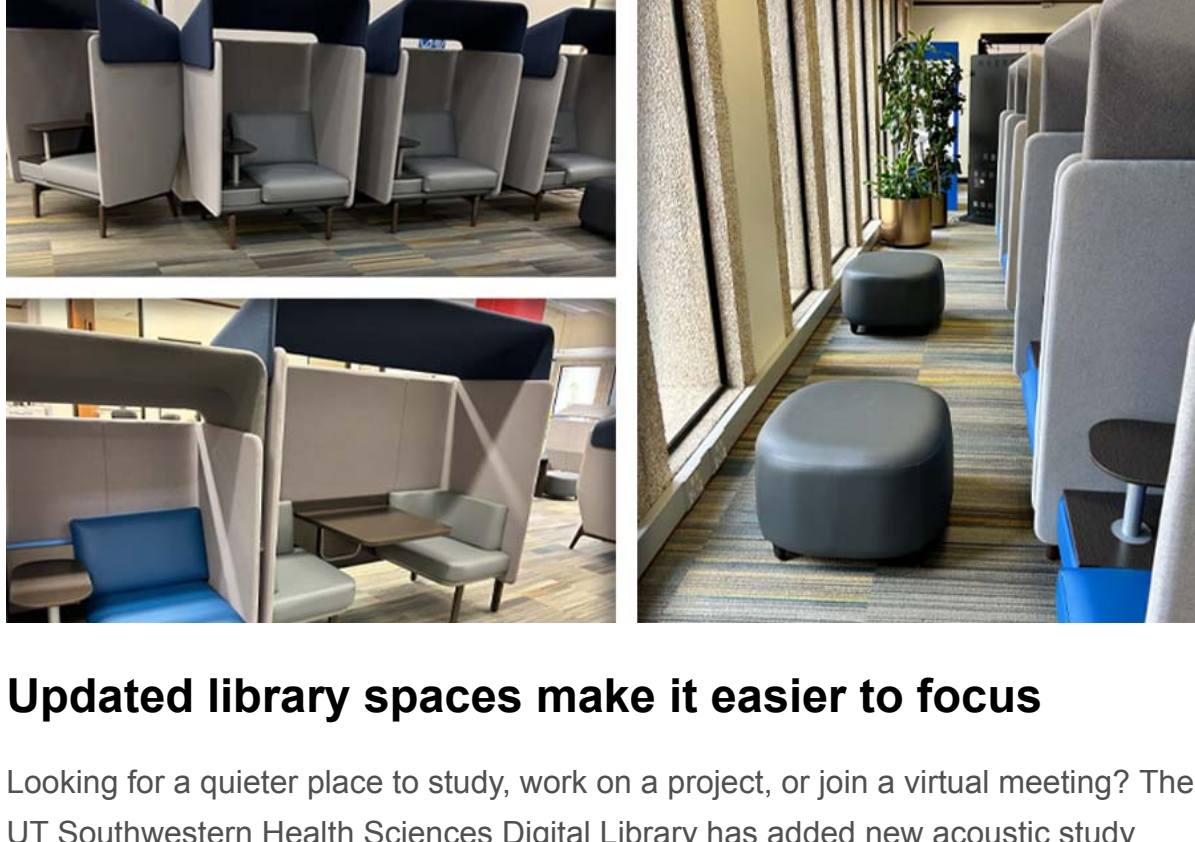




Updated library spaces make it easier to focus

Looking for a quieter place to study, work on a project, or join a virtual meeting? The UT Southwestern Health Sciences Digital Library has added new acoustic study seating and lounges.

The redesigned study zone consists of sound-absorbing fabric walls and insulation to create an environment for focused work. High privacy panels also provide a sense of seclusion, while comfortable single- and two-person seating makes it easy to settle in for a distraction-free session.

All UTSW students, faculty, and staff are able to use the library and its space 24/7, via badge access.

You can also [reserve](#) one of the library's privacy pods. These enclosed workspaces are perfect for meetings, patient conversations, interviews, or any task that requires focus and confidentiality.

Whether you choose the lounge or a pod, you may just discover your new favorite spot on campus.



