

# TRAILBLAZING FITNESS

## Cooper Leads Longevity with Time-Tested Strategies for Prevention

ANDREA COLLINS, SPECIAL CONTRIBUTOR  
COOPER AEROBICS AND COOPER CLINIC  
972.560.2667, [cooperaerobics.com](http://cooperaerobics.com)

Long before the idea of prevention as health care took hold of the American psyche, launching countless barre studios, spin classes and high-intensity workout clubs across the country, there was the ultimate health and wellness center, Cooper Aerobics.

The Center opened its doors nearly 50 years ago, and, like its founder Dr. Kenneth H. Cooper, hasn't slowed down since. This year marks the 50th anniversary of Dr. Cooper's groundbreaking book, *Aerobics*, which laid out his theory of exercise as preventive medicine – and arguably the foundation for the modern fitness industry.

That's a leadership role Cooper Aerobics continues to embrace enthusiastically. Today, Cooper Aerobics Center includes state-of-the-art facilities, fitness and nutrition programs, strategic consulting and education and research. The Clinic is currently undergoing an extensive renovation which includes the construction of a dramatic entrance and expansion of the waiting areas with 22-foot ceilings and a chromatic glass facade to allow natural light and outside views.

Patients travel from around the world to visit the Clinic, which now operates various medical subspecialties, including gastroenterology, mammography, dermatology and more. A 67-room boutique hotel and luxury wellness spa on campus are open to the public and attract leisure guests as well as patients visiting Cooper Clinic.

The Cooper Clinic comprehensive preventive exam provides an in-depth look at an individual's health by including medical and exam counseling with the physician, laboratory analysis, cardiovascular screening by way of a treadmill stress test, an upper body torso scan, skin cancer screening and nutrition coaching—all with same day results.

While the scope of Cooper's message has expanded dramatically—from book to research center, to an Aerobics Health and Wellness Center opened in Nanjing, China in 2017—the mission of the organization has remained unchanged.

"Everything here started with the Clinic, and an emphasis on research and measurement to back up what we're doing," says Dr. Tyler Cooper. "We're continuously finding new ways to do those things better, with new technology, new facilities, new equipment, whatever it takes to help people develop a more personal and sustainable relationship to their long-term health."

Several projects, including an app-driven cardio fitness test, are underway as part of Cooper Aerobics' effort to develop the scalable technology it plans to deliver in the coming years.

"We're looking ahead when it comes to the importance of fitness integration in health and wellness planning," says Dr. Tyler Cooper, President and CEO of Cooper Aerobics. "It's an excellent time to be doing what we've always done best, focusing on prevention."



"Our purpose at Cooper is to improve the quality and quantity of the lives we touch each and every day."

“Prevention is a process we have to live every day, not some single place where you arrive. Small steps have huge dividends.”



ELITE DOCTORS | DALLAS

**LOCATION**

12200 Preston Road, Dallas  
972.560.2667  
cooper-clinic.com

**DEGREES & CERTIFICATIONS**

Bachelor of Business Administration,  
Baylor University  
Doctor of Medicine, The University of  
Texas Medical School at San Antonio  
Master of Public Health in Health Care  
Management, Harvard University  
Board Certified in Preventive Medicine

**AREAS OF EXPERTISE**

Individual preventive medicine, corporate  
preventive wellness, public health

**Tyler Cooper, MD, MPH**  
Cooper Aerobics and Cooper Clinic

When it comes to achieving optimal health, Cooper Clinic takes a personal approach. “I try to put myself in my patients’ shoes and understand the challenges they are facing relative to their medical care,” says Dr. Tyler Cooper. “Through that process, I can be more realistic in helping set goals for them that are attainable and achievable.”

Each physician at Cooper Clinic only sees three patients a day, he adds, “so we have time to get to know our patients and invest in their lives, in a way that is otherwise not typically afforded in medicine today.”

