

MEDICAL PROFESSIONALS

OCTOBER 2023

TYLER

**WILLIAM
DREISS, MD**

Interventional Pain

Precision Spine Care



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PUBLISHER
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from the PUBLISHER

Hello Everyone,

Welcome to your October issue.

It's hard to believe that we just have a little more than two months in the year left. Where has this year gone?

Like many of you, it was beautiful to see the skies open up once again in mid-September and bless us with much-needed rain. We definitely needed it around here and I am thankful for it. Sometimes it's the little things that make me happy.

October has for many years been recognized for Breast Cancer Awareness and I placed an article in this issue about this topic. Please be mindful to watch for signs and continue with your annual check-ups. I have known many who unfortunately have had to deal with this in their own lives or known of those who have. Together we can support one another and encourage those we know with any cancer or unfortunate circumstances in their lives. We as people rely on one another to encourage one another and love and be loved. I need to remind myself every day as I pass by people, that I don't have any clue what they may be going through or what they are about to go through.

So my encouragement for this month would be to just check ourselves, myself included. We are about to once again hit the crazy holiday season which can be fun but also stressful sometimes. Don't sweat the things we can't control and take a deep breath and just know that, as the Kenny Chesney song says, "Don't worry cause everything is gonna be alright."

MP Tyler is thankful for those businesses that partnered with us and their monthly support of this publication. We look forward to sharing the stories of our outstanding business partners with our readers. Each business appearing in *MP Tyler* was selected based on its excellent service and reviews. Our partners are ready to serve your needs and graciously support *MP Tyler*.

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WILLIAM DREISS, MD

Interventional Pain

PROFESSIONAL QUESTIONS:

Where do you work?

Precision Spine Care

How did you start in medicine?

Initially, I was inspired to pursue medicine because of my parents. Although they were not in the medical field, I drew from the analytical and problem-solving aspects of my father's job as an engineer and the humanitarian aspects of my mother's career in social work. I have always been drawn towards helping others and have always had a passion for learning. Medicine provides a perpetual opportunity for both.



How did you choose your specialty?

Upon graduating medical school, I decided to enter the field of family medicine. At that time, I felt the specialty provided the opportunity to care for any patient in any situation. I had the desire to learn everything possible about the diagnosis and management of each medical condition. There was obviously some naivety to this. I thoroughly enjoyed my training at UT Health Science Center in Tyler and learned an immense amount. Following residency, I remained at UT working in the emergency department which again offered the diversity and excitement that initially led me into the field of family medicine. Subsequently, the opportunity arose to work as a hospitalist at Texas Spine and Joint Hospital. During this time, I witnessed firsthand the dramatic improvements patients experienced in their pain and overall quality of life. I then had the opportunity to complete fellowship training with Aaron Calodney who is widely considered one of the preeminent teachers in the field of interventional pain management. Since completing my fellowship, I have joined



Precision Spine Care and am finding joy in developing patient relationships and positively impacting people's lives.

Are there some practical actions you've initiated into your doctor/patient time to help your patients have a more productive experience?

Although we are all under time constraints with our patient loads and see many patients a day, I try to stay mindful of the fact that each patient is taking time out of their schedule to come to see me. I try to keep their perspective in the forefront of my mind to ensure their concerns are heard and addressed and their needs are met.





What concerns keep you up at night?

I generally sleep well at night. I operate under the premise that if something is outside of my control, there is no benefit in worrying about it. That being said, if there is a concern about the well-being of my family, friends, or patients it does stay on my heart and mind.

How do you try and maintain a balanced life outside of work?

I do not struggle to maintain balance outside of work. My family and I have fun and love being together. My daughter is 5 now and we all spend as much time together as possible. Everyone is right when they say it flies by so fast and we're committed to not missing it.

Have you ever been close to quitting? How did you stay engaged and push through?

I don't recall a time when I was close to quitting. However, we all have times in our careers that are tough. I have made it through these times by leaning on my family and coworkers and continuing to focus on providing the best care to my patients to reaffirm my purpose and enjoyment in medicine.

Who are some of your medical "heroes"? Explain why? Who have you looked up to through the years and why? What makes them special and how have they motivated you?

Jonathon McClements, whom I trained under during my residency, is someone I hold in high esteem. I have always admired his compassion and integrity. Working with Dr. Calodney has also been an inspiration. Despite achieving nearly





everything possible in his field, he remains one of the hardest-working people I know.

What motivates you? Tell us your “WHY”?

To do good for and to bring joy to people. Also, to provide for my family.

If you could offer any advice to younger physicians, what would it be?

My biggest piece of advice would be targeted to those still in medical school and in res-

idency. It would be to truly take advantage of those times when you have a supporting team to fall back on. Do not let anxiety or fear of failing or doing the wrong thing keep you from tackling any experience. Use these times to learn from your mistakes while you still have someone there to act as a safety net. Also, never allow your hubris or insecurities to keep you from admitting when you do not know something or stop you from asking questions.

Where would you like to see progress in medicine 20 years from today?

I would like medicine to be more accessible to everyone while also remaining an appealing profession that will continue to draw intelligent and compassionate people into the field. Specific to interventional pain, I think it would be great if it continued to progress as it has of late with more minimally invasive and durable treatment options for patients.

PERSONAL QUESTIONS:

Names of spouse and children?

Children’s ages?

My wife’s name is Brooke and we have a 5-year-old daughter named Eleanor. We also have a golden retriever named Honey Bear and 4 cats and chickens.

What are some of your hobbies/interests outside of work?

The majority of my time outside of my work is spent with my family. We enjoy doing projects together, being outdoors, traveling, listening to good music, exercising, and eating good food. Oftentimes, my wife and I just strap in and see where

FEATURED DOCTOR



our 5-year-old daughter's imagination takes us.

What are some movies you really enjoyed?

Answering this question is impossible due to our love of movies. Our breadth of appreciation ranges from classics such as Schindler's List to ridiculous Adam Sandler and Chris Farley flicks. Most recently we have been enjoying the Star Wars saga due to our daughter's newfound and intense love of all things Star Wars.

What type of music do you like to listen to? Favorite bands?

Again, this is a difficult question to an-

swer due to my and my wife's appreciation of all types of music past and present. I would say our go-to genres are classic rock and singer-songwriter.

