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the BEAT



Monitoring the pulse of
TTUHSC Amarillo

February 1, 2012



Walk With A Doc, Walks Into Amarillo

A regular, short walk can have positive effects on your health. Health benefits include a lower risk of heart disease, lower blood pressure and decreased stress.

To help encourage area residents to stay healthy, TTUHSC at Amarillo recently announced a new partnership with Walk With A Doc.

“Walking is a great way to get active, it’s good for your health and has been shown to help patients control their weight, blood pressure, cholesterol and diabetes as well as reduce stress levels,” said Roger Smalligan, M.D., chairman of the Department of Internal Medicine. “As clinicians we are always encouraging our patients to exercise and this is an excellent first step.”

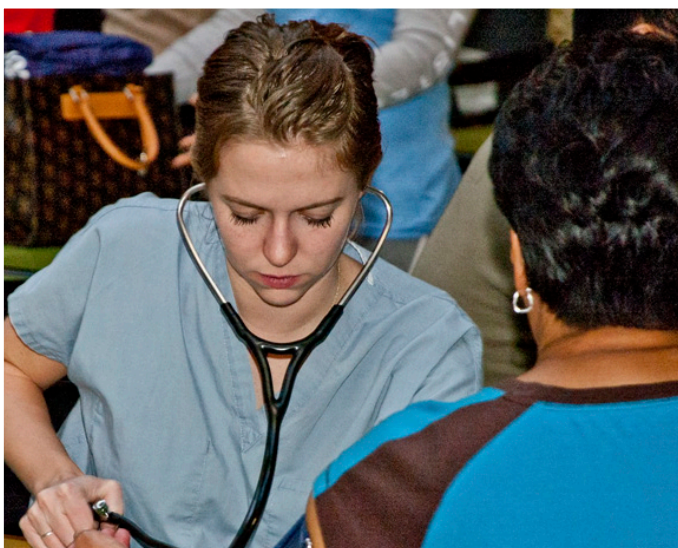


Walk With A Doc’s mission is to encourage healthy physical activity in people of all ages and reverse the consequences of a sedentary lifestyle. Three-mile walks will be held monthly, and each walk will be followed by a question and answer session on various health topics.

“I think it’s sometimes really difficult to have the motivation to exercise alone,” said third-year medical student Julie Dai. “Starting Walk with a Doc in Amarillo will be a great way for the community to really support each other in achieving and maintaining a healthy lifestyle.”

The first was Jan. 21 inside the food court at Westgate Mall. More than 50 people gathered to walk, including Mayor Paul Harpole. Medical students will host walks every Saturday at 9 a.m. inside the mall.

James Rush, M.D., will host the next walk on Feb. 25.



Photos courtesy of Dexter Harper, www.blackamarillo.com

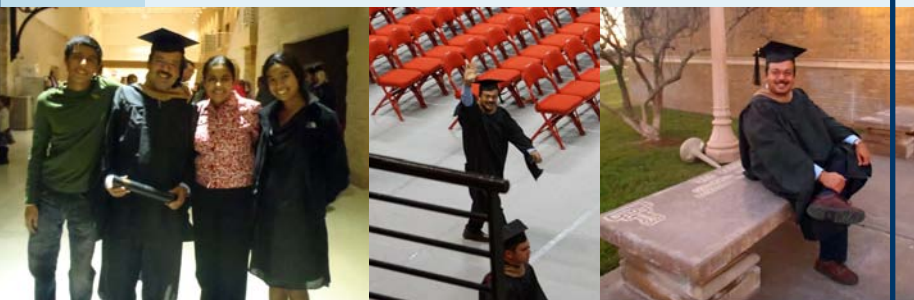


Bharat Khandheria, M.D., M.B.A., F.A.C.P., recently graduated from Texas Tech University with a Masters of Business Administration in general business with an emphasis on health care.

Khandheria returned to college because of his belief in personal growth and continually challenging oneself. He said the most interesting thing he learned was strategic thinking, operational efficiency, cost accounting and health care finance.

