Flu season is just around the corner and to make sure that the community is prepared, KU Med has a full supply of flu vaccine for its annual free flu shots.

The highly successful drive-thru flu shot event for the community will take place on Saturday, Oct. 14 from 8 a.m.-1 p.m. in the parking lot of Kirmayer Fitness Center. Drivers can register, be screened and receive flu shots without leaving their cars.

Shots will be administered on a first come, first served basis. Participants are asked to bring a non-perishable food item in support of Harvester’s food pantry.

To accommodate the event, several parking lots and traffic patterns will be changed. The parking lot behind Kirmayer will be closed at noon on Friday and will remain closed until after 1 p.m. on Saturday. Because of special flu shot routes, the Olathe parking garage will be inaccessible on Saturday from 7:30 a.m.-1 p.m. along with the blue parking spaces on either side of Olathe Blvd. The red surface lot east of the Olathe parking garage will be accessible only from the east entrance.

Traffic patterns on streets surrounding the campus will also be altered from 7:30 a.m.-1 p.m. on Saturday. The inside lane of eastbound 39th St. will be used for flu shot traffic. The line will then turn right on Cambridge and right on Olathe, then left into the Kirmayer parking lot.

**Employee Shots**

The Department of Occupational Health and Environmental Medicine (EHS) is offering free flu shots to KUMC and KU Med employees and volunteers on Tuesday, Oct. 17 from 7 a.m.-4 p.m. in the Prairie Room of Delp cafeteria. Flu shots for employees in the Support Services building will be given on Thursday, Oct. 19 from 9 a.m.-10:30 a.m. in the Support Services building conference room. Valid staff identification is required to receive a shot. Employees unable to attend either of these sessions may go to the EHS clinic after Oct. 17 for a flu shot. Clinic hours are Monday-Friday, 8 a.m.-4:30 p.m.
The Kansas Cancer Institute (KCI) will hold several fund raising events during the month of October in celebration of National Breast Cancer Awareness Month. Across from the main cafeteria on Oct. 6 tables staffed by volunteers will provide breast cancer information and showcase three fund raising efforts. Star Wars Chicks, a group of women interested in the Star Wars movies and who regularly raise funds for breast cancer, will have T-shirts, pens, bumper stickers and bath sets for sale. Books & Beyond, a home-based gift business, will sell breast cancer books, note cards, stuffed animals, nightshirts and other items to benefit the Susan Henke Miller Research Fund at KUMC. “Susan’s Angels,” small framed prints created by local artist Jan Bryant Hunt, will also be for sale.

On Friday, Oct. 6, the KUMC bookstore will donate five percent of all sales and all proceeds of pink ribbon pin sales to breast cancer research.

Other fund raising events include a book signing of The Red Devil: A Memoir About Beating the Odds by breast cancer survivor Katherine Russell Rich on Oct. 25 at the new Johnson County Library, 9000 W. 151st St. and the placement of Halloween donation boxes across the KUMC campus and area stores.

KCI conducts basic and clinical breast cancer research and is currently testing the effectiveness of two breast cancer drugs on post-menopausal women who may be at high risk for breast cancer. To find out more about how you can participate in this clinical trial, fill out a high-risk assessment form at the table. For more information on breast cancer go to www.kumd.com and click on Women’s Cancers, visit www2.kumc.edu/kci or call the Cancer Information Service at 1-800-4-CANCER.

Chairpersons representing the hospital authority, the university and the Kansas University Physicians, Inc. (KUPI) have been selected for this year’s United Way Campaign 2000. Don Branson, human resources director for Kansas University Physicians, Inc. (KUPI); Dorothy McGhee, executive assistant in the dean’s office of the School of Medicine and Ken Kuse, director of KU Med’s Central Transport, will direct this year’s effort. KUMC is a member of the Wyandotte County United Way chapter. Wyandotte County’s theme for this year’s campaign is “You’re not Alone, We’re in This Together! Family by Family, Child by Child.”