What amazing adventures have you been on?

We have certainly had some adventures over the years. Some of the most notable include my wife and I living with our Labrador puppy in a motor home on our patio in Galveston for 9 months after Hurricane Ike while I was in medical school. We were also able to travel with my parents to Austria and Germany several years ago and had a wonderful time. More recently, we had the amazing

adventure of taking our then 4-year-old to Disney World where we all had a magical time. Traveling to different places is always a fun adventure. However, I have discovered that the biggest adventure yet has been parenting and our daughter can make a trip to Super 1 one of the most adventurous things a person could ever experience.

What are some accomplishments that you are most proud of?

Some of my proudest moments come from the times colleagues have stopped me and said thank you for always trying to wear a smile and be kind.

If you had to eat one thing for every meal going forward, what would you eat?

I would probably choose a Thai food dish with noodles and all sorts of meat and vegetables. I love this type of food, and this would give me built-in variety with every meal.

What is one thing that you are excited about that is coming up this or the next year?

Rain. I am also looking forward to traveling with my wife and daughter and the adventures that will bring.

If you could spend the day in someone else's shoes, whose would they be? Why?

I would say Walt Disney so that for just one day maybe my imagination could keep up with my daughter's.

What is one of your favorite memories?

My daughter's laugh, no specific instance. It's just amazing every time.

What is the one thing about you that surprises people?

That I am not at all sarcastic.

What energizes you and brings you excitement?

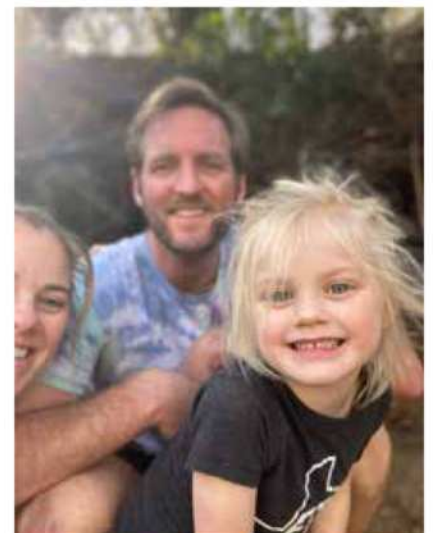
Sleep.

What are you most grateful for today?

My wife and daughter and our health and the life we've built together.



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Director, Oncology Service Line

PROFESSIONAL QUESTIONS

Where do you work?

Northeast Texas Cancer & Research Institute at Christus Trinity Mother Frances

What inspired you to go into nursing? I don't think there was just one thing that inspired me to go into nursing. I've enjoyed taking care of people for as long as I can remember; when I was a young girl, I can remember my dad getting a cut or scrape while working, I would run and get supplies to clean and bandage the wound. My desire to care for others has never waned.

How long have you been a nurse?

I have been a nurse for over 14 years. I've worked in a trauma/surgical ICU, pediatric neurology clinic with a focus on pediatric stroke and neuromuscular disorders, pediatric solid organ transplant, and oncology, and this summer I added a new role as Camp Nurse for a week out of the Summer at a local Christian summer camp. Camp nursing was exhausting, tiring, frustrating, amazing, rewarding, you name it and I'm sure I felt it that week. I absolutely LOVED being a camp nurse and will continue to go back and care for campers and camp staff!

Where did you start in medicine?

I have worked in the healthcare field for over 20 years. I started out as an Administrative Assistant in two different solid organ transplant programs. It was around 2007 that I decided to pursue nursing and I went back to school. I graduated with an associate degree in nursing in 2009 when I was six months pregnant with my second child. My nursing career began in the Trauma/Surgical ICU at Methodist Medical Center in Dallas. In 2014, I decided to go back to school to earn a bachelor's degree, at the time I was working in pediatric solid organ transplant and had three children. When I graduated in May 2016, I already knew I wanted to begin a graduate program and wanted to pursue a dual master's degree: a Master of Business Administration and a Master of Science in Nursing with an Emphasis on Nursing Leadership in Healthcare Systems. I graduated in May 2019. I have been serving the oncology program at CHRISTUS since August 2019 and have enjoyed watching and being a part of the program's significant growth and expansion.

What are some of your primary responsibilities?

As the director of the oncology service line, my primary responsibilities include serving as primary liaison for internal and external stakeholders, including all levels of organizational and physician leadership as well as for our joint venture partnership with Texas Oncology; assertively working to improve relationships through frequent



Stephanie Thomas

MBA, MSN, RN, NE-BC





written and verbal communication, mutually beneficial business planning, and complex problem solving to build a fully comprehensive program for the region and to increase access to high-quality oncology care in the region. I also develop, prioritize, and lead strategic initiatives and overall service line direction, increase regional physician & community awareness of cancer institute offerings, manage internal & external partnerships, and lead cross-functional teams. I oversee accreditation compliance, facilitate & promote organizational and community awareness, education, and outreach events, and serve as a change leader for the service line.

What are some of the challenges of your job?

Some of the challenges of my job are gaining buy-in and support from various groups of people when presenting a new idea or service offering that would benefit not only patients and the program but the organization as a whole. I have to carefully consider my audience when presenting to

ensure my approach will be well received. The other challenge of my role is navigating through many different personalities, relationships, and politics.

What concerns keep you up at night?

For the most part, they don't, but I guess I'd have to say I think about whether I'm doing my best and how I can be better, and what I can or need to do differently to achieve a goal that has been just out of reach.

Have you ever been close to quitting? How did you stay engaged and push through?

Yes, I think that when someone starts to feel as though they're burning out, it's important to take time off to reflect, let yourself feel whatever frustration may be there, and focus on something else that brings you joy.

What do you feel is your greatest skill as a nurse?

My greatest skill(s) as a nurse is my ability to critically think, act quickly, and

stay calm under pressure and in highly stressful situations.

What do you enjoy most about your job?

I wholeheartedly enjoy removing barriers for others and streamlining processes to improve workflow and efficiency.

What do you find most rewarding about your job?

I enjoy caring for others and helping make their lives easier in some way, whether it be a patient, a caregiver, or the staff that directly cares for these individuals.

What motivates you? Tell us your "WHY"?

