

HOUSTON Medical Times

Bringing Healthcare News to the Forefront

Volume 12 | Issue 8

August Edition 2022

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Shift Work Increases the Severity of Strokes Later In Life

Research finds living against our internal body clocks can damage our long-term health by altering gut and brain interactions

By Lindsey Hendrix

As most Americans wind down for bed, 15 million people are just clocking into work. These hospital workers, emergency responders, factory operators and others are among the 20 percent of the world's population who do shift work. Their different sleep-wake cycle elevates their risk for numerous health disorders, including diabetes, heart attacks, cancer and strokes. Now, new research, published in *Neurobiology of Sleep and Circadian Rhythms*, shows the adverse effects of shift work can be long-lasting, even after returning to a normal schedule.

"Shift work, especially rotating shift work, confuses our body clocks and that has important ramifications in terms of our health and well-being and connection to human disease," said David Earnest, PhD, professor in the Department of Neuroscience and Experimental Therapeutics at the Texas A&M University College of Medicine. "When our internal body clocks are synchronized properly, they coordinate all our biological processes to occur at the right time of day or night. When our body clocks are misaligned, whether through shift work or other disruptions, that provides for changes in physiology, biochemical processes and various behaviors."

A previous study done by Earnest and colleagues found that animal models on rotating shift work schedules had more severe stroke outcomes, in terms of both brain damage and functional deficits, than those on regular 24-hour cycles of day and night. Males were distinguished by worse outcomes in which mortality



rates were much higher.

This new study took a different approach. Rather than examining immediate effects of shift work on strokes, the researchers returned all subjects to regular 24-hour cycles and waited until their midlife equivalent—when humans are most likely to experience a stroke—to evaluate stroke severity and outcomes.

"What was already born out in epidemiological studies is that most people only experience shift work for five to eight years and then presumably go back to normal work schedules," Earnest said. "We wanted to determine, is that enough to erase any problems that these circadian rhythm disruptions have, or do these effects carry over even after returning to normal work schedules?"

They found that the health impacts of shift work do, indeed, persist over time. The sleep-wake cycles of subjects on shift work schedules never truly returned to normal, even after subsequent exposure to a regular schedule. Compared to controls maintained on a regular day-night cycle throughout the study, they displayed persistent alterations of their sleep-wake rhythms, with periods of abnormal activity when sleep would

have normally occurred. When they suffered strokes, their outcomes were again much worse than the control group, except females had more severe functional deficits and higher mortality than the males.

"The data from this study take on added health-related significance, especially in females, because stroke is a risk factor for dementia and disproportionately affects older women," said Farida Sohrabji, PhD, also a professor in the Department of Neuroscience and Experimental Therapeutics and director of the Women's Health in Neuroscience Program.

Interestingly, the researchers also observed increased levels of inflammatory mediators from the gut in subjects exposed to a shift work schedule. "We now think that part of the underlying mechanism for what we're seeing in terms of circadian rhythm disruption causing more severe strokes may involve altered interactions between the brain and gut," Earnest said.

The results of this study could eventually lead to the development of interventions that block adverse

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TRUIST 

Wealth

Legal Matters

HHS OCR Issues New, Post-Dobbs Guidance



By Iliana L. Peters, J.D. and
Abby E. Bonjean, J.D.
Polsinelli, PC

The United States Supreme Court recently issued its long-anticipated ruling in *Dobbs v. Jackson Women's Health Organization*. In *Dobbs*, the Supreme Court upheld Mississippi's abortion restrictions making most abortion procedures illegal after 15 weeks of pregnancy, and, in the process, overturned *Roe v. Wade* and *Planned Parenthood v. Casey*, which established a federal constitutional right to abortion. Although the *Dobbs* decision itself did not outlaw the procedure, several states have "trigger laws," designed to go into effect upon *Roe's* and *Casey's* reversal, or pre-*Roe*

laws that outlaw or limit abortions. Other states are expected to implement additional restrictions and bans in the coming months. These state laws may have dramatic implications on patient privacy.

In the wake of the *Dobbs* decision, the Department of Health and Human Services (HHS), Office for Civil Rights (OCR) issued new guidance regarding the privacy of patients seeking reproductive health care. The guidance addresses two issues: (1) how federal law and regulations protect patients' medical information relating to reproductive health care, and (2) the extent to which private medical information is protected on personal devices and how consumers can protect the privacy of their health information when using period trackers and other health-related apps.

I. Protecting the Privacy of Patients' Information in Health Care Settings

The guidance affirms that federal rules to protect individuals' protected health information (PHI) are already

in place under the Health Insurance Portability and Accountability Act (HIPAA). Specifically, the guidance emphasizes that HIPAA covered entity health care providers, health plans, and health care clearinghouses can use or disclose PHI, without an individual's signed authorization, only as expressly permitted or required by the HIPAA Privacy Rule.

