

***O.S.E.A. Approved Minutes***  
***April 9, 2006***  
***Best Western Motel***  
***Stroud, Oklahoma***

Members present: Nancy Casteel, Tracie Albert, Yvonne Moore, Carol Anwar, Patty Peters, Peggy Dohlman, Susan McNeely, Maryanne Miller and Vicki Sue Loehrs.

Non member present: Barbara Klein and Vella Keeling.

Meeting was called to order at 1:35 p.m. by President: Nancy Casteel.

Carol Anwar introduced today's speaker:

Carolyn Walters, R.N., N.P.  
4870 W. Lewis, #130  
Tulsa, OK 74105  
W#398-6810                      Fax# 398-6811  
wellwomenclinic@tulsacoxmail.com

- Carolyn Walters spoke on a very important topic: Women's Health Issues to maintain your health as long as possible.
- Practice of women's wellness to include acne, PCOS, and yearly physicals.
- PCOS: high percentage of these women has type II diabetes. Reason: they don't make enough estrogen monthly.
- No progesterone, no ovulation.
- Takes two cups of estrogen to rupture or ovulate.
- Estrogen is offset by progesterone (checks and balance).
- Put patients on the pill to get enough progesterone and estrogen.
- Different estrogen in birth control pills –vs- HRT.
- Different types of breast cancer: estrogen or progesterin receptor site.
- Birth control pills work in women with androgen problems because we need progesterone everyday.
- Birth control pills protect from ovarian cancer by 40% to 80%.
- Keep women on B.C. pills until menopause.
- Horses do not get breast cancer.
- Humans are the only mammals alive after child bearing years.
- Put clients on HRT about age 52.
- No HRT – check cholesterol and bone density.
- Pre-menopausal = B.C. pills.                      Post Menopausal = HRT until death.
- Pap smears saves women from dying of cervical cancer. Do yearly.
- Viral cervical cancer is a STD.

- HPV is found in 97% of women under age of 40. Once you have HPV it is always there in the body and can be activated by stress, smoking, and other viruses.
- Generic drugs only need to be 60% of the original formula. Generics have risks.
- Every woman needs to be measured once a year for bone density.
- Stop drinking juices and soda pop to get rid of type II diabetes. Drink juice with protein to slow absorption i.e. Cookies with milk, bread and butter
- Estrogen makes insulin more readily available to cells.
- Gain less weight on HRT.
- Estrogen is the #1 drug studied for over 60 years.
- Breast cancer is curable. Do your yearly mammograms.
- Communication tips: nurses are better being nurturing than Doctors.
- Recommends reading “The Alphabet –vs- the Goddess” book.
- Estrogen and brain functions: do PET scan of brain. Shows similar pattern of women’s hot flashes and Alzheimer’s disease.
- HRT clients on estrogen have less severe Alzheimer’s disorders.
- Alzheimer’s is more dominant in women.
- Estrogen in males comes from the brain: hypothalamus.
- Women’s estrogen comes from the ovaries.
- Depression and anxiety is also treated at clinic.
- Depression is due to lack of neurotransmitters. Drugs commonly used are Flexor XL and Wellbutrin SR which are both women friendly.

Nancy Casteel, President:

- April 2006 minutes were approved. Motion by Maryanne Miller and second by Patty Peters. All present were in favor.
- Ceu’s need to be in by October 31, 2006.
- AEA Convention will be October 20<sup>th</sup> thru 22<sup>nd</sup> in New York City.
- Ask Susan Goodman to post CUE new requirements and get hard copy.
- Keep log of your own CEU’s and what you have turned in to the board. Many credits are not getting logged.

Old Business:

- Scholarship by O.S.E.A. to attend A.E.A. fall convention.
- Contact Board if you wish to attend.
- Precedence will be the electrologist that has never attended before.
- Drawing by board if it is a tie.
- Everyone present was in favor. Passed as amended. Original and amended in minutes.
- Nancy Casteel will be attending the fall AEA convention.

New Business:

- \$75.00 O.S.E.A. dues are due July 1, 2006.
- Need an audit committee from Tulsa for the New Year. Peggy Dohlman volunteered.

- Motion by Maryanne Miller to purge old records once Peggy verifies with her accountant how many years we need to keep them. Seconded by Vicki Sue Loehrs. Everyone present was in favor. (Per Tracie we need to keep records for the last 7 years only)
- Need all new officers. Bi-laws say only two terms unless voted on. Tracie agreed to stay on as Treasurer. Vicki Sue agreed to stay on as Secretary. Motion by Maryann Miller and seconded by Peggy Dohlman.

Nancy agreed to stay on as President. Motion by Peggy Dohlman and seconded by Susan McNeeley.

- Preceptorship: Peggy Dohlman doesn't want to do it any more. Doesn't have the time and she'll retire after this internship is completed. Checking to see if Vicki Branstetter in Perkins may want to teach.

Need to think about what will happen if no one's wants to train anymore. Peggy said some states have beauty schools that train.

Carol Anwar: Have the Advisory Committee to send letter with requirements and deadline date to see if any one is interested in preceptorship. No dates for the next committee meeting at this time.

Preceptorships can charge whatever they want accordingly. We will have new books and information for testing. Preceptorship must be approved by Medical Board.

Any other ideas and options, call the President.  
I.e. three instructors for three different modalities.

Yvonne Moore: passed around an AEA cartoon.

Vella Keeling has positioning video.

Tracie Albert, Treasurer:

- Current balance \$3209.19.
- Paid Carolyn Walters check for \$100.00 for today's presentation.
- Yearly dues are due July 1, 2006 for \$75.00.
- 990 EZ tax form submitted each year for O.S.E.A.

Carol Anwar:

- Will inform web master of cut off date of members which will be one month yearly dues: August 2006.
- Submit all web changes by the end of July to Carol.
- Nothing new at this time with the advisory Board.
- Possibility of an Electrologist practicing illegally in Hugo, Ok. Forward information to Medical Board.

- In process of finalizing state exam.

Next O.S.E.A. meeting will be November 5, 2006, 1:30 p.m. at Stroud.  
Meeting adjourned at 4:55 p.m.

Respectfully Submitted,

*Vicki Sue Loehrs, R.E.*  
O.S.E.A. Secretary

Please update your records with the new information:

1. Peggy Dohlman new home address and phone number:  
12933 E. 80<sup>th</sup> Ct. No., Owasso, OK 74055  
H # (918)274-0144 new email: [EOEDohlman@sbcglobal.net](mailto:EOEDohlman@sbcglobal.net)
2. Tracie Albert new home # (918)246-9515
3. Vicki Sue Loehrs new home address:  
5137 S. Hudson Place, Tulsa, OK 74135  
H# (918)728-6266

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