

HOUSTON Medical Times

Bringing Healthcare News to the Forefront

Volume 13 | Issue 4

April Edition 2023

Inside This Issue



**Baylor College of Medicine
Match Day 2023**
See pg. 8

INDEX

Mental Health pg.3
 Oncology Research pg.5
 Healthy Heart pg.6
 Financial Forecast.....pg.11



**Houston Methodist Orthopedic
Specialists join
Texans Healthcare Team**
See pg. 10

FTC Targets Disclosure of Health Data to Advertisers



**By Iliana Peters, J.D.
Colin Black, J.D.
Polsinelli, PC**

In a recent proposed order, the Federal Trade Commission (“FTC”) limits the ability of an online mental health services provider from sharing individuals’ health data, including information about mental health, for marketing and advertising purposes.

In addition to requiring the provider to pay \$7.8 million, the FTC alleges that the provider shared information with a number of third-party companies for marketing and advertising, including Meta’s Facebook, Snapchat, Pinterest, and Criteo. In its complaint, the FTC cited the sharing of information without consent from the individual subject of the information through manual and automated means, which included individuals’ email addresses, IP address, and other persistent identifiers.

The FTC also placed specific emphasis on the use of web beacons, which presumptively refers in part to the Meta Pixel, a tracking technology provided by Meta that permits the collection of “events” that occur on a web page. These events can include one of over fifteen “universal” events, but can also be customized to track custom events and activities.

The initial complaint cited eight counts, including unfair privacy practices, disclosure of health information for advertising and third parties’ own uses, the failure to disclose



the use of health information for advertising, and misrepresenting the privacy of information shared with the provider. However, in all cases, the causes of action include the failure to secure adequate consent before sharing information, failing to provide limitations on the use of the disclosed

information, including individually identifiable health information, through the use of marketing and tracking technologies.

For example, in December 2022, the agency primarily tasked with HIPAA enforcement, Department of Health and Human Services, Office for Civil Rights (“HHS OCR”), published guidance for HIPAA covered entities and their business associates that prohibited regulated entities from using tracking technologies in a manner that would permit an impermissible disclosure of HIPAA protected health information (“PHI”) to tracking technology vendors or any other violations of the HIPAA rules. In that guidance, HHS OCR expressly provided that entities and activities outside the scope of HIPAA may still be subject to

“ ...FTC alleges that the provider shared information with a number of third-party companies for marketing and advertising, including Meta’s Facebook, Snapchat, Pinterest, and Criteo.”

regulatory oversight and intervention by the FTC and other regulators where sensitive information is shared beyond the scope of authorization. Finally, we understand that the State Attorneys General continue to exercise their jurisdiction in these matters, as well.

information, and misrepresenting in its online privacy policies how the provider would use and share sensitive information. With this proposed settlement with the provider, the FTC indicates a pattern of heightened attention from federal government agencies with jurisdiction to the disclosure of sensitive

information, and misrepresenting in its online privacy policies how the provider would use and share sensitive information. With this proposed settlement with the provider, the FTC indicates a pattern of heightened attention from federal government agencies with jurisdiction to the disclosure of sensitive

see Health Data ...page 14

PRSRRT STD
US POSTAGE
PAID
PERMIT NO 1
HOUSTON TX

The Prime Location  for your Business Success

BUILDING FOR SALE/PRELEASE @ SIENNA

**6133 Sienna Ranch Rd, Missouri city, Tx 77459
(Opposit Methodist Hospital and next to the Methodist Primary Care)**

Excelent Location for Medical/Office/First Class Retail

in high traffic neighborhood drive-thru building off primary city vehicular artery which is located at award winning master planned community in Sienna Missouri City covering 10,000 families! Walking distance from Riverstone Sugar Land Neighborhood, lake Olympia Neighborhood and is located near numerous Master Plan Residential Develepoment .There are lots of various types of medical offices near this location



Proposed Building with Drive-Thru,

All the permits are ready by April 2023



ABOUT THE PROPERTY

- 1. This Building is located right off State Hwy-6, one of the primary arteries of the Houston area.**
- 2. Location is right at the entrance to 'Sienna Plantation', a 10,000 acre Master Plan development rated as one of the nation's best-selling residential communities. 10,000 families including 65,000 residents. Total surrounding families number almost 30,000 to 40,000**
- 3. 'Sienna' is the password to a quality life-style. The best retail options are a walk away. Average annual Household income -143-153**
- 4. High volume retail traffic guaranteed. This Building Grand Plaza Sienna will house exceptional trendy national retailers whose presence will draw in the surrounding neighborhoods.**

check: www.bestplaces.net/city/texas/sienna_plantation for more information.

Shijimon Jacob: 832 755 2867 shjimonjacob@gmail.com

Disclaimer: The information contained in this file, while supplied by sources deemed reliable, is subject to errors and omissions. This information is subject to change without notice.



Mental Health

Two World-Renowned Health Care Organizations Join Forces to Address Teen Mental Health Crisis

Texas Children's Hospital and The Menninger Clinic have joined forces to address the mental health epidemic adolescents are facing in the wake of the COVID-19 pandemic, and crisis warnings sounded by the U.S. Surgeon General. The new affiliation will expand access to in-patient care for patients ages 12 to 17 experiencing a behavioral health crisis in Houston.