I love seeing others succeed. Over the last year, I had the privilege to lead, support, challenge, and watch one of my associates grow personally and professionally. She trusted me and stepped out of her comfort zone in so many areas that she discovered some new personal and professional passions. Seeing each of her successes and celebrating accomplishments with her was highly motivating for me. I learned I

really enjoyed being a leader and helping others to discover what they're capable of overcoming and accomplishing!

What has being a nurse taught you?

Be compassionate and kind to everyone you meet. You never know someone's whole story, so they shouldn't be judged on the little bit you do know.

Who are some of your medical "heroes"? Explain why? Who have you looked up to through the years and why? What makes them special and how have they motivated you?

I have two medical "heroes," one being my husband who is a retired surgeon turned full-time farmer, and the other is a now former colleague Dr. Steven Curley.

My husband, Dr. Mark Thomas is a retired surgeon who specialized in transplant, hepatobiliary, and GI oncologic surgery, before falling ill and retiring early from medicine, far before he had intended. Despite the many challenges he's faced over the years he has continued to persevere and live life to the fullest.

He currently manages the day-to-day activities on the farm and sets a wonderful example for our children on how not to give up when life doesn't go as planned.

Dr. Steven Curley, a former colleague, taught me two things: that our job [as medical professionals and professionals] in healthcare is to make life easier for people, especially people with cancer (not to make life harder), and mediocrity is never acceptable. Dr. Curley always pushed for excellence with a focus on patient-centered care, and he held those around him to very high standards. As a result, the Bradley Thompson Tower Oncology Unit and the Northeast Texas Cancer & Research Institute at Christus Trinity Mother Frances were built and are now flourishing.

If you had not chosen a nursing career, what other profession do you think you may have chosen?

Had I not chosen nursing as a profession, I would likely have focused my career on healthcare administration or business administration.

What advice would you share with someone thinking of entering the nursing field?

Nursing is a wonderful profession with so many different opportunities within the profession; if you ever find yourself tired in one area or specialty, take time and explore another specialty or role and fall in love with the profession all over again.

PERSONAL QUESTIONS

Family: Husband: Dr. Mark Thomas
Children: Ryan (31), Andrew (29), Wesley (26), Mia (17), Gavin (14), Reese (11)

What are some of your hobbies/interests outside of work?

I enjoy baking, cooking, wine & bourbon tasting, trying new restaurants (being a foodie), shopping, and fast cars when we're not working our nearly 100-acre farm with approximately 30 head of cattle, 22-ish Kunekune pigs that we breed and raise for meat that we eat and sell at our local Farmer's Market. We have about 15 Nubian goats and one pet sheep. Three of our daughter's show lambs, two show rabbits,

"Nursing is a wonderful profession with so many different opportunities within the profession; if you ever find yourself tired in one area or specialty, take time and explore another specialty or role and fall in love with the profession all over again."



NURSE SPOTLIGHT

numerous chickens, and plenty of barn kitties (plus our pets at the house which include two Great Danes, three indoor cats, and a piglet we're hand-raising because it was abandoned). Between farm work and caring for animals, livestock shows, and extracurricular activities for the kids, we stay quite busy.

What are some movies you really enjoyed?

I can't usually sit still long enough to watch a whole movie, but I'll watch any movie with Julia Roberts in it, and Christmas Vacation to name a couple.

What type of music do you like to listen to?

Favorite bands?

I have a very eclectic taste in music, I like so many different types of music it would be difficult to pinpoint just a few. For example, I enjoy Bastille, Lindsey Stirling, Beyonce, Billy Joel, Panic! at the Disco, Imagine Dragons, Ed Sheeran, and so many more!

What amazing adventures have you been on?

Funny you ask, my husband and I joke that our life together is always an adventure! There is always something new to navigate, but as long as we navigate it together, life is good.

What are some accomplishments that you are most proud of?

I am most proud of going back to school for my bachelor's degree and then my dual master's degrees while juggling family, work, and life in general.

If you had to eat one thing for every meal going forward, what would you eat?

Oof, one thing for every meal...pork. If I had to be specific with only one type of food item, I would choose pasture-raised bacon. Yes, definitely bacon.

What is one thing that you are excited about that is coming up this year or the next?

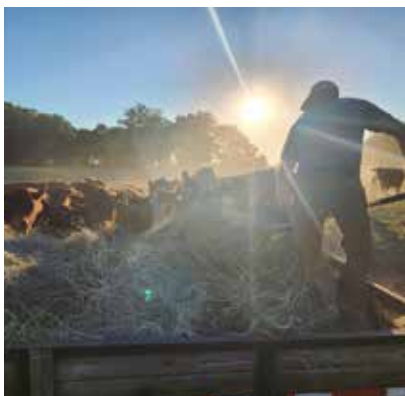
While bittersweet, this year our oldest daughter is a Senior in high school, so we have the privilege of helping and watching her apply to college, receive acceptance letters, and then choose a college and prepare for the next step in life. It's rewarding to watch your children grow into young adults with aspirations of their own.

What is one of your favorite memories?

The day I married my husband, and we joined our families is one of my favorite memories. We were married on our land, surrounded by our closest family and friends, with all six of our children standing by our sides.

What is the one thing about you that surprises people?

I had to phone a friend (or two) for this one. One thing that surprises people about me personally, is that I'm actually funny. I'm an introvert and prefer to survey the situation, take in all the information, and think everything



through prior to putting myself out there. This often causes people to think I'm difficult to get to know, standoff-ish, etc. However, once people get to know me on a more personal level and I them, I'm able to open up and be my true self. Professionally, my ability to critically think and pull pertinent information from previous experiences (actual hands-on experiences, formal and informal education, previous readings or discussions, etc.) in high-stress situations surprises people. My brain very quickly switches from needing to analyze everything to complex problem-solving mode.

What energizes you and brings you excitement?

Accomplishing personal and professional goals energizes and motivates me. It lights a fire for me to want to be better and do more.

What are you most grateful for today?

As I answer these questions over the last few hours, I'm listening to the sound of steady rainfall outside. A sound we hadn't heard for months on the farm. It's peaceful, relaxing, and nourishing for the soul and for the land. Today, I am so grateful for the rain.



