

Texas Health Today

advertising supplement to *The Dallas Morning News*

Texas Health Resources
is making health care
human again.



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 **Texas Health**
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For the record: electronic files improve patient safety

Remember what banking was like 25 years ago? People stood in long lines, wrote checks at cash registers and relied on paper records when conducting business. Life moved more slowly and accuracy was not always guaranteed.

According to Ferdinand Velasco, M.D., chief medical information officer at Texas Health Resources, changing the way medical records are kept and shared will affect people's lives as much as the electronic revolution changed banking.

In 2006, Texas Health Resources began using an electronic health record (EHR) system to collect, organize, share and manage patient information. By 2011,

all Texas Health hospitals will be using the computerized system.

"Our goal is improved quality of care and patient safety," he says.

Benefits of electronic records are wide-ranging and will affect every level of care patients receive, he explains.

Suppose that your aging father is unexpectedly hospitalized at midnight and can't communicate. You haven't kept up with his medical history and don't know his current medications. Ordinarily, your father's medical records wouldn't be immediately available after work hours.

Currently with electronic records, if he had been treated at a THR hospital, a team of physicians would have immediate access to his medical history and be able

to act confidently and accurately.

EHRs can also enhance the way a medical team works together. Doctors in rural and metropolitan areas can collaborate in real time by viewing the same records and test results, such as images and scans. Also, worldwide electronic access to medical records will enable patients to rely on their own doctors when needed, regardless of where the doctor is.

"Mobility is a growing concern for the medical field," Velasco says. "People get sick and move, so it is important for people to be able to access their doctors' records everywhere."

EHRs will also enable physicians to easily confer with other doctors.

A driving motive for using EHRs is reducing the potential for errors in verbal and written communication, Velasco says.

"There is a demonstrated, measurable improvement in medication safety with EHRs," he adds.

EHRs also provide doctors with

support in the form of reminders about drug compatibility, required tests and other medical alerts.

Patients can also access their own EHRs. By enrolling in Texas Health Resources' secure MyCare program, they can view their medical history, learn about side effects of their medications and request prescription refills.

To ensure the privacy and confidentiality of patient records, Texas Health hospitals follow the industry's best practices and laws governing EHRs and protected health information.

"Our doctors unanimously support the use of electronic records, but their value is not a case of simple record keeping," Velasco says. "It helps us provide the service that we want to provide — caring for our patients and saving lives."



Texas Health Resources is advancing Electronic Health Records. Now, all your medical records are in one safe place that allows your doctors to collaborate more efficiently with one another, and care for you better. Find out more benefits of EHR at TexasHealth.org/Records.

To learn more about electronic health records at Texas Health hospitals, visit TexasHealth.org/Records.



▲ A timely diagnosis and quick treatment of his heart attack by the medical team at Texas Health Dallas has given Herman Lang plenty of opportunities to play with his 2-year-old grandson Cody.

When every second matters, new technology delivers

At 66, Herman Lang was a busy stockbroker who enjoyed running to help de-stress. Because he had low blood pressure, he never considered he could have a heart attack.

"I thought that I would live forever," he says.

But one morning last May, as Lang was talking on the telephone with a client, he began to feel uncomfortable. He thought it was indigestion until he began sweating heavily and having chest pains. His assistant took one look at him and dialed 911.

"Next thing I knew, I was being wheeled into the emergency room and heard someone say 'This man is having a heart attack,'" Lang recalls. "I thought they were talking about someone else because I knew I wasn't having one."

What Lang didn't know was that hospital staff had been forewarned he

was in cardiac arrest and had begun preparing for his arrival while he was en route. As he lay on his office floor, paramedics attached electrodes to his chest that had instantly transmitted results from his EKG to computers at Texas Health Presbyterian Hospital Dallas.

"The sooner we can diagnose a heart attack, the faster we can take steps to save lives and stop permanent damage to the heart muscle," says Kenneth Saland, M.D., an interventional cardiologist on the medical staff at Texas Health Dallas. "Rather than waiting for a patient to arrive at the hospital to make a diagnosis, the technology alerts staff and they can begin preparations for the appropriate procedure before the patient arrives."

The new digital equipment, called LifeNet®, helps reduce the time it takes to diagnose and treat heart attack patients by up to 20 minutes.

Lang says that soon after he was

wheeled into the emergency room, he had a stent placed in his heart, which had 100-percent blockage.