Being physically fit is not as difficult as many people think, he says, and Cooper Clinic has it down to a science. The process starts with a preventive physical exam to attain a comprehensive, in-depth picture of a person’s current state of health. The results provide the foundation for an action plan.

“As a physician, I’ve had the opportunity to individually invest in thousands of patients’ lives over the years,” says Dr. Tyler Cooper. “Everyone has their own needs, their own challenges and responds to feedback in different ways. You can’t give everyone the same advice and expect to see the same results. I try to meet them where they are and direct them with personalized care.”





# AT COOPER CLINIC DERMATOLOGY: TREATMENT PLANS AS UNIQUE AS YOU

ANDREA COLLINS, SPECIAL CONTRIBUTOR  
COOPER CLINIC COSMETIC AND PREVENTIVE DERMATOLOGY  
972.367.6000, [cooperclinicdermatology.com](http://cooperclinicdermatology.com)



Every face is unique, and every treatment plan should be, too. Skin health is one of the best indicators of overall health, telling a story of general wellness, or underlying problems.

"We ensure every patient is the focus of our attention from the moment they walk through the door. Our patients appreciate our minimal wait time," says Cooper Clinic Dermatologist Dr. Kejal Shah. "Consultations and appointments are scheduled to allow ample time to answer questions and develop a customized plan. Our goal is to create a warm, caring environment as each patient embarks on a journey to look and feel their best."

Cooper Clinic Cosmetic and Preventive Dermatology focuses on delivering a comprehensive array of cosmetic and skin rejuvenation procedures tailored to each patient's specific needs—in a low-stress environment that prioritizes unhurried consultations and state-of-the-art treatment.

Many people may not realize how important annual skin cancer screenings are, or may underestimate their risk for skin disease, even in areas that aren't exposed to the sun. Controlling that risk means detecting problems early, when skin cancers are the most treatable, or when skin inflammation points to a bigger issue, says Cooper Clinic Dermatology's Dr. Helen Kaporis.

"We detect and treat skin cancer daily which affects 1 in 5 Americans. It is particularly satisfying to find an inconspicuous skin cancer that a patient had no idea was there. Improving a patient's skin conditions or concerns also in turn can greatly benefit the patient's overall confidence and well-being," says Kaporis.

That same exposure can also accelerate the aging process, causing wrinkles

and brown spots to appear, while systemic stress, lack of proper nutrition or ongoing sleep loss can leave skin looking lackluster.

The Cooper Clinic Dermatology team of four board certified dermatologists – led by Dr. Rick Wilson, and complete with the help of Dr. Bobby Kennedy – helps patients solve skin-related problems with care that goes beyond just one treatment.

The Cooper team uses the latest, non-invasive methods to enhance a person's natural beauty, and help bring back that healthy glow, not change the patient's entire look, said Dr. Helen Kaporis.

"At Cooper Clinic Dermatology, we are dedicated to the overall well-being of our patients. It's wonderful to work at a place that emphasizes prevention in regards to every aspect—physical, mental and aesthetic. When you feel great, you radiate beauty," says Kaporis.

Various treatments like topical regimens, chemical peels, injectables like Botox and Dysport, soft tissue fillers, vein therapies and other minimally-invasive interventions offer Cooper Clinic dermatologists a way to deliver highly customized skincare. Dr. Shah shares "My philosophy is that it's best to make small enhancements in the most natural manner possible, delivering natural-looking results to create meaningful impact in my patients' lives."

An extensive, in-depth, head-to-toe examination is always the first step in guiding patients on the road to looking and feeling their best. Then, the Cooper Clinic Dermatology team works from a detailed assessment of individual history and cosmetic concerns to craft the best ongoing plan for beautiful, healthy skin.

“We help our patients achieve beautiful, youthful healthy skin while maintaining a healthy lifestyle.”