The Ultimate Guide to Infant Massage

Nurturing Touch for Your Little One

Infant massage is a nurturing way to bond with your baby while promoting their physical and emotional development. Through gentle and loving touch, you can create a strong connection that benefits both you and your little one. In this comprehensive guide, we'll walk you through the steps of infant massage, its benefits, and essential tips to make the experience soothing for your baby.

Benefits of Infant Massage:

- **Bonding:** Infant massage strengthens the parent-child bond through skin-to-skin contact, promoting trust and emotional closeness.
- **Relaxation:** Massage helps relax your baby's muscles, promoting better sleep patterns and reducing stress.
- **Digestive Comfort:** Certain massage techniques can alleviate colic, gas, and constipation by stimulating the digestive system.
- **Circulation:** Gentle strokes enhance blood flow, promoting overall circulation and aiding in the development of the nervous system.
- **Sensory Stimulation:** Massaging your baby's skin supports their sensory development, helping them become more aware of their own body.

Preparation:

- **Choose the Right Time:** Opt for a time when your baby is calm and alert, such as after a diaper change or a nap.
- **Create a Relaxing Environment:** Find a warm, quiet, and well-lit room. Lay down a soft blanket or towel for your baby to lie on.

Massage Techniques:

- **Warm-Up Strokes:** Gently warm your baby's skin by rubbing your hands together and then placing them on their body. Start with slow, soft strokes down the limbs, moving towards the heart.
- **Legs and Feet:** Use gentle, circular motions to massage your baby's thighs, calves, and feet. Gently pull and rotate each toe.
- **Tummy Time:** With your baby's knees bent, make clockwise circles on their tummy to aid digestion. Always follow your baby's cues and avoid pressure on their belly button.
- **Chest and Shoulders:** Stroke from the center of the chest outward, then move to the shoulders and arms using soft, flowing movements.
- **Face and Head:** Lightly stroke your baby's forehead, cheeks, and chin. Use your fingertips to trace gentle circles on their scalp.

Tips for a Positive Experience:

- **Use Gentle Pressure:** Your touch should be gentle, using just enough pressure to be comforting without causing discomfort.
- **Observe Cues:** Pay attention to your baby's cues. If they're enjoying the massage, they'll likely be relaxed and content. If they seem uncomfortable, adjust your technique or stop.
- **Respect Boundaries:** If your baby doesn't seem receptive, don't force the massage. They might be more interested on a different day.
- **Choose Massage Oil:** Opt for a natural, hypoallergenic oil like coconut or almond oil. Warm it between your hands before applying.
- **Stay Present:** Put away distractions like phones and focus solely on the experience of bonding with your baby.

Infant massage is a wonderful way to foster a strong connection between you and your baby while offering numerous physical and emotional benefits. By following these steps and respecting your baby's cues, you can create a soothing and memorable experience that contributes to their overall well-being and development. Remember, every touch is a precious moment that nurtures your baby's body and soul.

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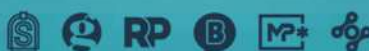


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PATIENT SPOTLIGHT: CARLOS PALACIOS

In May of 2016, Carlos and his son were involved in a motor vehicle accident which trapped them both in the burning vehicle. A passer-by saved their lives, but Carlos sustained severe burns and lost most of his left hand. "I was referred to POA" says Carlos, "and didn't know what to expect. But, I received a very advanced bionic hand, which exceeded my expectations. I now can continue working to support my wife and four children in my job as a computer-aided drafter, mapping out blueprints for construction companies. Thanks POA!"



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Bethesda Health Clinic

Announces Partnership to Expand Services

The Bethesda Health Clinic Board of Directors is excited to announce that St. Paul Children's Services Medical and Dental Clinics has become Bethesda Pediatrics. The two organizations have agreed to combine operations under the Bethesda umbrella to provide more efficient patient care for the underserved families of East Texas.

St. Paul Children's Services will continue to operate the services outside of healthcare, including the community food pantry and Khakis for Kids.

"The impact of both of these organizations is far-reaching into East Texas and has been for many years," said Shannon Dacus, President of the Bethesda Health Clinic Board of Directors. "Now together, the services will be stronger and more effective for families who need affordable healthcare."

Bethesda Pediatrics will serve families in the current St. Paul location on E. Richards Street in Tyler. Dr. Danny Price, a

longtime pediatrician, will continue to serve in that role, with Dr. John English leading as CEO, a role he has held since 2004.

"We know that families need to have access to affordable healthcare and we are proud to be able to fill this gap in the system to not just adults, but also children," said Dr. John English. "We have worked closely with St. Paul for many years and are excited to provide excellent care to these children. Many of the St. Paul families are already connected to Bethesda as the parents are Bethesda patients. In essence, we are helping the same families and can now do so in a more cohesive manner. The merger together really makes a lot of sense."

Bethesda Pediatric Clinic will provide medical care, dental care, and mental health services for children up to 21 years of age. At that point, if they qualify, they can transition into receiving care at Bethesda Health Clinic.

"Transitioning the medical and dental services to Bethesda provides our patients with continuity of top-tier care that meets our mission of empowering children and their families to thrive by meeting their physical, mental, and spiritual needs," said Jonathan Jetter, St. Paul Children's Services Board President. "This operational change allows St. Paul Children's Services to refocus our efforts and expand our community food pantry, Khakis for Kids, Kidd Field, and Andrews Park programs."

Dr. Price and Dr. English attended medical school together at UT Southwestern in Dallas, where they both served on medical mission trips and felt called to pursue a career of service.

"The unique thing is that both organizations are faith-based clinics doing it for the purpose of serving our community in the name of Christ," said Dr. Danny Price. "Part of the natural coming together of these clinics is already in the mind of so many people and all of the services will remain the same."





CHRISTUS Health Awards Nearly **\$3 MILLION** to Nonprofit Organizations

Ten organizations in Northeast Texas received funds totaling \$800,000.

CHRISTUS Health is proud to announce the distribution of nearly \$3 million to 42 non-profit organizations, collaboratives, and coalitions across Texas, Louisiana, and New Mexico through the CHRISTUS Community Impact Fund (CCIF).

Ten organizations in Northeast Texas received funds totaling \$800,000.

CCIF was launched in 2011 and is a CHRISTUS-wide system initiative that supports programs led by local organizations that respond to the needs of the community and improve its health and well-being. More than \$18 million has been invested in communities served by CHRISTUS Health.