HHS OCR clarifies that disclosures for purposes not directly related to the provision of health care to an individual—such as disclosures to law enforcement officials or to avert a serious threat to health or safety of a pregnant patient—are permitted only in specific circumstances and if certain requirements are met. HIPAA covered entities and business associates should ensure that they have robust policies and procedures in place to address requests for information from law enforcement officials, disclosures to prevent or lessen a serious and imminent threat to the health or safety of a pregnant patient or the public, and disclosures that are otherwise required by law.

Examples:

- "An individual goes to a hospital emergency department while



experiencing complications related to a miscarriage during the tenth week of pregnancy. A hospital workforce member suspects the individual of having taken medication to end their pregnancy. State or other law prohibits abortion after six weeks of pregnancy but does not require the hospital to report individuals to law enforcement. Where state law does not expressly require such reporting, the Privacy Rule would not permit a disclosure to law enforcement under the "required by law" permission. Therefore, such a disclosure would be impermissible and constitute a breach of unsecured PHI requiring notification to HHS and the individual affected." An entity making a disclosure in this

see Legal Matters...page 14

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Oncology Research

What Is The 'Pet Effect'

and Can It Help Cancer Patients?



By Sabarina K.
Ramanathan, M.D.,
Texas Oncology

Think about how you feel around your pet. Do you feel content, happy, or loved? Since the pandemic, the emotional value of pets has become even more apparent. This special bond, known as the “pet effect,” is the beneficial relationship between people and animals that positively impacts the health and well-being of both.

In a recent survey of pet owners worldwide, 95 percent consider their pets to be a part of the family. The same survey revealed there is a strong link between pet ownership and improved human health. In fact, 87 percent of surveyed pet owners say they have experienced a mental or physical health benefit from bonding with their pet.

Pets offer companionship, motivation to stay physically active, and positive encouragement during challenging times, especially for people with cancer.

How pets impact your mental health

According to the American Psychological Association, pet owners tend to have increased self-esteem and a more positive mood. A study on the impact of pets and mental health conducted during the COVID-19 pandemic found that pets can increase uplifting emotions and enhance coping skills when connection to others is diminished or not possible.

The emotional toll of coping with cancer is significant for patients and can lead to periods of depression and anxiety. The potential mental health benefits for cancer patients who own a pet include:

- Easing anxiety and elevating negative or depressed moods
- Boosting patients' self-esteem and giving a sense of purpose
- Offering company, companionship,

and comfort, and lessening feelings of isolation or loneliness

- Providing a distraction from pain, stress, and boredom

The physical benefits of the 'pet effect'

Pet ownership has also been linked to improving people's physical health. Research shows that pets can help lower a patient's blood pressure and heart rate, reduce stress levels, and even alleviate pain.

Studies have found that social interaction between people and animals can increase levels of the “feel-good” hormone oxytocin, while others may experience a feeling of calm or relaxation from petting or snuggling with a cuddly pet, due to lowering levels of the stress hormone cortisol.

Doctors often emphasize the importance of exercise for cancer patients. Another valuable benefit of having a pet—and an easy way for “pet parents” to get exercise—is to simply take their pet for a walk.

Considerations of having a pet when going through cancer treatment

Even with these benefits, having



a pet is not ideal for everyone, and patients may want to consult their medical team for recommendations, based on their circumstances.

Pet ownership carries a great responsibility and patients need to ensure they can care for their pet at home while undergoing treatment. Having a plan for assistance with tasks like feeding or walking your pet should be established early. Additionally, pets are not an appropriate surprise gift.

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Memorial Hermann and Helix Partner on a Population Genomics Initiative Aimed at Driving Precision Health Care for Texans

Leading population genomics and viral surveillance company, Helix, will begin working with Memorial Hermann Health System – a non-profit, award-winning health system committed to creating healthier Houston communities – in a new partnership this month. The two organizations will launch a population genomics program designed to utilize DNA information to look for hidden health risks. Information will be

Participation in the program will be completely optional, at no cost to the participant.

“Unlocking the insights of DNA will allow our affiliated providers to create precise, personalized plans for our patients and protect more people from preventable disease,” said Dr. David Callender, President and CEO of Memorial Hermann. “Our mission is to improve the health of all those we serve. We know that population



used to help the health system better understand the health of its overall population and will give patients and their providers insight into their personal health in order to personalize patient care and create proactive care plans to address key risk factors.

With an anticipated 100,000 participants, this will be one of the largest population health programs in Texas. The program will be used by Memorial Hermann to redefine health care for the communities the system has served for more than 115 years. Participants will have firsthand access to their personal genetic data which can help providers initially determine a patient’s risk for serious health conditions such as cardiovascular disease and certain cancers. By identifying these risks before symptoms arise, providers and patients can make proactive decisions on care, with a potential to delay, reduce or even prevent detrimental health effects.

genomics is an increasingly important resource helpful for providing patients with the best possible care and ultimately improving their long-term health.”

