



July 28, 2022

Health of the HealthPlex Pond

The soaring temperatures and upcoming cool-off may stress wildlife in our HealthPlex pond. I wanted to update healers on the measures we take to ensure the health of the pond and its inhabitants.

Did you know there are several species living in the pond including catfish, bass, sunfish, turtles, and grass-eating carp? Please remember while we invite people to fish, you must release your catch back to the pond. [Click here](#) for tips from the National Park Service on how to safely catch and release fish.

Here are some other ways we ensure the pond is healthy:

- The Engineering Department performs visual checks twice a week
- Trash is cleaned weekly from the pond by a vendor
- A vendor performs monthly visual checks and measures oxygen levels
- The vendor treats any algae that is present

Thank you, healers for helping keep our pond residents healthy by not littering and picking up any trash you see in that area.

August Blood Drives

Donate blood at Norman Regional facilities in August! Donations will be in an OBI Bloodmobile at each campus.

OBI has a significant need for O negative blood. If you are an O negative donor, please consider donating. Your donation will save lives.

Neurosurgeon Completes 100th Robotic Spine Surgery



Stephen Eichert, DO, a board certified neurosurgeon at Norman Regional's Neurosurgery Associates, is the first surgeon in Oklahoma to have successfully performed 100 robotic spine surgeries using the Mazor X Stealth Edition Robotic-Guidance Platform.

Before the surgery even starts, the Mazor robot is designed to support the spine surgeon's need to operate with precision by providing comprehensive information and visualization. With robotic technology, the surgeon can pre-plan the surgery based on the patient's unique spinal anatomy, then execute the plan in the operating room using navigation and robotic guidance for enhanced precision.

"Robotic-assisted surgeries offer benefits to the patient including less pain, shorter recovery time and less blood loss during surgery. They also offer me a clearer picture to plan the surgery and more precision during the procedure," Dr. Eichert said.

Using the Mazor robot in surgery also decreases the need for additional surgeries, Dr. Eichert said, adding that it is ideally suited for patients with osteoporosis who require a lumbar fusion.

For more information on Norman Regional - Neurosurgery Associates, [click here](#) or call 405-307-3300.

Two New Providers Join Primary Care – Moore

Please join me in welcoming two new providers to the Primary Care – Moore clinic!

All donors also receive a blood donor hero T-shirt and choice of one of the following tickets:

- Admit two to Safari Joe's H2O
- Admit one to Science Museum Oklahoma
- Admit one to Frontier City

[Click here to take you to Healer Hub for all the details!](#)

International Day of Friendship

International Day of Friendship is observed on July 30. This year's theme is "Sharing the human spirit through friendship." This is a time for all to remember the importance of maintaining good relations and celebrating diversity. This day also commemorates friendship between people, countries, cultures and the efforts to build bridges between communities.

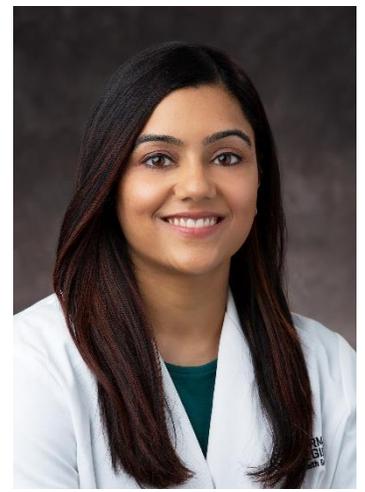
The Inclusion and Diversity Council seeks to enhance awareness of cultural distinctions amongst our healers for the purpose of broadening everyone's understanding and appreciation of others. If you have a recognition event that you would like to see highlighted, please contact Clyde Brawner (cbrawner@nrh-ok.com) or Kristin O'Neal (koneal@nrh-ok.com) for consideration of being included as part of future awareness activities.

Reminder to Secure Your Belongings

Unfortunately, last week there were incidences of theft reported at the HealthPlex and Porter campuses. Authorities have been informed and Norman Police are searching for the suspect. Please remember to make sure offices are locked when nobody is present and personal belongings such as cell phones, wallets or keys are secured and protected from theft. The phone number for our Security Department is 405-307-1482.

Kriya Patel, MD, is a board certified internal medicine physician with six years of experience. She received her doctorate of medicine from St. George's University. She said she chose to become a doctor because she enjoys helping people and positively impacting lives through healthcare.

Her special interests include preventative care, healthy lifestyle, smoking cessation, obesity/weight loss, chronic disease management and mental health.



Dr. Patel said her patients can expect to be heard, and that all their concerns will be addressed with the utmost respect, dignity and confidentiality.

"My approach to care is focused on patient education and shared decision making," she said.

Aside from medicine, she enjoys spending time with her family, traveling, baking and exercising.



Angela Gainer, APRN-FNP, is a certified nurse practitioner. Angela worked as a nurse for 16 years before getting her advanced practice degree from Columbus State University.

Her special interests include: GERD, hyperlipidemia, hypertension, preventative care and women's health.

Angela said her patients can expect compassionate, individualized care. Aside from medicine, Angela enjoys hiking. She and her husband are on a journey to try to

visit all the national parks they can.

To schedule an appointment or establish care with Dr. Patel or Angela, please call 405-912-3120.

Be Well,

A handwritten signature in black ink that reads "Richie Spitt". The signature is written in a cursive, flowing style.

*President & Chief Executive Officer
Norman Regional Health System*