

O·B·U legacy newsletter

Legacy Newsletter offered by Oklahoma Baptist University

May 2009

Legacy Society Meets at Oklahoma History Center in June

The Spring meeting of the Legacy Society will be at the Oklahoma History Center in Oklahoma City on June 19. The Oklahoma History Center is located at 2401 Laird Avenue. It is just east of Lincoln Boulevard and directly across 23rd Street from the Governor's Mansion.

The Oklahoma History Center opened in 2005, after a decade of development. It includes exhibits which "bring to life the voice and visions of Oklahoma." There are more than 50 topics covered within the museum's collections.

Registration opens at 9 a.m. June 19, and the meeting will begin at

9:25 a.m. The morning activities will include two sessions led by genealogical research experts. We also will offer a Social Security questions and answer session. Lunch will be followed by tours of the museum. The meal and tour admission costs are included in the event's \$20 registration fee.

"Those who are interested in this wonderful opportunity need to sign up early because we need to give the museum as much notice as possible as to the number attending," said John Little, OBU's director of estate and gift planning.

To register, call 405.878.2706.

Dum Tempus Habemus, Operemur Bonum

(While we have the time, let us do good)

Wills, Wills, Wills ... Help!

By John L. Little

There are and have been lots of "Wills."

It is a nickname for William. Maybe first and foremost for those with an Oklahoma heritage. When "will" is mentioned we will think of our own Will Rogers. There is currently a conservative columnist named George Will; the actor Will Smith; and have you ever heard of Will, the Miskito castaway?

There is a county in Illinois named Will and, of course, the literary giant Will(iam) Shakespeare. Dare I leave out the singer Will(ie) Nelson, the comic Will Ferrell or Will, the autobiography of G. Gordon Liddy.

In fiction there has been Will Aston, a character from the Power Rangers; Will Vandom, a character from W.I.T.C.H. [w(h)itch, I hope, none of your children have seen]; Will, a novel by Maria Boyd; and in the myths of Robin Hood, the stories of Will Scarlet, the minstrel.

Will may also refer to the modal verb, will; or be included in a philosophy, such as Nietzsche's famous "The Will to Power;" or Free Will, the trait which produces conscious choices and actions and is contrasted, by some theologians, to Predestination. When ruminating about philosophy "wills," one must be sure to include

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Managing **BACK PAIN**

By Dr. James Webb

Pain management is a medical specialty devoted to the treatment and management of acute and chronic pain. Optimal medical care for chronic pain comes from a team approach and can often involve multiple caregivers, including primary care, pain management and/or rehabilitation physicians, chiropractors, physical

therapists, nutritionists, and others. Some patients prefer a more holistic approach, and treating the mind, body and spirit can be helpful in many cases of chronic pain.

Regardless of who you see for pain, a thorough and comprehensive history and physical examination are the keys to getting to the bottom of any medical problem. There are many types of physical pain, but the most common that I see in seniors is back pain, which is the focus of this article.

Back Pain in Seniors

There are many challenges we face when growing older. Unfortunately for many of us, pain can become a constant companion. Back pain is so common, in fact, that many assume it is normal aging. That assumption causes trouble, though, when back pain is a sign of more serious underlying problems. While it is true that some wear and tear is normal as we age, pain is the most basic and common way that our bodies use to signal that something is wrong.

Think back to when you were a child. Can you remember the first time you fell and skinned your knees? It probably hurt worse than anything you could remember and stopped you in your tracks. To me, that's why God designed our bodies to feel physical pain – so that pain would cause us to stop and assess our situation. Ignoring pain can have disastrous consequences.

Pain can paralyze us, sometimes for a few minutes or sometimes for days, months or even years. In this article, first we'll look at some of the most common causes of back pain in seniors. Then we will look specifically at pain caused by back fractures, and how they can be effectively treated.

Avoiding Back Pain

There are some simple things we can do each day to avoid injury to our bodies, particularly our backs. Some of the best tips boil down to using common sense.

- When lifting, use your legs and avoid bending
- Don't push yourself too far, know your limits and take frequent breaks
- Work on sitting with good posture
- Make your home safer by getting rid of extension cords and throw rugs
- Avoid stepladders
- Consider home modifications for safety, such as handrails
- Strive to stay healthy and active

Common Causes of Back Pain

Here we will discuss some of the most common causes of back pain, particularly those seen in seniors.

