



Texas Tech Physicians
of LUBBOCK

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ISSUE

September 2009



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Free Vascular Screening Scheduled in September

Texas Tech Physicians-Surgery is sponsoring a free vascular non-invasive carotid artery and peripheral arterial disease screening on September 15, 8 a.m. – noon, 1 – 5 p.m., at the Texas Tech Physicians Medical Pavilion, fourth floor.

The screening is for people 45 years of age or older with one or more of these risk factors: smoking, high blood pressure, obesity, high cholesterol, diabetes, heart disease, atrial fibrillation or previous stroke/TIA. People with one of these risk factors should also have one or more of these

symptoms: difficulty speaking or understanding speech, difficulty walking, dizziness, numbness (especially on one side of the body), severe headache, sudden confusion, sudden decrease in consciousness, loss of balance, sudden vision problems or vomiting.

Symptoms for peripheral arterial disease are painful cramping in the hip, thigh or calf after walking or climbing stairs, leg numbness or weakness, coldness in lower leg or foot, sores on feet or toes that won't heal, hair loss on feet and legs, change in leg color or change in toenails.



Space is limited.

To schedule a screening time, or if you have questions, please call 743-2373.



Kidney School and Health Risk Assessment in October

Texas Tech Physicians – Internal Medicine

and the National Kidney Foundation are sponsoring a Kidney School and Health Risk Assessment, October 3, 2009, beginning at 10 a.m. in the TTUHSC Academic Classroom Building, 4th and Indiana (west side of campus).

Medical staff from Texas Tech Physicians will conduct mini-presentations on chronic kidney disease (CKD), prevention and transplantation. A overview of the presentations will be offered in Spanish. A question-and-answer session is also scheduled.

After the public forum, attendees can participate in the kidney health risk assessment to identify those at risk for CKD. Participants at risk will eligible for a more in-depth screening at a later date.

“CKD is a structural or functional kidney abnormality that lasts for at least three months, or a chronic and significant decrease in kidney function,” said *Meryem Tuncel-Kara, M.D.*, nephrologist with Texas Tech Physicians. “The highest risk groups for CKD are people with diabetes, hypertension and family history of kidney disease. Early detection can help prevent the progression of kidney disease to kidney failure but unfortunately, the gradual decline in kidney function does not usually cause symptoms or signs until the level of kidney function is severely impaired. The problem is often discovered when blood or urine tests, done for other reasons.”

The forum and screenings are free. Donations to the National Kidney Foundation will be accepted. Space is limited. For reservations, contact the National Kidney Foundation Serving West Texas at 799-7753.

Texas Tech Physicians of Lubbock

www.texastechphysicians.com

General Information 743-INFO(4636)
Physician Referral 743-1998

Primary Care

Family Medicine
Family Physicians, Pavilion 743-1177
Family Medicine, Pavilion 743-2757
Grand Expectations 761-0616

Internal Medicine
Pavilion 743-3150

Obstetrics/Gynecology
Pavilion 743-2340
Southwest, Healthpoint 796-8537
Grand Expectations, 2602 Ave. Q 747-1780
Center for Perinatal Medicine, Medical Office Plaza 761-0770

Pediatrics
Pavilion 743-7337
Medical Office Plaza 743-1188
Southwest 743-7800

Specialty Care (may require a referral)

Dermatology
TTUHSC 743-1842

Internal Medicine
Cardiology, endocrinology, gastroenterology, geriatrics, infectious diseases, nephrology, pulmonology, rheumatology
Pavilion 743-3150
Cardiology, 50th and University 784-3100
Hematology/Oncology, Cancer Center 775-8600
Neurology, TTUHSC 743-2391
General, epilepsy, muscular dystrophy, stroke, Parkinson's Disease, neurodiagnostic lab
Psychiatry, TTUHSC 743-2800
Obstetrics/Gynecology
Fertility and Reproductive Surgery, Medical Office Plaza 743-4256

Ophthalmology
TTUHSC 743-2020
Laser Institute, Southwest 743-7777
Southwest, 4505 82nd 798-7244

Orthopaedics
Knee, hip and shoulder replacement, foot and ankle, children's orthopaedics, musculoskeletal oncology, hand, sports-related injury and trauma
Pavilion 743-4263
Southwest 743-7888