While pediatric emotional and behavioral health challenges were a growing concern before the pandemic, the impact of COVID-19 on the mental health of children and adolescents and the effects of growing social media use have become a public health crisis. Instances of children and adolescents presenting to Texas Children's Hospital Emergency Centers with critical behavioral health needs rose nearly 800% from 2019

through 2022. Reported behaviors included aggressive episodes, severe anxiety and depression, suicidal thoughts and suicide attempts. The Menninger Clinic, one of the nation's top-ranked psychiatric hospitals, will collaborate with Texas Children's Hospital, one of the nation's top-ranked pediatric hospitals, the top-ranked pediatric hospital in the state of Texas and the largest pediatric hospital in the United States, to support additional pediatric patients needing the safety of inpatient hospital care as well as transitional out-patient treatment to support returning home and to school. Inpatient care at Menninger will be provided jointly by a care team of Texas Children's Hospital providers, including Baylor College of Medicine psychiatry faculty, alongside The Menninger Clinic's clinicians and nursing staff. The



hospital program opens March 1. Beginning March 15, Menninger will be accepting Aetna members for inpatient stabilization and the transitional day and intensive outpatient programs, and is actively seeking to accept additional insurers in the near future.

"This affiliation between Texas Children's Hospital and The Menninger Clinic will have a life-changing impact for young patients in our community in need of critical behavioral health services," said Texas Children's Hospital President and CEO Mark A. Wallace. "In addition to the challenges we have faced over the past several years, these two teams

came together to find an appropriate plan of care for this growing demand for services. I am profoundly grateful for the commitment and agility of this partnership to help Texas Children's Hospital do the right thing for our patients and our community."

"Addressing the mental health crisis faced by our youth will take all of us coming together to look at how we can best connect those in need of behavioral health support with services in the moment they are needed most," said Armando E. Colombo, president and CEO,

see Mental Health...page 14

Hip or knee pain?

Mako SmartRobotics™
for joint replacement
helps you get back to the
things you love, quicker.



stryker

Learn more at houstonmako.com

IMPORTANT INFORMATION

All surgery carries risk. Talk to your doctor to see if joint replacement is right for you.

MKOSYM-PM-16_24378 Copyright © 2020 Stryker

Memorial Hermann Katy Hospital Achieves Magnet Recognition



Magnet recognition is the highest national honor for nursing excellence

Memorial Hermann Katy Hospital has been recognized for its nursing professionalism, teamwork and excellence in patient care by the American Nurses Credentialing Center's (ANCC) Magnet Recognition Program®.

The Magnet Recognition Program honors health care organizations for quality patient care, nursing excellence and innovation in professional nursing practice. Magnet recognition is the highest possible organizational credential granted by the ANCC, the largest nursing credentialing organization in the United States. To earn Magnet status, hospitals must excel in several areas, including nursing standards and practices, patient care, and innovations in nursing leadership and management.

"Magnet recognition is a tremendous achievement for

our hospital. It underscores the outstanding work and compassionate care our nurses provide to patients each and every day," said Jerry Ashworth, SVP and CEO of Memorial Hermann Katy and Memorial Hermann Cypress Hospital.

Before a hospital is selected for Magnet recognition, the ANCC completes a rigorous evaluation process that includes site visits, reviews of written documentation, staff and patient satisfaction surveys and interviews. Initial Magnet recognition is valid for four years and, during that time, hospitals and nursing staff are closely monitored, evaluated and surveyed to ensure they remain in compliance with the

program's standards. At the end of the four-year period, hospitals must re-apply and again undergo the challenging evaluation process.

"Magnet truly is the gold standard of nursing excellence," said Leah Blackwell, VP and Chief Nursing Officer for Memorial Hermann Katy. "It not only signifies a commitment to providing exceptional care for our community, it is also a testament to workplace satisfaction, where our nurses feel they can flourish as a professional and be recognized for going above

and beyond for patients."

Studies have demonstrated that Magnet-recognized hospitals typically provide a higher quality of patient care, including lower mortality rates and better patient satisfaction. Magnet hospitals also experience lower turnover and lower rates of burnout among nursing staff. The recognition is also directly linked to a hospital's ability to attract and retain qualified, highly educated nursing staff.◆

BRAND NEW



NOW LEASING





CHARLESTON

AT FANNIN STATION

LUXURY 1 & 2 BEDROOM APARTMENT HOMES

346.263.0129

- Elite Penthouse Suites Available*
- Downtown Houston, Pool & Courtyard Views
- Many State-Of-The-Art Amenities, including an Elegant Clubroom w/ Fireplace, Social Lounge w/ Catering Kitchen!
- Stop By Or Visit Us Online Today!



9779 Fannin Railway, Houston, TX 77045 | 346.263.0129 | www.CharlestonAtFanninStation.com





Oncology Research

More Than Pen to Paper: The Value of Journaling for Cancer Patients



By Alpa M. Nick,
M.D., M.S.,
Texas Oncology

Keeping a journal is a way to capture, share, and pour out thoughts, feelings, happenings, and milestones. It is indeed a form of self-care, enabling cancer patients to find meaning and perspective in the lessons learned as they navigate the unknowns of their disease.

Journaling can provide an outlet for patients to:

- Express difficult or uncomfortable feelings and emotions
- Clarify goals as they navigate treatment
- Figure out how to share their experiences with others
- Better cope with their illness
- Find strengths they may not have fully known and discover qualities that may have been forgotten

Health benefits of journaling

Studies have shown that journaling has been proven to help manage stress and also can be associated with a decrease in

Cancer. This six-letter word can elicit a whole host of emotions. Fear. Sadness. Anger. Anxiety. Grief. But when and how can one process the emotional stress?

Patients find themselves trying to cope with the diagnosis, while simultaneously rebuilding their schedules to accommodate countless doctor appointments, treatments, scans, and side effects. They also need to communicate what is happening to loved ones who care and want to help. It is complicated. It is a lot.

And that is where journaling can help.

Journaling and self-care



symptoms of depression and anxiety, which are common among cancer patients. Research further shows that the act of expressive writing can improve one's physical well-being.

In a study among women with breast cancer who journaled their feelings and thoughts during treatment, they reported decreased physical symptoms and had fewer unscheduled physician visits. Another trial that focused on expressive writing among patients with kidney cancer also showed similar benefits in the decrease of symptoms and an improvement of physical functionality.