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see Initiative...page 14



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Kelsey-Seybold Clinic Debuts New Mobile Health Program with Two Mobile Health Motorcoaches

The Specially Designed Motorcoaches Offer Primary Care Services and Mammograms at Employer Worksites and Events In The Greater Houston Area

Kelsey-Seybold Clinic debuted its new mobile health program today by rolling out mobile health and mammography motorcoaches to serve employer clients in the Greater Houston area. This new program helps fill potential gaps in care for area employers as well as reduce related employee absenteeism and productivity loss.

“Our new mobile health program is a great option for our employer clients who want to provide safe and convenient onsite services ranging from pre-employment health and safety screenings during new hire events to preventive physicals at employer-sponsored health fairs,” said

Franco Minor, M.B.A., Director of Corporate, Executive, and Wellness Programs, Kelsey-Seybold Clinic.

While the vehicles may be similar in design, the Kelsey-Seybold Clinic mobile health motorcoach and the mammography motorcoach provide different services. The mobile health motorcoach is equipped with two exam rooms and can accommodate up to two medical providers. Physicals and wellness screenings, drug and alcohol testing, electrocardiograms (ECG/EKG), pre-employment and DOT exams, vaccinations, laboratory testing, medical surveillance – vision and hearing screenings and respirator fit testing are offered.



“Many Houston-area employers are required to complete periodic health and safety tests and exams for their employees,” said Patrick Carter, M.D., M.B.A., F.A.A.F.P, Chief of Occupational Medicine and Medical Director for Care Coordination and Quality Improvement, Kelsey-Seybold Clinic. “With our new mobile units, these tests can be done at an employer’s location, making it convenient for employees who would otherwise have to complete these exams on their own time.”

Kelsey-Seybold’s mobile mammography motorcoach is equipped to offer 2D and 3D mammograms and two mammography technologists can see up to 18 patients each day.

“Our vision for our mammography

motorcoaches is to provide a convenient access to employees for this life-saving screening,” said Blanca Gutierrez, Regional Director of Medical Imaging, Kelsey-Seybold Clinic. “We know early breast cancer detection saves lives and we want to make it easy and safe for women to get their screenings.”

Employers interested in booking the mobile health motorcoach or the mobile mammography motorcoach may contact 713-442-6253. For more information about Kelsey-Seybold’s mobile health and mobile mammography motorcoaches, please visit www.kelsey-seybold.com/kelsey-mobile <http://www.kelsey-seybold.com/mobile>. ♦

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Healthy Heart

Sleep Joins Revamped List of Heart Health Essentials

By The American Heart Association

A lifestyle Proper sleep is essential, and a widely used scoring system for heart and brain health is being redefined to reflect that. Since 2010, the American Heart Association has said seven modifiable components – maintaining a healthy weight, not smoking, being physically active, eating a healthy diet and controlling blood pressure, cholesterol and blood sugar – were key to ideal cardiovascular health.

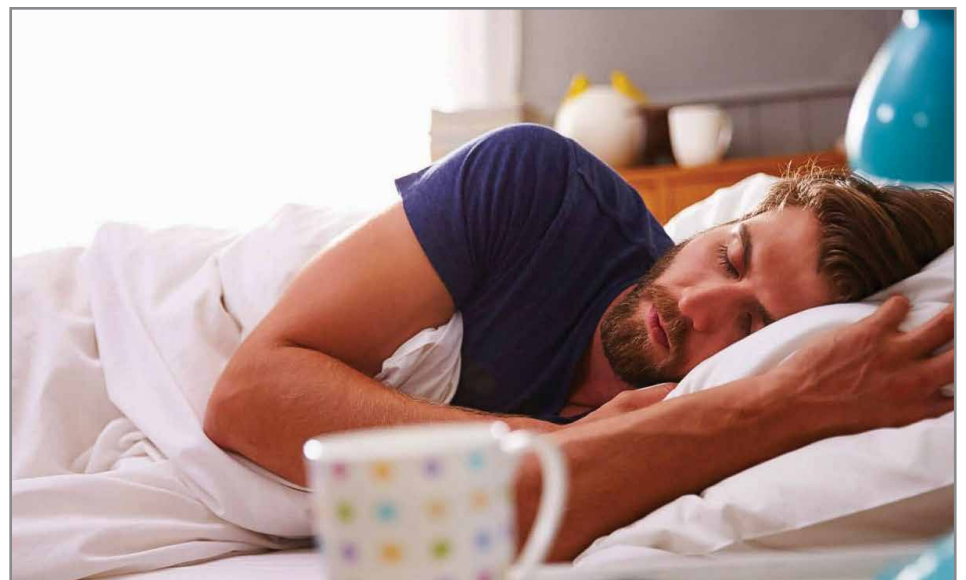
Those components, dubbed Life’s Simple 7, became a common way for doctors and patients to rate and discuss heart and brain health. It’s also been a key research tool, used in more than 2,500 scientific papers.