LOCATION

12200 Preston Road, Dallas  
972.367.6000  
cooperclinicdermatology.com

DEGREES & CERTIFICATIONS

Bachelor of Science in Biology,  
Fordham University  
Doctor of Osteopathic Medicine, New  
York College of Osteopathic Medicine  
Dermatology Residency, Northeast  
Regional Medical Center

AREAS OF EXPERTISE

Medical, surgical and  
cosmetic dermatology

Helen Kaporis, DO, FAAD  
Cooper Clinic Dermatology

Dr. Helen Kaporis continually provides her patients the latest, most advanced treatment options available to maintain healthy, glowing skin. That’s no small task in the constantly-changing field of dermatology, so staying informed and trained in the leading-edge technology and procedures available helps her deliver the best possible care. “As board certified dermatologists at Cooper Clinic, we are experts in medical, surgical and cosmetic dermatology. We have completed extensive training regarding anatomy skin structure, function and pathology,” says Dr. Kaporis.

An expert on facial rejuvenation, Dr. Kaporis trains other physicians on proper injection techniques for cosmetic fillers, and often recommends combining procedures to help patients maintain healthy, vibrant-looking skin. “My philosophy is helping patients look and feel their best at any age by enhancing their natural beauty in a safe and gentle manner,” she says.

LOCATION

12200 Preston Road, Dallas  
972.367.6000  
cooperclinicdermatology.com

DEGREES & CERTIFICATIONS

Doctor of Medicine, Topiwala National  
Medical College and Nair Hospital  
Dermatology Residency, Baylor  
University Medical Center

AREAS OF EXPERTISE

Medical, surgical and  
cosmetic dermatology

Kejal Shah, MD, FAAD  
Cooper Clinic Dermatology

Dr. Kejal Shah knows the importance of providing personalized attention, a value she brings to patients as part of the Cooper Clinic Cosmetic and Preventive Dermatology team. “Dermatology is a fascinating field. I value the opportunity to develop a long-term relationship with my patients. It’s an amazing experience to see them transform over time and regain control of their appearance, confidence and happiness. To be a part of this transformation is satisfying and makes years of medical training worthwhile.”

Dr. Shah is an expert in skin rejuvenation and frequently helps people address the damage caused to the skin by sun exposure, with leading-edge treatments designed to reverse the signs of aging. “Beautiful, healthy, attractive skin needs a healthy lifestyle. We believe taking care of your skin is an integral part of your overall health.”



# ON CALL FOR LONG-TERM HEALTH

## Cooper Clinic Platinum personalizes medicine with 24/7 support

ANDREA COLLINS, SPECIAL CONTRIBUTOR

COOPER CLINIC PLATINUM

972.560.2667, cooperclinicplatinum.com

Taking a proactive role in personalizing health care can be a daunting task. Comprehensive care requires a careful balancing act, from fitness, nutrition and stress management, to a close relationship with a primary care provider. Cooper Clinic Platinum helps patients organize all of these critical pursuits with a concierge team of three dedicated physicians and support staff.

“Cooper Clinic Platinum is different because we truly focus on prevention, and that’s been the philosophy since Dr. Kenneth H. Cooper opened the practice,” says Cooper Clinic’s Dr. Chris Abel. “Prevention isn’t about running a bunch of tests because we can, but instead ordering the necessary tests and assessments which ultimately leads to finding the appropriate treatment for each individual.”

Members of the concierge service have 24/7 access to their physicians for round-the-clock care via phone, text or email, as well as same or next day appointment scheduling – with personalized referrals and hospital admission assistance.

Cooper Clinic Platinum is built upon the on-site diagnostic and preventive care infrastructure for which Cooper Clinic is known. These in-depth resources set it apart from traditional primary care practices.

A full host of preventive care sub-specialties, including cardiology, radiology, dermatology and gastroenterology are offered on-site, as are screening and diagnostic tools like Dual Source CT scans.