Types of cancer journals

Journaling is more than just

putting pen to paper. Documenting one's journey through social media, online blogs, podcasts, video blogging (also known as vlogging), or online communities that allow patients to provide updates to loved ones such as Careopolis, is becoming more prominent. What each patient puts in their journal is a personal thing, and there is no right or wrong way.

Some patients decide to journal in order to keep detailed records during treatment or use it as an outlet to update family and friends versus talking on numerous daily phone calls. Others may journal to share

see [Oncology Research...page 13](#)



Now Leasing
Class AA Medical / Clinical / Office Building

Bella Piazza

24200 Via Mazzini Way
Richmond, TX 77406

Colliers is pleased to announce the availability of Bella Piazza, the newest Class AA Medical office Building in Richmond, Texas.

The Building is strategically located near 1093 and the Grand Parkway and offers surrounding water features and abundant retail.

Bella Piazza has four (4) floors of medical opportunities for specialist and generalist alike.

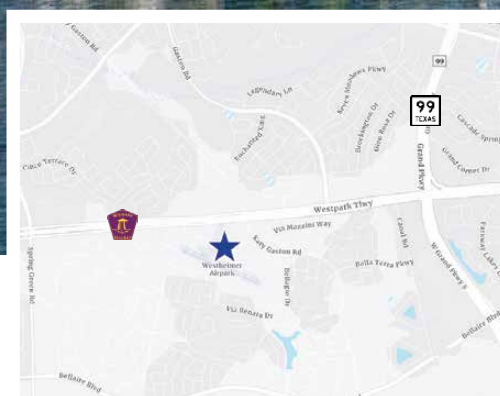


For More Information,
scan the QR code or:

Call Today!



+1 713 835 0050
Doug Pack | Sam Hansen



Healthy Heart

Doing These 8 Things May Greatly Lower Risk for Heart Disease And Stroke

By The American Heart Association

People who strongly adhere to a set of eight lifestyle behaviors and heart-health metrics may have a lower risk for coronary heart disease and stroke than those who don't, new research shows – especially women, younger adults and people with a lower genetic predisposition to heart disease.

The study also found that adhering to Life's Essential 8 – key measures identified by the American Heart Association to improve and maintain good cardiovascular health – was better at predicting cardiovascular risks than Life's Simple 7, an earlier set of heart-health metrics that did not include sleep.

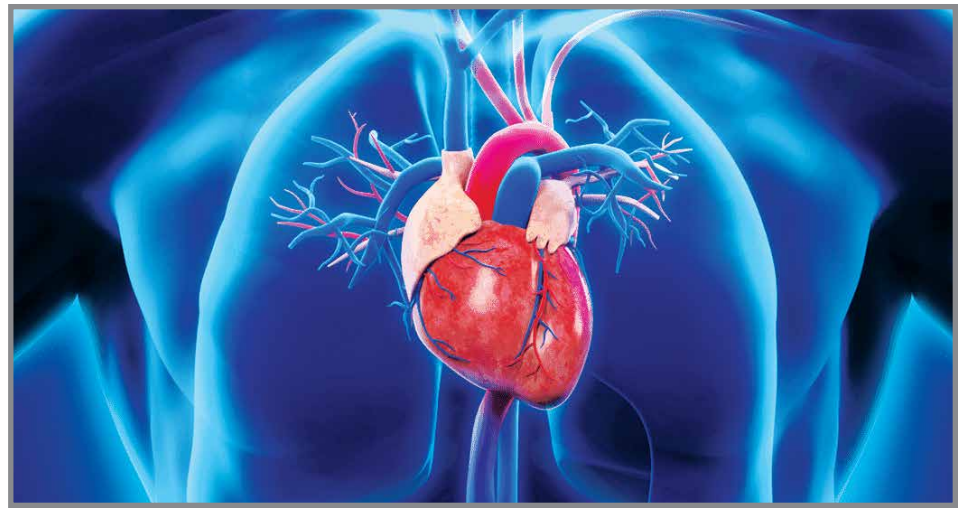
The findings, presented at the AHA's Epidemiology and Prevention, Lifestyle and Cardiometabolic Health conference in Boston, are considered preliminary until full results are published in a peer-reviewed journal.

The AHA created Life's Simple

7 in 2010 as a way to encourage what research showed had the greatest positive impact on cardiovascular health. These included not smoking, being physically active, eating a healthy diet, maintaining a healthy weight and managing blood glucose, cholesterol and blood pressure levels.

The metrics were updated last year to clarify several components and add one more. Cigarette smoking was replaced with nicotine exposure, to also include e-cigarettes and exposure to secondhand smoke. A guide to assess diet quality was added, outlining the elements of two eating patterns (the DASH and Mediterranean diets) shown to promote good cardiovascular health. And the cholesterol component was updated to focus on non-HDL cholesterol rather than total cholesterol.

But the biggest change was the addition of sleep duration, after a growing body of research found adults who get seven to nine hours of sleep



each night were better able to manage cardiovascular factors such as weight, blood pressure and risk for Type 2 diabetes.

In the new analysis, researchers used data from the UK Biobank to score 137,794 adults who were free of cardiovascular disease on how well they adhered to Life's Essential 8. Using a 100-point scale, scores were grouped into low, moderate or high adherence. Genetic risk scores for coronary heart disease and stroke also were calculated. Participants were almost evenly split between men and women and were an average 55 years old.

After a median 10 years of follow-up, those with high adherence

scores had a 66% lower risk for coronary heart disease, 55% lower risk for stroke and 64% lower risk for cardiovascular disease than those with low adherence. Using the Life's Essential 8 model, compared to the previous checklist, better predicted who would develop cardiovascular conditions.