Sleep duration joins those seven original metrics in a revised scoring tool, now called Life’s Essential 8, according to an AHA presidential advisory in the journal *Circulation*.

Adults should average seven to nine hours of sleep a night. For children, the amount varies by age. The advisory notes that both too much and too little sleep are associated with heart disease and that poor sleep health is linked to poor psychological health, an important driver of heart disease.

The update is about much more than adding sleep, said AHA president Dr. Donald Lloyd-Jones, who led the expert panel that wrote the advisory. The new score incorporates 12 years of research and enhances its evaluation of diet, exercise and more.

“We’re hoping that this will, in fact, be a moment of empowerment, a moment of optimism for people to think positively about their health,” said Lloyd-Jones, a cardiologist, epidemiologist and chair of preventive medicine at Northwestern University Feinberg School of Medicine in Chicago. “And this is a good way for



them to measure it today, monitor it over time and focus on ways to maintain and improve it.”

The new score tweaks several of the original categories. On smoking, for example, the old measure considered only traditional cigarette use. The new score includes nicotine use and exposure from e-cigarettes, as well as the effects of secondhand exposure. The new tool also expands how blood glucose can be evaluated and shifts cholesterol to a measurement of just the “bad” types.

Some key components of heart

health, such as stress, are not part of the new score. “Stress is real,” Lloyd-Jones said. “It’s an important part of all of our lives. But it’s hard to measure how we internalize that stress, and what the effect is on our health status.”

Good heart health begins with talking with a doctor to know how you’re doing in all eight categories. Improvement in any of them helps. “The data show us that picking and improving one thing will actually have

see [Healthy Heart ...page 13](#)

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UT Southwestern Researchers Capture First Images of Antibody Attacking Neuron Receptor

Findings Provide Mechanism to Diagnose and Treat Autoimmune Diseases

Using UT Southwestern's Cryo-Electron Microscopy Facility, researchers for the first time have captured images of an autoantibody bound to a nerve cell surface receptor, revealing the physical mechanism behind a neurological autoimmune disease. The findings, published in Cell, could lead to new ways to diagnose and treat autoimmune conditions, the study authors said.

"We're entering a new era of understanding how autoimmune disease works in the central nervous system," said Colleen M. Noviello, Ph.D., Assistant Professor of Neuroscience at UTSW who

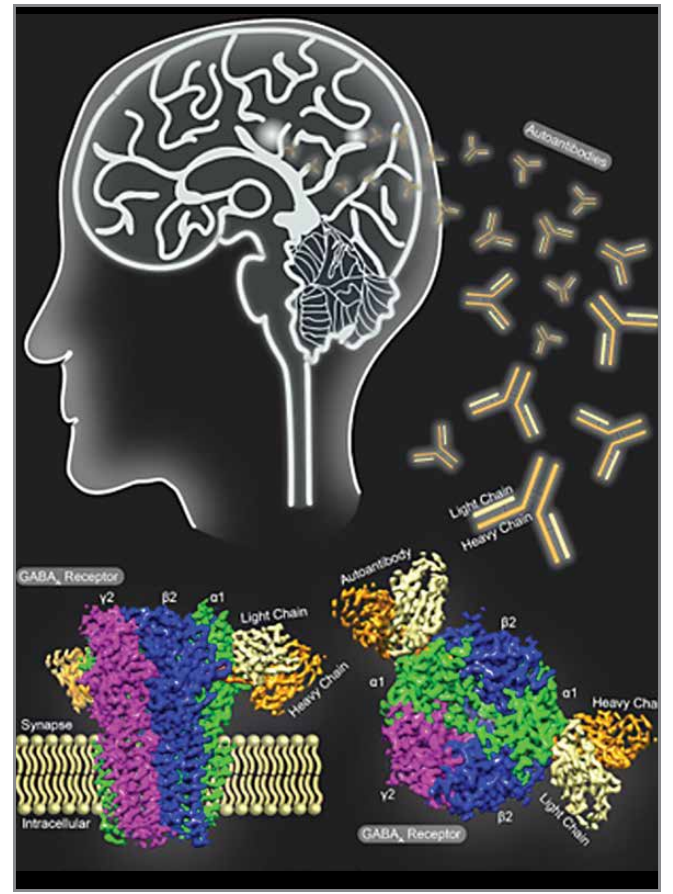
specializes in obtaining cryo-electron microscopy (cryo-EM) images down to an atomic level of resolution. Dr. Noviello co-lead the study with Ryan Hibbs, Ph.D., Associate Professor of Neuroscience and Biophysics, an Effie Marie Cain Scholar in Medical Research, and an Investigator in the Peter O'Donnell Jr. Brain Institute and Harald Prüss of Universitätsmedizin Berlin.

