

## Pulmonary Hypertension Program leads region in referrals

**U**T SOUTHWESTERN PULMONOLOGISTS have been at the forefront of pulmonary hypertension treatment and research since 2001, when the Pulmonary Hypertension Program was created. The program was the first to be established in North Texas; since then, it has become the largest referral center in the area by patient volume.

Pulmonary hypertension is a serious and progressive condition that can affect both sexes and all ages but appears predominantly in women in their 30s and 40s. It occurs

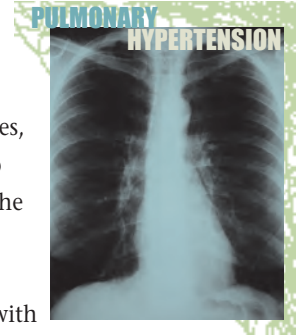
when the small arteries in the lungs narrow. The heart's right ventricle must work harder to pump blood through the narrowed arteries, raising blood pressure and causing the heart to enlarge. Certain heart diseases, liver disease and connective tissue disorders may cause the condition or it may occur without any known cause.

Pulmonologists in the UT Southwestern program work closely with cardiologists and specialists from other disciplines to coordinate treatment for pulmonary hypertension and the underlying causes. Sophisticated

imaging techniques, like the MRI, help doctors monitor the heart's function.

At UT Southwestern patients with pulmonary hypertension have access to clinical trials for new treatments unavailable elsewhere. The Pulmonary Hypertension Program is located in University Hospital - St. Paul.

For more information or to make an appointment, call 214-645-5505.



## Occupational Health vaccine stations bring flu shots to employees

**E**MPLOYEES CAN GET A FLU SHOT FREE OF CHARGE from Occupational Health on Dec. 4 and Dec. 13 at vaccine stations located below the McDermott Plaza in the area adjacent to the food court. The vaccine will be available from 6:30 a.m. to 6 p.m.



The optimal time for flu immunization extends through the month of December. An influenza vaccination taken by the end of December still has time to build immunity before the peak months of the flu season — January through March.

People who care for or live with those at high risk, such as health-care providers, parents of young children or those who care for elderly family members, should also get an influenza vaccination.

A November surveillance report from the Centers for Disease Control and Prevention revealed sporadic flu activity in 21 states, Texas included. Every year approximately 20 percent of Americans suffer from the high fever, aches and respiratory symptoms caused by the virus and more than 200,000 are hospitalized from flu complications.

For more information about getting a free flu shot from Occupational Health, call 214-645-5300.

## Diabetes education teaches proactive strategies to reduce complications

**D**IABETES PATIENTS CAN GREATLY REDUCE THEIR RISK of complications by managing the disease with a combination of proactive strategies. The key to success is education and training in lifestyle management.

Health educators in UT Southwestern's Diabetes Management Program have been empowering patients to make lifestyle changes since 1992. The program, certified by the American Diabetes Association, provides comprehensive diabetes education in meal-planning, diet, exercise and self-monitoring techniques.

The process begins with an assessment by a nurse to determine the patient's needs and to develop an education plan focused on the individual. Participants learn about the disease and management strategies in group settings. Advanced diabetes management techniques include insulin-pump training on an individual basis. Night classes are offered from 4 to 8 p.m. Translators are available for Spanish and other languages.

Patients can self-refer or ask their physicians to refer them to the program, which is located in University Hospital - St. Paul. For more information, call 214-645-5305 from 7:30 a.m. to 4 p.m. Monday through Friday.