Arthritis

The most common type of arthritis, due to “wear and tear” of our joints, is known as osteoarthritis. It commonly affects the back (often referred to as spondylosis), and is a leading cause of back pain as we age. Often, separating this type of pain from hip or knee arthritis can be challenging. Treatment depends on the location and the type of arthritis.

Muscular Pain

Muscle pain is a common cause of back pain. Muscle strain (a mild tear) is common, especially occurring after exertion. Involuntary muscle spasm can also cause pain. Conservative measures usually are used first.

Disc Bulges

Disc bulges, or herniated discs, are a very common cause of pain, particularly pain that shoots into the hips and legs. This can overlap with arthritis because some disc bulges are normal with aging. If conservative therapy doesn't help, minimally invasive procedures, like steroid shots, can be tried.

Osteoporosis

Simple osteoporosis affects millions and strikes men as well as women. It can result in loss of height of individual vertebrae and even our overall height. Just having osteoporosis is a common cause of back pain, even without getting a fracture. In this case, treating the underlying osteoporosis can help.

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About the Writer



Dr. James Webb arrived at OBU in 1991 from his hometown of Kellyville, Okla. While on Bison Hill, he met his wife of 14 years, Tiffany. He was active in the music department, as well as Phi Mu Alpha. He completed his bachelor's degree in biology, graduating magna cum laude in 1995. He counts OBU

professors Dr. James Hurley, Dr. Dale Utt and Dr. Doug Watson as his most influential mentors.

“I often think of the standard of excellence Dr. Hurley held us to – by his own example – and the way that he helped his students discover and develop potential within ourselves,” Webb said. “That’s a key to the ongoing medical legacy that has been well-served by so many OBU graduates in various medical specialties through the years. I feel very blessed to have been a part of that.”

After completing medical school at the University of Oklahoma, Webb remained at the OU Health Sciences Center for the next five years, completing an internship

in internal medicine, a residency in diagnostic radiology and a fellowship in musculoskeletal radiology. During his fellowship he focused on honing his skills in minimally invasive pain management techniques under the tutelage of Dr. Douglas Beall.

He moved to Tulsa in 2004 and worked in a group practice until he founded his private practice in 2006. By 2008, he had become the area’s leading performer of procedures to fix vertebral fractures due to osteoporosis. He has been a trendsetter in these procedures, bringing the latest available techniques to Tulsa. Currently he is a principal investigator in FDA trials involving investigational devices for two separate companies.

Focusing on this underserved and widespread niche of osteoporosis, he has grown his practice and now consults for numerous medical device companies, is a member of numerous medical societies and teaches other physicians how to perform these procedures. He also hosts educational presentations and has been an invited speaker on osteoporosis at numerous conferences.

He and his wife are members at Parkview Baptist Church in Tulsa. They currently reside in Bixby, with their two Future Bison, Lola, 4, and Zane, 1.



Safety in the Fast Lane

By Tommy DeWall

According to National Highway Traffic Safety Administration reports, as of 2007, people age 65 and older made up 13 percent of the total population of the United States. That's more than 38 million people. Of those, 30 million – 79 percent – were licensed drivers, which is an 18 percent increase from 1996. Older drivers comprise 15 percent of all licensed drivers. Sources say that, as a result of the baby-boom generation, by the year 2020 there will be three times as many drivers age 70 and older as there are today.

What does this mean to the average motorist? An increase in the number of senior citizens on the road could result in a growing concern for road safety. Though statistically senior drivers get in fewer accidents than teenage drivers, much of this can be attributed to the fact that senior drivers tend to be more selective when driving. Smart decisions seniors make, such as choosing to not drive on busy highways or at night, do not counter the fact that, according to sources, senior citizens are 3.5 times more likely to die from injuries in a car crash than other drivers.

Though many people remain capable and reliable motorists their entire life, certain effects of aging can negatively impact driving ability. Deterioration of vision and hearing presents obvious problems when operating a motor vehicle. Poor vision can be especially hazardous when driving at night, and limited hearing

can prevent drivers from hearing warning sounds such as screeching brakes, car horns or emergency vehicle sirens. The Web site www.helpguide.org suggests tips for drivers wishing to combat the effects of poor vision or hearing. First, drivers should have eyes and ears checked at least annually, and make sure that corrective lenses are current and hearing aids are worn when driving. Second, drivers should keep car windshields, mirrors and headlights clean. Finally, turning the brightness level up on the instrument panel can aid with awareness.

