

Editor: Henny van Dijk

www.uthro.org

May, 2023

Cinco de Mayo Luncheon

UTHealth Adds a New School ...




UTHRO's Event Committee cordially invites you to a truly entertaining event



The new UTHealth Houston School of Behavioral Health Sciences has been approved by the Texas Higher Education Coordinating Board and unanimously by The University of Texas System Board of Regents, moving the university closer to establishing

I just received notice that we have a reservation for OCB Rio Grande room for May 4th, 2023 from 10am to 2pm for our Cinco de Mayo luncheon.

UTHRO will serve the tacos. We plan on providing meat, tortillas, basic fixings (lettuce, cheese, onion, jalapeños etc) but please bring a side dish such as tamales, rice, beans, salsa, guacamole and desserts (and maybe chips for those that don't want to cook). Members attending need to let Janice Thomas know by April 27th. Parking validations for the OCB lot will be available.

.....And while we enjoy the food we thought it would be fun to play Loteria or Mexican Bingo, not for money mind you, but just for fun and some of you might get lucky and win a small prize. And for those who never played the game, think of it as Bingo with pictures instead of numbers. The first player with four chips in a horizontal, vertical or diagonal row, or fills the *tabla* first shouts "Lotería!" and is the winner.



Again **RSVP by Wed. April 27** so we have an idea of how many tacos we need and what dish you plan to bring.

RSVP to: Janice Thomas at 832 515-0280 or email her at flyte99@yahoo.com

DON'T FORGET NOW, YOU HEAR!!!

Have you renewed your UTHRO membership? The form can be found at our website www.uthro.org The cost of renewal is \$15. Please mail your information and a check made out to UTHRO and send to Margaret Zambrano 20903 Imperial Ridge Ln., Spring, TX, 77379

a seventh school.

"This new school will allow us to fill a critical mental health care workforce gap in Texas by leveraging the largest academic behavioral health campus in the country. We have the faculty, staff, discovery research, inpatient facilities, and outpatient clinics to train new generations of mental health care providers for Texans," said Jair Soares, MD, PhD, UTHealth Houston vice president of behavioral sciences, professor, and the Pat R. Rutherford, Jr. Chair in Psychiatry at McGovern Medical School at [UTHealth Houston](http://UTHealthHouston).

A priority for the legislature this session is to increase mental health care access across the state, and mental health workforce development is a major component of those efforts. UTHealth Houston has submitted a legislative appropriations request to the Texas Legislature for \$10.5 million per year for FY24-25. Funding will support the launch of the new school, recruit necessary faculty and staff, and keep tuition low for students. With estimates of 1 in 5 people, including children, living with a mental illness, the new school will help meet Texas' mental health provider shortage and create a robust pipeline of diverse mental health care providers. Plans are to offer more than 35 degree or certificate programs for mental health professionals within the next 10 years.

"With a third of all state behavioral health hospital beds closed due to staffing shortages and 84% of Texas counties lacking a single practicing child psychiatrist, the need for this school to produce that needed workforce for the state is quite apparent," said John Zerwas, MD, executive vice chancellor of The University of Texas System.

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The UTHRO Audit for 2022 ...

Peggy O'Neil and Marilyn Wells conducted an audit of fiscal year 2022 Finances. Margaret Zambrano, UTHRO Treasurer, provided all financial documentation. Peggy and Marilyn would like to thank Margaret for providing all documents and compliment her on contributions to UTHRO. Margaret's records are complete and detailed. The audit findings and recommendations are as follows: In fiscal year 2022, UTHRO was able to hold more social events. Some of the costs were off- set with reimbursements from Vantage Travel as a recruitment tool. This allowed UTHRO to maintain a surplus of cash in its bank balance. The UTHRO bank balance has broken even with a small surplus for fiscal year 2022.

Revenues for fiscal year 2022 amounted to \$ 5,447.21 and expenses amounted to \$ 5,110.60 with a net balance of \$ 336.61. Expenses in fiscal year 2022 increased as UTHRO resumed events. Without the support of the membership through the payment of membership dues, UTHRO would not be able to maintain the financial health required to operate. Membership dues support costs for the Newsletter, Social activities, the Annual Health Symposium and minor miscellaneous expenses. In order for UTHRO to continue social events, it is of the upmost importance that the membership support UTHRO by paying their dues in a timely manner.

Marilyn Wells

Peggy O'Neil

Margaret Zambrano, UTHRO Treasurer

A Look Back on the April Event ...