Khandheria said his success wouldn't have been possible without the support of his family and colleagues and encourages others to keep learning.

Khandheria is an associate professor, associate program director for the Department of Internal Medicine, and leader of adolescent medicine within the Department of Pediatrics.



General Info

Postage Increases

A reminder from General Services, the cost of postage has increased. The rate to mail a single-piece, one-ounce, first-class letter increased to \$0.45. Prices for mailing first-class postcards also increased to \$0.32

It was the first price increase for first-class mail since May 2009. For a complete list of changes [click here](#).

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**Compliance Tip*

Documentation of patients' visits must be signed before it can be billed.

Security Corner

All TTUHSC personnel are required to prominently display a TTUHSC identification badge while on campus. Guards have been instructed to ensure all personnel are in compliance with this policy to help provide a secure and safe campus.

The police department would also like to remind people not to leave valuables in vehicles. Car burglaries have increased in recent days. To report suspicious activity call (806) 679-4392.

Community Medical School



TTUHSC Amarillo hosted an evening dedicated to women's health Jan. 10.

The Center for Women's Health and Gender-Based Medicine hosted an open house, which was followed by a Community Medical School presentation.

Robert Kauffman, M.D., chairman for the Department of Obstetrics

and Gynecology, presented, "Menopause, Estrogens and the Brain." More than 70 people attended the presentation.

The last Community Medical School session in this series is scheduled for Feb. 7.

Thomas Hale, R.Ph., Ph.D., will present, "The InfantRisk Center: A Resource for Texas, America and the World."

Health screenings and exhibits will begin at 5:30 p.m., including special booths from the Texas Panhandle Poison Control Center and the Don Harrington Discovery Center. Hale's presentation will begin at 6 p.m. in the Harrington Auditorium at the School of Pharmacy.

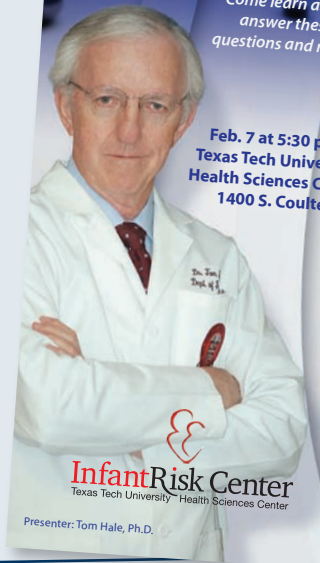
Click [here](#) to discover more on the InfantRisk Center.

The InfantRisk Center: A Resource for Texas, America and the World

- What is the InfantRisk Center and how can it help me?
- What are the dangers of prescription drugs during pregnancy?
- What is the importance of breastfeeding my child?
- What drugs are safe to take?
- What drugs should I avoid?

Come learn as we answer these questions and more!

Feb. 7 at 5:30 p.m.
Texas Tech University
Health Sciences Center
1400 S. Coulter



Campus Kudos!

The American Institute of Ultrasound in Medicine has certified the Department of Obstetrics and Gynecology for three years.



Touring the Public Art Collection:

“Man Giving Birds to the Sky”

Edward Povey

Bangor, Wales, U.K.

The large, bronze sculpture is hard to miss when walking into the building. It stands almost 8 feet tall and was created by Edward Povey. The focus of the sculpture is the human figure, the icon of all human concerns, reappearing throughout the history of art.

Searching for the universal every-man, Povey is said to be attracted to the classical sculptures of the ancient Greeks.

Texas Tech’s public art program started in 1998 and has grown into one of the best in the country. The art collection includes different forms of art such as sculpture, photographs, glass, paintings and ceramics.

Out and About



Feb. 7

Community Medical School

“InfantRisk Center: A Resource for
Texas, America and the World,”

Thomas Hale, R.Ph., Ph.D.

5:30 p.m.

1400 S. Coulter



TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™
at Amarillo

Please send any information you'd like to include in *The Beat*
to Steve Pair at steven.pair@ttuhsc.edu.