



## ***Dr. Locke's Prescription for a Better Life***

### Shoulder Solutions to Get You Back in the Game



Sometimes staying active on the tennis court or golf course can be a pain in the... well, shoulder. When pain is severe, it's important to seek help from an orthopaedic specialist. Our Medical Director Susan Locke, M.D., asked **Edward McFarland, M.D.**, Vice-Chairman of the Department of Orthopaedic Surgery specializing in shoulder surgery at **Johns Hopkins** and Healthnetwork *Service Excellence Award* recipient, for advice on shoulder pain and treatments.

*Are you experiencing pain with simple tasks like combing your hair or lifting your arm? If you would like an appointment with orthopaedic specialist, please call 866-968-2467 or 440-893-0830 or email us at [help@healthnetworkfoundation.org](mailto:help@healthnetworkfoundation.org)*

### Debut of Healthnetwork Academy is a Success



We are passionate about health education and hope to inspire our member community to learn about the latest in health advances and prevention.

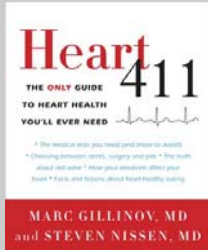
We had an exciting debut of our Healthnetwork Academy with an event at our headquarters. It was great to have our members and several spouses join the Healthnetwork staff. Our guest speaker was one of the nation's most sought-after cardiologists from the **Cleveland Clinic, Steven Nissen, M.D.** In 2007, he was named by *TIME Magazine* as "one of the 100 most influential people in the world." He shared his insight on what happens "Backstage at the Cleveland Clinic" and enlightened the attendees about the new technologies and treatments in cardiovascular disease. After the event, we all had a chance to mingle with each other and with Dr. Nissen.

Our attendees expressed gratitude and appreciation for the opportunity to learn new things from such an extraordinary person who saves lives every day. We are pleased that our guests enjoyed it as much as we did!

If you are interested in hosting an event with your peers or have any suggestions for future events, contact Katie Hannibal, Healthnetwork's Director of Marketing, at 866-968-2467 or email her at [katie@healthnetworkfoundation.org](mailto:katie@healthnetworkfoundation.org)

### Coming in January: "Heart 411"

Highly Anticipated Book by Marc Gillinov, M.D., and Steven Nissen, M.D.



Can the stress of your job really lead to a heart attack? How does exercise help your heart? Is red wine good for your heart?

Get the definitive guide to heart health from two of America's most respected physicians at **Cleveland Clinic**, the #1 hospital for heart health in America: **Marc Gillinov, M.D.**, cardiac surgeon and Healthnetwork *Service Excellence Award* recipient and **Steven Nissen, M.D.**, the chairman of Cardiovascular Medicine.



us on Facebook to get a copy of the "Heart 411" book.

### [Tales from the Heart](#)

This past August, 27 journalists, photographers, videographers and editors went into the **Cleveland Clinic Heart & Vascular Institute** to capture the stories of people who traveled across the country and from around the world to get their hearts fixed. "[Tales from the Heart: Inside the Cleveland Clinic Heart Center](#)" takes you behind the scenes to show you what happens every day inside this #1 heart center.

If you would like to receive a reprint of the 8-part dramatic series of "Tales from the Heart," please send us an email: [katie@healthnetworkfoundation.org](mailto:katie@healthnetworkfoundation.org).

### Please Welcome



Please welcome Healthnetwork's newest employee: [Paul Koomar](#).

Paul joins the staff as Vice President. He is excited to be involved in serving the mission of the organization to promote well-being

and providing access to top health care facilities for business leaders; facilitating members' health care needs and advancing medicine through philanthropic giving.

### An Incredible Medical Experience

I live in Hilton Head, which is great for golfing. However, when my local physician said I needed a heart procedure, I wanted to be at the best heart center. I knew exactly where I wanted to go and who to call to get there— Healthnetwork.



Please [click here](#) to learn more about Paul Wexler's experience.

**Paul Wexler**  
Hilton Head, South Carolina

## In the News

### [Congratulations to the 2011/2012 Consumer Choice Award Winners](#)

This is the 16th year that the National Research Corporation (NRC) has awarded hospitals across the nation with the Consumer Choice Award. It recognizes hospitals that health care consumers have chosen as having the highest quality and image in over 300 markets throughout the United States.

Congratulations to **Baptist Hospital of Miami, Cedars-Sinai Medical Center, The Christ Hospital in Cincinnati, Cleveland Clinic, Duke University Medical Center, Johns Hopkins Hospital, Mayo Clinic Arizona, Mayo Clinic, Mayo Clinic Florida, M.D. Anderson, MUSC Medical Center, Swedish Medical Center and UCSF Medical Center** for being nominated for the Consumer Choice Award.

### [Docs' Manners Can Affect Patient Outcomes](#)

In today's harried medical environment, what doctors and other medical professionals say or don't say to patients may matter more than ever. Researchers from **Duke University, Cedars-Sinai and Johns Hopkins** weigh in on humor, empathy and bedside manners.

### [Researchers Identify Diabetes Link to Cognitive Impairment in Older Adults](#)

Many complications of diabetes, including kidney disease, foot problems and vision problems are generally well recognized. **Beth Israel Deaconess Medical Center** researchers focused on the impact of diabetes on the most critical function that is usually overlooked.

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*Dedicated to providing you and your loved ones timely medical information, facilitated access to leading physicians and world-class medical care at America's top hospitals*

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