Problems many seniors may face are decreases in mobility and reaction time. The ability to react in an instant is crucial to avoid possible collisions when operating a motor vehicle. In this instance an occupational therapist or a certified driving rehabilitation specialist may be able to prescribe special equipment to make it easier for a senior to steer the car and operate the foot pedals. It is also very important that the driver get a good night of sleep and avoid using any medications which may have a drowsy side effect on the user.

If you are a senior citizen still wishing to drive, you should always drive a car that meets your needs. Automatic transmission, power steering, and power brakes are mainstays in most cars today, and are useful in helping keep drivers' attention solely on other cars

and pedestrians in the road. Also, keeping a car in good working condition helps prevent accidents.

While on the road, senior citizens should try to remember these tips:

1. Drive during the day rather than at night, avoid bad weather, and avoid highways and freeways if uncomfortable with fast-moving traffic.
2. Plan a route ahead of time. Using resources such as online maps or global positioning systems (GPS) can be very effective in helping plan a route.
3. Focus on the road. Try to not let other things inside the car, such as cell phones or food, distract from the things outside the car.
4. Don't follow too closely to vehicles. Many accidents involving senior citizens take place because a driver follows another car too closely, not allowing time to react should there be a need for immediate braking.
5. Be careful of left turns. Many times senior citizens have trouble anticipating how much space is needed when executing a left turn at an intersection.
6. Be considerate of others if driving slowly.

There are benefits to being a senior citizen driver. Organizations like AARP provide driver safety online courses to both member and non-member seniors. What are the advantages in these types of courses? Besides serving as a reminder for proper road etiquette and informing participants of changing road laws, courses can have a positive impact on one's pocketbook. Completion of such courses may qualify the participants for automobile insurance discounts given by insurance companies. For more information on this particular course, visit www.aarp.org.

Though dangers and difficulties increase for drivers as they advance in age, the obstacles are not insurmountable. Through the application of good driving practices, consistent health checks for both car and driver, and taking advantage of classes which could help increase a driver's ability, senior citizens can safely and effectively stay on the road.

About the Writer



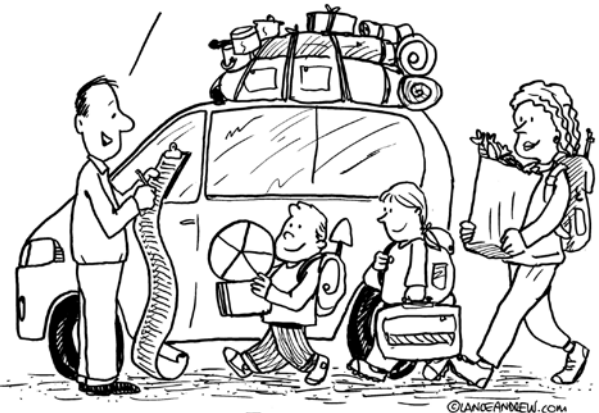
Thomas David DeWall is a sophomore political science major and applied communication minor at OBU. Born in Dallas, Texas, and raised in Enid, Okla., Tommy grew up at First Baptist Church in Enid and graduated from Enid High School in 2007.

He followed in the footsteps of his parents – both OBU alums – in his pursuit of a Christian liberal arts education. Tommy is a student writer for the University's public relations office, a rock-climbing attendant at the OBU Recreation and Wellness Center, and a member of the sophomore class cabinet for the Student Government Association.

Tommy spent last summer as an intern for Oklahoma Senator Jim Inhofe's successful campaign bid for reelection. He also acts as a sponsor for the First Baptist Church of Tecumseh's youth group.

Tommy's hobbies include intramural sports, reading, riding his bicycle, and spending time with friends. After graduation, he plans to pursue a doctorate in political science and become a university professor.

**TENT, CHECK! SLEEPING BAGS, CHECK!
SWIM GEAR, CHECK! MAP, CHECK!
FOOD, CHECK! RAINCOATS, CHECK!
SUNSCREEN, CHECK! POTS & PANS, CHECK!**



You plan for a vacation, so why not plan for the trip we'll all take sooner or later? Create or update your estate plan today.

THE Dean's Perspective

by Dr. Kyle Tresch

Paul Dickinson School of Business

The School of Business at Oklahoma Baptist University proudly bears the name of Mr. Paul Dickinson. As a successful businessman with a generous heart and an understanding of the importance of quality, Christian-based higher education, Dickinson endowed OBU's School of Business with funding in excess of \$3.4 million.

