



The Tale Twister

Cullman Lions Club

December 13, 2021

Program

Lion Richard Gurley filled-in again as Tail Twister. Finally, he fulfilled his potential to tell a joke which received many laughs and some applause. Keep it up Lion Richard! Lion Randy Kraft introduced our program tonight, which was a presentation by Dr. Bob Smith. Dr. Smith talked about a relatively new and very promising treatment for chronic depression.



Dr. Bob Smith talks about promising treatment for chronic depression.

Dr. Smith is a Cullman High School graduate, and his family established and runs Smith Farms here in Cullman. He attended Samford and UAB Medical School and is a family practice doctor here in Cullman. He told some entertaining stories about his life on the farm before going into the field of medicine. He also talked about his continuing missions to Pakistan to help bring about a Pakistani translation of the Holy Bible to those people. He also talked about his experiences there to provide a religious

mission and medical assistance to the poor of that nation.

The Doctor's main subject this evening was on transcranial magnetic stimulation (TMS). This is for patients that have depression to the point that they can not really function, making their relationships with spouses and within their jobs at risk; these are people who are at high risk of suicide. Drugs have been developed that help but can make patients seem like zombies; talk therapy helps around 40% of patients, but it is no cure, and Alabama is so short of psychiatrists that it usually takes six weeks to get an appointment. Electro-shock therapy definitely can help but leaves the patient unable to function for several days after treatment; it's also expensive, and it is a very unpleasant, and distressing treatment that does help about 65% of patients. Transcranial magnetic stimulation applies a powerful magnetic field to the left prefrontal cortex. A patient can drive themselves to and from treatments with no adverse aftereffects that are seen with electroshock. The treatment's remission can last for six weeks or a year before another treatment may be required. Patients don't have to have an IV or anesthesia, they don't get a seizure, they don't get knocked down and get amnesia, and they stay awake during the treatment. The cost is not cheap -- about \$7,000 per treatment, but it is still usually less costly, and more effective than other treatments. This treatment seems similar in its good outcomes to that of stellate-ganglion-block for treatment of



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PTSD which was the subject of a program by Col. Ken Brown for veterans in April of this year.

Dr. Smith said that TMS can also be effective for patients with PTSD, compulsive disorders, smoking or drug habits, and even he alluded that sexual disfunction may be helped by stimulating other parts of the brain. But mainly, it's been proven to be effective when other means of treating chronic depression have failed. He intends to establish a clinic that uses TMS in the near future. Dr. Bob Smith gave us a very informative and entertaining presentation.

Other Business

Lion Frank Odell and Lion Carey Thompson talked about the Fish and Ham Dinner. The date is set for March 5th and the cost is \$15.00 with a \$2.50 discount for orders of over 60 tickets. Lion Frank offered Committee team leads for himself to set up Zoom meetings to facilitate coordination, discussions, and planning within the project teams.

Lion Tim Sinyard resigned the 3rd VP position and requested MAL status as he and his family are moving out of town.

Lion Secretary Craig Gadow reported that an offer for the purchase of the Club's Smith Lake property. The offer that was made was within range of acceptable offers previously approved by the Club. Following a period of discussion, a motion was made by Lion Don Smith with a

second by Lion Chris Robinson to accept this offer. Lion Raymond Williams is working to finalize the contract. The vote was held by private ballot with a result of 41 yes and 3 no. The Club BOD voted to continue making a donation to the Commission on Aging in return for the use of its facility for our meetings; the BOD also donated funding for the Agriplex for its youth programs. A bonus payment to Freddie Day and his crew for our excellent food service was agreed upon.

Lion Wendell Copeland has been in the hospital for pneumonia. Lion Bruce Harbison is still recovering from a Covid vaccine reaction. Lion Gary Murphree's son is recovering from a serious gun shot wound, following a traffic altercation; he is at home, now, but faces a tough road ahead of future surgical operations.

Upcoming Programs and Events

January 3: First meeting of 2022. Program is TBD.

March 5: Fish & Ham Dinner.

Tale Twister Input

If you need something special or to report a correction in the *Tale Twister*, see Lions Carey Thompson or Don Smith at the meetings. Lion Carey can be reached at 256-739-0580 (H) or 256-426-3207 (C). Lion Don can be reached at 256-737-7433 (H) or 256-426-7722 (C).