Platinum members can also expect same-day diagnostic testing results courtesy of Cooper Clinic’s award-winning in-house laboratory and imaging services.

Exceeding customer expectations aligns with Cooper Aerobics’ dedication to supporting long-term disease prevention—Platinum status includes a complimentary membership to the renowned Cooper Fitness Center.

That in-depth health care service moves the bar on high standards for health by addressing a Platinum member’s needs based on age, gender and medical history.

“Spending time with patients is ultimately what separates Cooper Clinic Platinum care from typical primary care. A patient’s needs and stories don’t fit neatly into a 10-15 minute appointment. I value the flexibility we have here at Cooper Clinic which allows me to give my patients as much time as needed,” says Dr. Abel.



Michael C. Chapman, MD



Emily G. Hebert, MD



Christopher D. Abel, MD

“Every patient is unique and each one has a story that deserves to be heard and addressed.”



**LOCATION**

12200 Preston Road, Dallas  
972.560.2667  
cooperclinicplatinum.com

**DEGREES & CERTIFICATIONS**

Bachelor of Science, Texas A&M University  
Doctor of Medicine, The University of Texas  
Health Science Center at San Antonio  
Board Certified Internist by the ABIM

**AREAS OF EXPERTISE**

Individualized and comprehensive  
primary care, preventive care, acute care

**CHRIS ABEL, MD**

Cooper Clinic Platinum

Physicians at Cooper Clinic Platinum dedicate extra time to their patients to understand each individual member’s needs and goals. “Spending time with patients is ultimately what separates [Cooper Clinic Platinum] care from typical primary care,” says Dr. Chris Abel. “A patient’s needs and stories don’t fit neatly into a 10-15 minute appointment. I value the opportunity to give my patients as much time as needed.”

Providing personal attention allows Cooper Clinic Platinum physicians ample time to discover the full story of a patient’s health and establish an essential foundation of trust.

“Cooper Clinic is different because we focus on prevention, and that’s been the philosophy since Dr. Kenneth H. Cooper opened the practice in 1970,” said Dr. Chris Abel. “Prevention isn’t about running a bunch of tests because we can, but instead ordering the necessary tests and assessments which ultimately leads to finding the appropriate treatment for each individual.”

With Cooper Clinic Platinum you not only receive a physician and patient advocate but also access to personal care from an entire team of experts. “At Cooper Clinic, we offer nutrition services, exercise consultants, dermatologists, radiologists, a weight loss program, cardiology, gastroenterology and more.”





DR. MARYANN PREWITT

## IMPROVING HEALTHSPAN

One Dallas Doctor is  
Helping Patients Get the  
Most out of Their Lives

ANDREA COLLINS, SPECIAL CONTRIBUTOR  
HEALTHWELLNESSMD  
972.395.5114, healthwellnessmd.com

One of Dr. Maryann Prewitt's patients compares her health transformation to the movie the Wizard of Oz – black and white before starting a treatment plan – and “in full color” after working with the popular Dallas physician.

That's not just a marketing pitch, says Dr. Prewitt, owner of HealthWellnessMD, a practice built on functional and regenerative medicine. Often, the difference in life quality that one person experiences prompts them to bring in their spouse, sibling, or parent.

“There's no bigger compliment than when a patient empowers you to care for their entire family over generations,” she says. “I love to watch families get healthy together.”

The field of regenerative and functional medicine is one of the fastest growing specialties and Dr. Prewitt has long been at the forefront, bringing new research and treatments to patients, years before longevity was a buzzword in medicine.

“Everyone talks about lifespan, but we're focused on improving

healthspan,” says Dr. Prewitt. “How do you feel now? And how do we make sure that you're living your best life, not just getting by? We're helping patients transform their healthspan by solving undiagnosed problems that sap their energy and put them at risk for long-term problems, then sending them out with a prescription for optimal health.”

That process starts with hormonal health and a new approach to nutrition according to Dr. Prewitt. Deficiencies in these two areas account for most of the chronic problems she sees in patients.