The week-long KUMC pledge drive will begin on Oct. 23 with a goal of increasing last year’s total contributions by five percent to $181,000. Each department will name a department ambassador who will attend a United Way training session and be responsible for coordinating pledges. Pledge card signing parties will be held each day during pledge week in various locations throughout the KUMC campus. Each signing party will feature refreshments, speakers from United Way agencies and pledge materials.
Gambia trip is a mission of mercy

Two members of the KUMC pediatric plastic surgery department traveled to Gambia, in western Africa, last spring to provide free medical care for villagers. Peter Witt, MD, associate professor of pediatric plastic surgery and Darlene Ball, RN, cranial/cleft coordinator plastic surgery nurse, worked aboard Mercy Ship, a self-contained hospital ship that travels the western coast of Africa. The ship provides primary care, dental care and surgery. An international staff represents 47 countries and each member must pay their own airfare as well as a fee to board the ship.

In addition to facial deformities and burns, doctors have to deal with children who are malnourished and have poorly functioning immune systems. During his two-week stay, Dr. Witt handled 35 of the 105 surgeries performed. Mercy Ships is an ecumenical Christian organization operating four ships to provide medical care for those in underserved countries.

Realistic body image

The shape of your body may simply represent your genetic destiny, says Jan Schmidt, assistant director of Kirmayer Fitness Center. In a noontime talk to KUMC students, Schmidt pointed out the importance of setting fitness goals based on acquiring functional fitness rather than on improving appearance.

Learning to accept your body does not mean you’re off the hook as far as exercise goes. To be healthy, Schmidt recommends 30 minutes per day of low-intensity exercise, aerobic exercise three times per week and weight training at least two days per week, along with a diet low in fat and high in fruits and vegetables.

Are you getting a flu shot?

“I usually do. I think it’s important for health care workers.”

Yes. I get one every year and I think it works.”

“I never get a flu shot. I feel my own immunities are pretty strong as I am rarely sick.”
No One In The Region Offers More Innovative Prostate Cancer Treatments.

No One.

At KU Med, nationally distinguished physicians and researchers are investigating the newest therapies which inhibit the growth and spread of prostate cancer. In fact, no one in this region offers more prostate treatment options than KU Med.

Like brachytherapy, a procedure which destroys cancer cells while virtually eliminating damage to surrounding tissue. And a remarkable minimally invasive technique called TransUrethral Needle Ablation for treating benign prostatic hyperplasia.

At KU Med, patients receive—in a single visit—the combined opinion of an entire team of experts who review each case. So, if you’re fighting prostate cancer—or any cancer—your best options are found at KU Med, where compassion and leading edge care go hand in hand.

To schedule a cancer screening, an appointment or a second opinion, call KU Med at 913-588-1227.

kumed.com

KU Med Ad Campaign 2000
The weather was cold and rainy, but Jill Gray, second year medical student, was one of many KUMC employees who showed up to work on a Habitat for Humanity home on Sept. 23 at 4th and Mabel in Kansas City, Kan.

Peggy Clancy, phlebotomist, Community Blood Center, prepares Terra Ceselski, RN, KUMC nurse anesthesia student, to donate blood at the KUMC blood drive, held Sept. 28-29 in Stoland lounge.

KU Med held its second annual Medical Staff Dinner and Dance Friday, Sept. 22 at Indian Hills Country Club. Clockwise from left: Paula and William Barkman, MD; Laurie and J. Brantley Thrasher, MD; Helen and Daniel Stechschulte, MD; Irene M. Cumming, KU Med president and chief executive officer and Christopher E. Cumming, DDS.
Gala reminder

Tickets are still available for KUMC’s second annual Gala Celebration on Saturday, Oct. 14 at 6 p.m. at the Hyatt Regency Crown Center. The event will raise funds to promote KUMC’s research mission and honor former U.S. Senator from Kansas Nancy Kassebaum Baker for her advocacy of health care issues during nearly 20 years in Congress. Tickets for the Gala are $100 each and may be purchased by contacting the Office of the Executive Vice Chancellor at 81400.

Diversity initiative kick-off

KUMC’s Diversity Advisory Council invites all KUMC employees to the Diversity Initiative Expo on Thursday, Oct. 12 from 3-5 p.m. in the School of Nursing atrium. The vision and mission statement for the Diversity Initiative, “A Road Map to the Future,” will be the focus of the event. Refreshments will be served along with a drawing for two framed posters highlighting the beauty of diversity.