“As an anchor institution in the community, we can play a role in convening and collaborating with local organizations to support their programs that help improve the health and well-being of the community,” said Jessica Guerra, CHRISTUS program manager for community benefits.

Selected organizations receive the funds for programs that address critical social determinants of health in the communities they serve. Priority issues include housing instability, food insecurity, transportation needs, medication assistance, and access to services.

From the CHRISTUS Trinity Mother Frances Health System: Children’s Advocacy Center of Smith County, For the Silent and PATH received \$250,000.

From the CHRISTUS Good Shepherd Health System: Buckner Children and Family Services, East Texas Food Bank, Newgate Mission, and Twelve Way Foundation received \$275,000.

From the CHRISTUS St. Michael Health System: Community Healthcare, Harvest Regional Foodbank and Haven Homes received \$275,000.

CHRISTUS Mother Frances Hospital – Tyler Receives National Recognition for Stroke Care

CHRISTUS Mother Frances Hospital – Tyler has received three American Heart Association/American Stroke Association “Get with the Guidelines” achievement awards for demonstrating a commitment to research-based guidelines for stroke treatment, leading to more lives saved, shorter recovery times, and fewer hospital readmissions.

For the first time, CHRISTUS Mother Frances Hospital – Tyler was recognized with the Stroke Gold Plus Award, the highest level given by the American Stroke Association. To qualify, the hospital demonstrated documented compliance with 13 Get with the Guidelines measures for a minimum of 24 consecutive months.

“To earn the award for the first time, we were ecstatic,” said Jennifer Burwell, comprehensive stroke program coordinator at CHRISTUS Mother Frances Hospital – Tyler. “We earned the silver level last year, so this is a testimony to everyone who does incredible work with our patients.”

CHRISTUS Mother Frances Hospital – Tyler also earned for the first time, the Stroke Elite Honor Roll, which recognizes proficiency in door-to-needle time, and for the first time earned recognition with the Type 2 Diabetes Honor Roll, which judges programs on ten standards over a 12-month period.



“I hope the community feels a sense of pride to have such a high level of stroke care available to them locally,” Burwell said. Our goal is to provide top-level stroke care close to home, and this recognition signifies that you can get the best care without leaving East Texas.”

Every 40 seconds, someone in the U.S. has a stroke or heart attack, and heart disease and stroke are the No. 1 and No. 5 causes of death in the United States, respectively.

Studies show patients can recover better when providers consistently follow treatment guidelines.

“This is not an endpoint for our program,” Burwell said. “Rather, this is a step closer to our ultimate goal of being a nationally ranked stroke center.”

BREAST CANCER AWARENESS MONTH

Metastatic Breast Cancer Awareness Day - 13,2023

Metastatic Breast Cancer Awareness Day on October 13 is a time to gain and spread knowledge of what sufferers are up against and how society can help. Metastatic means that what began as a case of early-stage breast cancer has metastasized, or spread to other organs (lungs, bones, etc.) outside the breasts, and is now considered to be stage four cancer. At this point the only care option is to treat the advanced cancer and its side effects, including anxiety; there is no cure for metastatic breast cancer as of this writing. Treatments may include surgeries and chemotherapy, as well as possible clinical trials of new drugs, which along with other palliative care can help improve quality of life and lengthen life span itself. Metastatic Breast Cancer Awareness Day is part of Breast Cancer Awareness Month and presents an opportunity for us to increase awareness and visibility for those who are championing and fighting for scientific advances.

HISTORY OF METASTATIC BREAST CANCER AWARENESS DAY

In 2009 the House and Senate unanimously passed a resolution to recognize one day of Breast Cancer Awareness Month, October, as specifically devoted to metastatic breast cancer (MBC). The best part is how the proposal reached the floors of Congress to begin with. A group of nine MBC patients and their families had traveled to Washington DC and picketed and demonstrated, and these brave souls were able to catch the attention (with the help of phone-wielding friends back home) of the right people to initiate a vote.

But this is no time to fall into complacency. The pinpointing of one day merely means that, now that the word is out, the onus is upon the public to take action. As stated by the Metastatic Breast Cancer Network, “Now it is up to every metastatic breast cancer patient and those who love and support them to find ways to make use of this day... to further our cause to support those living with the disease and demand research to find treatments to extend our lives.”

So learn the facts and stand strong with your family, on National Metastatic Breast Cancer Awareness Day.

METASTATIC BREAST CANCER AWARENESS DAY TIMELINE

1927

“Let’s get this on the books”

A West Virginia senator introduced a bill to reward the person who finds a cure for cancer and to create a commission to research possible cures.

1993

Hopeful new legislation

The National Institute of Health (NIH) Revitalization Act of 1993 pushes the National Cancer Institute to do more to address breast cancer and other “women’s cancers,” resulting in controlled studies being done on MBC risks and treatments.

2017

Cases on the rise

A study from the National Cancer Institute shows that metastatic breast cancer cases are increasing in number, with 150,000 new cases of MBC in the U.S.

2018

Overwhelming numbers

An estimated two million women find out they have breast cancer. It’s now the most common cancer in women and the second most common cancer overall.

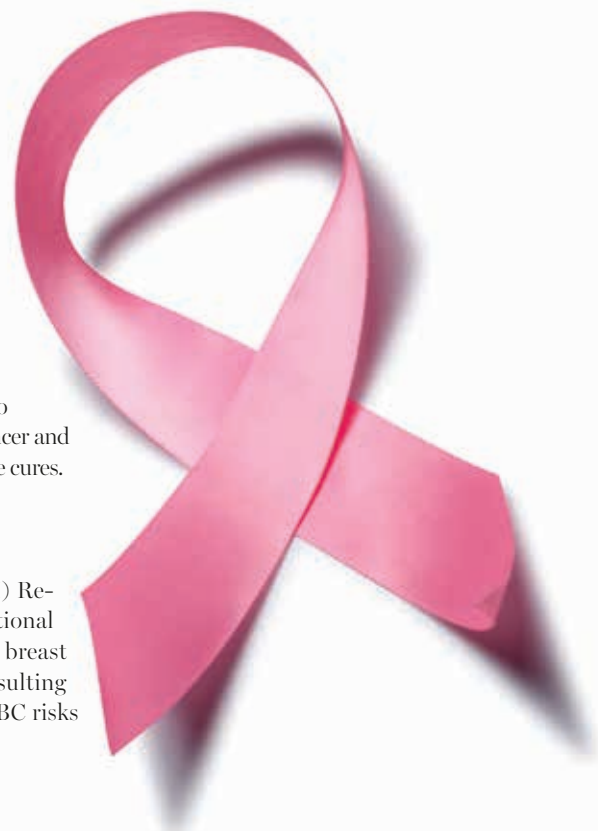
HOW TO OBSERVE METASTATIC BREAST CANCER AWARENESS DAY

Learn something new

In being a part of the solution, start with yourself. Commit to learning something new — whether by doing online research, volunteering with a local organization, or attending a Metastatic Breast Cancer Day event.