"I was told that I had the second fastest response time at Presbyterian in placing a stent," Lang says. "From wheel-in to stent-in-place took 28 minutes."

Lang no longer eats donuts, chicken fried steak or mashed potatoes and gravy. He walks 4 miles on the Katy Trail five times a week and says he feels great.

"I found out speed is of the essence," he says. "Two weeks before my heart attack, I was climbing in Big Bend. If it had happened there, I wouldn't have survived."

For more information about LifeNet® technology at Texas Health Dallas, call 1-877-THR-WELL.

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Families of newborns are banking on cord blood to fight disease



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aby Clara's ability to combat an array of serious diseases throughout her lifetime increased dramatically when her parents, David and Stacy Maughan, opted to bank her cord blood. And, they were surprised to learn, at Texas Health Presbyterian Hospital Allen, this new service is free.

"We went into the hospital thinking that cord blood banking would be too expensive for us," David Maughan says. "But when filling out the paperwork, they told us the program didn't have an associated fee."

"All of our friends with babies would have liked to have accessed this service but were unable to because of the cost," Stacy Maughan says.

According to the Maughans, other facilities have a monthly charge of \$100, which is often beyond the means of young families. They were among the first new parents at Texas Health Allen to take advantage of the hospital's partnership with the Texas Cord Blood Bank (TCBB), a nonprofit program.

Umbilical cord blood, normally discarded after birth, is a rich source of stem cells, considered to be the master cells of the body. Under the right conditions, these immature, "undecided" cells can be transformed to virtually any cell in the human body. For nearly two decades, these cells have been used in transplant

medicine to treat more than 80 serious diseases, including leukemia and other blood disorders and cancers.

If Clara develops cancer or a serious blood disorder, she will have free access to genetically matched blood-making cells held at the TCBB or will be put at the top of the registry's list.

For her mother, cord blood banking provides a sense of security. "We know that Clara's cord blood or a match is available if ever we need it," she says.

"And if we don't use it, her cord blood is there for another family to use," her father says. "It's a win-win situation. I would rather do something than nothing."

An ethnically diverse supply of cord blood is stored at TCBB and is made available to transplant centers worldwide. Genetically diverse blood stores are important as ethnicity plays a key role in finding a suitable genetic match for patients.

With more than 35,000 people around the world currently waiting for a transplant, donor families across Texas are making a big difference, creating infinite possibilities with the birth of their child.

For more information about Texas Health Allen's cord blood bank services, call 972-747-6244.

◆ Stacy and David Maughan banked baby Clara's cord blood with the Texas Cord Blood Bank, thanks to Texas Health Allen.



Join our online community for moms and moms-to-be. Chat, share information and connect with one another. Join us on Facebook: www.facebook.com/texashealthmoms. Read our blog: www.texashealthmoms.blogspot.com. Follow us on Twitter: @TexasHealthMoms.

DIGITAL MAMMOGRAPHY. BECAUSE WHEN IT COMES TO DETECTION, SOONER IS BETTER.



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Texas Health hospitals are proud to offer one of the latest weapons in the fight against breast cancer. It's digital mammography. And digital is significantly better at detecting cancer than conventional film mammography, especially in women under 50 and women of any age with dense breasts.* Plus, this screening option offers less exposure to radiation. Schedule your digital mammography today at a Texas Health hospital near you by calling **1-877-THR-Well** or at **TexasHealth.org/breast**.

*National Cancer Institute. Doctors on the medical staff practice independently and are not employees or agents of the hospital.

Acclaimed boxer now fights for his heart health



You can recognize any outstanding caregivers you've had at a Texas Health hospital. To do so, visit [TexasHealth.org/GratefulHearts](https://www.texashealth.org/GratefulHearts).

ronically, the prize-winning amateur boxer was in CPR training when he had a heart attack.

"I was experiencing all the symptoms they were talking about — shortness of breath, tightness in my chest," Quenton Boyd says. "I didn't say anything because I didn't think they would believe me, but I drove myself to the hospital after class." At Texas Health Arlington Memorial Hospital, the 41-year-old was told that he was indeed experiencing cardiac arrest.

Boyd was the Fort Worth-district Golden Gloves Welterweight champ in 1999 and runner-up in 2000. He won the Black Golden Gloves Junior Middleweight championship in 2001, competing against boxers from throughout the country. At the time of his heart attack, he was training to return to the ring.

"I was caught off guard," Boyd says. "It was a big shock to everyone that I was having a heart attack because I was in such great shape. A big shock."