Researchers have studied autoimmune diseases – a class of conditions in which the immune system attacks healthy parts of the body – for decades. However, the first autoimmune disease targeting a neuronal receptor protein was

discovered just 15 years ago, Dr. Noviello explained. Since then, researchers have reported the existence of a handful of other diseases that fall into this category. These include autoimmune encephalitis, a condition characterized by the sudden onset of severe symptoms including psychosis, seizures, movement disorders, impaired consciousness, and problems with the autonomic nervous system, which controls involuntary bodily functions.

Researchers in Germany recently identified a patient, then 8 years old, whose autoimmune encephalitis appeared to be caused by antibodies that attack

see UT ...page 13

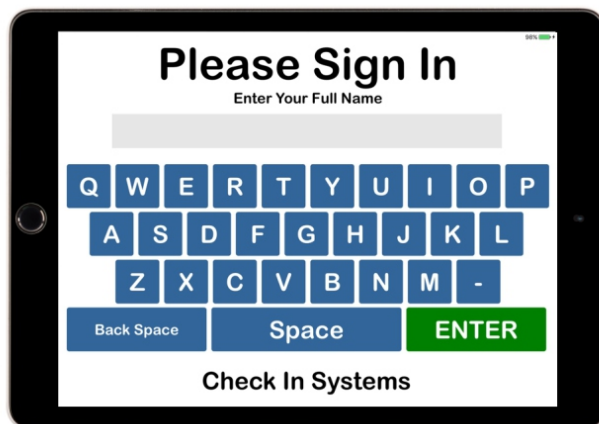


Autoimmune encephalitis occurs when antibodies or T-cells go rogue and attack the brain. In this study, UTSW researchers and colleagues from Berlin used cryo-electron microscopy to determine the atomic structures of autoantibodies bound to the GABAA receptor. That receptor is an important protein in the brain and a target in autoimmune encephalitis.



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Kimberly Hoggatt Krumwiede, Ph.D., named Dean of MD Anderson's School of Health Professions

The University of Texas MD Anderson Cancer Center today announced Kimberly Hoggatt Krumwiede, Ph.D., as dean of MD Anderson's School of Health Professions (SHP), effective Aug. 1.

The SHP has been training top-notch allied health professionals for more than 25 years. Graduates enter the job market with a wide range of in-demand skills and routinely score in the top 25% on national certification exams. Once certified, graduates often are recruited by MD Anderson and other leading health care organizations.

"Dr. Hoggatt Krumwiede exemplifies the qualities we sought to lead our School of Health Professions. She is a skilled and strategic leader with an inspiring vision for the future of our program," said Peter WT Pisters, M.D., president of MD Anderson. "We are excited for her to join MD Anderson, where her extensive experience and alignment with our core values will positively impact our efforts to train the next generation of health professionals."

Hoggatt Krumwiede currently serves as the associate dean for Academic Affairs in the School of Health Professions at The University of Texas Southwestern Medical Center. She also is the director of Interprofessional Practice and Education (IPE) at UT Southwestern, where she brought together key stakeholders to create and implement a strategic plan that centralizes IPE across the institution. She chairs the institution's department of Health Care Sciences, along with its Educational Technology and Advisory Committee.

"I am excited to join the School of Health Professions and the MD Anderson community," Hoggatt Krumwiede said. "Together we will build upon the school's already solid foundation and move into our next phase of education, growth and innovation to support collaborative patient-centered care and MD



Kimberly Hoggatt Krumwiede, Ph.D.

Anderson's mission to end cancer."

In 2017, Hoggatt Krumwiede worked with a grassroots student taskforce to establish a diversity, equity and inclusion (DEI) committee that offered programming and activities for students. In 2019, she collaborated with UT Southwestern's DEI officer to develop unconscious bias and cultural competence training for faculty at the institution's School of Health Professions and to incorporate DEI efforts into the school's recruitment strategies.

"Dr. Hoggatt Krumwiede's academic background and expertise uniquely position her to lead our School of Health Professions through the process of centralizing our IPE and DEI efforts," said Diane Bodurka, M.D., vice president and chief education and training officer. "As dean, she will be responsible for regularly evaluating our programs and developing short- and long-term goals for continued academic growth. She will guide our continued efforts of excellence in teaching and scholarly activity – areas in which she herself has excelled." ♦

Financial Forecast

Should you Rent or Buy your Next Home in Today's Environment?



By Grace S. Yung, CFP
Midtown Financial Group, LLC

Over the past couple of years, the “American dream” of owning a home has become a bit more difficult to achieve – particularly given the steep rise in real estate prices. With many potential purchasers getting into bidding wars. This has forced some would-be home buyers to put their dreams of home ownership on hold for now.

Things to consider

According to the National

of your housing and have a more manageable cash flow:

- Split the cost of housing with your spouse / partner, family member or roommate(s). In this case, if you own the home, make sure that you have an official lease drawn up in writing, and that the individuals pay you directly as versus sending their payments to your mortgage company. This will help protect you from a legal stand point.
- Watch your utility usage. While it might sound somewhat trite, turning off lights when you leave a room and keeping the heat and air conditioning at moderate levels can have a positive impact on the amount you pay on



Association of Realtors, in April 2022, the nationwide median price of a home was a record \$391,200, up nearly 15% from just one year prior. Making matters more difficult for potential home purchasers, the average rate on a 30-year mortgage also crossed over 5% in April.