In a letter to his grandson, written in 1983, Dickinson emphasized his belief in the importance of education:

“With the arrival of maturity comes a time when you must make decisions all your own. You will have to make decisions now which seem of minor importance, but will affect you and your family for the rest of your life. The greatest of care should be exercised in making seemingly unimportant decisions. Education will enable you to make the right decisions.”

The wisdom of Dickinson's words continues to be embraced by the faculty and administration of the Paul Dickinson School of Business.

At its core, OBU's School of Business exists to serve students who have made the important, life-changing decision to learn, grow and impact the world in the pursuit of an education in business. Presently, we have more than 190 declared business majors and more than 30 declared business minors. Those are more than 220 lives directly impacted and shaped on a daily basis by what happens between the bricks and mortar of OBU's Bailey Business Center. The School of Business has 12 faculty members who take that responsibility very seriously and whole-heartedly embrace the mission of OBU.

A tangible reminder of the business school's dedication to OBU's mission can be seen in every Bailey Business Center classroom. A poster displaying the mission statement hangs prominently in each room. It declares:

“As a Christian liberal arts university, OBU transforms lives by equipping students to pursue academic excellence, integrate faith with all areas of knowledge, engage a diverse world, and live worthy of the high calling of God in Christ.”

The posters represent a collective desire that our faculty and students be reminded of the mission every day.

The Mission Statement begins with the reminder that OBU is a “liberal arts university.” While the School of Business is a professional school that must attain and maintain certain professional accreditation standards, it offers its students the unique opportunity to receive a quality, accredited business degree within the context of a liberal arts education. A business degree earned in a liberal arts environment equips our students with the analytical and creative skills that allow them to enter their careers not claiming to know all of the answers, but more importantly knowing the questions to ask. This lifelong skill of learning makes our students able to adapt and respond to a rapidly changing world.

The Mission Statement also states OBU's commitment “to pursue academic excellence.” It is a fair question to ask: “Does the School of Business adequately equip our business students with the skills needed bring value into the workplace?” In many respects, the answer to that question is objectively measurable and the facts provide a resounding “yes.” Consistently, our graduating

students score in the upper percentages of the ETS Field Study. Most of our accounting graduates and computer science graduates have full-time employment secured before they graduate (many while juniors). Of our accounting graduates sitting for the CPA exam, a remarkably high percentage pass that rigorous exam on the first try.

OBU's Mission Statement further challenges us to "integrate faith with all areas of knowledge." Proverbs 11:1 reminds us that "The Lord abhors dishonest scales, but accurate weights are his delight." This divine wisdom is illustrative of the necessity of training up business students who do not compartmentalize their relationship with Christ from their relationships with co-workers, bosses, subordinates or competitors in the marketplace. Learning to live a life of integrity is seldom found in the pages of a textbook. Rather, the lessons of integrating faith with business disciplines are most effectively taught and learned by example. Every student in OBU's School of Business has the opportunity to see faith in action from every faculty member. Additionally, the School is blessed with the opportunity to host or co-host Christian business leaders who can talk openly about their personal faith journey in the context of their careers.

The third complement to OBU's mission statement is the commitment "to engage a diverse world." Globalization is more than a buzz word. Rather, it is the reality in which we live. We offer students a degree in international business and a variety of education opportunities overseas. Finally, OBU's Mission Statement calls us "to live worthy of the high calling of God in Christ." This powerful statement is a most appropriate challenge to our students pursuing a degree in business. The power lies in communicating to each student that we are all "called" to full-time Christian service. OBU wants its students to pursue a sense of God's calling. Within the School of Business, that means constantly reminding our students that the call to a career in business can and should be a noble calling and one pursued not out of selfish ambition or vain conceit but rather for the glory of God's Kingdom. By equipping our students with not only the required

academic skills, but also a sense of purpose beyond themselves and their jobs, we know they will have opportunities to shape lives, influence communities and impact the world in miraculously powerful ways.

We hope each student passes through the School of Business with the same confidence in and love for learning that was voiced by Paul Dickinson in the wise words of a letter to his grandson written more than 25 years ago. Moreover, we hope the pursuit of excellence and a lifelong love for learning become part of each student's personal mission statement.

About the Writer

Dr. W. Kyle Tresch, a 1986 OBU graduate, has served as dean of the University's Paul Dickinson School of Business since the summer of 2008. He also is OBU's Lloyd G. and Betty Minter associate professor of business.