Boyd says it was pure luck that he chose to drive himself to Texas Health Arlington that day. The hospital was the first in Texas and one of only a handful in the world to be named a Cycle III Chest Pain Center - the highest accreditation possible for facilities that treat chest pain — by the Society of Chest Pain Centers. All Texas Health hospitals are in the process of becoming Cycle III accredited or are already accredited. In addition to Texas Health Arlington, Texas Health Dallas, Texas Health Fort Worth, Texas Health Hurst-Euless-Bedford, Texas Health Plano and Texas Health

Southwest Fort Worth are accredited.

According to the Society of Chest Pain Centers, Cycle III accreditation means that Texas Health Arlington Memorial ranks among the best in the world at rapid recognition and treatment of heart attacks.

"Every second counts when it comes to treating a heart attack," says Hoyt Frenzel, M.D., medical director of the emergency department. "We are able to provide the greatest care in the shortest amount of time through a team approach."

Boyd learned he had a rare heart symptom that, if left untreated, could lead to cardiac arrest.

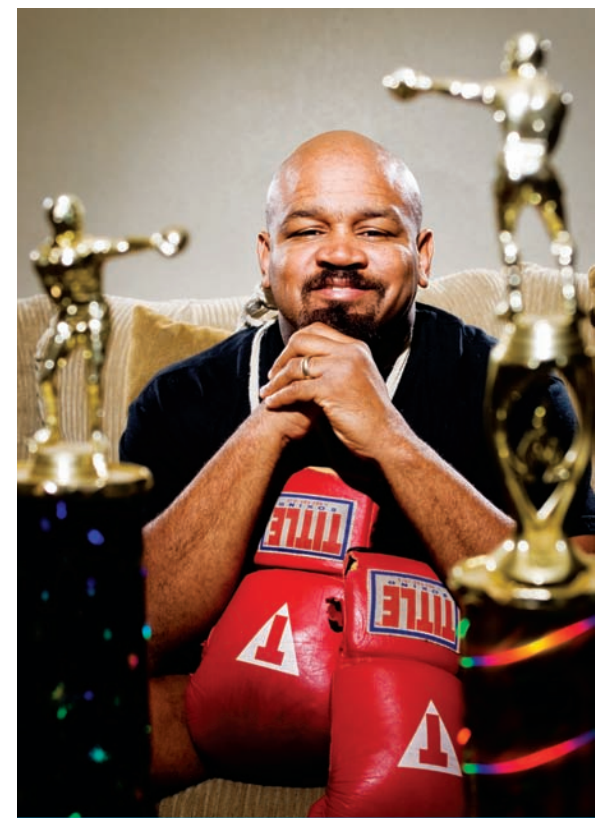
With appropriate medications and regular trips to the cardiac rehabilitation unit, Boyd's health is making a comeback. He's learning how to eat for a healthy heart and safely exercise through bouts of simulated boxing.

"It's an educational program to get my heart strong again," Boyd says. "I've learned how to monitor stress, watch what I eat and exercise by walking."

Boyd says that he feels better now and would love to return to the ring.

I feel blessed," Boyd says. "Without staff at Texas Health Arlington Memorial I would be in a much worse state than I am now. They helped me a lot."

To schedule a vascular screening at your nearest Texas Health hospital, call 1-877-THR-WELL or visit [TexasHealth.org/VascularScreening](https://www.texashealth.org/VascularScreening).



◆ After receiving treatment for a heart attack at Texas Health Arlington Memorial, Quenton Boyd is getting back to fighting form.

Rehabilitation program leads to renewed active life



◆ Kathy Moore enjoys biking again after rehabilitation at Texas Health Kaufman.

A month ago, Kathy Moore couldn't go down steps unless she held on to someone. "I had level-10 pain even when I was just sitting," the 41-year-old Terrell resident says. Today, her pain level is 1.

But surgery was only part of a plan to rid her life of pain and restore her once-active lifestyle.

Following two weeks of physical therapy at Texas Health Presbyterian Hospital Kaufman, Moore returned to the outdoor activities she loves.

"I couldn't have recovered without the rehab program," she says.

At Texas Health Kaufman, a treatment program is designed for each patient based on the patient's specific needs and goals. Limitations tackled at the rehabilitation center

include impaired motion, chronic pain, balance and walking problems and low stamina.

"We address patients' problem areas so that they can get back to living," says Debbie Andrews, a physical therapist on staff at Texas Health Kaufman.