Dr. Prewitt looks at a comprehensive picture of metabolic panels to evaluate thyroid function which can often reveal a missed diagnosis of hormonal imbalance. She also advocates a more proactive approach to nutrition, prescribing medical-grade supplements called nutraceuticals.

Meanwhile, Dr. Prewitt's medical spa offers next-generation laser treatments including SculpSure, nonsurgical face and neck lifts, body contouring, and skin resurfacing and tightening. She's especially excited to bring BodyTite to Dallas, the first procedure to melt fat and tighten the skin at the same time.

Dr. Prewitt's patients often move on to the clinic's sought-after sexual wellness program, an area Dr. Prewitt considers essential in improving quality of life. Among the therapies available include the GAINSWave, FemiLift, Votiva and PRP therapies to augment performance and pleasure for both women and men.

“Sexual intimacy should be a part of the doctor-patient conversation,” says Dr. Prewitt. “Our patients want to look as good as they feel, in and out of the bedroom.”

“Addressing sexual health changes my patient’s lives and their marriages – they fall in love with each other again.”



ELITE DOCTORS | DALLAS

**LOCATION**

12200 Preston Road, Dallas  
972.560.2667  
cooperclinicplatinum.com

**DEGREES & CERTIFICATIONS**

Accredited functional medicine physician  
Member, American Academy of Anti-Aging  
Certification in Bioidentical Hormone  
Replacement  
GAINSWave Advisory Board and  
preferred provider  
The University of Texas Medical Branch  
at Houston

**AREAS OF EXPERTISE**

Functional and regenerative medicine,  
sexual and hormonal health,  
laser aesthetics

**Dr. Maryann Prewitt**  
HealthWellnessMD

Dr. Maryann Prewitt is a functional medicine physician at HealthWellnessMD, in Dallas, Texas, where she brings her unique protocol for Modern Aging to patients. After initially specializing in obstetrics and gynecology, Dr. Prewitt’s practice has evolved to into a hybrid of conventional and functional medicine. Now, half of her patients are men and she has garnered a reputation as one of the nation’s leading sexual wellness experts.

“I’m most proud of the knowledge base I bring to my patients every day,” says Dr. Prewitt. “Every year, we’re seeing new breakthroughs that can enhance your life and wellness. I tell my patients that if there’s ever a time when they come in to see me – and I’m not telling them about a new technology or approach that can help them live not just longer but better – then it will be time to move on.”

Dr. Prewitt emphasizes science-based nutrition, laser medicine, thyroid management and optimizing hormones for sexual health and wellness. She trained at Barnes Washington University Hospitals where she was asked to serve as Director of Laparoscopic and Hysteroscopic Surgery at St. Louis University Medical School.

“HealthWellnessMD goes beyond simply treating disease to optimizing your body at the cellular level so you can actively prevent disease and slow the aging process,” says Dr. Prewitt. “Our emphasis is on longevity,” adding that declining sexual health is no longer an unavoidable part of getting older. “Watching patients feel so good again, and regain their sexuality and confidence, that’s the most rewarding part of what I do,” she says. “Addressing sexual health changes my patient’s lives and their marriages – they fall in love with each other again.”





# METHODIST DALLAS ADVANCES ROBOTIC SURGERY

Robotic surgery brings the advantages of minimally invasive surgery to complex procedures

ANDREA COLLINS, SPECIAL CONTRIBUTOR  
METHODIST DALLAS MEDICAL CENTER, NORTH TEXAS  
877.637.4297, [methodisthealthsystem.org](http://methodisthealthsystem.org)

Robotic surgery is making complex, sometimes high-risk procedures safer than ever before. It often results in fewer complications, less pain (and need for pain management), a shorter hospital stay, and many times, a faster recovery for patients. Methodist Dallas Medical Center in North Texas is one of the leaders in the next generation of surgery, bringing minimally invasive techniques to patients as an additional alternative to open surgery and laparoscopy.