The analysis also showed women received a greater benefit from following the eight metrics than men. As adherence scores rose, the risk for coronary heart disease and cardiovascular disease fell more for women than it did for men. Likewise, the protective association between

see Healthy Heart ...page 13



PADUA
REALTY CO

Woodhaven Medical Plaza

2101 S Loop 336 W | 8,968 SF of Office/Medical Space

Available in Conroe, TX

- Freestanding ~9k Sq. Ft. medical office in a wooded setting
- Prime signalized corner on highly trafficked intersection (~20k VPD)
- ~1 mile from I-45 and HCA Conroe Hospital
- Explosive population growth (doubled since 2000) and High Income (\$105k Average)*
- Easy Access and tons of Parking
- Landlord can assist with tenant buildout
- Space can be subdivided

Contact Antonio Padua today:
tpadua@paduarealty.com

713.840.7719



loopnet.com/Listing/2101-S-Loop-336-W-Conroe-TX/25077131/

CME for physicians too busy for CME.



Join 225,000+ medical professionals who get free CME with Texas Health Steps Online Provider Education. Choose from a wide range of courses developed by experts, for experts like you. Quick courses and case studies on topics such as Medicaid guidelines, ethics and mental health, and more are all available 24/7.

[Learn more at TXHealthSteps.com](https://www.txhealthsteps.com)



TEXAS
Health and Human
Services

Texas
Health
Steps



Content on the Texas Health Steps Online Provider Education website has been accredited by the Texas Medical Association, American Nurses Credentialing Center, National Commission for Health Education Credentialing, Texas State Board of Social Worker Examiners, Accreditation Council for Pharmacy Education, UTHSCSA Dental School Office of Continuing Dental Education, Texas Academy of Nutrition and Dietetics, Texas Academy of Audiology, and International Board of Lactation Consultant Examiners. Continuing Education for multiple disciplines will be provided for some online content.

Professional Science Master's

UNCONVENTIONAL Career Path

Develop advanced technical and professional skills to make a difference in your career!

**APPLIED CHEMICAL SCIENCES
BIOSCIENCE & HEALTH POLICY
ENVIRONMENTAL ANALYSIS
SUBSURFACE GEOSCIENCE
SPACE STUDIES**

RICE

Learn more
profms.rice.edu

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.



Call today to learn more or to schedule a consultation.



Midtown Financial Group, LLC
Grace S. Yung, CFP®
Managing Director
3355 W. Alabama St., Ste. 180
Houston, TX 77098
713-355-9833 Office
1-855-464-3869 Toll Free
grace.yung@lpl.com
www.midtownfg.com



Securities and advisory services offered through LPL Financial, a registered investment advisor, Member FINRA/SIPC. LPL Financial and Midtown Financial Group, LLC are separate entities.

MKT-06048-0122 Tracking #1-05228930 (Exp. 01/24)

Baylor College Of Medicine Students Find Residency Pot Of Gold On Match Day 2023

On a cold and rainy St. Patrick's Day that forced festivities to be moved inside, fourth-year medical students at Baylor College of Medicine still had the 'Luck o' the Irish' on their side for Match Day, where they learned where they will continue their medical training as residents for the next three to seven years.

Match Day, held today at U.S. medical schools, culminates the annual National Resident Match Program that pairs fourth-year medical students with residency programs throughout the nation. At Baylor, 159 students matched, and more than half will begin their residencies in the primary care fields of family medicine, pediatrics, internal medicine,

that from this point, they will be representing Baylor College of Medicine. "We believe in science being the basis of what we do, and it's important that we also represent our values of respect, integrity, innovation, teamwork and excellence in patient care."

On behalf of the School of Medicine Office of Student Affairs, Dr. Andrea Stolar, senior associate dean of student affairs, applauded the Class of 2023 for its grace and maturity during medical school, much of which was during the COVID-19 pandemic.

"You are better equipped because of your experiences; you are stronger people because of what you have endured. You have been an integral part of our treatment



Baylor College of Medicine Class of 2023

medicine/pediatrics, obstetrics and gynecology or emergency medicine. Forty-eight students will continue their training in residencies at Baylor College of Medicine, and 70 matched with residency programs in Texas.

"One thing I like to remind people is that it's called Match Day, not selection day," said Dr. Paul Klotman, Baylor president, CEO and executive dean. "Medical students who are graduating are not selecting the best or their first choice. It's important that no matter what in your mind was on top of your list, when you open that envelope and see your match, that is the best place for you to be because that is an organization so excited that you're on the list," he said, adding that he did not get his first-choice residency program.

Klotman also told students

teams and of our community, and for that we are grateful to you," said Stolar, also acknowledging Baylor's affiliate hospitals that provide the foundation for clinical excellence.

She also reminded students of the "great privilege to be a physician, to have permission to enter the lives of others in the most intimate of ways, and in that way to serve."

Class of 2023 President Nasim Khalfe took the opportunity on Match Day to reflect on her journey and that of her classmates.

"Exactly three years ago in March, we were hearing whispers of a pandemic, and our world changed as we know it. We were just first-year medical students. I remember my concern thinking

see Match Day ...page 13

BRAND NEW APARTMENTS IN DOWNTOWN HOUSTON

1810
MAIN
APARTMENTS



INTERIOR AMENITIES



Polished quartz countertops



Tile kitchen backsplash



Stainless steel appliances



Wood-style plank flooring
in living areas

COMMUNITY AMENITIES



Social lounge with
expansive patio



Resort-style pool with
cabanas and grills



Co-working lounge
and meeting spaces



State-of-the-art
fitness center



ASK ABOUT OUR MOVE-IN SPECIALS

1810 Main Street, Houston, TX 77002 ■ (346) 478-5803

LIVE1810MAIN.COM

Creating Better Living for Better Lives

FAIRFIELD.
residential



Houston Methodist Orthopedic Specialists Join Texans Health Care Team

Two Houston Methodist orthopedic specialists recently completed their first season as part of the team of physicians that provides care to the Houston Texans football team. Korsh Jafarnia, M.D., orthopedic upper extremity surgeon, Houston Methodist West Hospital, was named an Associate Team Physician. Kyle Borque, M.D., orthopedic surgeon who specializes in treating complex sports-related knee and shoulder injuries at Houston Methodist Sugar Land Hospital, was named Junior Associate Team Physician.