Contribute to the cure

If you’re about to choose a major in college, consider medicine with a focus on oncology, or another supporting professional role. If not, make a one-time or yearly donation to a cancer-fighting organization. Do anything you can to help overcome this disease.



Spread the love

If someone you know is battling breast cancer, reach out to them. Let them know that you want to understand what they're going through and to give your support.

FIVE TIPS FOR BREAST SELF-EXAMS

1. Check by feel

Starting with the outside of your breast and moving to the inside (sternum), use dime-sized circular motions of varying pressure to check for lumps over the entire breast. Repeat for the other breast.

2. Do a visual check

In front of a mirror, do a visual exam from all possible angles, checking for any abnormal coloration, swelling, etc.

3. Make it a routine

It's recommended to do your self-exam once a month after your period. If your

period has ended due to menopause or is irregular, designate a specific day out of the month for your exam.

4. Don't panic

Remember, 80% of all breast lumps turn out to be non-cancerous. If you discover one, do call your doctor, but don't let anxiety take hold.

5. Men, too

The Maurer Foundation, a respected organization fighting breast cancer in all its forms, recommends that not only women but also men should do a monthly self-exam.

WHY METASTATIC BREAST CANCER AWARENESS DAY IS IMPORTANT

1. It's often misunderstood

Metastatic breast cancer is the only deadly form of the disease, yet a majority of

studies, sources of funding, and calls for attention are dedicated to detecting and treating early-stage cases.

2. It drives new research

As more people understand metastatic breast cancer, more people will be donating, researching, and fighting for a cure. Right now, metastatic breast cancer is not classified as a chronic disease, but researchers believe it one day could be, and that gap is just one example of how much more needs to be found out.

3. It builds support networks

Most people know someone who is battling or has battled breast cancer. The more that friends and family of sufferers understand the disease, the better support they can give the patient in the fight against MBC.

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NATIONAL FIRE PUP DAY

Oct 1st

National Fire Pup Day on October 1 honored canine members of America's fire departments. Dogs have historically worked, lived, and slept alongside members of local fire departments. Although most people only associate Dalmatians with firefighting, there are actually many different breeds that do this kind of thing. And they're not just companion animals, either. Many of these pups actually work fires and their aftermath, participating in search-and-rescue missions. There's a long, interesting history surrounding fire pups. Let's take a look.

1700s

Dalmatians became popular 'carriage dogs'

Wealthy noblemen used so-called carriage or coach dogs to protect themselves and their possessions during long treks through bandit-infested territories. Dalmatians proved to be especially adept at this task

1800s

Carriage dogs became fire pups

When fire departments began utilizing horse-drawn fire carriages, Dalmatians remained alongside these contraptions since they proved to have a calming effect on the horses.

2000s

Fire pups became mascots

As firefighting techniques became more modernized, fire departments began using Dalmatians and other fire pups as resident mascots. In addition to serving as companions, they guarded the firehouse and assisted with community outreach

HOW TO OBSERVE NATIONAL FIRE PUP DAY

1. Adopt a fire-rescued dog

Fire stations sometimes take in dogs who have survived a fire — only to get left behind in the aftermath. You can adopt these dogs, usually during fire department benefits.

2. Donate to the cause

There are a lot of ways to get involved with your local fire department, and educational initiatives are especially helpful. Find out how you can donate your time or money.

3. Become a volunteer firefighter

Volunteer fire departments protect many communities across the U.S. If you think that might be a good fit for you, look into becoming one.

THREE REASONS WE LOVE THESE DOGS

1. They help catch arsonists

Dogs have moved beyond being "carriage dogs" and firefighting mascots to actually helping investigators determine the cause of a fire. The super-sensitive noses of "acceleration detection canines" can sniff out evidence of arson.

2. Talented Dals

Dalmatians made great "carriage dogs" and firefighting companions since their unique look made them easy to spot during nighttime, smoke-filled situations.

3. Canine instincts are uncanny

In 2012, a blind, deaf, three-legged Dachs-hund named True alerted its owner to a fire in their home. Everything was destroyed, but the family and True made it out alive.

WHY NATIONAL FIRE PUP DAY IS IMPORTANT

1. It's time to honor their bravery

Animals have a long history of assisting humans in dangerous situations. Fire pups are just as brave — and deserve to be recognized — just as much as dogs who have worked in wars, during natural disasters, or at crime scenes.

2. We owe fire pups our love and admiration

Dogs have been bred to be loyal and loving. Fire dogs have the added responsibility of providing that loyalty to people who work in especially dangerous situations.

3. Firefighters need all the help they can get

Firefighting is a tough gig. Dogs provide a measure of companionship that helps keep our firefighters happy, content, and focused.



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INTERNATIONAL EMERGENCY NURSES DAY

October 11

Emergency Nurses Day is celebrated on the second Wednesday of October every year, which falls on October 11 this year. Nursing as a profession requires a great deal of compassion and expertise, and nurses working in hospital emergency wards have to deal with numerous difficulties all through their working hours. A special focus is placed on Emergency Nurses Day, which is a part of a wider celebration of Emergency Nurses Week. Events are held around the world to express gratitude and show support for emergency nurses, who provide invaluable care and assistance to those in need.

HISTORY OF EMERGENCY NURSES DAY

Emergency Nurses Day celebrations first started in 1989, and it has been observed ever since. It was established by the Emergency Nurses Association and is a part of Emergency Nurses Week. The day recognizes the extraordinary commitment and labor of emergency nursing professionals around the world.