From the Style Council: Commas, lists, and event times

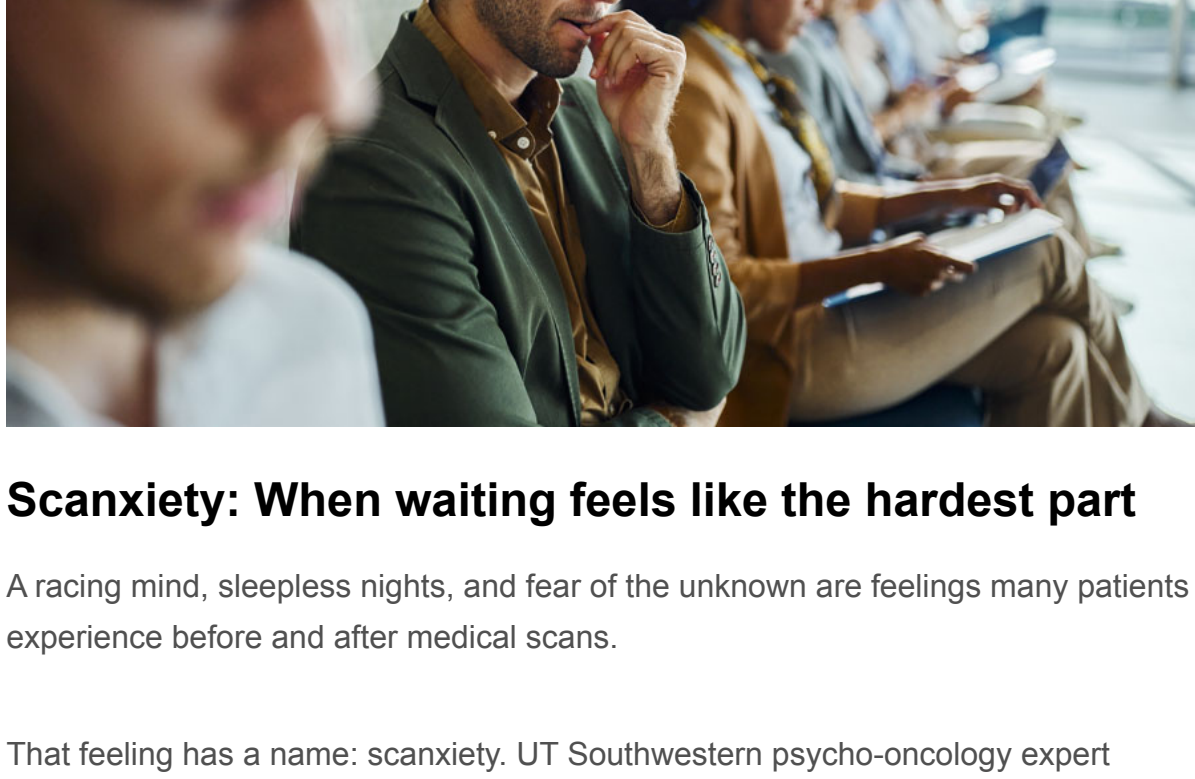
Good institutional writing often comes down to small, repeatable choices. This installment of the Style Council highlights three that appear in everything from emails and event announcements to PowerPoint presentations and webpages:

- **Commas:** UTSW uses the serial, or Oxford, comma: *red, white, and blue*. Also place commas before and after credentials: *Pat Smith, M.D.*, recommends the Oxford comma.
- **Bulleted lists:** Introduce a list with a colon, capitalize the first word of each bullet, and keep the construction parallel. Use periods for complete sentences but not for single words or short phrases.
- **Time:** In ranges, use a hyphen with no spaces or "to": 8:30-9 a.m., 11 a.m.-1 p.m., or 11 a.m. to 1 p.m. For clarity, write noon and midnight rather than 12 p.m. or 12 a.m.

Together, these details help make UTSW communications polished, consistent, and easier to read.

[Explore the UTSW Style page](#)

[Bookmark the full Style Guide](#)