Before coming to OBU, Tresch worked in commercial lending and general counsel support with McQueen, Rains and Tresch, LLP. He was a founding partner in the Tulsa-based firm. He previously worked as senior counsel for CITGO Petroleum Corporation in Tulsa; as shareholder/director attorney for Tulsa's Crowe and Dunlevy; and transactions counsel/executive vice president for the Baptist Foundation of Arizona in Phoenix.

He graduated from Washington and Lee University School of Law in 1989 and is admitted to practice law in Oklahoma and Arizona.

Tresch has served as an active church leader, as a Sunday School teacher and as a volunteer with both the Shawnee and Tulsa chapters of Habitat for Humanity. His wife, Lisa Jackson Tresch, graduated from OBU in 1987. The Tresches have three children: Colin, Erin and Alison.

Simple Beginning, Enormous Impact

Dr. J.T. Allen honors the gift of his education by giving back in magnitude

Dr. J.T. Allen had a humble beginning in No Man's Land, born Jan. 9, 1916, in the dusty prairie town of Boise City, Okla. The young state was not even a decade old when Allen entered the world, at the end of the Panhandle, far from big-city politics. The oil boom had not yet taken over central portions of the Sooner State, and Black Sunday, ushering in the Dust Bowl era, was still almost 20 years away.

His parents were actively involved in their community. J. Lindsey Allen was elected a member of the board of county commissioners in Cimarron County in 1910. His mother, Odalee (Allison) Allen, had completed her education at the University of Chicago and taught for several years before being appointed the postmaster of Boise City. In addition to his ranching duties, her husband served as assistant postmaster. James Thomas – always called J.T. – was the couple's only child.

The year before the legendary windstorms hit his home in Cimarron County in 1935, the young Okie had graduated from Boise City High School and traveled downstate to Bison Hill. He pursued a bachelor's degree in chemistry from OBU, graduating in 1938. His entire life, Allen credited his parents and an uncle with making his education at OBU possible. Later in life, Allen honored their dedication by creating a sizable scholarship named the Odalee, J. Lindsey, and Charles A. Allen Memorial Scholarship.

"I knew Dr. Allen for more than 30 years and had the opportunity to visit with him on several occasions at OBU, alumni meetings in Nashville, and his home in Murfreesboro," said John Parrish, OBU executive vice president emeritus and Centennial Committee chair. "I helped him set up the endowed scholarship fund

which he has supported so generously during his lifetime and through his estate.

"Dr. Allen loved his family, his heritage as a son of the Oklahoma Panhandle, and his undergraduate alma mater, OBU," Parrish said. "His OBU scholarship fund memorializes his parents and an uncle, and provides financial support for students who come from the western part of the state. Dr. Allen's desire was that these students have the same opportunity and receive the same type of quality Christian education that he received at OBU in the 1930s."

Allen earned an M.D. degree from Vanderbilt University in 1942. He was a U.S. Army veteran, serving in World War II as a battalion surgeon in England, France, the Netherlands, Germany and the Pacific and Philippine Islands. After active duty, Allen continued in the Army Reserves for 28 years.

He completed post-graduate medical studies in Rochester, N.Y., and at Vanderbilt. His wife, the former Olivia Ann Rook, was a registered nurse. She graduated from the Peabody College for Teachers, receiving a bachelor's degree in nursing education in 1940. Mrs. Allen taught nursing and health in the city schools of Roanoke Rapids, Va., Virginia Beach, Va., and Rochester, N.Y.

From 1951 until 1955, Allen had a private practice in Waverly, Tenn., and from 1955 until 1969, a medical practice in Dickson, Tenn. Mrs. Allen served as a nurse in his office in Waverly. She initiated and organized the visiting nurses service of Nashville, Tenn., in 1958. The couple moved to Murfreesboro in 1969, and joined First Baptist Church. He remained a member of the church until his death on Dec. 28, 2008, just weeks before his 93rd birthday.

His roots in the Murfreesboro community grew very deep. Never a father, Allen took pleasure in the relationship and loved the family of his friend and neighbor, Charles Moore, as his own.

He was Chief of Medical Services at the Alvin C. York VA Medical Center until 1983. The facility provides primary care and subspecialty medical, surgical and psychiatric services to veterans, including long-term rehabilitation and nursing home care.