By 2001, the Emergency Nurses Association began celebrating the entire week as Emergency Nurses Week. This allowed the association to highlight the contribu-

tions of emergency nursing professionals. Emergency rooms handle cases of allergic reactions, accidents, and matters requiring urgent medical care. Nurses work quickly to make sure a patient's needs are assessed and that their care is prioritized. They begin with stabilizing the patient, and once that is done, they diagnose the problem and start working to nurse (no pun intended) the patient back to health. Needless to say, it is a traumatic job, having to deal with patients whose lives are on the line. Emergency nurses are patient, calm under pressure, compassionate, and have exceptional critical-thinking skills. They work as part of a team with other healthcare professionals, including nurses and physicians.

The Emergency Nurses Association was founded in 1970. It is the premier professional nursing association that is dedicated to leadership, innovation, research, education, and advocacy for the betterment of emergency nursing. The association now comprises more than 44,000 members spread across the globe. The Emergency Nurses Association stands for several important things, including patient safety, emergency healthcare public

policy, and developing superior practice guidelines and standards.

19th Century Modern Nursing

Modern nursing was established by Florence Nightingale.

1901 Nurses Registration Act

New Zealand has become the first country to regulate nurses nationally.

1901 Army Nurse Corps

Nurses are appointed to treat the wounded in wars

1950s Hospitals Start Employing Nurses

Hospitals become the single largest employers of nurses.

HOW TO OBSERVE EMERGENCY NURSES DAY**1. Say thank you**

If you know someone who is an emergency nurse, show them how much you appreciate their hard work and all of the effort that they put into saving lives. Send them a greeting card or a gift basket on Emergency Nurses Day.

2. Raise funds

You can observe Emergency Nurses Day by raising funds for your local hospitals and medical centers. 'Fun runs' and 'bake sales' are very popular fundraising techniques.

3. Read some real-life stories

You can also read some amazing tales of emergency nurses who have helped to save lives. Browse on social media or hear a nurse recount their stories.

FIVE IMPORTANT FACTS ABOUT NURSING**1. Nursing was first taught in India**

The first known nursing school was established in India in 250 B.C.

2. Florence Nightingale pioneered modern nursing

Florence Nightingale introduced sanitation practices to nursing and designed the iconic nursing cap.

3. It involves a lot of walking

Nurses walk an average of four to five miles in a 12-hour shift.

4. Many famous people have been nurses

One of them is the famous poet Walt Whitman.

5. 2020 was the Year of the Nurse

The World Health Organization proclaimed 2020 the International Year of the Nurse and the Midwife and it continues this 2021 because of the pandemic and the increased viability of nurses' contributions.

WHY EMERGENCY NURSES DAY IS IMPORTANT**It's a day to express thanks**

Emergency Nurses Day expresses gratitude to all the emergency nurses who save lives every day. It offers the opportunity to especially celebrate these unsung heroes.

A day to give back

It's impossible to repay an emergency nurse for her effort and contribution. Yet Emergency Nurses Day allows us to give back to these champions by letting us say thanks, host fundraisers, and share their stories.

A day to learn more

Take the day as an opportunity to read about how emergency nurses go about their day and do the work they do. The celebration nudges us to better appreciate their dedication.

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Movement as Medicine

**Kourage Health Provides Renewed Health
and Hope Through Medical Exercise**



Jennifer Selman, Kourage Health Executive Director

The name of this prescription: Exercise. Since 2001, thousands of individuals with serious health conditions have been up and moving thanks to Kourage Health, a patient-focused nonprofit organization based in Tyler, Texas. The Kourage Health “prescription” is provided free of charge to those served. There is no insurance paperwork or co-pay. The program can transform lives and the side effects are great – ranging from increased physical

strength and endurance to elevated spirits and hope for the journey.

“Kourage Health believes that movement is medicine,” explained Jennifer Selman, executive director of Kourage Health. “As patients’ bodies and lives benefit from the power of medical exercise, the Kourage Health program becomes a movement in itself – impacting the entire medical community and setting new standards of care.”

The Kourage Health story began in 2001 when medical oncologist Gary T. Kimmel, MD, of Tyler, dedicated his focus to a revolutionary medical concept of movement as medicine.

“I decided at the time of my retirement that I would start an intervention. It had really never been done before,” said the late Dr. Kimmel. “Most of these patients were end-of-life, but they had one



Exercise Specialist Team

common denominator – they had a will to live. To my amazement, with this new intervention, I saw actually incredible results. There will never be a new medicine or another drug that will ever replace it. What is this marvelous intervention? It's an exercise prescription."

A new brand, an expanding mission

Based on the initial success in adding exercise to patient care plans, Dr. Kimmel created the Cancer Foundation For Life, and its signature medical exercise program – FitSteps for Life. In 2023, the nonprofit organization unified its identity under a new name – **Kourage Health** – to better represent its growing mission. Kourage Health combines the science of bodily movement (or kinetics) with the physical and emotional benefits of courage. The result: an innovative, encouraging community that is moving healthcare in new directions.

"Our patients come from all walks of life – some are longtime athletes, while others have rarely exercised. Initially, some are too weak to walk even a few steps," noted Selman. "At Kourage Health, what brings patients together is the fact that they're all dealing with a life-altering health condition. While every individual is on a unique journey, they form a community of support as they work to overcome their diagnosis and be more than their diagnosis. Patients gain a sense of control."

As the Kourage Health concept has grown, so has its outreach. Today the organization embraces patients with cancer; Parkinson's disease, stroke, and other neurological disorders; diabetes; multiple sclerosis; and disorders affecting the heart, lungs, kidneys, and liver. Following a mandatory physician referral and a start-up assessment, patients may access Kourage Health medical exercise centers in Tyler/East Texas, the Dallas-Fort Worth area, and other Texas sites. Patients who cannot travel to a center – or who are limited by compromised immune systems –

now have continual access to Kourage Health's online resources and daily Zoom classes.

Why movement matters

"Physical activity and movement IS medicine because it maintains our own immune system, it maintains our own heart, it maintains our brain – and the ailments that affect all of those organs are frequently improved with movement," said Sasha Davis, MD, medical oncologist and Kourage Health medical director.