“The Houston Methodist team of physicians caring for Houston Texans players is world class, and I am excited to have the opportunity to join them and contribute my expertise in caring for elite athletes,” said Jafarnia. “This partnership is a long-standing one and ensures that the players have access to the very latest in medical

technology and care, and I’m proud to be a part of it.”

“Keeping these high-level athletes in top condition presents unique challenges,” said Borque, who also serves as a team physician for U.S. Soccer and the Sugar Land Space Cowboys. “As a physician, you have to be at the top of your game, too. For instance, a wide receiver and a lineman can suffer the same injury but have different treatment plans because of the demands of their positions and the stress they put on their bodies. At the same time, much of what you learn in working with athletes is applicable to non-athlete patients, as well. I use those experiences every day with my patients in clinic and in the operating room.”

Houston Methodist has been the official health care provider for Houston Texans players since the team’s inaugural year, providing



Kyle A. Borque, MD



Korsh Jafarnia, M.D.

everything from routine medical care to revolutionary injury prevention and recovery programs. As team physicians, Drs. Jafarnia and Borque attend practices twice a week and are on the sidelines for Texans’ games,

including out-of-town games. They evaluate injuries, develop and oversee treatment plans, perform medical evaluations of free agents and other signees and support the overall medical staff.◆



**HORIZON MONTESSORI
PUBLIC SCHOOLS**
Since 1998

FREE TUITION

ENROLLING FOR NEXT YEAR PRE-K 3 THRU 8TH GRADE



WHAT WE OFFER:

- Integrating the Montessori method into the public school curriculum
- Currently offering Pre-K thru 4th
- Open enrollment until positions fill
- Comprehension Stem Program
- Character & Leadership Development
- High Tech – 7 computers per classroom

2319 N. GRAND BLVD., PEARLAND, TX. 77581 www.hmps.net | 281-485-2500

Financial Forecast

What is FDIC Insurance and Why does it Matter Where You have Your Money?



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

When you deposit your money in a bank, you want to be sure that it will be safe and secure. That's where the Federal Deposit Insurance Corporation (FDIC) comes in. FDIC insurance protects your deposits in case the bank fails or goes bankrupt.

FDIC insurance covers up to \$250,000 per depositor, per account ownership category, in the event a bank fails. This means that if your bank were to close its doors, your deposits, up to \$250,000, would be protected by the FDIC. It's important to note that FDIC

requirements than national banks. Reserve requirements are the amount of money that banks must hold in reserve as a percentage of their total deposits. The Federal Reserve determines reserve requirements and adjusts them based on its monetary policy objectives. The aim of reserve requirements is to ensure that banks have enough funds to meet depositors' demands while also enabling the Fed to manage the money supply effectively.

National banks, on the other hand, are larger banks that operate nationally and even internationally. These banks typically have higher reserve requirements due to their size and complexity. National banks offer a wider range of services, including investment banking, asset management, and trading,



insurance only covers deposit accounts, including checking, savings, money market, and certificates of deposit (CDs).

FDIC insurance is important because it provides peace of mind and confidence in the banking system. It ensures that depositors won't lose their hard-earned money due to a bank's failure. This protection helps to promote financial stability by encouraging consumers to deposit their money in banks, which, in turn, provides banks with the necessary capital to lend to businesses and individuals.

Regional banks and national banks have different requirements in terms of how they can leverage their investments and what their reserve requirements are. Regional banks are smaller banks that operate within a specific region or community. These banks typically have lower reserve

requirements than national banks. Therefore, regulators impose more stringent requirements to ensure these banks are adequately capitalized to meet any potential losses.

The recent takeovers of Silicon Valley Bank (SVB) and Signature Bank (SB) by the FDIC demonstrate the importance of FDIC insurance and the potential risks of banking. SVB and SB were both regional banks that had failed to maintain adequate reserves, and their investments had become concentrated in high-risk sectors. The FDIC stepped in to protect depositors and stabilize the financial system.

Leverage is another important factor in banking. Leverage refers to the use of borrowed funds to invest in assets with the goal of increasing

see Financial Forecast ...page 13



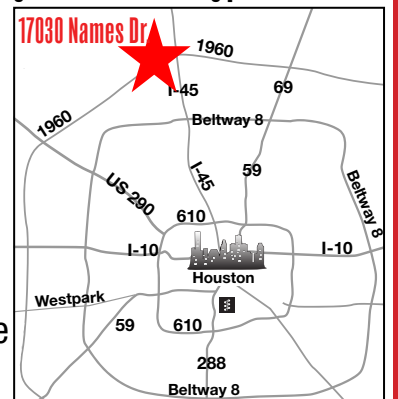
Nanes Professional Medical Building Now Offering Free Rent to New Tenants!



17030 Nanes Dr.

Located along FM 1960/Cypress Creek Parkway in the heart of Cypress Station

- 1 mile from Houston Northwest Medical Center
- Ideal Medical Office use
- Home to Texas Children's Hospital Pediatric Associates
- On-site pharmacy for added convenience
- Variety of spaces now available from 125 SF - 13,316 SF



Contact Office Leasing Specialist, Kim Brake today:

kbrake@tarantino.com | 713-974-4292

www.tarantino.com



Bachelor's Degree HEALTHCARE MANAGEMENT



COMING SOON!
Fall 2023 semester

hccs.edu/health

FRAME
YOUR
FUTURE

Texas A&M Health Prepares Next Generation of Emergency Medical Responders

More Than 700 Health Profession Students Participated in The 15th Annual Disaster Day Simulation

By Dee Dee Grays

As the world has seen an increase in mass disasters—from the earthquakes in Turkey and Syria to man-made disasters such as the train derailment and chemical spill in Ohio—having health care professionals trained to respond to these emergencies has become even more critical. For 15 years, the Texas A&M University Health Science Center (Texas A&M Health) has been at the forefront of this training with its annual Disaster Day simulation. On Friday, March 3, the student-led event welcomed more than 700 Texas A&M students, over 85 faculty and

staff, and countless emergency response professionals to participate in the day-long disaster simulation.

