



Dr. Kenyon Godwin featured in 'American Dream Stories' series

Dr. Kenyon Godwin, founder of the Active Family Wellness Center and current chairman of the Greater Arlington Chamber of Commerce, was recently featured in the City of Arlington's "American Dream Stories" series that is broadcast periodically on [youtube.com](https://www.youtube.com). In a story accompanying the video, the City's Office of Communication wrote this about Dr. Godwin:

Dr. Kenyon Godwin is living his American Dream right here in Arlington as a chiropractor and owner of the award-winning Active Family Wellness Center and founder and lead success coach at D.R.E.A.M.S. Consulting.

When Dr. Godwin was 12, his mother had a heart attack. As a single mom with no insurance, she didn't get the help she needed. Dr. Godwin decided he wanted to be a doctor so he could help others.

His anatomy teacher was a chiropractor who told stories about his office. It interested Dr. Godwin. After joining the U.S. Air Force, he had a medical-based position that reignited his passion for health care. He decided to attend chiropractic school.

Originally from the Eastern Shore of Virginia, Dr. Godwin earned his Doctor of Chiropractic degree from Parker University (2010) and his bachelor's degree from Wayland Baptist University (2007). A leader in the Arlington community, he has received recognition such as the 2016 Veteran-owned Small Business of the Year, Arlington's Favorite Chiropractor Reader's Choice Award (2014-2020), Patient's Choice Award (2015), and the Delta Sigma Theta Community Leader in Health & Wellness (2013). Dr. Godwin currently serves on the Greater Arlington Chamber of Commerce Executive Board as its chairperson, Center for Transforming Lives Board and Koinonia Christian Church Core Leadership Team. Dr. Godwin has been married to his wife, Courtney, for more than 20 years. They have three daughters.

Dr. Godwin's passion is personal growth and development and helping other business owners succeed. He believes people should have the freedom to pursue their God-given purpose without limitations. [txwellnessdoc.com](https://www.txwellnessdoc.com)



Arlington Foot & Ankle Centers provides an array of solutions to address your issue

Arlington Foot & Ankle Centers is headed by an expert team of physicians who treat patients so they can enjoy active lifestyles free of foot and ankle pain.

Physicians John Landry, DPM; Joe Southerland, DPM; R. Warren, DPM; Linnie Rabjohn, DPM; and Ryan Lawrence, DPM, are committed to the use of the latest cutting-edge technologies - including digital X-rays, CT scanners, lasers, and shockwave therapy - to produce the most accurate diagnosis and ensure optimal results for each patient.

The practice provides care for everything ranging from common concerns like ingrown nails and gout to injuries, sprains, and fractures.

The team of physicians also has experience with diabetic and athletic patients of all ages.

[footanklecenters.com](https://www.footanklecenters.com)

Oh, my aching back!

Baylor Scott & White Orthopedic and Spine Hospital - Arlington can help get rid of the pain

A Most everyone will experience low back pain at some time in their lives, since aging causes degenerative changes in the spine.

These changes can start in your 30s – or even younger – and can make you prone to back pain, especially if you overdo it or lift or bend incorrectly.

The pain differs greatly from one person to the next. It can range from mild to severe, intermittent or constant. It can be short-lived or long-lasting, start slowly or hit suddenly.

Specific causes of low back pain include:

- Over-activity
- Disk injury
- Disk tear
- “Slipped” or herniated disc
- Disk degeneration
- Degenerative spondylolisthesis

- Spinal stenosis
- Scoliosis

However it happens, low back pain can make even everyday activities very difficult. Thankfully, many cases of back pain resolve on their own within a few



weeks. But some will require a back specialist’s intervention.

The healthcare team at Baylor Scott & White - Arlington performs a variety of back and spine procedures, including surgery, to rid you of back pain for good. Common treatments include:

- Diagnostic and therapeutic spinal injections
- Minimally invasive surgery
- Cervical surgery
- Pediatric and adult scoliosis care
- Artificial disc replacement
 - Microdiscectomy
 - Kyphoplasty
 - Reconstructive spinal surgery
 - Treatment of spinal compression fractures

Minimally invasive procedures are performed through one or more dime-sized incisions, with much less trauma to the body. For most patients, this leads to significantly less postoperative pain, a shorter hospital stay, faster

recovery and, in some cases, a better overall outcome.

Minimally invasive surgery may also allow more people – some of whom might not be candidates for open surgery – to undergo surgery.

bswarlington.com



Women's Health Services offers this advice if you think you are in labor

Women’s Health Services is an all-female OB/GYN practice featuring seven physicians who offer a wide array of innovative treatments, therapies, and in-office procedures. Practice founder Dr. Joan Bergstrom has delivered tens of thousands of local babies over the past three and a half decades, and she offers this advice if you think you might be going into labor:

If you are having hard, regular contractions that are uncomfortable, occurring at least every five minutes for more than two hours then you should go to the hospital to be assessed by the nurse.

If you think that your water has broken, you should go to the hospital.

If you feel like your baby is not moving, call the office during the daytime or go to the hospital at night so the baby’s heart can be checked.

If you start having vaginal bleeding that is similar or heavier than a period, go to the hospital immediately.

womenshealthservices.com



Urology Partners of North Texas: A true team to help you

Urology Partners of North Texas is a family of more than three dozen skilled and compassionate physicians, physician assistants and nurse practitioners bolstered by a stellar support team.

UPNT has clinics in Arlington, Mansfield, Fort Worth, Alliance, HEB, Irving and Weatherford, delivering exceptional, timely and affordable patient care.

UPNT helps men and women overcome kidney, bladder and prostate cancers, as well as assisting patients reclaim their sexual function and put incontinence, painful kidney stones, UTI infections, and so many other conditions behind them.