Therefore, some prospective home buyers have been temporarily pushed out of the market. While those who are “sitting on the sidelines” and saving for the down payment on a future home will oftentimes rent, being a tenant lately has not been easy on the budget either, with rents rising by 30% to 40% or more just in the past year.

Whether you own or rent, there are some strategies you could use to help with reducing the cost

utilities.

- Cut unnecessary costs such as streaming services.
- Come up with a larger down payment, if you purchase. Having more money to put down on a home that you are buying can reduce the amount that you have to borrow, making your monthly mortgage payments lower.

Consider the “Cost” of Borrowing

Buying a home is typically the largest purchase that you’ll make in your lifetime. This being said, most people need to obtain a mortgage from a bank or lender.

see Financial Forecast ...page 13

PLAN WISELY. YOU WON'T GET A DO-OVER.

A successful retirement in the future can often depend on having a solid plan now. If your money isn't working as hard as you are, it may be time to act—there are no do-overs in retirement planning. Now is the time to consider developing a strategy that can help you work toward your financial goals. I specialize in providing comprehensive, personalized financial guidance with the goal of maximizing every remaining moment of the retirement countdown.

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Extreme Heat Safety Tips for Older Adults

As older adults age, their ability to regulate body temperature becomes increasingly more difficult, especially during hot summer months. The heat can have a significant, rapid impact on them – and it can even happen within minutes. A Baylor College of Medicine expert provides tips for older adults to avoid heat-related emergencies.

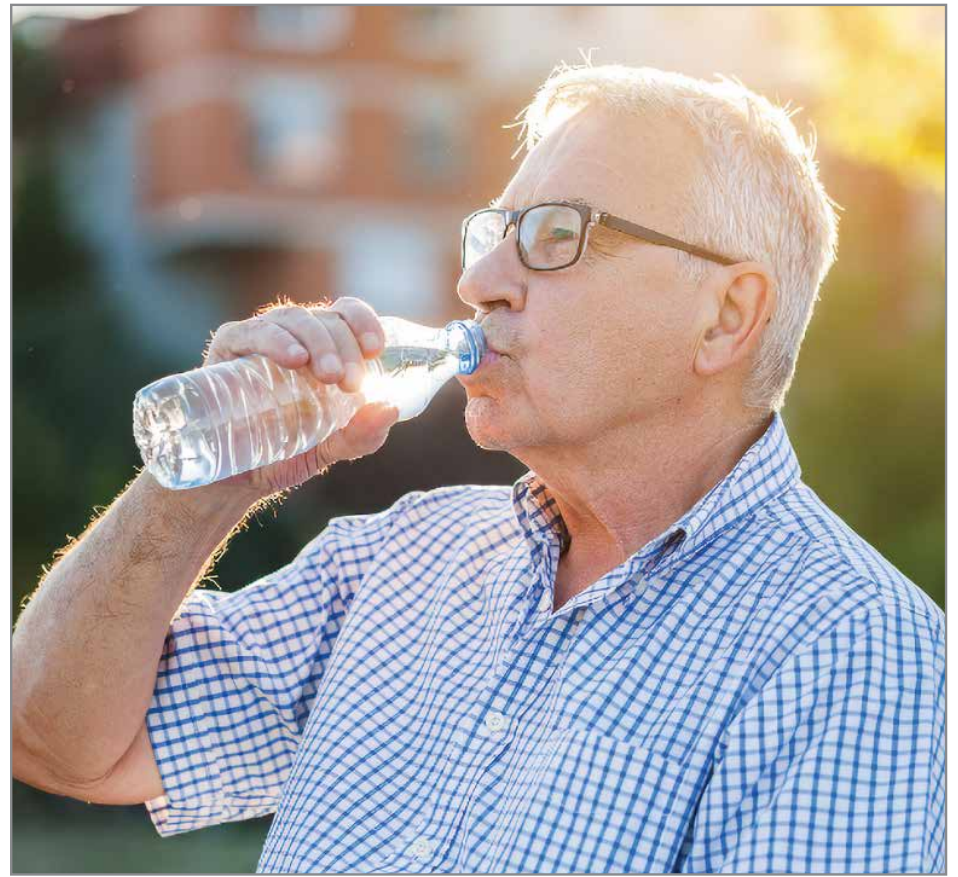
“As we get older, our bodies don’t self-regulate temperature as well as when we were younger,” said Dr. Angela Catic, assistant professor in the Roy M. and Phyllis Gough Huffington Center on Aging at Baylor. “This is due to physiological changes, medical issues and prescription medications, which can interfere with regulating our body temperature and prevent perspiring, which helps us cool down.”