Started by the Texas A&M School of Nursing in 2008, the event has grown from a small group at a local church to nearly 1,000 people orchestrating and taking part in the mass simulation. Today, the event is held at Texas A&M Engineering Extension Service's (TEEX) Disaster City®. Students from Texas A&M schools of dentistry, medicine, nursing, pharmacy and public health, as well as athletic training, psychology and veterinary medicine students and the Corps of Cadets participated in this year's drill.



“This year marks a milestone in the history of this event. As we celebrate 15 years, we have elevated our efforts to further enrich the student experience, which will ultimately serve patients across the state of Texas,” said Christine Kaunas, MPH, executive director for Interprofessional Education & Research at Texas A&M Health. “Not only are students practicing collaboratively to improve patient outcomes and learning critical disaster response skills, but they are doing so while faced with a high level of fidelity to a real event.”

As a student-led event, more than 50 students from Texas A&M work on

a planning committee—with guidance from a faculty and staff steering committee—doing everything from organizing student participation and training to creating the case scenarios for the drill.

Each year, a new scenario is selected and kept secret until the day of the event to provide the realism of an unexpected situation. This year's simulated disaster was a hurricane, and students engaged in triage at the disaster site, patient care at the mock field hospital, mental health care and needs

see Texas A&M ...page 13



Degrees or certificates offered in more than 20 allied health programs.

APPLY NOW!



hccs.edu/health

FRAME YOUR FUTURE

Oncology Research

Continued from page 5

tips or advice with fellow cancer patients on what they have personally experienced and might expect.

Many patients choose to journal as a way of leaving a legacy of their

cancer journey for family and friends to read later. This form of journaling can help family members as they grieve by having an outlet to read their late loved one's memories, words of wisdom, or even favorite recipes. In turn, this allows the patient to feel a sense of contentment in the knowledge they are leaving a little piece of themselves behind.

Three tips on starting a cancer journal

1. Start simple. Choose a format that best suits you, whether it is pen and paper or through an electronic outlet.
2. Find your place. Determine a location or space where you feel comfortable to write and will not be interrupted.
3. Set a routine. Some may find writing in the morning helps start the day, while others choose to journal to unwind before bedtime.

During some time periods, patients may not have the energy to write more than a sentence or two – and that is okay. A patient's cancer journal is their own and it is fine to take a break and start again later. The simple act of putting pen to paper – or fingers to keyboard – to express yourself can be an important and helpful tool in navigating all the twists and turns of the cancer journey. ♦

Healthy Heart

Continued from page 6

adherence scores and cardiovascular risks was stronger for people 55 and younger than it was for older adults.

The relationship between adherence and coronary heart disease risk was stronger among people with a low genetic disposition for the condition. Those with low genetic risk and high adherence to the metrics were

78% less likely to develop coronary heart disease over a decade of follow-up compared to people with high genetic risk and low adherence.

Likewise, those with a low genetic risk for stroke and high adherence to

metrics were 64% less likely to have a stroke than those with a high genetic risk and low adherence scores. ♦

Match Day

Continued from page 8

our most important function as humans – our ability to connect – was in jeopardy. Rather than sit back, it was so inspiring to witness an innate understanding amongst our class of how critical it was to continue to build up

our community. We adapted. We handled every plot twist thrown our way and did it with a smile. Or at least we learned how to smile with our eyes behind a mask while caring for our patients and each other.”

“When you open your envelope today, take a deep breath and give yourself a huge congratulations for all that you've

accomplished personally and professionally in a short four years (though I know some years felt longer than others). No matter what your envelope holds, you will end up where you are meant to be, and best of all, after what feels like a million years – we will finally have jobs!”

After the brief program, students clustered around the

large, colorful boards where the envelopes were posted that contained their match letter, and at 11 a.m., they were finally able to learn of their match. ♦

Financial Forecast

Continued from page 11

profits. However, leverage also increases risk. National banks have more significant leverage than regional banks due to their size and ability to

access capital markets. As a result, national banks are subject to more stringent regulatory oversight and have higher capital requirements to ensure they can absorb potential losses.

In summary, FDIC insurance is critical for protecting depositors' money and promoting confidence in the banking system. Regional

and national banks have different requirements regarding their reserve holdings and leverage, reflecting their risk profiles and business activities. The recent takeovers of SVB and SB highlight the potential risks of banking and the importance of maintaining adequate reserves and diversifying investments. By understanding the

differences between regional and national banks and the importance of FDIC insurance, consumers can make informed decisions when choosing a bank to entrust their hard-earned money. ♦

Texas A&M

Continued from page 12

assessment at an evacuation shelter, and disaster management and simulation oversight at Disaster City's Emergency Operations Training Center.

During the simulation, students take on the role of patients or providers. Students who participate as patients receive makeup, known as moulage, to mimic injuries based on the current scenario. As the drill begins, patients act out the case that they are assigned, while students acting as physicians and nurses do field assessments, then transfer patients to a field hospital for more

diagnosis and treatment. Pharmacy students work with providers to determine the medications needed, and psychology students provide the mental health care required of disaster victims. Athletic training and dentistry students provide specialized care in orthopedic and soft tissue trauma, and head and neck injuries, respectively. Public health students manage the disaster to deploy resources and address outbreaks that occur during disasters.

“Many planning hours are spent by the student planning committee and our faculty and staff steering committee to create Disaster Day. It is so satisfying when all the months of planning come to fruition. We hope students walk away

with critical training and skills they will remember the rest of their careers,” stated Justin Dugie, student planning director for Disaster Day.