With its leading-edge da Vinci® Surgical System, the hospital has built a robotics program that is fast becoming one of the premier providers of minimally invasive techniques, even for complex and demanding surgeries.

"The number one thing I can see right away is that there's often less of a need for pain management after the surgery, it really can be a much quicker return to daily life," says Susannah Hambright, MD, a general surgeon on the medical staff.

That recovery time between surgeries can be critical for cancer patients, who may require more than one procedure in quick succession, says Alejandro Mejia, MD, a transplant surgeon on the medical staff. "Patients are often stronger, they may recover faster, and, in many cases, they're ready for their next round of treatment in much better shape, giving them a better shot at becoming cancer free."

And regardless of how complex a surgery is, any minimally invasive technique has an innate advantage – greater precision and control than ever before. Three-dimensional magnification and 3D imaging brings a surgeon significantly closer to their work, helping them carry out life-changing surgeries within the environment of the human body, rather than removed from it at the bedside.

"The definition and magnification of what we're seeing are incredible," says Theresa Patton, MD, an OB/GYN on the medical staff. "It's like walking into a real world, where we can make real-time decisions with double the information available to us in traditional surgeries."

Among others, Methodist Dallas is using that advantage to lead minimally invasive surgery for the Whipple procedure, a technique that offers the best chance for long-term control of all types of pancreatic cancer.

"It's one of the most complex surgeries I do," says Mejia. "With the robot, I can carefully and precisely navigate inside the body in a way that was not possible even a short time ago. It's quickly becoming the preferred surgery. I'm amazed that 100 robotic Whipple surgeries have been performed at Methodist Dallas."



# DALLAS' TRUSTED HEALTHCARE HOME.



Quality medical services and nationally renowned residency and fellowship programs make Methodist Dallas Medical Center a leading healthcare resource in North Texas. The 585-bed acute care hospital features a Level I Trauma Center and more than 250 skilled physicians on the medical staff. Time and again, we have been recognized for specialty centers that focus on transplant, liver diseases, digestive health, brain and spine conditions, and other medical issues that require expert-level treatment. For trusted care, trust Methodist.

**For information, visit us at [MethodistHealthSystem.org/Dallas](http://MethodistHealthSystem.org/Dallas)  
or call 877-637-4297 for a free physician referral.**

Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Dallas Medical Center, Methodist Health System, or any of its affiliated hospitals. Methodist Health System complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.







# ADVANCED CARE MAKES HEALTHY SKIN BEAUTIFUL SKIN

At North Dallas Dermatology Associates, aesthetics is an art and individualized skin health is a priority

ANDREA COLLINS, SPECIAL CONTRIBUTOR  
NORTH DALLAS DERMATOLOGY ASSOCIATES  
214.761.8524, northdallasderm.com

Everybody's doing it, but nobody's talking about it. That can be said for a wide range of facial rejuvenation techniques, from laser procedures to injectables and Botox. And the lack of conversation can lead to a real dearth of information for anyone wondering where they should start.

"The practice of facial rejuvenation is really an art, not a science, and most people don't start out understanding that," says Dr. Mary Hurley, president of North Dallas Dermatology Associates. "The goal is to look natural and refreshed, not over-inflated. It's about you and your dermatologist really taking the time to get to know your own, individual face – where lift would work, or how volume can help. It's not about just erasing lines, it's about the time and skill needed to invest in your face and skin to look your best."

Dr. Hurley founded the practice on her core philosophy that healthy skin is beautiful skin. Now the practice boasts eight board certified dermatologists – each offering the same patient-centered service across medical and aesthetic fields.

Dr. Hurley says NDDA's customized approach is a combination of exceptional general dermatology services as well as specialized care. "Dermatology is such a broad field, you need to have experts in many

areas," she says. For NDDA, those specialties include rheumatologic and autoimmune skin disease, pediatrics, dermatologic surgery and a diagnostic focus on rashes, acne and other complicated skin conditions.