Encore Customer Service

KUMC’s customer relations program, Encore Customer Service, will be offered to all employees throughout the medical center on Wednesday, Oct. 18 from 9 a.m.-11:30 a.m. and Thursday, Nov. 30 from 1 p.m.-3:30 p.m. The location for the program will be announced later. The program offers employees an opportunity to share their experiences, skills and ideas for promoting excellent customer service. For more information or to enroll call the Human Resources Dept. at 85159.

Thomas Northup, second from left, of Boy Scout Troop 1 of Kansas City, Kan., collected 200 stuffed bears to be given to KU Med patients. Pictured with Thomas are some friends who helped out. From left: Lee Burgess, Thomas, Hannah Moody and Doug Moody. Thomas collected the bears as part of his Eagle Scout project. Cards will be attached to each bear with the Bible verse, “Love bears all things.” Rev. Jennie Malewski, KUMC Protestant chaplain, will distribute the bears to patients.
**Automotive:**
1995 New Yorker 5th Avenue, white, red interior, looks/runs great. Blue Book is $6500, will sell for $4000. 816-250-2502 after 6 p.m.
1991 Honda Accord EX, 2 dr, 142K mi., power sun roof, 5-sp., cruise, good condition, $4800. 913-393-0677.
1990 Ford Thunderbird, supercharged, 25th anniversary model, new black paint, tinted window, everything under the hood is new including the engine, must sell, $7000 OBO. Dan at 816-419-4933.
1998 Honda Accord LX, 4 cyl., white, 37,500 mi., $15,500 OBO. 913-696-0201.

**For Rent:**
Aluminum tool box for full size truck, good condition, $150; stepper/exercise bike w/heart rate read outs, good cond., $100; Yamaha Clavinova digital piano, stand and bench included, ex. condition, $1000. Leave message at 913-768-7287.
Oak dinette, $350; queen size waterbed with dark wood headboard, $350; washer and dryer, $325. 913-831-4820.

**For Sale:**
Furnished studio apartment, walk to KU Med, deposit required, rent weekly or monthly, utilities paid. 913-677-3248.

**Services:**
Online word processing. 30 yrs. exp., you fax me the work, I’ll email the finished product back to you. Quick and easy! Email CherAl64118@aol.com for details.

**Free To Good Home:**
Beautiful loving female Siamese cat, declawed. 913-648-3350.
HELP! Owner died, Mimi needs a home. Sweet, beautiful Siamese cat, already declawed. Free food, etc. 913-648-3350.

**Volunteers Needed**
We need women for this study of how estrogens may affect the normal aging of skin. All subjects for this study must be in good general health, non-smokers, and must have at least one sunburn. Subjects are needed in two separate groups: pre-menopausal women 25-35 years old and post-menopausal women 45-60 years old (not currently taking hormone replacement therapy). Participation will require 2-3 short office visits and two skin biopsies. $500 compensation. If interested call 82029 and ask for Kyra.

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**Coming up**

**Friday, Oct 6**

**Monday, Oct 9**
- Grief-Loss Support Group, 3-4 p.m., Radiation Oncology conference room.
- Department of Ophthalmology Grand Rounds, “Current Concepts in Retinopathy of Prematurity,” Manju Subramanian, MD. CME credit sign up on-site. Fee entitles you to attend all subsequent sessions for credit, 4:45-6 p.m., Lied Biomedical Research building, Rm. G-032.
- “Effectively Patient Education in Prospective Payment: Home Parenteral Nutrition Clinical Trial Outcomes,” Carol E. Smith, RN, Ph.D., professor, KU School of Nursing, 11:30-1:00 p.m., Lied Auditorium.
- Breast Cancer Support Group, “Osteoporosis Care and Treatment,” 5:15 p.m.-6:30 p.m., Radiation Oncology conference room.

**Tuesday, Oct 10**
- KU Women in Medicine present “Getting Out of Your Own Way with the News Media,” Dennis McCulloch, director of public relations, noon, 1025 Orr-Major.

**Wednesday, Oct 11**
- KUMC Interfaith, noon-1 p.m., 2023 Wescoe.
- Department of Ophthalmology Grand Rounds, “Current Concepts in Retinopathy of Prematurity,” Manju Subramanian, MD. CME credit sign up on-site. Fee entitles you to attend all subsequent sessions for credit, 4:45-6 p.m., Lied Biomedical Research building, Rm. G-032.
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**Got stories?**
If you have a story idea, question or comment call the In the Center hotline at 81454.