



SPOTLIGHT ON HEALTH CARE

Texas Health Arlington Memorial Hospital



Texas Health Arlington Memorial is a 369-bed, acute-care hospital that is ranked among the best hospitals in Dallas-Fort Worth by *U.S. News & World Report*.

With a mission of improving the health of the people in the community, the hospital and physicians on its medical staff are committed to every patient's well-being.

Texas Health Arlington Memorial offers the gamut of health care services, including: behavioral health; cancer care; cardiac rehabilitation; Diabetes care; digestive health; emergency department; ear, nose and throat care; fitness center; heart and vascular; hospice care; imaging; neurosciences; nutrition; orthopedics; rehabilitation; respiratory therapy; sports therapy; women and infants care and wound care.

In addition to the aforementioned services, Texas Health Arlington Memorial Hospital fortifies its bond with the community by offering regular classes focusing on health-related topics, such as childbirth education, family education, cardiopulmonary resuscitation and wellness and prevention.

The hospital has received acclaim on many fronts in recent years. Texas Health Arlington Memorial Hospital has received the Joint Commission's Gold Seal of Approval for Fragility Fracture Certification, the first health care facility in the country to receive Joint Commission certification for a fragility fracture program.

It is also designated as a Magnet hospital by the American Nurses Credentialing Center, an honor that recognizes hospitals for excellence in nursing, and was the first facility in Arlington to earn the designation.

In 2019, Texas Health Arlington Memorial received a Get With The Guidelines® award for stroke and/or heart failure care, earning Gold Plus and Target Heart Failure Honor Roll award levels.

Texas Health Arlington Memorial Hospital
800 W. Randol Mill Road • 817-960-6100 • texashealth.org/arlington



Care as only women can



Dr. Maya Alex Kuriakose joined WHS in 2020, where she is excited to be part of our team, and she is accepting new patients! She and her husband have a playful pooch named Layla.
HAILS FROM: AMARILLO, TX • **ALUMNA OF:** TEXAS TECH-EL PASO • **RESIDENCY:** METHODIST DALLAS • **ON THE WHS TEAM SINCE:** 2020

Dr. Jessica Brown met and married her husband while in Dallas working on her residency, and they now have one son. She enjoys family time and experimenting in the kitchen.
HAILS FROM: HOUSTON, TX • **ALUMNA OF:** BAYLOR UNIVERSITY & UT SOUTHWESTERN • **RESIDENCY:** UT SOUTHWESTERN • **ON THE WHS TEAM SINCE:** 2018

Dr. Joy Carter and her husband have three children. She is a devoted Disney fan and loves camping and do-it-yourself projects.
HAILS FROM: EULESS, TX • **ALUMNA OF:** BAYLOR UNIVERSITY & SMU • **RESIDENCY:** UT MEDICAL BRANCH IN GALVESTON • **ON THE WHS TEAM SINCE:** 2016

Dr. Sheri Puffer and her husband live in Arlington and have two sons and a daughter. She is an accomplished baker and enjoys spending time with her children.
HAILS FROM: CANADA • **ALUMNA OF:** UT AUSTIN & UT MEDICAL BRANCH IN GALVESTON • **RESIDENCY:** BAYLOR UNIVERSITY MEDICAL CENTER • **ON THE WHS TEAM SINCE:** 2012

Dr. Kiran Nangrani is an avid athlete and enjoys spending time with her family and friends. She and her husband live in Arlington and have three daughters.
HAILS FROM: ARLINGTON, TX • **ALUMNA OF:** UT ARLINGTON & UNIVERSITY OF NORTH TEXAS-FORT WORTH • **RESIDENCY:** UT MEDICAL BRANCH IN GALVESTON • **ON THE WHS TEAM SINCE:** 2011

Dr. Dawnette Pepler is the Obstetrical Director of Women's Health Services and she is skilled in managing all obstetrical conditions. She and her husband live in Arlington and have four daughters.
HAILS FROM: NEBRASKA • **ALUMNA OF:** UNIVERSITY OF NEBRASKA AT KEARNEY & UNIVERSITY OF NEBRASKA MEDICAL CENTER • **RESIDENCY:** UNIVERSITY OF NEBRASKA MEDICAL CENTER • **ON THE WHS TEAM SINCE:** 2000