As the event has grown, so has collaboration with corporations and government agencies, such as H-E-B and the Texas Department of Emergency Management. This year, Texas A&M Health collaborated with St. Joseph Health and the United States Military to enhance the simulation. The United States Air Force 59th Air Medical Wing and Texas Air National Guard 136th Airlift Wing provided medical evacuations by airplane, while St. Joseph Health Air Med 12 facilitated airlifts via a helicopter. Students got a first-person

perspective on air evacuations, making the simulation more realistic.

“As we continue to grow events like Disaster Day, we understand the value of working with System and government partners, organizations and companies that can bring real world experiences to our students,” states Jon Mogford, PhD, chief executive officer and senior vice president of Texas A&M Health. “These partnerships not only help enhance and expand our students learning experience, but also help us develop relationships and opportunities for future projects and partnerships.” ♦

Health Data

Continued from page 1

Accordingly, while the FTC's proposed settlement in this instance applies immediately only to the provider, businesses of all sizes would be well-served to view this proposed settlement as part of a larger strategic effort by both state and federal regulators to crack down on the unauthorized sharing of information. The risk is clearly amplified where an entity is engaged in the provision of goods and services involving potentially sensitive information, such as healthcare or financial services.

While this provider's practices may have been deficient, they are hardly uncommon. Users are seldom truly anonymous online, and can be tracked through myriad technologies, including cookies, web beacons, session replay, IP address, device fingerprinting,

and more. Organizations should carefully consider whether their existing privacy policies, information sharing procedures, and third-party support are compatible with the tracking technologies that users may encounter online. This should include an analysis of tracking technologies that are utilized on their own websites on page-by-page basis, as well as how integrated third parties may attempt to leverage or collect that data for their own uses. Based on this analysis, organizations should tailor their disclosures and requests for consent accordingly, taking into consideration: (1) the potential sensitivity of the information to be collected, (2) the user's constructive awareness that the information is being collected, (3) whether this information is being

shared with or collected by third parties, (4) whether a user consented to, or is at least reasonably on notice of the sharing, and (5) the potential for error or misuse associated with the collection of the data.

Finally, organizations should carefully review their existing agreements with third parties to confirm which data can be collected, whether data can be shared (and if so, the purpose for which the sharing can occur), and to ensure that their own privacy practices are consistent with representations made by the data owner organization.◆

Mental Health

Continued from page 3

The Menninger Clinic. "This affiliation with Texas Children's Hospital, which combines key strengths from each institution, is the kind of collaboration we need right now to help more adolescents and families in crisis in the Greater Houston community." The collaboration initially will focus on safe stabilization of adolescents suffering with depression, anxiety and suicidality. For those adolescents and families needing additional treatment and support, Menninger offers an intensive outpatient program, an adolescent day treatment program as well as adolescent group and family therapy.

Both Texas Medical Center institutions are world-renowned for their quality of care. For over three decades, U.S. News & World Report has continuously ranked The Menninger Clinic as a top psychiatric hospital on its annual Best Hospitals list. Texas Children's Hospital has been recognized as one of the best children's hospitals in the nation and the top pediatric hospital in Texas for over 13 years.

Due to the drastic increase in the number of patients presenting with behavioral health concerns, Texas Children's Hospital created an internal Behavioral Health Task Force comprised of clinical and

operational leaders to determine what steps the hospital could take to meet the growing behavioral health needs of children who need care, both immediately and over the long term.

"The behavioral health needs of our children are at a critical point. We expect those needs to grow and evolve as the full effect of the pandemic is revealed, including longer-term mental health concerns, the impact of learning gaps that resulted from school closures, and grief and bereavement for families who lost loved ones," said Dr. Kirti Saxena, Chief of Psychiatry at Texas Children's Hospital and Associate Professor of Psychiatry and Behavioral Sciences in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine. "This partnership with The Menninger Clinic will allow us to have an even greater impact on access to acute mental health care for children in our community."

The adolescent stabilization service at Menninger will have 12 inpatient beds. Menninger's transitional step-down services include an intensive out-patient program for the adolescent and their family and a forthcoming re-opening of an adolescent day

treatment program that will bridge the transition from the hospital, which is often a high-risk period following a mental health crisis.

"Many of our children and adolescents are in crisis. As clinicians, we recognize the critical role we all share in helping these young people find hope and healing," said Cory Walker, DO, chief medical officer at The Menninger Clinic and assistant professor of psychiatry in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine. "While mental health professionals have recognized for some time that adolescent mental health has needed a higher level of service than is broadly available, the pandemic has made this clear to the general public, as well as within other medical specialties. The youth mental health emergency has been the driving force between Texas Children's Hospital and The Menninger Clinic collaborating to bring safe, effective mental health treatment to more adolescents and their families."◆