"Your skin is the largest organ in your body," says Dr. Hurley. "It's not an area to be treated lightly." Regular full-body skin checks are a must, as are diagnostic appointments for any conditions that could indicate something is amiss, she says.

The practice even extends this mentality to the products patients use. NDDA recently added a personal product testing service. And it is the first provider in Dallas of SkinCeuticals Custom D.O.S.E., a machine that creates customized skin serums right in the office.

In aesthetics, NDDA physicians use a combination of tools to focus on delivering a natural result. The practice is one of the leading experts in Microtox Lift, a procedure that delivers tiny amounts of Botox to the microscopic band of smooth muscles between hair follicles and dermal tissue.

"We work with the most sophisticated tools to get optimal non-surgical results," says Dr. Hurley. "It's about looking and feeling like the best version of yourself and loving the reflection you see in the mirror."

“When my patients look and feel their best, that’s the most rewarding thing for me. Lifestyle and overall health is the starting point because healthy skin is beautiful skin.”



ELITE DOCTORS | DALLAS

**LOCATION**

8144 Walnut Hill Ln. #1300  
214-761-8524  
Northdallasderm.com

**DEGREES & CERTIFICATIONS**

Bachelor of Science,  
Vanderbilt University  
Doctor of Medicine, Tulane  
Medical School

**AREAS OF EXPERTISE**

Facial aesthetics, nonsurgical liquid  
facelift, skin rejuvenation, individualized  
dermatologic care

**Dr. Mary Hurley**  
North Dallas Dermatology Associates

As the founding member and president of North Dallas Dermatology Associates, Dr. Hurley’s passion is to provide the highest quality of dermatologic skin care and patient satisfaction. NDDA offers a full array of laser and cosmetic services to compliment Dr. Hurley’s expertise in nonsurgical facial rejuvenation and restoring skin health. She specializes in facial aesthetics using injectables and has performed thousands of nonsurgical liquid facelift procedures.

Known for the personal care she delivers and the quality of results, Dr. Hurley takes the time to understand where patients are currently with their skin needs and what they would like to achieve. Her goal is to help each person look refreshed in a natural way and feel good about the skin they are in.

“When my patients look and feel their best, that’s the most rewarding thing for me,” says Dr. Mary Hurley. “To get there, it takes a real effort between a patient and their physician. Lifestyle and overall health is the starting point, because healthy skin is beautiful skin.”

North Dallas Dermatology includes eight board certified dermatologists who provide a comprehensive array of services including medical, surgical, pediatric and cosmetic dermatology and the treatment of autoimmune and rheumatologic skin diseases.

NDDA’s Skin Health Spa and Laser Center offers the latest in laser resurfacing, microdermabrasion, chemical peels, photo-rejuvenation, laser hair removal, facials and body contouring.





# FINDING STRENGTH IN CREATIVITY

## Baylor Dallas Program Heals with Art and Music

ANDREA COLLINS, SPECIAL CONTRIBUTOR  
BAYLOR HEALTH CARE SYSTEM FOUNDATION  
ARTS IN MEDICINE PROGRAM  
214.820.3136 | [give.baylorhealth.com](http://give.baylorhealth.com)

History is littered with tales of great creative works surfacing from suddenly prolific artists grappling with life's greatest challenge, the onset of serious illness. Composer Franz Schubert wrote furiously in his last years, Claude Monet's failing eyesight blurred his vivid brushstrokes into sublime water lilies.

Finding inspiration in art and music can breathe new vigor into the end of a life or lend the strength to save it entirely. In either scenario, the power of creative impulse seems essential to the process of finding strength and purpose beyond an illness.

Researchers studying the effects of creative arts therapies found they significantly reduced anxiety, depression, and pain and also improved patients' quality of life.