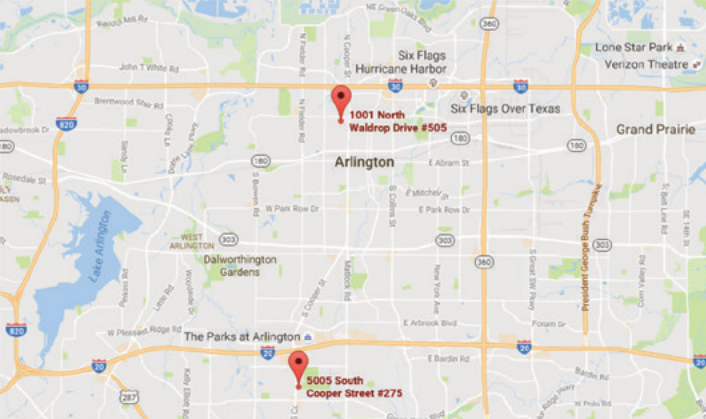
Dr. Joan Bergstrom became the first female Ob-Gyn in Arlington when she founded Women's Health Services in 1986. In 2012, she was elected as the first woman to serve as Chief of Staff of Texas Health Arlington Memorial Hospital. She and her husband, Dr. John McDonald, have three adult daughters.
HAILS FROM: NEBRASKA • **ALUMNA OF:** UNIVERSITY OF NEBRASKA & TEXAS TECH • **RESIDENCY:** KANSAS UNIVERSITY MEDICAL CENTER



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Kos/Danchak Audiology & Hearing Aids



Dr. Melissa Danchak, Owner/Audiologist at Kos/Danchak Audiology & Hearing Aids has a few simple professional philosophies: "we want to help people hear better and we want to exceed the level of service they are expecting."

Because your hearing health directly contributes to your overall well-being and quality-of-life, it makes sense to take care of your hearing health the same way you care about the rest of your health. "We believe that better hearing health care is an investment, not a transaction. The services that we provide and the patient-first approach we take reflect that belief."

Each day, Dr. Danchak and her staff meet with people that give them the opportunity to earn their trust. "Their confidence in us and their positive reviews on Google and our Facebook page are humbling to say the least. We are grateful for

their kind words. Their shared experiences help others feel confident about addressing their hearing health care needs with us."

The first step to hearing better begins with a discussion about the challenges you are having when it comes to both hearing and understanding. After a thorough hearing evaluation, a live listening demonstration with hearing devices is next. "Experience tells us this is the best way to help someone realize the positive quality-of-life improvements hearing devices will have."

Your appointment will be informative and the best first step to hearing the best you can! "Our goal is to ensure that you have a positive experience and that you understand your hearing health care needs and solutions we can provide."



Dr. Desi Wood



Dr. Melissa Danchak

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Methodist Mansfield Medical Center



Methodist Mansfield Medical Center, a 262-bed acute care hospital, has been proud to serve the community for more than a decade while it continues to expand to meet patients' needs. Here are just a few of the hospital's recent enhancements.

The Breast Center at Methodist Mansfield was recently relocated to the Professional Office Building on the hospital's 23-acre campus. In this beautiful tranquil facility, a multidisciplinary team of healthcare providers offer breast imaging services, women's health services, bone density scans, and pelvic health therapy – all under one roof.

To enhance care for its tiniest patients, an \$8.7 million Neonatal Intensive Care Unit expansion opened in July, providing a neonatal procedure room, lactation center, and newborn clinic. The advanced facility also boasts robotic telemedicine services, the AngelEye camera system for enhanced security, a respiratory therapy work area, and rooms for parents with an adjacent laundry unit and family lounge.

The recently completed 82,000-square-foot, four-story Professional Office Building II on the south campus is home to family medicine physician practices and Texas Oncology – Methodist Cancer Center; an ambulatory surgical center is currently under construction.

In addition to the latest medical advancements, Methodist Mansfield has achieved exceptional patient safety scores. Methodist Mansfield has received the highest rating possible by The Leapfrog Group*.

Methodist Mansfield is part of Dallas-based Methodist Health System, which became the first Texas member of the Mayo Care Clinic Network. This network gives physicians at Methodist Mansfield the opportunity to consult with Mayo Clinic physicians on behalf of their patients.

Methodist Mansfield Medical Center

2700 E. Broad St., Mansfield • 682-242-2000
methodisthealthsystem.org/methodist-mansfield-medical-center

Baylor Scott & White Orthopedic and Spine Hospital - Arlington



Baylor Scott & White Arlington is a unique, industry leading specialty hospital focused on comprehensive outpatient and inpatient treatment of orthopedic and spine disorders.

Whether it's a simple neck strain or a complex joint surgery, the hospital and its staff are committed to delivering quality, specialized treatment that is compassionate and specifically appropriate for each individual. The hospital is devoted to providing guests with the latest in advanced technology including the new ROSA® Knee robotic technology. With a state-of-the-art multi-stage air filtration system that kills viruses in the air, the hospital provides an optimal environment for all patients.