Catic said that in high temperatures, the safest option is for older adults to stay in an indoor, air-conditioned space. If their home lacks air conditioning, they should visit a friend or family member’s home or a

public place like a library, church or heat shelter. To keep the home as cool as possible, use fans, keep blinds and shades drawn and avoid running the stove or other appliances that radiate heat.

Older adults may show different symptoms for varying heat-related illnesses, including heat stroke or heat exhaustion. With heat stroke, they may experience red hot skin, fast heartrate, headache, lethargy and they can even faint. Heat exhaustion can bring heavy sweating or no sweating at all, muscle cramps, weakness, feeling cold or clammy to touch, dizziness, headache, nausea and vomiting. If you or an older adult you know experience heat-related issues:

- Go to a cooler area as quickly as possible
- Hydrate with noncaffeinated fluids: ideally water, juices or clear fluids
- Remove any heavy clothing
- Cool body temperature: douse



yourself with cool water or put cool cloths on your forehead, wrists and ankles
“If their temperature is elevated, that is a big concern. If they feel very ill (clammy, weak, dizzy, headache,

nausea or vomiting), call 911 and seek medical attention immediately,” Catic said.

When the sun is at its peak, avoid being outdoors. If older adults are

see Extreme Heat ...page 13

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Healthy Heart

Continued from page 8

a measurable impact on improving your health and improving your health outcomes,” Lloyd-Jones said. “Pick the one that you’re going to

succeed on. And that’s the way to move your cardiovascular health forward.”

For people who want to

improve their heart health, the new approach makes progress easier to see. The 100-point measure of heart

health can be taken online at www.heart.org/lifes8.◆

UT

Continued from page 9

the GABAA receptor, a protein that sits on the surface of synapses – specialized structures that connect brain cells. This receptor’s role is to inhibit neuronal firing, balancing the electrical signals prompted by excitatory receptors to maintain healthy signaling between nerve cells.

After confirming that two kinds of antibodies derived from this young patient’s immune cells readily bound to the GABAA receptor, Drs. Noviello, Hibbs, and their colleagues in the Hibbs lab performed cryo-EM – a technique that freezes proteins in place to get high-resolution microscopic images – for each

antibody bound to the receptor. UTSW’s cryo-EM facility, opened in 2016 with support from the Cancer Prevention and Research Institute of Texas (CPRIT), provides 3D images of biological molecules up to atomic resolution.

The images show that, both together and separately, the antibodies prevent the GABAA receptor from inhibiting neuronal signaling, causing neurons to become too electrically excited and leading to brain inflammation, cell death, and seizures characteristic of autoimmune encephalitis. Screening for these antibodies could lead to better diagnosis of this condition,

said Dr. Noviello; likewise, finding ways to block the interaction between these antibodies and their target could lead to better ways to treat it.

As understanding of autoimmune nervous system diseases is still in its infancy, Dr. Hibbs said that he, Dr. Noviello, and their colleagues plan to make the study of these disorders using cryo-EM a focus of the Hibbs lab’s research into the future. The team is already collaborating with Steven Vernino, M.D., Ph.D., Professor of Neurology, Vice Chair for Education and Faculty Affairs, and Distinguished Teaching Professor; and Nancy

Monson, Ph.D., Associate Professor of Neurology and Immunology, to study more autoimmune conditions that affect the central nervous system.

Dr. Vernino holds the Rex Griswold Distinguished Professorship in Multiple System Atrophy and the Dr. Bob and Jean Smith Foundation Distinguished Chair in Neuromuscular Disease Research.◆

Financial Forecast

Continued from page 11

As many are aware, the Fed has recently raised interest rates – and there are plans to increase them further in the near future. One of the key reasons why rate increases happen is to help “slow down” the economy in an effort to manage inflation.

Interest rate increases essentially increase the “cost” of buying because your payments will be higher. This is something to consider as it is not just about what your monthly payments are, but also what your total costs will be over time.

If you’re not sure whether buying or renting your next home is the right move for you, it can help to discuss your options with a CERTIFIED FINANCIAL PLANNER™. They can help you to determine the best course of action,

and prepare you for what you will need to do going forward.◆

Extreme Heat

Continued from page 12

generally healthy and want to continue their outdoor activities, they must make sure to do this in the early morning or later evening hours when the sun starts to set. Make sure to only spend a few minutes outside and try to cut back on outdoor time until the heat improves.

Prepare for the heat by hydrating and wearing the right clothing:

- Take plenty of fluids
- Wear loose, breathable, light-colored clothing
- Wear a wide-brim hat that allows

air to get through to cool you

- Use broad-spectrum SPF starting at SPF 30

“Check in on older adults in your lives to make sure they’re doing well. It’s important for all of us with weather this extreme, but especially older

adults, who can be affected relatively quickly,” Catic said.◆

Shift Work

Continued from page 1

effects of disrupted circadian rhythms. In the meantime, shift workers can improve care of their internal body clocks by trying to maintain a regular schedule as much as possible and avoiding a diet high in fat, which can cause inflammation and also alter the timing of circadian rhythms.