The Kaufman location permits many area patients to drive themselves to appointments. For Moore, a short drive meant that her husband didn't have to take off work to drive her to a Dallas facility.

"Many of our patients are surprised to find that they have access to such a high level of care near their homes," Andrews says.

"Debbie has been great — a real taskmaster," Moore says. "And everyone has been patient when I've had pain and made adjustments to my

exercises."

Moving again without pain is giving Moore the freedom to plan fun weekends.

"My life has taken a 180-degree turn," she says. "This past weekend, my husband and I attended a concert, and I recently went to my first Rangers game in two years.

"It is fantastic to be able to walk again without pain," Moore adds. "If it wasn't for my physical therapists pushing me, I don't think that I would have been able to get back to where I once was."

For more information about rehabilitation services at Texas Health hospitals, call 1-877-THR-WELL.

Comprehensive care for women at high risk of breast cancer

Since she was a child, Jennifer Doyle understood that she had a high probability of developing breast cancer. Many relatives from both sides of her family had had the disease. When Doyle was in junior high school, her mother opted to have a double mastectomy to reduce her risk of developing breast cancer.

"I worried about it a lot," Doyle says. "I realized that I needed to be proactive and not wait until something happened."

At age 22, Doyle requested a mammogram but was told she need not be concerned because her risk of developing the disease at such a young age was low.

Doyle wasn't satisfied, nor were her fears allayed. She decided to consult her aunt's physician at Texas Health Presbyterian Hospital Dallas. He told her that, given her family history, he would have suggested she start breast cancer screening when she was even younger. This was the first time that the impact of her family history

and her risk of developing breast cancer were taken seriously.

The high-risk breast cancer program at Texas Health Dallas focuses on identifying people who have a heightened risk of developing the disease, according to Katherine S. Hall, M.D., medical director of the Peggy A. Bell Women's Diagnostic and Breast Center and radiologist on the medical staff specializing in breast imaging. Women and men can determine their eligibility by taking a brief questionnaire online at TexasHealth.org/BreastRisk. You can also determine your eligibility by calling the program directly or access the program through a physician referral.

"Benefits of the program include education and the development of personalized game plans of patient care," Hall says.

For patients who receive an abnormal breast screening, the high-risk breast center provides comprehensive care at every phase of treatment.

"We take a total team approach," Hall says.

Since National Breast Cancer

Awareness Month was founded in 1985, annual mammograms have become one of the most effective weapons in the fight against the disease, Hall says.

Doyle met with a program counselor who suggested genetic testing, talked about options and her risk of developing other cancers and discussed the importance of healthy eating, stress levels and exercise.

Recently Doyle tested positive for the harmful BRCA 2 gene mutation, indicating that she has a 60 percent to 80 percent chance of developing breast cancer.

But she isn't as anxious because now she knows how to manage her cancer risk.

"I like to say that I'm a pre-vivor," Doyle says. "I take care of myself now and if anything does happen, I am prepared."



◆ Jennifer Doyle is ready to fight breast cancer. Photo courtesy Texas Health Resources

October is National Breast Cancer Awareness Month. To request a screening mammogram appointment at a Texas Health hospital, visit TexasHealth.org/Breast.

Procedure helps patient lose weight and gain health

Casey Armstrong says his midlife crisis arrived early. Motivated by his looming 30th birthday and a strong desire to be around for his sons, Armstrong decided to seek help in permanently reducing his weight from 354 pounds.

"I had been overweight since I was a kid," he says. "At the beginning of this year, I realized that I wasn't getting younger."

Armstrong didn't have any health problems, but he was troubled by friends who had died suddenly in their 30s and his mother's long-term complications from high-blood pressure.

In May, Armstrong had minimally invasive gastric bypass surgery at Texas

Health Harris Methodist Hospital Fort Worth.

"Minimally invasive bariatric surgery relies on five to six tiny incisions and has the benefits of a shortened stay in the hospital, less discomfort, improved lung function and few scars," says Douglas Lorimer, M.D., medical director of Texas Health Fort Worth's bariatric program.

Without the quick recovery time, Armstrong, a marketing representative, doubts that he could have taken time off from work to have a procedure, but he was out for only two weeks.

"I had the surgery on Tuesday and by Friday I was at home," he says. "And there was little pain — only some on

See [LOSING](#) on Page 7



◆ Now that he's lost more than 100 pounds, Casey Armstrong is ready to shop for new clothes, thanks to a minimally invasive bariatric procedure he received at Texas Health Fort Worth.

