



April/May 2011



Ten Numbers You Should Know

Dr. Locke's Prescription for a Better Life

Some numbers you want to know – some you want to forget (like how old you are). Knowing your “healthy” numbers is a great way to establish baselines and determine what you may need to change to maintain optimal health. [Click here](#) to discover your essential “healthy” numbers.

Interested in taking an in-depth look at your numbers? Call us to schedule an [executive physical](#) today. 440-893-0830

In The News

[Back Pain Is A Complicated Issue](#)

Eighty percent of Americans will suffer from back pain during their lives. So, if it hasn't happened to you already, it likely will. In fact, it remains the second most popular reason for a doctor visit, just behind the common cold. Physicians from across the country, including **Cleveland Clinic**, **Mayo Clinic Arizona** and the **UCLA Pain Management Center** weigh in on this issue.

[Swedish Doctor Uses Robot to Fold Paper Airplane](#)

From prostatectomies to cholecystectomies, minimally invasive surgeries (MIS) are on the rise. The precision of the robotic surgical instruments performing MIS is just amazing. Watch as Dr. James Porter of **Swedish Medical Center** in Seattle uses the da Vinci Robot to fold a tiny paper airplane.

[Colonoscopy Still Gold Standard for Preventing Colon Cancer](#)

Colon cancer is the #2 cancer killer overall. According to **Johns Hopkins Hospital**, a colonoscopy is the test of choice for prevention, yet remains underused. Learn more about the benefits of this procedure.

[Imaging Studies and Knee Replacement Surgery: What You Need to Know](#)

Has your doctor recommended a knee replacement? It may be helpful to secure a second opinion. Helene Pavlov, M.D., FACR, Radiologist in Chief at **Hospital for Special Surgery**, discusses the importance of imaging techniques used in knee replacement procedures.



Wendy Butcher-Hammett
Boise, Idaho

Source of Comfort

When you are confronted with a scary medical situation, you wish and you hope you are at the right hospital with the right doctor. With Healthnetwork, you know you are at the right place, with the right physician.

[Read more about Wendy's experience at UCSF Medical Center in San Francisco.](#)

Healthy Cooking

Impress your guests with these [fresh spring rolls with shrimp](#), a recipe provided by the **Mayo Clinic**. They are perfect served as an appetizer at an intimate cocktail party - no silverware needed. Plus, at only 100 calories per roll, they are both delicious and nutritious!



Interested in sharing a recipe with your fellow Healthnetwork members? Post it on Facebook today.

 [join us on facebook](#)

Liaison of the Month

Shannon Ware, Healthnetwork Liaison at **Johns Hopkins Hospital in Baltimore**, consistently rises to the occasion to exceed the needs of Healthnetwork members. Her professional yet caring demeanor is often celebrated by staff and members alike. Thank you, Shannon, for everything you do!



[Click here](#) to nominate a liaison.

44022

866-968-2467 (US)

440-893-0830 (International)

help@healthnetworkfoundation.org

www.healthnetworkfoundation.org

*information, facilitated access to leading physicians and world-class
medical care at America's top hospitals*

© 2010-11 Healthnetwork Foundation. All rights reserved.