This research has clear implications for shift workers, but it

could extend to many other people who keep schedules that differ greatly from day to day.

“Because of the computer age, many more of us are no longer working from nine to five. We take our work home and sometimes work late at night,” Earnest said. “Even those of us who do work regular schedules have a tendency to stay up late on the weekends, producing what is known as ‘social jet lag,’ which similarly unwinds our body clocks so they no longer keep accurate time. All this can lead to the

same effects on human health as shift work.”

To avoid some of these health hazards, Earnest says the best approach is to maintain a regular schedule of awake time, sleep time and mealtimes that doesn’t vary drastically from day to day. In addition, avoid the usual cardiovascular risk behaviors like eating a high-fat diet, not getting enough physical activity, drinking too much alcohol and smoking. ♦

Legal Matters

Continued from page 3

circumstance could be subject to up to more than \$1.9 million in civil money penalties for making a single disclosure of information about the patient to law enforcement.

- “A law enforcement official goes to a reproductive health care clinic and requests records of abortions performed at the clinic. If the request is not accompanied by a court order or other mandate enforceable in a court of law, the Privacy Rule would not permit the clinic to disclose PHI in response to the request. Therefore, such a disclosure would be impermissible and constitute a breach of unsecured PHI requiring notification to

HHS and the individual affected.” An entity making disclosures of multiple patients’ information to law enforcement without a court order requiring such disclosures under penalty of law could be subject to up to more than \$1.9 million in civil money penalties for each individual whose information the entity disclosed.

II. Protecting Consumers’ Health Information When Using Personal Devices

Because HIPAA only applies to health information when it is maintained and transmitted by covered entities and business associates, the guidance clarifies that the HIPAA Privacy Rule generally does not protect the privacy or security of personal health information when it is saved or accessed through an individual’s

personal phone or tablet. HHS OCR provides suggestions for consumers on how to protect the privacy of their health information stored on personal devices, including how to select more secure apps, delete stored data and turn off location services permissions on Apple and Android devices.

HHS OCR reiterated that the best way for individuals to protect their health and personal information from being collected and shared on their personal cell phones or tablets without their knowledge is to limit what personal information they send and store on or through devices. HHS OCR recommended that individuals leave the devices at home, if they are concerned about tracking of their activities through geolocation. ♦

Oncology

Continued from page 4

It is important to first establish with the patient and their household that

they are able and willing to provide all needed care.

The importance of support systems for cancer patients is well-known. In appropriate situations, pets and animal interactions can be a boost to your spirits, bringing a smile

to your face and creating a welcome distraction from the daily trials of cancer. ♦

Initiative

Continued from page 5

model, Helix can run future tests without having to collect additional genetic samples beyond the initial genetic data collection, which entails a one-time saliva sample collected at home then mailed in. So, as new tests are created, providers and patients can have ongoing insights into their health.

“Our partnership with Memorial Hermann gives patients access to information that can change the course of their lives. For example, a patient who learns they are at high risk for a

certain disease is able to make proactive decisions that can potentially change the course of the condition,” said James Lu, M.D., Ph.D., CEO and co-founder of Helix. “This collaboration will also provide Memorial Hermann and its research partners with genomics data that will have lasting implications for critical health discoveries and improvements to patient care.”

In addition to its work with the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC), Helix has already partnered with other well-respected organizations in the health care industry on similar

initiatives. In such programs, as many as one in 75 participants have been found to be at risk for a serious health issue, of which 90 percent would not have been discovered through traditional practice.

“By identifying risks earlier, Memorial Hermann is innovating care delivery to go beyond standard medical practice. Working together with their providers, we hope to inspire patients – whether through medications, diet and exercise, behavioral changes or other medical options – to take greater control of their health,” said Callender. ♦

HOUSTON
Medical Times
Bringing Healthcare News to the Forefront

**Published by Texas Healthcare
Media Group Inc.**

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HOW TO GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.

✓ LEARN HOW SLEEP AFFECTS YOUR HEALTH

Most adults need 7 to 9 hours of sleep each night. Babies and kids need even more. *Poor sleep may put you at higher risk for:*

- ▶ Cardiovascular disease
- ▶ Cognitive decline and dementia
- ▶ Depression
- ▶ High blood pressure, blood sugar and cholesterol
- ▶ Obesity



✓ LEARN THE BENEFITS OF SLEEP

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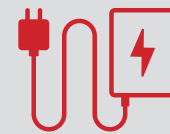
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TIPS FOR SUCCESS

Clean up your sleep hygiene



MOVE IT.

Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.



DIM IT.

Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.



SET IT.

Alarms aren't just for waking up – set a bedtime alarm to remind you that it's time to wrap it up for the night.



LOCK IT.

If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.



BLOCK IT.

Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.