Patients always have easy access to the expertise and care of not just one doctor, but a cohesive network of more than 38 skilled and compassionate physicians. Together, they provide patients with exceptional, timely and affordable care.

upnt.com



Methodist Mansfield Medical Center puts patient care first

Methodist Mansfield Medical Center, a 262-bed acute care hospital, has served the community for more than 15 years while it continues to expand to meet patients' needs.

Here are just a few of the hospital's recent enhancements:

Methodist Mansfield achieved Magnet® recognition for the second time with 12 exemplary findings. This is the highest distinction bestowed by the American Nurses Credentialing Center to healthcare organizations for nursing excellence and high-quality patient care.

The hospital is also designated a Level III Trauma Center, Level III Neonatal Facility, and a Level III Maternal Facility with sub-specialty perinatal care, signifying our proficiency in managing high-risk births.

Additionally, the hospital collaborated with Texas Tech University Health Sciences Center School of Nursing to open the first Texas Tech University System satellite campus in Tarrant County at the hospital. The first class of nurses graduated last December. The school offers a BS in nursing to help mitigate the critical nursing shortage in North Texas.

A generous grant from the Arlington Tomorrow Foundation has allowed nursing students at the Mansfield campus to gain access to high-quality education, real life clinical training and career development opportunities in our community.

Methodist Mansfield is also home to The Breast Center, which offers a beautiful, tranquil office with a fellowship trained breast radiologist, advanced breast imaging technology services, women's health services, and bone density scans, all under one roof.

The hospital recently completed renovations on the fifth floor in patient Tower B and hospital administration has announced plans for further expansion that will take place this year.

methodisthealthsystem.org/methodist-mansfield-medical-center

Texas Health Arlington Memorial Hospital

This award-winning team of physicians and staff has taken emergency care to whole new levels

An *Arlington Today* magazine Editor's Choice selection for the past four years, Texas Health Arlington Memorial Hospital offers full emergency services in an exemplary and award-winning fashion.

The emergency department is staffed by independent, full-time physicians who are board certified in emergency medicine and by nurses certified in emergency care and advanced life support.

Many Texas Health Arlington Memorial nurses have also earned the title of Certified Emergency Nurse and have completed the Trauma/Nurse Core Curriculum, as well as training in Pediatric Advanced Life Support.

Emergency physicians on the medical staff at Texas Health Arlington Memorial and the nurses and technicians all participate in ongoing continuing education programs to keep abreast of current trends and

developments in emergency care.

A little more than five years ago, the hospital began an innovative outreach program in collaboration with the Arlington Fire Department to help hundreds of patients with chronic conditions avoid emergency room visits.



As a Level IV Trauma Center, Cycle III Chest Pain Center and Primary Stroke Center, the medical center offers the communities of Arlington, Kennedale, Pantego, Mansfield and Grand Prairie advanced life-saving care close to home.

In 2020, during the height of the pandemic, the hospital staff showed its resourcefulness by enhancing the manner by which caregivers interact with patients in isolation in the Emergency Department. ED physicians and nurses were able to communicate with patients virtually, using specially

programmed tablets to minimize exposure and conserve personal protective equipment (PPE). The tablets are placed in patient rooms and controlled by "home tablets" kept outside the rooms.

With advanced medical treatments and an experienced staff that provides

compassionate care, the hospital ever evolves to achieve its mission to improve the health of the people in the communities it serves.

texashealth.org/arlington

FunDentist is a practice that really makes patients smile



FunDentist Pediatric & Adolescent Dentistry has a long-established reputation for offering comprehensive pediatric dental care in a friendly, inviting, and professional environment.

The practice provides a variety of dental treatments that are comfortable, safe, and effective. FunDentist is equipped with the latest dental technology, so its team of dentists and support staff can provide complete care for your little one's smile.

To help young patients feel comfortable, safe, and welcome, FunDentist offers

pre-visit tours at any of the practice's offices (three in Arlington and another in Mansfield).

During the tour the patient and his/her family members can meet the team of dentists and staff, walk through the office and treatment areas, and learn more about the treatments that are available.

The office staff will gladly work with you to make sure that appointments are scheduled at your convenience - yet another reason FunDentist makes its patients smile.

fundentist.com



CANCER PREVENTION:

Five Ways to Protect Your Health

Over the course of a lifetime, one in three women will develop cancer. For men, the odds are one in two. The good news is that about 42 percent of newly diagnosed cancers in the U.S. may be preventable through lifestyle changes, according to the American Cancer Society. Here are five simple steps to lower your risk of developing cancer.

Schedule Screenings

Screening exams are the most effective way to detect cancer in its earliest stages – often before it has spread and when treatment is the most effective. Call your physician to schedule your annual screenings.

Eat Right

To bolster your body's defenses against cancer and other illnesses, limit your intake of sugars, saturated fats, trans fats, and alcohol. Instead, opt for healthy foods like nutrient-packed produce, dark, leafy greens, and a variety of seasonal fruits and cruciferous vegetables.

Get Moving

Whether you prefer biking, gardening, walking, or yoga, it's important to get active. Incorporating regular physical activity into your daily routine can reduce your risk for several major cancers.

Practice Sun Safety

Limit exposure to UV rays by avoiding indoor tanning, applying sunscreen year-round, and wearing protective clothing that covers your skin.

Stop Smoking

Research shows that smoking cessation is paramount to lung health, and smokers who quit are more likely to live healthier and longer lives, while greatly decreasing their lung cancer risk. If you need smoking cessation support, call the Quitline at 1-877-937-7848.

For more information on Texas Oncology or to find a location near you, please call [1-888-864-4226](tel:1-888-864-4226) or visit [TexasOncology.com](https://www.texasoncology.com).

TEXAS  **ONCOLOGY**

More breakthroughs. More victories.®

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