Mrs. Allen died Nov. 15, 1989, at the age of 82. Long before his own death last winter, Allen built a relationship with OBU to foster support for his beloved alma mater. In addition to the Allen Memorial Scholarship, he desired to leave a larger legacy – perhaps the bulk of his growing estate – to OBU.

But first, as was his personality, he tested those who would handle his gifts. Meeting the doctor who had just turned 90, OBU's John Little quickly discovered he was being evaluated. Little, who serves as director of estate planning and gift planning, believed Allen wanted to ensure OBU still taught students to think, and he measured that by the kind of people the University sent to meet with him.

“Besides, I think Dr. Allen considered it a type of game to ‘grill’ the University’s representatives and see if he could ‘one-up’ us,” Little recalled fondly. “The first time I met Dr. Allen, I was impressed with his intellectual alertness. His memory of complex details and his ability to ask focused questions on nearly any subject demonstrated to me a man who still had vigorous mental acuity. He was still directly managing his investment portfolio up to his death and had done a good job with it.”

“Dr. Allen was a physician, a military officer, a shrewd businessman, a strong churchman, and a generous supporter of important causes. He loved to discuss important issues of interest and to ask keen questions with a twinkle in his eye. He was a faithful OBU alumnus.”

–John Parrish

During the three years Little knew Allen, his respect for the doctor quickly grew from a common business relationship into one of deep respect. He considered Allen a man of dignity, integrity and rectitude.

“I hoped it was mutual respect,” Little said. “One of the great pleasures of my work is meeting people who share our passion to integrate faith and learning. Dr. Allen was a man of learning and had a passion that OBU would continue to give young people the same experiences he had as a young man.”

At Allen’s request, Little reviewed his estate plans – a service he offers to OBU donors. He reviewed Allen’s will, durable powers of attorney and medical directives. Allen spoke often about what he wanted done with the bequest to the University.

“He had a dream of creating scholarships for children from the Western side of Oklahoma who were willing to work hard and learn, especially young people from the Panhandle counties,” Little said. “He often told me how he was given the gift of educational opportunity by his parents, and now he wanted those benefits to be extended to other deserving young people.”

Allen reiterated he did not want credit for scholarships the money would provide to these students. He wanted the credit to go to his mother, father and a treasured uncle so their ministry to him could be continued in other lives. Just as they planned and worked to provide him the foundation for a quality Christian education, he has given provisions to help many young Oklahomans attend OBU. And through his thorough estate planning, his legacy will continue well into the next centennial on Bison Hill.

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Back Fractures – Vertebral Compression Fractures

With a VCF, the pain is usually more severe and painful than other causes of back pain. VCFs often occur after falls or accidents, but can happen without any known trauma. They are usually associated with osteoporosis.

Other causes, such as cancer, should be ruled out. Luckily, VCFs are treatable with a high success rate using bone cement – employing a procedure called kyphoplasty. This procedure has been around for only about 10 years, so, unfortunately, most doctors don't have much experience with it.

What can be done?

So what can be done about back pain? There are options for treating most types of pain, and you don't have to rely on narcotics. It's important to speak with a physician about options because treatment depends of the cause of the pain.

Before you see your doctor, it is helpful to keep a pain diary. This will allow your physician to better diagnose your pain. Here are some things to keep track of:

1. Location. (neck, head, lower back, joints, hands, knees, shoulder, etc.)
2. Radiation – does it move around. (for instance: shoots down leg, etc.)
3. Quality. (stabbing, sharp, dull, aching, burning, etc.)
4. Anything that makes it better? (rest, ice, heat, walking, medicine, etc.)
5. Anything that makes it worse? (lying down, standing, exertion, walking, etc.)
6. Duration.
7. Severity. How bad is it on a scale of 1 to 10, where 0 is no pain and 10 is the worst pain imaginable?

Osteoporosis and Back Fractures

When we were still growing, our bodies actively stored up calcium in our bones. This occurs until about age 25 – after that point, it's all downhill. The body slowly loses calcium rather than stores it. Although many factors can increase the rate at which we lose calcium, it is a part of aging. Some things that speed calcium loss are poor diet, lack of exercise, smoking, sodas and steroids.

You can think of it like a retirement or savings account, where you have calcium instead of money – keep making the same small withdrawals and you run out over time. At some point the density gets low enough that we start having fractures – usually in the hip or spine.

