Visiting Speaker
Atul Gawande, M.D.

One can feel like the least smart—one and the most insignificant—when you’re in it. When you’re "one" of 3.5 million nurses in the United States, or 893,000 physicians, 381,000 medical assistants, 3,925,000 pharmacists, 34,400 licensed therapists, 712,000 paramedics, 24,000 respiratory therapists, 83,000 nutritionists.

"It can be hard not to feel that one is just a white-coated cog in a machine—an extraordinary but successful machine, but a machine nonetheless," wrote And Gawande, M.D., in his best-kept book of essays, Better: A Surgeon’s Notes on Performance. "So not surprisingly, in this work, one begins to wonder: Here I am, really matter?

Gawande, a Harvard School of Medicine faculty member and staff writer for The New Yorker, posed the same question during the talk he gave at the University’s Hematology Cancer Center Aug. 14. Invited by the medical school’s Division of Medical Ethics and Humanities, Gawande offered the idea not only for physicians, but for everyone working in the health-care enterprise and beyond. "There are lessons coming out of medicine for the rest of the world that other people will care about," he told the audience, because they can help everyone.

Gawande joined the surgery staff at Brigham and Women’s Hospital in Boston and realized he “wasn’t the best guy around,” he needed to find a reason to be there. I wanted to be part of the community, he said. "Finally, I sometimes call it the "here I really matter"—that was a big factor in my staying in medicine."

White Coat Ceremony

Members of the medical school’s freshman class recently gathered with their families, friends, and medical school faculty and administrators for the annual White Coat Ceremony. Students were presented with their first white coat, a book about being a physician, and a stethoscope—courtesy of the medical school’s alumni association. The students also received the Hippocratic Oath to mark the beginning of their medical education. This year’s keynote speaker was Urologist David Remer, M.D., who congratulated students on being "smacious, proactive, and tough," in getting into medical school. He also advised the future physicians not to hold behind their white coat, but to process medicine with "integrity and compassion."

Preventing Osteoporosis

Osteoporosis is often thought of as an older person’s disease with 15 percent of those over 50 years of age at risk for the bone disease. But it can strike at any age. According to Patty Trela, a pediatrician with the University Orthopaedic Center and founder of the Build a Bone program, a woman has acquired 85 percent of her skeletal mass by age 20. Trela says building strong bones during childhood and adolescence is the best defense against developing osteoporosis later in life. She recommends the following tips for optimizing your bone health at any age.

Tips to Optimize Bone Health
• Include plenty of calcium and Vitamin D in your diet.
• Complete weight-bearing exercises five times a week.
• Stop smoking.
• Talk to your doctor about a bone density test, especially if you’re around 50 years old.

Osteoporosis

Patty Trela, M.D., performing triple bypass surgery.

Dwyer is back at work full time, taking long walks, working out on the treadmill, and traveling around to Teddy Bear Clinics with Dr. Dog. He is grateful for his new lease on life. "A lot of people owe their lives to Dr. Dog,“ said Dwyer. "He had the good sense to say, ‘You should definitely go to the ER.’"

"When Gawande joined the surgery staff at Brigham and Women’s Hospital in Boston and realized he “wasn’t the best guy around,” he needed to find a reason to be there. I wanted to be part of the community, he said. "Finally, I sometimes call it the "here I really matter"—that was a big factor in my staying in medicine."

Visiting Speaker
Atul Gawande, M.D.

One can feel like the least smart—one and the most insignificant—when you’re in it. When you’re "one" of 3.5 million nurses in the United States, or 893,000 physicians, 381,000 medical assistants, 3,925,000 pharmacists, 34,400 licensed therapists, 712,000 paramedics, 24,000 respiratory therapists, 83,000 nutritionists.

"It can be hard not to feel that one is just a white-coated cog in a machine—an extraordinary but successful machine, but a machine nonetheless," wrote And Gawande, M.D., in his best-kept book of essays, Better: A Surgeon’s Notes on Performance. "So not surprisingly, in this work, one begins to wonder: Here I really matter?

Gawande, a Harvard School of Medicine faculty member and staff writer for The New Yorker, posed the same question during the talk he gave at the University’s Hematology Cancer Center Aug. 14. Invited by the medical school’s Division of Medical Ethics and Humanities, Gawande offered the idea not only for physicians, but for everyone working in the health-care enterprise and beyond. "There are lessons coming out of medicine for the rest of the world that other people will care about," he told the audience, because they can help everyone.

