



Nuts & Bolts

Newsletter

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Issue 1

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The Mind Conquers All

By Adam Ary

Judith was a young woman, compared to most, around 35 years young. A woman with two children, ages 2 and 7, and a loving husband. One day Judith was experiencing unusual pains in her abdominal region. Discussing this with her husband it was decided that she would go see their physician. Their physician came to the conclusion that she had tumors on her ovaries and they had a chance of being cancerous. The next week surgery was performed to remove the tumors and see if they were cancerous. The surgery was successful, but the outcome of cancer was unquestionable. All the top physicians decided that the cancer had spread and Judith was diagnosed with terminally ill cancer: Judith was given six months to live.

All of the different avenues suggested to Judith one stood out; a friend suggested meditation. Sense all the other avenues were to extend life Judith wanted to take the path of curing her illness;

Please see *Mind Conquers All* on page 2

Safeguards and Security Tips

By AMA

Physicians and Hospitals should have their release of medical records department reviewed by an attorney or contracted with expert vendors specializing in this area. They should also have comparable confidentiality and security policies; implement security controls over sensitive patient information (e.g., HIV status, pregnancy termination, and history of mental health problems or drug and alcohol abuse); maintain good system security; and train staff and secure agreements concerning confidentiality and security. It is also advisable to have security experts periodically assess the security of the clinical data repository and require that users who

"Don't let the legal issues bring you and your staff down by losing your focus on your real job duties."

Please see *Safeguards* on page 3

First Issues Great Quotes

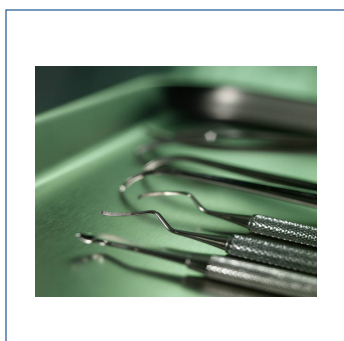
By Compilation of Authors'

"One becomes great by learning from their failures." (AA)

1. "A fool is one that works alone to complete tasks they know little or nothing about: a winner is one who brings in different experts to complete the tasks that the fool knows nothing or little about and succeed with a winning team effort."
(Adam K. Ary)
2. "That's what learning is, after all; not whether we lose the game, but how we lose and how we've changed because of it and what we take away from it that we never had before, to apply to other games. Losing, in a curious way, is winning."
(Richard Bach)
3. "The man who follows the crowd will usually get no further than the crowd. The man who walks alone is likely to find himself in places no one has ever been."
(Alan Ashley-Pitt)
4. "If a man will begin with certainties, he shall end in doubts; but if he will be content to begin with doubts, he shall end in certainties."
(Francis Bacon)
5. "To become an able and successful person in any profession, three things are necessary, nature, study and practice."
(Henry Ward Beecher)
6. "The worst sorrows in life are not in its losses and misfortune, but its fears."
(A. C. Benson)

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Don't Waist A Great Thing!

meditation. Giving up on care and Doctors visits Judith perfected the mind and body meditation process, practicing three times a day. She focused on her body's cells as an army of fighters and began to attack, mentally; the spots the physicians told her she had cancer. Three times a day for five months she practices this meditation.

After Judith's six months of live expectancy she went to the doctors for a diagnosis. After two more months of diagnosis Judith was, by the expert's amazement, declared cancer less. For many more years Judith participated in many studies and reviews; for all of those many years Judith's cancer never returned.

Judith is a real example to the power of the mind. The mind can conquer all if one just believes...

Great Quotes from page 2

7. "Why anybody would want to do drugs when there are computers available is a mystery to me."
(Bob Bickford)
8. "Bad things are not the worst thing that can happen to us. Nothing is the worst thing that can happen to us!"
(Richard Bach)

AKCopy's Local News**An end the holiday and New Year season:**

AKCopy wants to congratulate everyone in completing the Holiday's of 2005 and New Year of 2006.

AKCopy's Birthdays:

Elizabeth Ary Feb. 17, 000?

Lisa Lucas March 19, 000?

Adam Ary March 31, 1969

Congratulations:

Lisa Lucas, a valued employee of AKCopy, for getting her appreciation of excellence in paperless release.

New additions to the AKCopy family:

HEALTHSOUTH Fort Worth Dr. Itani's Pain Clinic
(Jan. 2006)

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access the information sign appropriate user agreements: if this is not applicable then outside vendors should be used because of their expertise's in this area.

Health care professionals should set up office procedures to prevent the release of medical records without a copy of the patient's release. The system could be as simple as attaching an office form to any request for medical records. The form would have a checklist indicating date of receipt of the request, date of receipt of the copy of the patient's release form, and date that the medical records were authorized to be sent to the requester. Unauthorized released could also be eliminated by contracting with outside vendors who specialize in this specific area of release.

"Let AKCopy's professionally trained staff fill the gap of all the legal and HIPPA regulations surrounding your ROI demands."