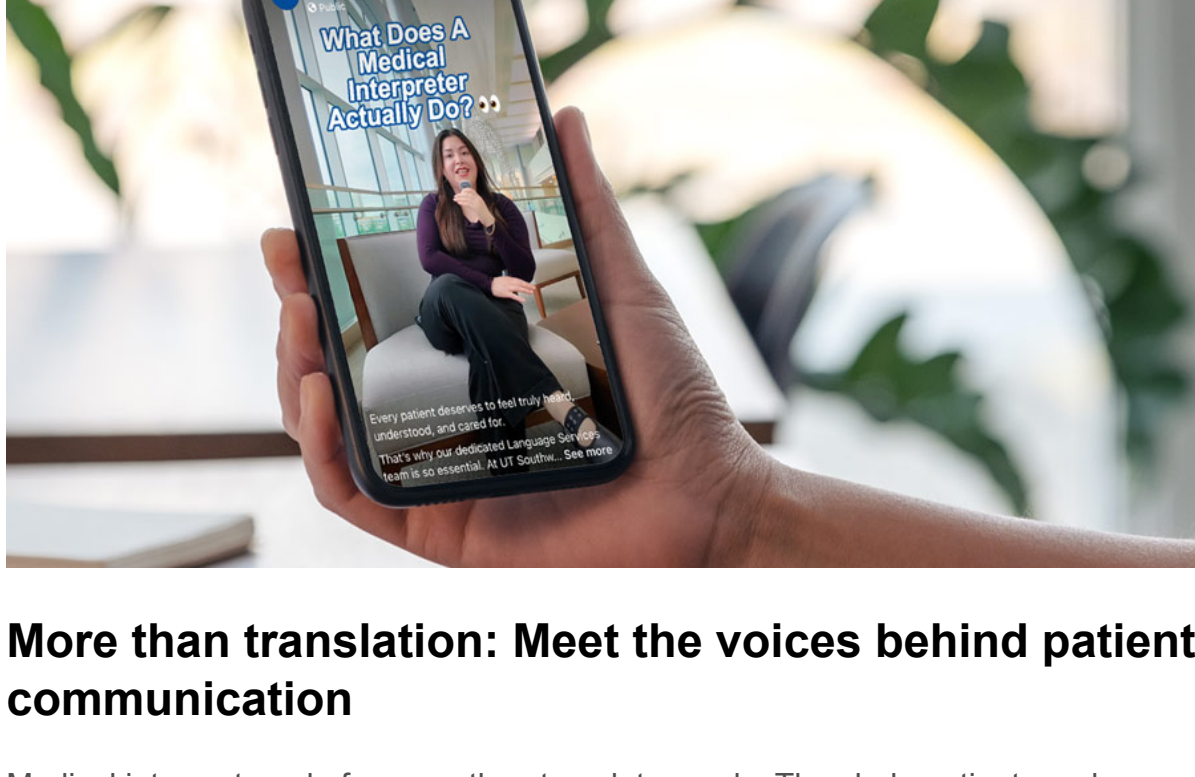
Scanxiety: When waiting feels like the hardest part

A racing mind, sleepless nights, and fear of the unknown are feelings many patients experience before and after medical scans.

That feeling has a name: scanxiety. UT Southwestern psycho-oncology expert **Laura Howe-Martin, Ph.D.**, explains why imaging-related stress is so common and how it can affect both emotional and physical well-being.

In a new MedBlog, learn why these feelings happen, what can intensify them, and how understanding the experience can help patients and their loved ones feel more prepared. Discover practical strategies for coping with uncertainty from Dr. Howe-Martin and the support available through UT Southwestern's psycho-oncology team.

[Get tips on dealing with scanxiety](#)



More than translation: Meet the voices behind patient communication

Medical interpreters do far more than translate words. They help patients and care teams understand one another during some of life's most crucial moments, ensuring language never stands in the way of quality care.

From clinic visits to hospital stays, UT Southwestern's [Language Services team](#) (on-campus network or VPN connection required) helps bridge communication gaps so patients and families can make informed decisions and feel heard every step of the way.

Take a behind-the-scenes look at the people who help make those connections possible, and discover what a day in the life of a medical interpreter is like.

[See the team in action](#)

Insider Guide



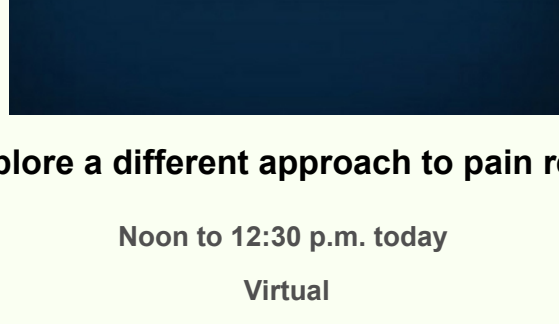
Skyline Café Farmers Market menu

11 a.m. to 2 p.m. today

T. Boone Pickens Biomedical Building, Skyline Café (ND.14)

This week's Southern-inspired menu is packed with comfort-food favorites, including crispy fried chicken, roasted pork loin with cider-braised leeks and apples, baked macaroni and cheese, collard greens, garlic mashed potatoes, cornbread, and cream gravy. Round out your meal with the chef's fresh seasonal salad bar and a tempting selection of homemade desserts.

[Dig into the menu](#)



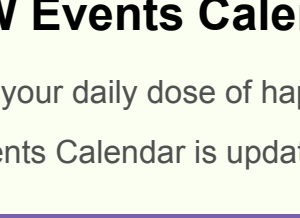
Explore a different approach to pain relief

Noon to 12:30 p.m. today

Virtual

Join a webinar hosted by Blue Cross and Blue Shield of Texas to learn about Airrosti, a UT Select benefit that may offer an alternative to surgery and traditional pain management for back, knee, wrist, and other musculoskeletal issues. Discover how the program helps participants restore mobility, improve function, and resume enjoyable activities.

[Get the details to join](#)



UTSW Events Calendar

Looking for your daily dose of happenings?

The UTSW Events Calendar is updated every day.

[View upcoming or trending events](#)

Share your *Insider* suggestions by sending them to utswinsider@utsouthwestern.edu. Looking for an item in a past edition of this newsletter? Check out our [Insider archive](#).

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