Baylor Scott & White Arlington also provides a full-service ER, complete diagnostic imaging capabilities and on-site physical therapy and a comprehensive Pain Management Center.

"We're focused on providing a level of patient-focused care, diagnosis and treatment of orthopedic and spine issues," said Allan Beck, Chief Executive Officer. "Our comprehensive on-site services offer convenience along with expert orthopedic care, helping our patients get back to doing what they love."

In addition to its medical services, Baylor Scott & White Arlington is proud to partner with organizations across the Arlington community and beyond to provide meaningful programs and events that enhance the culture, education and health of individuals and families in our area and across the globe. Local causes and organizations supported by Baylor Scott & White Arlington include Levitt Pavilion for the Performing Arts, The LOT Downtown in Mansfield, the River Legacy Living Science Center, the Boys & Girls Clubs of Greater Tarrant County, the Mansfield ISD Education Foundation and The Salvation Army's Youth Education Town.

Baylor Scott & White Orthopedic and Spine Hospital - Arlington

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COVID-19 Vaccination Questions/Answers

The Arlington Fire Department is operating a COVID-19 vaccine site as part of the City's ongoing effort to #ProtectArlington and Tarrant County during the coronavirus pandemic. Below are some frequently asked questions designed to help you navigate the Tarrant County Public Health online registration process and know what to expect if you are receiving your COVID-19 vaccines at the City of Arlington's vaccine site.

I'm interested in receiving a COVID-19 vaccine in Tarrant County. What's my first step? To receive the COVID-19 vaccine, people must register online through the Tarrant County Public Health website and verify that they meet the current state priority vaccine eligibility requirements. The COVID-19 vaccine is not expected to be available to the general public until spring, according to the state. Please visit the TCPH vaccine sign up and eligibility screening website at tiny.cc/kty7tz to sign up.

After verifying a person's eligibility, Tarrant County Public Health will send that person a confirmation email that outlines where he or she should go for their vaccine and during what date and window of time they should arrive. This could include the City of Arlington's vaccine site, located inside a large exhibit hall at Esports Stadium Arlington + Expo Center, 1200 Ballpark Way. Because people have to register using individual email addresses, it is possible that people from the same household may be assigned to different vaccine locations.

I have received a confirmation email that I will be receiving my COVID-19 vaccine at the City of Arlington's vaccine site. Do I need to show up before my appointment window? The City of Arlington's vaccine site will be in operation between 9 a.m. and 4 p.m., as vaccine doses are available. People who are registered to receive a vaccine at the site are encouraged to arrive within their 3 ½ hour appointment window, which will be 9 a.m. to 12:30 p.m. or 12:30 p.m. to 4 p.m. It is not necessary to arrive hours early.

Who is currently eligible for the COVID-19 vaccine? Individuals who fall in groups Phase 1A and Phase 1B are the first eligible to receive a COVID-19 vaccination. These are typically first responders, healthcare workers, and individuals over 65 or who have certain chronic medical conditions that place them at a higher risk of becoming severely ill if they contract COVID-19. For information on eligibility, visit dshs.texas.gov/coronavirus/immunize/vaccine.aspx.

Do I have to be an Arlington resident to receive a COVID-19 vaccine at the City of Arlington vaccine site? No. This site is designed to serve people or certain workers, such as first responders and healthcare providers, from Arlington and from across east Tarrant County.

What should I expect when I arrive at the City of Arlington vaccine site on my appointment date? The Arlington Fire Department will validate your Tarrant County Public Health

registration prior to entry to the parking lot. Please bring photo ID for each person who is registered to receive a vaccine.

If you show up at the venue without registering in advance, you'll be provided information for how to register on the Tarrant County Public Health website, which will allow you to be scheduled for a future date based on vaccine supply and state vaccination guidelines.

What is the vaccination process like? Once a person arrives, he or she will have their temperature scanned and will be provided information about the Moderna COVID-19 vaccine. Masks are required. Even with an appointment, it is likely that a person will have to wait in line until a vaccination station is available. Personnel are available to assist people to complete the simple site registration process. After receiving a vaccine, each person will receive a physical shot record to keep and then will be guided to a waiting area to rest for a 15-minute period.

What if I or one of my loved ones is unable to stand in line for an extended period of time? The Arlington Fire Department has a limited number of wheelchairs available for use to navigate the vaccination site. The City will make every effort to accommodate those who need additional assistance.