HOUSTON
Medical Times
Bringing Healthcare News to the Forefront

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

Director of Media Sales
Richard W DeLaRosa

Senior Designer
Jamie Farquhar-Rizzo

Web Development
Lorenzo Morales

Distribution
Robert Cox
Brad Jander

Accounting
Liz Thachar

Office: 713-885-3808
Fax: 281-316-9403

For Advertising
advertising@medicaltimesnews.
com

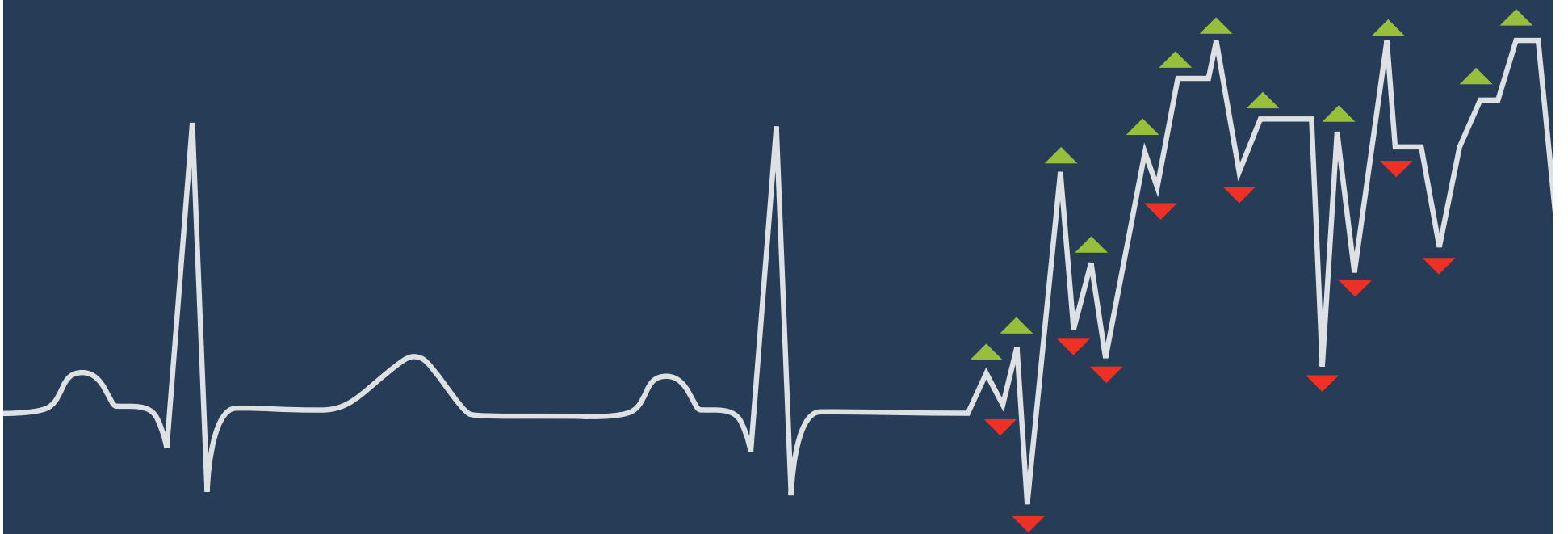
Editor
editor@medicaltimesnews.com

Houston Medical Times is Published by Texas Healthcare Media Group, Inc. All content in this publication is copyrighted by Texas Healthcare Media Group, and should not be reproduced in part or at whole without written consent from the Editor. Houston Medical Times reserves the right to edit all submissions and assumes no responsibility for solicited or unsolicited manuscripts. All submissions sent to Houston Medical Times are considered property and are to distribute for publication and copyright purposes. Houston Medical Times is published every month

P.O. Box 57430
Webster, TX 77598-7430

WHOSE INTERESTS

does your malpractice insurer have at heart?



Yet another Texas medical liability insurer has transitioned from focusing on doctors to focusing on Wall Street. This leaves you with an important question to ask: Do you want an insurer that's driven by investors? Or do you want an insurer that's driven to serve you—one that's already paid \$120 million in awards to its members when they retire from the practice of medicine?

Join us and discover why delivering the best imaginable service and unrivaled rewards is at the core of who we are.





American
Heart
Association.



KEEPING NEW MOMS AND MOMS-TO-BE SAFE AND HEALTHY

American Heart Association®



A healthy pregnancy is best for both mom and baby. Pregnancy and childbirth can put a woman's health at risk, but many pregnancy-associated deaths can be avoided.

BEFORE GETTING PREGNANT

It's important to understand your medical risks and to get as healthy as possible before pregnancy. Talk to your health care team about:

- Whether you have any signs of heart disease
- Your family health history

- Your blood pressure
- Whether you should lose or gain weight, and if so, how
- Getting 150 minutes of physical activity per week
- Healthy eating
- Sodium in your diet
- Whether prenatal vitamins

- are recommended
- Quitting any unhealthy substances, such as tobacco, alcohol, and marijuana or other drugs
- Safety in your home environment

DURING PREGNANCY

- Visit a health care provider regularly
- Take medication as prescribed

- Reduce stress and manage anxiety
- Monitor weight gain
- Avoid unhealthy habits such as smoking, alcohol and

- illegal drugs
- Follow extra precautions if you're older than 35

IN AND AROUND DELIVERY

- Watch for changes and take action
- If you have concerns about your health or the health of your baby, consult your health care provider

- immediately
- Some complications show up days after delivery
- Heart Rate and blood pressure normally decrease within 48 hours postpartum
- Blood pressure may increase

- again 3-6 days later due to fluid shifts.
- During this period, you should be monitored for complications.

AFTER DELIVERY

- Make your health a priority
- Get continued medical care
- Inform new health care

- providers about the pregnancy
- Monitor your mental health
- Find ways to be active

- Find time to sleep
- Eat nutritious food
- Rely on a support network

LEARN THE WARNING SIGNS

It's important for you to stay on top of your own health. Many heart-related problems can happen in the days and weeks after delivery — even up to a year later. Some symptoms, such as fatigue and mild pain, are expected after childbirth. But strange or sudden changes may be a sign of stroke, heart problems or other dangerous conditions. Seek medical care right away if you have any worrisome symptoms during or after pregnancy, including:

- Severe or worsening headache
- Blurred vision or other vision changes
- Feeling dizzy, faint or disoriented
- A fever over 100.4 F
- Extreme weakness or fatigue
- Vaginal bleeding or foul discharge
- Abdominal pain
- Chest pain or racing heart
- Rapid or labored breathing
- Severe nausea or vomiting
- Unusual swelling of hands or face
- Redness, pain or swelling in arms or legs
- A slowing or stopping of fetal movement
- Severe anxiety or depression
- Thoughts of harming yourself or your child
- General ill feeling

Go Red for Women is nationally sponsored by



©2023 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Go Red for Women is a registered trademark of AHA. The Red Dress Design is a trademark of U.S. DHHS. Unauthorized use prohibited.