Kourage Health's personalized exercise plans are developed and guided by exercise specialists trained in kinesiology and exercise science. The medical exercise regimens help patients build and maintain strength, endurance, and balance through the use of equipment including treadmills, ellipticals, hand weights, and balance balls. Physician referrals to the program take place ideally at the time of diagnosis, thus implementing medical exercise before, during, and after treatment.

Dr. Davis noted that although some Kourage Health patients can't initially stand or walk, everyone can do something to start moving. Often patients don't realize how far they have come until they look back weeks later at where they began.

One such patient is Joe Sanchez of Tyler, Texas, a warrior battling Inclusion Body Myositis (IBM). In his quest to defy a poor prognosis, he found Kourage Health and a medical team with a different mindset. "The medical exercise specialists said, 'Let's see what you're



Sasha Davis, MD, Kourage Health Medical Director

doing and what you can do.' And my life changed from there on," relays Joe. **"Kourage Health has made me functional. It has given me the ability to do things with confidence."**



Joe Sanchez

Today Joe – an official para member of the United States Table Tennis Association – encourages others to never give up on hope and to build an infrastructure that propels you forward. "That's what Kourage Health does," he says. "It's given me a place to flourish in my storm."

Kourage Health's mission of movement is powered by philanthropy. The organiza-

tion receives zero governmental support or reimbursement from private health insurance, Medicare, or other health coverage. Instead, the generosity of individuals and organizations who believe in its mission allows Kourage Health programs to be provided free of charge to each patient, for a lifetime.

Mary Surber, a Kourage Health patient from Como, Texas, says: "I can't thank the donors enough for giving your time, your talents, your money – whatever you do for Kourage Health and people like me. Please keep giving, not only for me but for others who are in battles that they never thought they would have to face."

Following a diagnosis of primary central nervous system lymphoma, Mary's determined participation in Kourage Health Zoom classes brought improvement both physically and mentally – improvement that became vital as she faced a stem cell transplant. "I'm just so thankful that I had the Kourage Health exercise specialists telling me, 'You can do it.' ***I'm alive***

because they gave me the courage to take back my life."

"Our goal is to see medically supervised movement become a standard prescription for individuals with chronic health conditions," Dr. Davis added. "By enhancing the quality of people's lives, slowing down the progression of illness, and promoting lifelong wellness, we are ultimately raising the bar in community health. And that's a mission we all can put into motion."

For physicians and other healthcare providers:

Kourage Health stands ready to assist you and your patients. Please contact us at 903-561-0149 for information on the physician referral process and additional details.



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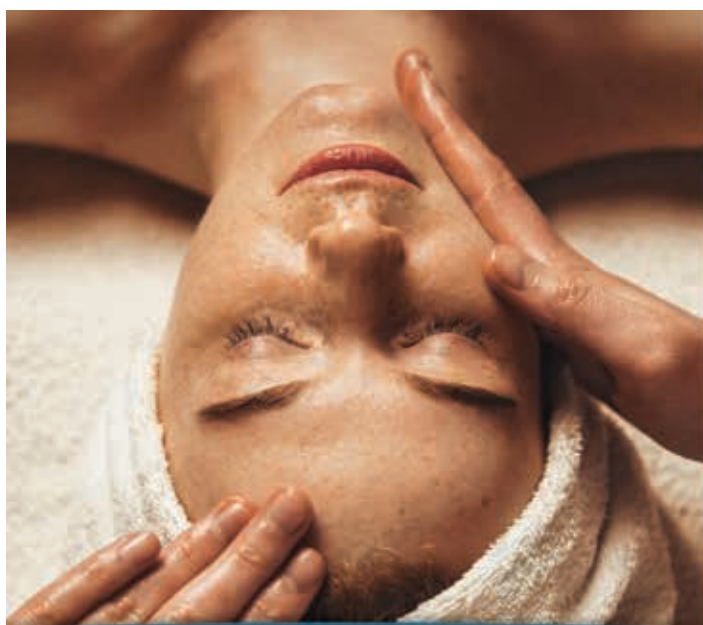
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"SHOW OFF YOUR SCRUBS" WINNER!

Italia Pugh

LPN, CARDIOLOGY CLINIC NURSE

Where do you work?

Tyler Cardiovascular Consultants

Why did you get into nursing?

I wanted a job where I could help others and provide them support during hard times.

What are some of the greatest challenges you have faced?

I've noticed the greatest challenge for myself and other nurses, is making sure you are in a good state of mind. We care so much for others that we sometimes forget to take care of ourselves.

What are some values nurses offer to the medical community?

Nurses truly are, and can be, the face of health care. We provide that personal connection and support for patients that some truly need. I've seen plenty of nurses in the field who have true compassion and determination to make sure patients are given the care they need.

What are you most excited about in regards to your job?

Seeing my coworkers and getting to work with them. They make my day instantly brighter and are always willing to help me.

Tell us about your favorite hobbies.

Mostly reading and gaming.

What music are you currently into?

Favorite bands?

I listen to everything. My taste mostly leans towards bands such as Chase Atlantic and Cafuné.

What are you most THANKFUL for?

I get to wake up every day and work towards my goals.

Is there anything else that you would like to tell us?

To anyone reading this; Wake up and go after your dreams. Even if it seems impossible. Even if you don't know what the first step is. Become unstoppable.



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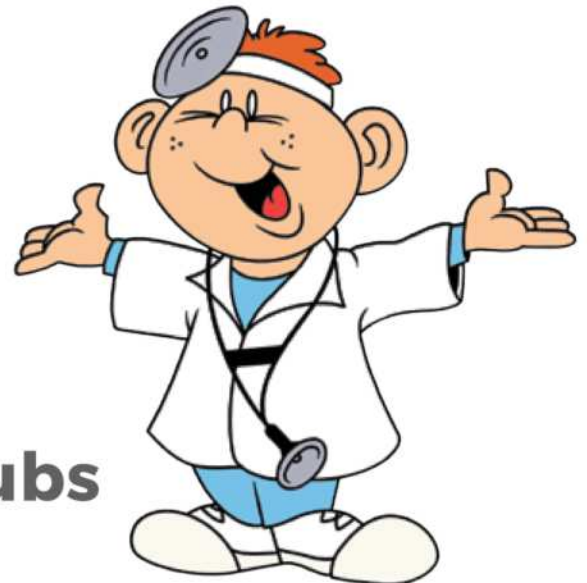
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