of the OAAC,” Geist said. “I was very drawn to the culture. The Oklahoma Allergy & Asthma Clinic is very much a family atmosphere which is what I have fostered in other companies. OAAC has served Oklahomans and people from across the region and we want to continue this great service.”

He currently serves as president of the Board of Directors of the Oklahoma Business Ethics Consortium, Board of Advisors for the Greater Oklahoma City Chamber of Commerce and is a member of the American College of Health Executives and the Tinker Leadership Council. He also serves as treasurer of Good Shepherd Ministries.

“In my first week at the OAAC, I’ve become a patient and found out that I have allergies and asthma and will start undergoing treatment,” he said. “So I will not only be responsible for the operations of the clinic, I will also understand what the OAAC is like from a patient’s perspective. I’ve also had the opportunity to spend time with our doctors, managers and staff and I look forward to working with them to determine ways we can work together to ultimately benefit our patients.”

Born in Tulsa, he grew up in Ardmore, Okla. Geist and his wife, Lynn, have four children, Connor, Caden, Lillie and London, and reside in Norman, Okla.

---

**Fall 2010 Allergy Fun**

**ACROSS**  
1 People who have these from medications could benefit from pollen blockers  
4 Discuss with your physician about using the second generation versus first  
6 A new product that screens out allergens  
7 Dr. Shutes enjoys this hobby  
8 A physical symptom of sleep apnea  
9 Older adults with allergies and asthma should be aware of this issue  
10 A result of sleep apnea  

**DOWN**  
2 Breath holding spells or pauses could be a sign of this  
3 One food that cause most food allergies  
5 May have a higher risk for sleep apnea

---

Find the answer to this puzzle on our website - www.oklahomaallergy.com