Dr. Brian Tulloch is a dynamic, expressive and very lively speaker who took his audience this time on a trip to the bedrock of civilization—Egypt. From his travel along the Nile with the many majestic monuments and pyramids to the fact that the Nile Valley is one of the most fertile on earth. If we didn't

have a French soldier to thank for finding the Rosetta stone we might never have unearthed the hieroglyphs and the language of the ancient ones. Once we discovered that a whole new world opened up and of course the discovery of the Tutankhamun tomb and its immense treasures gave the mid 20thC archeologists a peek into those pharaohs (all males except one) and their need to erect those huge pyramids made out of gigantic blocks of limestone carved so precise that one can barely push a credit card between them and of course without mortar. How the ancients got those huge blocks up to the top is still pretty much a riddle. Brian got a well

deserved round of applause at the end and I think I speak for the majority that we would like to see and hear from him for future talks.



UTHealth Adds a New School (cont)

The school plans to concentrate on degrees not currently offered at the university, such as advanced clinical psychology degrees, and certificate programs for psychiatry technicians, community health workers, and licensed chemical dependency counselors. Plans also include dual degrees with Cizik School of Nursing at UTHealth Houston, McGovern Medical School, UTHealth Houston School of Public Health, regional universities, and community colleges. The school will also be able to offer hybrid learning options through remote learning, expanding education opportunities for students.

UTHealth Houston provides the clinical training hours for thousands of students through its behavioral health campus that includes the John S. Dunn Behavioral Sciences Center and UTHealth Houston Harris County Psychiatric Center (HCPC), as well as nearly 37 community clinics. A total of 34 schools – state, national, and international – currently send students to UTHealth Houston's behavioral health campus for additional clinical training and preceptorships. Training programs include medical residencies and fellowships, nursing, psychology, pharmacy, social work, and postdoctoral research. As part of the programs, the university plans to offer placement for clinical training and preceptorships to enrolled students.

The school anticipates providing dual degrees, such as MD/PhD and MD/MS degrees, to students. UTHealth Houston will seek to collaborate with other universities to offer 4+1 programs that allow students to obtain a dual BS/MS in five years, and work with community colleges to provide certification programs for those students who are obtaining an associate's degree in specialties such as psychiatry technician.

The Dunn Behavioral Sciences Center, which opened last March with strong legislative support, will include 264 beds when all 11 units are open by the end of 2023, while UTHealth Houston HCPC has 274 beds. Combined, the hospitals make up the largest academic behavioral health complex in the country.

UTHealth Houston, which has one of the largest academic psychiatric faculty in the state, has integrated behavioral health services into primary care and multispecialty UT Physicians and Harris Health clinics across the city, including medically underserved areas. New programs will be available to physicians who work in a primary care setting and want to learn how to manage behavioral health concerns for their patients.

The university is also a major participant in the Texas Child Mental Health Care Consortium, including providing telehealth visits for 32 independent school districts for the Texas Child Health Access Through Telemedicine program, and 671 enrolled primary and pediatric care providers through the Child Psychiatry Access Network. UTHealth Houston also provides inpatient telehealth services to 15 hospitals statewide, and outpatient services to five local mental health authorities across Texas.

Deborah Mann Lake, Office of UTHealth Public Affairs

New Parkinson's Research ...

The 2019 UTHRO Health Symposium speaker Herbert Dupont, MD has sent me the latest results from a study linking the gut's Microbiome to constipation in Parkinson's patients and his results are very promising. Henny van Dijk

The intestinal microbiome (totality of microbes) in the intestine influence brain function and mood and the immune system of the body. When they are in disarray from a diet lacking fiber, courses of antibiotics or disease state like Parkinson's disease, the abnormal microbiome leads to worsening of disease. In Parkinson's that often leads to chronic constipation.

We enrolled a group of patients with mild to moderate Parkinson's disease with constipation to receive intestinal bacteria from healthy donors in acid resistant capsules or a similar appearing placebo given in double blind fashion. They took the fecal microbiota transplantation (FMT) capsules or placebo twice weekly for 12 weeks. We collected stools to see improvement in dysbiosis and had them assess their clinical improvement using a visual analog scale (VAS) from 0-100. During treatment they made a mark on the VAS form of how much improvement they experienced in the various Parkinson's disease symptoms that are known to be common: constipation, falls, sleep disturbance, loss of smell, motor impairment, and overall Parkinson's disease.