Will I need to register to receive my second COVID-19 vaccine dose? No. A person who received their first COVID-19 vaccine dose at the City of Arlington vaccine site will receive a notification by email about when and where to go for their second dose. Please check your email regularly for an update. The State of Texas has guaranteed it will provide the City of Arlington with enough allotments of the COVID-19 vaccine to provide two doses to individuals who are vaccinated at the Arlington site.

If I registered through the Arlington Fire Department's previous online registration prior to Jan. 4 but have not received my vaccine, do I need to register again on the Tarrant County Public Health website? Yes. The City's registration process during the first week of vaccinations is no longer valid. The current online registration process through Tarrant County Public Health allows us to move towards a single coordination point for all Tarrant County residents, which is essential from a vaccination management perspective because the mass vaccination effort may last for months.

Where else can I find information on where the COVID-19 vaccine may be available? Other entities in Arlington and Tarrant County are also providing COVID-19 vaccinations, including Tarrant County Public Health clinics, JPS clinics and individual pharmacies. For more information on where the COVID-19 vaccine may be available, please visit the Texas Department of Health and Human Services website.

For more: facebook.com/ArlingtonTxFire

8 tips to improve your health at work • From [webmd.com](https://www.webmd.com)

Eight hours in a chair in front of a computer, five days a week can take a toll on your body. From avoiding eye strain and tension neck syndrome to passing on those extra calories that co-workers leave invitingly on their desks, experts give WebMD eight tips that will help you stay healthy and in shape at work.

1. The snacks that your co-workers so nicely place on their desk can add a few hundred calories to your daily diet if you're not careful, and they can leave you with unwanted pounds if you help yourself day after day.

"If it's out of sight, it's out of mind, so if you know someone has a candy dish on their desk, walk around his or her desk so you don't feel the temptation," says Dawn Jackson, a registered dietitian and spokeswoman for the American Dietetic Association. "Take a break, get a breath of fresh air, and skip the candy. Or, if you are hungry, have fruit at your desk, like cherries or grapes."

Three out of five Americans are overweight, explains Jackson, which means there is likely more than one person in your office who is dieting.

2. Drinking an adequate amount of water - eight to 10 glasses every day - can help keep you hydrated. Many foods are also good sources of water; fruits like oranges, grapefruit, grapes, watermelon, and apples can help keep you healthy and hydrated.

"The 3 o'clock lull that many people feel at work can be due to dehydration, so drink lots of water," Jackson tells WebMD. "Set goals: Bring a 16 ounce bottle of water to work and try to finish it by lunch, and then fill it up again and finish that by 3 p.m. By 5 p.m., finish a third bottle."

3. One of the most important things you can do during the day to stay healthy and in shape is to exercise.

"Walking during lunch is a great idea," says Jackson. "Not only are you burning calories, but you're de-stressing and refreshing."

Jackson recommends you find a walking partner whom you can depend on for a daily walk - someone who will drag you out even if you claim you're too busy. If you really can't get out during lunch, park farther away than you normally do so you have a short walk to work in the morning and evening, or make it a habit to take the stairs instead of the elevator.

4. Eating a healthy lunch is an important part of a balanced diet. But eating reasonable portions is an important part of your health.

"Eat a healthy lunch at work, but also practice portion control so you aren't consuming too many calories and then sitting in a chair all afternoon," says Jackson. "Many times, it's not that you are

eating unhealthy food, it's just that you are eating too much."

For instance, Jackson explains that pizza isn't inherently bad, it's just that a person will eat three or four slices too many, and that's where the problem lies. Instead, share a large slice of piece of pizza with a co-worker, and then eat a salad that's packed with veggies.

5. Tension neck syndrome (TNS) can occur when the neck and upper shoulders are held in a fixed, awkward position for long periods of time, according to the National Institute of Environmental Health Sciences. It can happen to people in the workplace who talk on the phone for most of the day or type a lot.

"You want to make sure your neck isn't bent to the side for long periods of time," says Alan Hedge, professor of ergonomics at Cornell University. "Tension neck syndrome can cause neck and shoulder pain, muscle tightness, and tenderness. So use a speakerphone, a shoulder cradle, or use a headset at work when you're on the phone."

6. Eyestrain is another problem that can be encountered in front of a computer. It can cause headaches, difficulty focusing, and increased sensitivity to light, according to the University of California at Davis.

To prevent eyestrain, Hedge tells WebMD, "The distance to the screen from your eyes should be about an arms length away. You should also be able to comfortably read what's on your screen at that distance, without having to squint."

If you can't read your screen from an arm's length away, simply increase the font size on your computer.