In 2015, thanks to a significant philanthropic grant, Baylor University Medical Center launched the Arts in Medicine program to incorporate the healing power of the arts for its patients.

"We deal in healing modalities that have nothing to do with medicine," said Susan Sayles, Manager at the Baylor Charles A. Sammons Cancer

Center at Dallas. "Art and music touch the soul, which remains whole no matter what the body is experiencing. The healing process comes from remembering who you are, not what disease you have."

The program includes music and art therapists and music practitioners, fully integrating the arts into clinical care. This promotes healing and enhances the lives of patients to heal, relax and restore their bodies, minds and spirits.

Since its inception, demand for the program, which also builds on community partnerships around the arts, health, and medicine, has grown substantially. BUMC now receives over 2,000 referrals each month from all areas of the hospital.

BUMC has received an outpouring of stories from patients about the life-affirming benefits of working through a creative process to deal with their deepest fears, griefs, and hopes. For some, it's simply seeing the work of other patients adorning the halls, or for the musically inclined, recognizing a musician they long admired in the hospital hallway.

"Having been a patient many times, I know firsthand that when I became overwhelmed with medical treatments, engaging in the arts reduced my pain, stress, and renewed my spirit. I firmly believe in the healing power of the arts," said Bonnie Pitman, a BUMC patient and former director of the Dallas Museum of Art.

For more information on how to support the Arts in Medicine Program at BUMC, contact Cynthia Krause at [Cynthia.Krause@bswhealth.org](mailto:Cynthia.Krause@bswhealth.org) or 214.820.7928.







# BACK ON THE GOLF COURSE

## Artificial disc replacement offers hope for restoring range of motion

ANDREA COLLINS, SPECIAL CONTRIBUTOR  
TEXAS HEALTH CENTER FOR DIAGNOSTICS AND SURGERY  
CENTER FOR DISC REPLACEMENT  
844.544.9501, [thcds.com/centerfordiscreplacement](http://thcds.com/centerfordiscreplacement)

There's new hope for people with back or neck pain who find that they can no longer take part in the activities they love and may be considering fusion surgery that could limit their range of motion. A growing body of evidence, led by the work of Drs. Richard Guyer, Scott Blumenthal, and Jack Zigler points to artificial disc replacement as one of the best ways to relieve pain caused by disc degeneration and other problems.

The Center for Disc Replacement at Texas Health Center for Diagnostic & Surgery is led by the three internationally-recognized spine surgeons, who serve as co-medical directors of the Center for Disc Replacement. They performed the first Artificial Disc Replacement surgery in the United States 18 years ago, and they continue to be leaders in the field. Being world-class

leaders of spine care, these surgeons also participate in and are committed to clinical research.

"We're seeing patients whose lives have been changed by an injury or condition that may take away the activities they love, limiting their range of motion severely enough to threaten their job, or their ability to continue a favorite pastime, like golf," says Dr Zigler. "It's so rewarding to get them back on the golf course, or in a position to resume a career, like commercial aviation, which has thresholds for a range of motion."

Unlike vertebrae that have been fused, an Artificial Disc Replacement can move, bend, twist and turn with a natural range of motion, and that puts less stress on adjacent discs. X-rays show that adjacent disc degeneration occurs one third as often in patients who received Artificial Disc Replacement in comparing to fusion.

"The disc replacement has the potential not only to reduce or eliminate pain, but to preserve motion. That's a big deal especially for our patients who were looking at giving up the activities they love most," says Dr Blumenthal. "We've dedicated our career to pushing for this alternative and doing what's right for the patient. Getting broader attention for and coverage of this procedure feels like the ultimate patient advocacy."

"If you been told you need a fusion," says Dr Guyer "or your quality of life has been significantly affected or you've given up the things you love and enjoy, you owe it to yourself to see if you're a candidate for disc replacement, because it can be a life changing operation!"