Additionally, they swallowed a SmartPill that measured their intestinal transit, and number and amplitude of intestinal contractions. Additionally, they were examined throughout the study by a movement disorder specialist.

Summary of Findings:

- The intestinal microbiome was normalized in the group receiving FMT but not the placebo group.
- The objective motor examination by a neurologist showed short lasting improvement in motor defects.
- The intestinal constipation was cured in the group receiving the FMT capsules, there was no improvement in constipation in the placebo group.
- The SmartPill capsule recorder system showed more efficient movement of the capsule through the intestine with significant improvement in contractions and motility in the FMT group.
- The group receiving FMT reported significant improvement in constipation, falls, sleep, smell, motor defects and overall Parkinson's disease.
- One patient receiving FMT with refractory psoriasis was cured of his chronic skin disorder by FMT and others receiving FMT reported less brittle nails and stronger voice.

Overall conclusions

The intestinal microbiome contributes to the symptoms of Parkinson's disease and can be normalized by FMT resulting in clinical improvement of disease. Many symptoms of Parkinson's that effect quality of life were improved.

Herbert L. DuPont, MD

Polypharmacy and Us ...



I noticed that UTHHealth and UH hosted a symposium of sorts about the dangers of polypharmacy and the elderly, as drugs are not always seen as metabolic alterations but as my mother used to call them "mijn snoopies" (my candies)

Both my wife and I are in our eighties and we each are prescribed about 6-7 medications and about 3-4 OTC vitamins etc.

Medicines are meant to help, not harm. But sometimes taking too many drugs can be dangerous, especially for older adults.

UTHealth and UH hosted the Geriatric Medication Safety Symposium on April 13, and 14, The symposium focused on team-based care to bridge the divide in cognitive decline in older adults. Medication-related morbidity and mortality are significant health concerns in this population. Safe medication practices require coordinated efforts by providers and patients.

The symposium will cover:

Medication safety in long-term care

Drug burden/safer opioid use

Adverse drug events and significant drug interactions

Drug safety during transitions of care

Medication safety during inpatient care

The use of multiple drugs to treat diseases and other health conditions is known as polypharmacy. This is a growing concern for older adults. Polypharmacy is more common among older adults, many of whom have multiple chronic conditions (MCC), defined as two or more chronic conditions such as arthritis, asthma, chronic obstructive pulmonary disease, coronary heart disease, depression, diabetes, and hypertension. But taking too many drugs can lead to safety concerns.

Adults age 65 and older tend to take more than any other age group because they may have several diseases or other health problems at the same time. Managing multiple medications can be expensive, difficult to track, and hard to manage, especially for those who are homebound or who live in rural areas. In addition, the use of many medications can increase the risk for adverse reactions (problems or side effects caused by a drug) and drug interactions (meaning two or more drugs don't work well together, causing unintended problems).

Researchers are studying **deprescribing** to reduce these risks and to improve outcomes in older adults with MCC. The goal is to reduce or stop medications that are potentially inappropriate or unnecessary, which can also make the management of medications less of a strain for patients and their families.

Compiled from multiple sources—Henny van Dijk

UTHRO

The University of Texas Houston Retiree Organization
1851 Crosspoint, Suite 1.204,
Houston, TX 77054

To update your address or phone number
please contact us at 281-655-1983

And Now For Something Completely Different...

Why I love retirement !

How many days are there in a week?

6 Saturdays and 1 Sunday

When is a retiree's bedtime?

2 hours after falling asleep on the couch

How many retirees to change a lightbulb? *one but it might take all day*

What is his biggest gripe—*not enough time to get everything done*

Why don't I mind being called a Senior? *It comes with a 10% discount*

What is for us considered formal attire? - *Tied shoes.*



UTHRO OFFICERS 2023

President Barbara Kelly
Vice-Pres Efren Pena
Secretary Daun Gray
Treasurer Margaret Zambrano
Web Administrators Henny van Dijk, Pat Grealy & Glenn Schreyer

To protect our officers' personal information on our website, UTHRO has instituted a new general purpose email address: uthro@uth.tmc.edu. This is a "forwarding" email that will send copies to both the UTHRO president and Efren Pena who will then forward the email to the appropriate person. Including the recipient's name in your subject will be very helpful; e.g. Subject: For Barry, BBQ lunch. If UTHRO members already know the phone number or personal email address of an officer then by all means continue using that for your communication needs.

Newsletter Editor Henny van Dijk