



News Release

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Texas Tech Health Check Celebrates 100th Episode *Texas Tech University Health Sciences Center President is Guest Host*

[Texas Tech Health Check](#), a podcast produced by Texas Tech University Health Sciences Center, will celebrate its 100th episode with a special hosted by TTUHSC President Lori Rice-Spearman, Ph.D. The podcast features interviews with TTUHSC experts on a variety of health topics, including mental health, chronic diseases and wellness. The 100th episode will be available June 6 at ttuhsc.edu/podcast.

The first Texas Tech Health Check episode was released in 2019 with the goal of providing access to accurate and up-to-date health information to the Lubbock community and beyond. Since then, it has become a popular resource for listeners throughout the U.S. and as far away as Australia.

“We have great cause to celebrate this significant milestone for our university,” TTUHSC President Lori Rice-Spearman, Ph.D., said. “The Texas Tech Health Check podcast creates an opportunity for listeners to learn from our experts in an engaging way. Each episode gives you a front-row seat to the conversation, which focuses on topics that provide timely reminders of health care information we all need and highlights the innovative approaches we take to deliver the best care.”

The 100th episode features guests Ron Cook, D.O., MBA, TTUHSC chief health officer and chair of the Department of Family and Community Medicine; Sherry Sancibrian, Grover E. Murray Professor and associate dean for accreditation for the School of Health Professions; Brandt Schneider, Ph.D., dean of the Graduate School of Biomedical Sciences; Charles Seifert, Pharm.D., regional dean for the Jerry H. Hodge School of Pharmacy; and Amanda Veasart, Ph.D., R.N., associate dean for the School of Nursing. The guests will reflect on challenges the university faced in the past two years, looking ahead at the future of health care and education while making mental health a priority.

Some of the most popular episodes were: “Vaccines: A Primer,” “Weight Management,” “Día de los Muertos and How We Grieve,” “Checking in With Your Child Now That School is in Session” and “Why We Like or Hate Being Scared.” Listeners also couldn’t get enough of these topics: managing mental health and stress, allergies, dermatology, heart disease and medication safety. Other topics covered in the past include: aphasia, brain injuries, hiking, cystic fibrosis, managing PTSD, human trafficking, healthy aging, gambling addiction, domestic abuse, family medical history and directives and hearing loss.

Texas Tech Health Check is written and produced by the TTUHSC Office of Communications and Marketing media relations team. It is available on a variety of platforms, including Apple Podcasts, Spotify and Google Podcasts. The podcast also is available on the [TTUHSC website](#).