Gawande joined the surgery staff at Brigham and Women’s Hospital in Boston and realized he “wasn’t the best guy around,” he needed to find a reason to be there. I wanted to be part of the community, he said. "Finally, I sometimes call it the "here I really matter"—that was a big factor in my staying in medicine."

White Coat Ceremony

Members of the medical school’s freshman class recently gathered with their families, friends, and medical school faculty and administrators for the annual White Coat Ceremony. Students were presented with their first white coat, a book about being a physician, and a stethoscope—courtesy of the medical school’s alumni association. The students also received the Hippocratic Oath to mark the beginning of their medical education. This year’s keynote speaker was Urologist David Remer, M.D., who congratulated students on being "smacious, proactive, and tough," in getting into medical school. He also advised the future physicians not to hold behind their white coat, but to process medicine with "integrity and compassion."

Preventing Osteoporosis

Osteoporosis is often thought of as an older person’s disease with 15 percent of those over 50 years of age at risk for the bone disease. But it can strike at any age. According to Patty Trela, a pediatrician with the University Orthopaedic Center and founder of the Build a Bone program, a woman has acquired 85 percent of her skeletal mass by age 20. Trela says building strong bones during childhood and adolescence is the best defense against developing osteoporosis later in life. She recommends the following tips for optimizing your bone health at any age.

Tips to Optimize Bone Health
• Include plenty of calcium and Vitamin D in your diet.
• Complete weight-bearing exercises five times a week.
• Stop smoking.
• Talk to your doctor about a bone density test, especially if you’re around 50 years old.

Osteoporosis

Patty Trela, M.D., performing triple bypass surgery.

Dwyer is back at work full time, taking long walks, working out on the treadmill, and traveling around to Teddy Bear Clinics with Dr. Dog. He is grateful for his new lease on life. "A lot of people owe their lives to Dr. Dog,“ said Dwyer. "He had the good sense to say, ‘You should definitely go to the ER.’"
Almost everyone would agree that every child should have access to basic health care, regardless of the ability to pay for it. Yet, there are millions of uninsured American children today. Most of them are poor, yet not poor enough. Thank goodness for Medicaid, that’s about the only health insurance program currently available to most of these children. For the past six years, the Utah Children’s Health Insurance program (chip) has targeted this group of children, providing health care coverage to 6-6 million children whose families typically earn between 100 percent and 200 percent of the federal poverty level (460 to $4,430 for a family of four). The program provides Medicaid coverage, not just to pay the insurance-

GOING DONE continued from cover

Over the years, Hale has learned many important lessons, which have influenced the mis-

SUNY BOROWCZYK

David Entwistle, M.D., president and CEO of UnitedHealthcare, is a native of Utah. He earned a degree in chemical engineering from the University of Utah in 1974 and a medical degree from the University of Utah College of Medicine in 1980. After completing internal medicine residency training at The University of Utah Hospital, he joined UnitedHealthcare and has held a number of leadership positions in the company over the years. He began his current role in 2007. He is a member of the University of Utah Board of Trustees. He is also the son of Fred Entwistle, former University of Utah football coach.

UnitedHealthcare, through its largest subsidiary, UnitedHealthcare, provides affordable health care coverage for over 70 million people and offers the nation’s largest health care provider network, with access to more than 900,000 physicians and hospitals.

For More Information: UnitedHealthcare

www.unitedhealthcare.com

(800) 713-2334

Dear Colleagues:

We’re now more than a month into our new fiscal year. It is always an exciting time as we think about the goals we’ve set for UnitedHealthcare Hospitals & Clinics in the coming months, a reminder by our valued educator and consultant, Laurel B. Krieger.

I thought it would be good to reflect on some of the major accomplishments this year so far.

In the last employee forums, we introduced nine organizational goals for the fiscal year, and I thought it would be good to reflect on some of the major accomplishments this year so far.

In the last employee forums, we introduced nine organizational goals for the fiscal year, and I thought it would be good to reflect on some of the major accomplishments this year so far.

In the last employee forums, we introduced nine organizational goals for the fiscal year, and I thought it would be good to reflect on some of the major accomplishments this year so far.

In the last employee forums, we introduced nine organizational goals for the fiscal year, and I thought it would be good to reflect on some of the major accomplishments this year so far.