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March 2011



How Stressed Are You?

Dr. Locke's Prescription for a Better Life

Recognizing that you are under stress is the first step in learning how to deal with it. Whether your stress is chronic, a result of a recent situation or some combination of the two, your body and mind are likely experiencing a multitude of symptoms. Here are some 'warning signs' that stress is affecting your well-being and steps for coping with it.

[50 Common Signs of Stress](#)

In the News

Win a Canyon Ranch Cookbooklet!

In honor of Healthnetwork's Facebook debut and National Nutrition Month, the first 100 members to "like" us on Facebook will be entered into a drawing. Ten lucky winners will receive a Canyon Ranch cookbooklet.

 [join us on facebook](#)

[Know What To Buy At Your Grocery Store](#)

Walking through the grocery store means aisle after aisle of food choices: organic, sugar-free, low fat, reduced sodium, low carb, no carb, gluten-free and more. **Cleveland Clinic** provides a guide to grocery shopping to ensure you get the healthiest bang for your buck.

[Push Towards Less Aggressive Breast Cancer Treatment](#)

A recent study published in the Journal of the American Medical Association (JAMA) may change the

way that early-stage breast cancer is treated. For more information Healthnetwork's Medical Director Susan Locke, M.D. interviewed 2010 Healthnetwork Service Excellence Award recipient **Joseph T. Ostroski, M.D., of Baptist Health South Florida.**

[Healthnetwork Hospitals Rank Among The Best](#)

From large community hospitals to internationally acclaimed medical centers, *Becker's Hospital Review* has named their picks for "America's 50 Best Hospitals." And as the article points out, "each hospital has an impressive list of achievements and a story to tell." Congratulations to the following Healthnetwork partner hospitals that made the list: **Cedars-Sinai Medical Center, The Christ Hospital, Cleveland Clinic, Duke University Medical Center, Johns Hopkins Hospital, Mayo Clinic, UCLA Medical Center, St. Luke's Episcopal Hospital, UCSF Medical Center and The University of Chicago Medical Center.**



Small Price, Big Return

"While waiting at a stop light in 2007, a fellow hit me from behind. I have had periodic problems with my back ever since so I called Healthnetwork for help."

[Read more of GOLD Supporter Charles Patten's Healthnetwork Experience](#)

Executives Program

In order to satisfy our enthusiastic members who have asked us to assist members of their executive teams, and because numerous members have suggested we make our valuable services available to more business leaders who may not happen to be the CEO, we have created the Healthnetwork *Executives Program*.

We remain focused on our niche of delivering special hospital services for leaders in business. And now, select companies can include their senior-most executives and board members. Since spring 2010, several global corporations have joined. We welcome our most recent participant, **Hylant Group, Inc.**

Please [email Adam Kaufman](#) if you are interested in joining the *Executives Program*.

Liaison of the Month

Professional, thorough, energetic and informative- Andrea Houston has all the right characteristics to put Healthnetwork members at ease when visiting **Hospital for Special Surgery in New York**. Her responsiveness provides a blanket of reassurance. Thank you, Andrea, for everything that you do! We are lucky to have you as part of our team.



Interested in nominating a liaison? Please [email Rachel](#).

and world-class medical care at America's top hospitals

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