Vitamin D Deficiency

According to the National Osteoporosis Foundation, there are certain people who are more likely to develop vitamin D deficiency. This includes people who limit sun exposure, have very dark skin, are obese, and the elderly. Also people who are living in nursing homes or have certain medical conditions such as nervous or gastrointestinal disorders are at increased risk.

The National Osteoporosis Foundation recommends that adults more than 50 years of age need a total of at least 1,200 milligrams (mg) of elemental calcium and 1,000 international units (IU) of vitamin D each day to prevent deficiency. This should include all food sources – so if you get adequate intake from the food that you consume, you don't necessarily need to take a supplement.

Roughly 90 percent of the patients I see with back fractures have a vitamin D deficiency. At this point, just taking the recommended amount won't help them and we usually have to place them on a prescription.

Numerous studies have also linked vitamin D to various health benefits, including involvement in the perception and experience of pain. So, ensuring that you're receiving enough vitamin D is a simple and

natural way to fight pain in general. When selecting a vitamin D supplement, it's also important to make sure it is Vitamin D₃ the type called "cholecalciferol." Your pharmacist can help with this.

Back Fracture Myths

Most doctors just don't understand back pain in general, but particularly vertebral fractures. Ignorance and misinformation often combine to hinder optimal patient care. Here are two things patients often tell me that aren't necessarily true.

"My doctor told me that I had a back fracture, but that it will get better on its own."

Truth: Although many vertebral compression fractures will get better with conservative therapy, for many they won't. While we wait to see if it gets better, the patient is suffering, sometimes for weeks and months at a time. In my opinion, if VCF pain is severe for more than a couple of days, it's time to seriously consider fixing it.

"My doctor said that there is nothing we can do for it."

Truth: If your pain is caused from a VCF, there are procedures that can take that pain away in almost all patients. Most doctors just don't have any experience fixing these back fractures because they were trained in an era when there literally was nothing that could be done.

Summary

Pain is an important, God-given survival tool in the short term. However, chronic pain can be a nightmare. Optimal medical care for pain management usually involves a team approach, but a history and physical examination by a knowledgeable provider is important.

Diagnosing the cause of back pain can be challenging. For patients with osteoporosis, treatment by a specialist is usually helpful. Also, using common sense to avoid injury, staying healthy and active and ensuring that you're receiving enough vitamin D are simple, natural and inexpensive ways to fight pain in general.

Wills, Wills, Wills ... Help!

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Will Durant, sometimes referred to as the "gentle" philosopher.

At law, Will may refer to a Living will, a legal document expressing the desires of the author with regard to medical decisions, invoked in the event that the author is incapacitated and unable to act on his or her own behalf, or Will may refer to a legal document expressing the desires of the author with regard to the disposition of property and care of minor children after the author's death.

All of these are wills, but if you do not have both of these last two, no matter how "will-ful" or "will-less" you are, even though you might have a son, brother or cousin "Will," you are without the will which matters most regarding your legacy. You are missing your last chance to be sure that your family knows just how much you care about them and you are missing your last chance to tell everyone about the things which you believe are important.

My job at OBU is to be sure that our friends know their own wills – that our friends know that the University can also be of help to them. I have more than 35 years of experience in helping to solve legal puzzles and I am positive that I can give you a no-cost, no-obligation start to solving the puzzles in your estate plan. I promise not to be will-ful, but to be help-ful. Call me at 405.878.2718, or send an e-mail to john.little@okbu.edu or even write to me at Oklahoma Baptist University, 500 W. University, Shawnee, OK 74804.

The *OBU Legacy Newsletter* is the Planned Giving newsletter of Oklahoma Baptist University, Shawnee, Oklahoma, published for those who may have an interest in Planned Giving, four times a year, generally in February, May, August and November. Opinions expressed in the *OBU Legacy Newsletter* do not necessarily represent those of the University, alumni, faculty or administration. All comments are protected by copyright (© 2009 the *OBU Legacy Newsletter*), and any use is prohibited without the written consent of the editor, John Little. The *OBU Legacy Newsletter* has a quarterly circulation of approximately 4,200 and is published free of charge to the members of the OBU Legacy Society.

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Refer A Student

Do you know someone who could benefit from the personalized, challenging Christian college experience OBU provides?

Give OBU's admissions team a few details about that student and they will follow up with information about what makes OBU unique. Your recommendation could make a lasting difference in a student's life.

Go online to www.okbu.edu/refer,
or call 405.878.2033.