Sleep apnea patient is finally able to drift off to dreamland



▲ As district supervisor of Babe's Restaurant, Richard Sanders thought his fatigue had more to do with work than obstructive sleep apnea. A diagnosis at Texas Health Denton led to proper treatment.

One night, Richard Sanders startled himself awake, unable to breathe and gasping for air. "It was the scariest thing that has ever happened to me," he says. "I called my doctor and set up an appointment at the Center for Sleep Disorders."

Located at Texas Health Presbyterian Hospital Denton, the center is accredited by the American Academy of Sleep Medicine and offers an array of services to test and treat patients.

Sanders didn't think he had obstructive sleep apnea (OSA), even though he "never got a good night's rest." He tired quickly at work, but attributed his fatigue to the demands of being a district supervisor at Babe's Restaurant.

Apnea, which means "no air" in Latin, is a condition where a sleeper stops breathing for up to 10 seconds. Short pauses can occur 20 to 30 times or more an hour.

In people who have OSA, the airway behind the tongue or soft palate closes when muscles relax during sleep. It is usually accompanied by snoring and gasping breaths.

"Quite a few people have symptoms, but many don't know they are having a problem," says Jayaraman Ravindran, M.D., a neurologist specializing in sleep

medicine and clinical neurophysiology on the medical staff at Texas Health Denton. "Once treated, they are surprised they can feel so much better."

According to Ravindran, a lack of sleep can lead to car accidents, poor work performance, memory loss and cognitive difficulties.

"People usually come in because their bed partner is complaining, they always feel sleepy or they aren't performing well at work," he says.

Because comfort is essential during overnight stays, the center offers hotel-like amenities.

"They even turned down my bed," Sanders says. "The staff worked very hard to make me comfortable."

Using cameras and monitoring equipment, the staff ensured that Sanders slept safely while they diagnosed his condition. Within a few days, he began treatment with a CPAP (Continuous Positive Airway Pressure) device, which delivers a form of ventilation to open a person's airway during sleep.

"I totally feel the difference," Sanders says.

For more information about sleep study services at Texas Health hospitals, call 1-877-THR-WELL

Robot helps get teenager's life back on track

Usually, parents don't become concerned when a child has a summertime growth spurt. That wasn't the case with 14-year-old Tressa Scott.

The Allen teenager's 3-inch increase in height revealed she had scoliosis that would most likely worsen as she got older. Measurements taken at the Scoliosis & Spine Tumor Center at Texas Health Presbyterian Hospital Plano showed that she had a 60-degree curve in her lower spine and a 35-degree curve in her upper spine.

"Her right shoulder blade protruded and one of her shoulders was much lower than the other," says Norma Scott, Tressa's mother. "It didn't limit any of her activities such as playing golf and marching in the school band, but it was obvious to

those who knew her."

Tressa's scoliosis wasn't yet painful, but as Isador Lieberman, M.D., explains, at some point her activities would be limited and she wouldn't be able to bend or twist without pain. Lieberman, an orthopedic and spine surgeon, is medical director of the Texas Health Plano Scoliosis & Spine Tumor Center.

Using the SpineAssist® surgical robot, Lieberman was able to balance both curves at just over 12 degrees each.

"It allows me to be more efficient and precise and to anticipate potential complications before they occur," Lieberman says.

Benefits of the SpineAssist® system are fewer complications, less radiation exposure, a lower risk of infection, a quicker recovery and a shorter hospital stay.

"Tressa had an easy time in

recovery and after two weeks she was getting up and down on her own," Scott says. "People marveled that she wasn't in a brace."

Seven weeks after back surgery, Tressa returned to most of her normal activities, and in August she practiced with her high school band. She hopes to start playing golf soon.

"There will be no future limitations," Scott says. "This surgery will last her lifetime, and now she can be confident that as she matures she will have a straight spine."

Following surgery, Tressa gained an inch and a half, and her posture is much improved.

"I catch her looking in the mirror at herself," Scott says. "She notices that her back is flat now and is happy with the results."

For more information about scoliosis and spine treatments offered at Texas Health hospitals, call 1-877-THR-WELL or visit www.TexasHealth.org.



▲ Tressa Scott has returned to many of her normal activities after Dr. Isador Lieberman performed spine surgery on her several months ago.

SpineAssist® a new type of surgical robot available at Texas Health Plano, is one of only three in the U.S. and the only one in Texas designed specifically to operate on the spine.