7. A healthy tip that all of us want to hear is that vacations are an important part of staying healthy at work.

"It's very beneficial to get away for a long vacation that will help you recharge your 'batteries,'" says Jonathan Kramer, a clinical psychologist and president of Business Psychology Consulting. "Vacations help reduce stress and get your mind off work, especially if you're having a conflict, such as a problem with your boss, a co-worker, or a project."

Stress can impair your immune system, increasing the risk of illness, explains Kramer, so minimizing it is essential - and fortunately, vacations are just the way to do that.

8. Another way to stay healthy at work is to avoid long stretches of long days, commonly referred to as burnout. Burnout can also impair a person's immune system, as well as interfere with sleep and their ability to concentrate.

Can you climb 4 flights of stairs in 1 minute? • By Aayushi Gupta, healthshots.com

When we think of fitness, we often only consider one thing: weight loss. But did you know being thin doesn't mean that you're fit! In fact, your respiratory health, heart health, and muscle strength dictate your physical state.

If this has made you wonder, just how fit—or unfit—you are, then here's a test: Climb four flights of stairs and time yourself. With this simple test you can assess the state of your heart health. And there's legit research behind why this test works.

You see, a study presented by a team of Spanish researchers at a December 2020 scientific meeting of the European Society of Cardiology explains that climbing four flights of stairs within one minute indicates that the person's heart is in a healthy state.

Study author Jesus Peteiro, MD, who is a cardiologist at University Hospital a Coruña in Spain, also suggests that if you took more than one-and-a-half minutes to climb up four flights, then you should consult your physician.

While you're at it, also pay attention to signs of shortness of breath, feeling lightheaded and dizzy – as these can be tell-tale signs of a heart problem as well.

How can climbing the stairs reduce your risk of heart disease?

You see, according to an article from Harvard Health Publishing, taking the stairs reduces the risk for heart disease by lowering blood pressure and cholesterol levels, and reducing stress. Not to mention, it can also help you maintain your weight – if not lose those extra pounds.

According to lifestyle coach and yoga expert Akshar, climbing the stairs makes for a great cardiovascular activity, making it a good way to include some physical exercise into your daily life—especially if you're in a sedentary job.

Then there is also the fact that when you take the stairs, you build muscle, strengthen your heart as well as lungs.

Found yourself to be a slow climber?

If you took the four-flight test and found yourself to be a slow climber, or ended up panting for a long time afterwards, then here's the deal: don't panic. This is not the final assessment of your health.

Visit your doctor for a thorough checkup and then get on a daily exercise plan that helps you gain strength and feel fitter. Remember to take your doctor's advice, especially if you have any pre-existing health conditions.

Arlington is one of the nation's leaders in health care

Arlington is home to several of the region's most advanced medical facilities with over 500 physicians providing state-of-the-art care to the community. Whether you are looking for women's services, cardiac care, sports medicine and rehabilitation care or any of 40+ specialties, Arlington's award-winning healthcare professionals are ready to provide world-class care.

Two of the prominent hospitals in the city have been spotlighted in this section: Texas Health Arlington Memorial Hospital and Baylor Scott & White Orthopedic and Spine Hospital-Arlington. Here are two others:

Medical City Arlington
medicalcityhealthcare.com/locations/medical-city-arlington

Originally opened in August of 1976 as Arlington Community Hospital in a rural part of town, Medical City Arlington has developed into a developed into a 432-bed full-service hospital located in the heart of the growing South Arlington area. There are more than 1,400 full-time and part-time nurses, therapists, technicians and other healthcare personnel that make up the team. Medical City Arlington is also a Top Performer on Key Quality Measures in heart attack, heart failure,

pneumonia and surgical care as designated by The Joint Commission.

USMD at Arlington
usmdarlington.com

USMD at Arlington is a unique, physician-owned facility founded in 2003 by leading healthcare professionals in our community who desired to create a different kind of hospital where clinical and surgical excellence are the everyday standard. They envisioned a facility where healthcare decisions were made by those most qualified to make them – physicians.

USMD Hospital at Arlington was the first institution in the Dallas/Fort Worth Metroplex to offer the da Vinci® robotic radical prostatectomy, and soon expanded the program to offer a number of other procedures.

Hospitals and healthcare facilities in Arlington also include but are not limited to Texas Health Heart & Vascular Hospital, Sundance Hospital, Kindred Hospital, Millwood Hospital, Presbyterian Hospital Dallas, Clay County Memorial Hospital, Baylor Family Medical Center, Cambridge Health Properties, Arlington Day Surgery Center, Arlington Cancer Center, Texas Cancer Center, and more.

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