Pain Management
International Pain Institute, Pavilion 743-7246

Pathology
Anatomic, TTUHSC 743-2155
Clinical, TTUHSC 743-2124

Pediatrics
Endocrinology, genetics, infectious diseases, nephrology, pulmonology, obesity, neurology, developmental, high risk,
Pavilion 743-7337
Southwest 743-7800
Cardiology, Pavilion 743-1540
Hematology/oncology, Cancer Center 775-8600
Neurosurgery 743-7700

Surgery, Pavilion
General 743-2373
ENT (ears, nose, throat) 743-4115
Vascular 743-2373
Oncology 743-2373
Urology, TTUHSC 743-1810

Locations

Healthpoint 4004 82nd Street
Medical Office Plaza 3502 9th Street (East of University Medical Center)

Southwest Quaker and S. Loop 289
SW Cancer Center 602 Indiana (West side of UMC)
Texas Tech Physicians Medical Pavilion 3601 4th Street

TTUHSC 3601 4th Street
International Pain Center 3601 4th Street



Jennifer Phy, D.O.
Fertility and Reproductive
Surgery
743-4256



Alan Rice, M.D.
Pediatric Endocrinology
743-7337



John DeToledo, M.D.
Neurology
743-2391



Ashwani Kumar, M.D.
Internal Medicine – Cardiology
743-3150



Jongyeal Kim, M.D.
Neurology
743-2391



Alita Loveless, M.D.
OB/Gyn
796-8537

New Texas Tech Physicians

Ready to get in shape before the holiday season?

If so, it's time to sign up for Get Fit IV, an eight-week fitness and weight loss contest sponsored by Healthy Lubbock, a program of the Garrison Institute on Aging. The contest runs from September 28 – November 23.

To participate in Get Fit, pull together a team of 2- 4 people who want to lose weight and increase their physical fitness. Each team is awarded points for exercise, weight loss and attendance at special lectures and events throughout the contest. Each team member receives a Get Fit t-shirt, nutrition tour, online reporting, weekly tips and professional exercise trainers' tips. Prizes will be awarded to winning teams and individuals.

More than 2,000 people have participated in Get Fit since 2007, with more than 8,300 pounds lost with 67,000 minutes of exercise.

Online registration is September 19–27 at www.healthylubbock.org/getfit. Registration fee is \$20.



Space is limited. For more information, call 743-7821 or email annette.boles@ttuhsc.edu.

Sponsors for Get Fit IV are Bodyworks, Texas Tech Physicians, Texas Department of State Health Services, Curves and Foot Tech.

Calendar

September 15 – October 27, 5:30 – 7 p.m.

Community Medical School

Academic Classroom Building, first floor

For more information, call 743-2008

September 15, 8 a.m. – noon, 1 – 5 p.m.

Vascular Screening

Texas Tech Physicians Medical Pavilion, 4th floor

See story page 1

September 23, 4 p.m.

Healthy Aging Seminar, sponsored by

Garrison Institute on Aging

Academic Classroom Building, first floor

Exercises for Life

Larry Sava, M.Ed.,

Wellness Director, UMC Activities Center

For more information, call 743-7821

September 19 – 27

Registration for Get Fit IV

See story page 3

Community Medical School

The fourth semester of Community Medical School, a community education program of Texas Tech University Health Sciences Center, continues on Tuesdays through October 27.

Open to the public, the sessions provide health information and give participants a chance to interact with faculty and students in an innovative learning experience. Cost for the eight-week session is \$20. Registration is available at: www.ttuhscc.edu/communitymedicalschooll or by calling 743-2008.

Sept. 15: *Preparing for the Influenza Pandemic: How Science and History Can Save Us*, Steven Berk, M.D., dean, TTUHSC School of Medicine

Sept. 22: *Right Brain-Left Brain: The Biology of Hemispheric Dominance*, John DeToledo, M.D., chairman, neurology

Sept. 29: *Retina Update: Macular Degeneration and Diabetic Eye Disease*, Kelly Mitchell, M.D., ophthalmology and visual sciences

Oct. 6: *Bioethics*, Edmund Pellegrino, M.D., Georgetown University

Oct. 13: *What's New Girlfriend? Recent Research in Women's Health*, Betsy Goebel Jones, Ed.D., family and community medicine and Laura W. Bush Institute for Women's Health

Oct. 20: *You Did WHAT? Examining the world of tattooing and body piercing*, Myrna Armstrong, Ed.D., RN, Anita Thigpen Perry School of Nursing

Oct. 27: *Emerging Health Issues for West Texans*, Billy Phillips, Jr., Ph.D., M.P.H., F. Marie Hall Institute for Rural and Community Health