Woman stays in the game with minimally invasive procedure

Karen Pharis' active lifestyle became noticeably restricted 18 months ago. The 45-year-old lost her stamina for rigorous tennis, nor was she able to prepare patients for surgery in her job as a nurse.

"For two days out of every month my activities were interrupted," she says. "The bleeding was an inconvenience but more than that, at times, it was actually a hindrance to my busy schedule."

During an annual checkup, she mentioned her atypical menstrual bleeding, prompting her doctor to order an ultrasound. It revealed she had fibroid tumors. Pharis was given options to monitor her condition or have a minimally invasive hysterectomy, a relatively new advancement in medicine.

"For years we made big incisions to take out the uterus," says John D. Bertrand M.D., director of minimally invasive surgery at Texas Health Presbyterian Hospital Dallas. "Recovery time involved a two-to-four-night hospital stay with a six-to-eight-week period of bed rest at home."

According to Bertrand, minimally invasive procedures have revolutionized gynecological surgery. A hysterectomy is now a day surgery with one to two weeks of recovery time at home and requires only one to three tiny incisions.

"A woman is typically on her way home by noon from a 7:30 a.m. procedure," Bertrand says. "Many women are not accustomed to the idea of returning to work within two weeks as they have seen their

mother or aunt convalesce over five weeks."

Using the da Vinci® robot, a tool for minimally invasive hysterectomies, gynecologists at Texas Health Dallas are able to precisely control incisions with a robotic arm.

Pharis opted for the hysterectomy because it was minimally invasive, wouldn't remove her ovaries so that she would have natural hormones, and most important, because it solved her problem.

"You have to look for the scars to see them," she says.

Ten days after her surgery, Pharis was able to comfortably travel 300 miles by car to watch her daughter's soccer match and then return to work.

"Three weeks after my procedure I played doubles in a tennis league match," she says. "Four to five weeks later, I resumed strenuous cardio and weight workouts and after 10 weeks, I went waterskiing."

Pharis says that she would have put off the surgery if her only option had been a traditional hysterectomy.

"I'm fit and wanted to move on with my life, so it was a good option for me," she says. "I never missed a beat."

For more information about minimally invasive procedures offered at Texas Health hospitals, visit TexasHealth.org/CuttingEdge.

Minimally invasive hysterectomies at Texas Health Dallas include laparoscopic and robotic surgeries.

The hospital is one of only three in the U.S. to be named a Center of Excellence for gynecological surgery by the American Institute for Minimally Invasive Surgery for its high volume of minimally invasive women's surgeries and superior patient outcomes.

Losing weight to gain health

Continued from Page 5

the first day — which was good as I don't even like to take aspirin."

Texas Health Fort Worth offers free quarterly information seminars that are open to the public. Doctors, nurses and dietitians discuss the three minimally invasive bariatric procedures offered: gastric bypass, gastric sleeve and gastric band.

For staff, patient support before and after surgery is considered vital.

"To me the most important part of the whole surgery was the support I received," Armstrong says. "I went from eating anything I wanted to

relying on them for food decisions. The staff transformed my thinking."

Support also includes counseling and basic support from a bariatric nurse and dietitian, a six-month medically supervised diet, insurance verification and liaison with a family physician. In monthly support groups, pre- and post-operative patients share strategies for successful diet and exercise regimens.

Bariatric surgery often has health benefits in addition to substantial and permanent weight-loss.

"We know that with gastric bypass, some patients have markedly improved

their diabetes long before they lose their weight," Lorimer says.

Armstrong has experienced many significant changes since his procedures. In addition to losing more than 100 pounds, he has lower cholesterol, he no longer has sleep apnea and he is more energetic. Soon he will need to shop for new clothes because he has dropped five

For more information about weight-loss surgical procedures at Texas Health hospitals, visit www.TexasHealth.org/WeightLoss.



Her health improved. Karen Pharis enjoys an active life with her husband Randy, son Jake and daughter Jessie.



In less than 30 minutes at a Texas Health hospital, non-invasive ultrasound and Doppler scans can spot dangerous cardiovascular blockages and determine if you are at risk of stroke, aneurysm or heart disease. Call 1-877-THR-WELL for more information.

pant sizes and two shirt sizes.

"The nicest thing is to be able to go to Six Flags and not be uncomfortable on rides," he says. "And during hunting season there were certain deer blinds that I didn't get on as they weren't as strong and I didn't want to break them. Now that's not a concern."

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