



lifeenergy

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Kidney Disease Screenings Offered in March

By *Meryem Tuncel Kara, M.D.* | Texas Tech Physicians of Lubbock

Chronic kidney disease (CKD) affects more than 26 million Americans. Millions of others are at increased risk, but aren't aware of the disease. Efforts are under way to fight these numbers.

World Kidney Day, March 12, is sponsored by the National Kidney Foundation and includes a free kidney screening at the Hodges Community Center, 4011 University, 11 a.m. – 3 p.m. Appointments are scheduled through the National Kidney Foundation, 799-7753.

The free screening is provided for those at a high risk for kidney disease—patients with high blood pressure, diabetes or a family history of kidney disease.

CKD is a structural or functional kidney abnormality that lasts for at least three months, or a chronic and significant decrease in kidney function. The kidneys remove wastes and excess water from the blood, which are then combined to form urine. In addition to their filtering

function, the kidneys secrete hormones to regulate bodily functions, including blood pressure, production of red blood cells and maintenance of healthy bones.

The highest risk groups for CKD are people with diabetes, hypertension and family history of kidney disease. Early detection can help prevent the progression of kidney disease to kidney failure, but gradual decline in kidney function does not usually cause symptoms or signs until the level of kidney function is severely impaired. The problem is often discovered when blood or urine tests are done for other reasons.

With advanced kidney dysfunction, patients may develop edema (swelling of the feet, ankle, or legs), high blood pressure, blood chemistry abnormalities, anemia (a decrease in red blood cells, which can cause fatigue and other symptoms) and bone disease. Patients with the most severe levels of kidney failure have a group of symptoms such as loss of appetite, nausea, vomiting, swelling around the heart, nerve problems, and changes in mental status including drowsiness, seizures or coma.



Meryem Tuncel Kara, M.D., is nephrologist with Texas Tech Physicians of Lubbock. For more information on kidney disease or to schedule an appointment, please call 743-3150.

New International Pain Center to Bring nationally and Internationally Recognized Pain Treatment and Research to Area



International Pain Center ribbon-cutting ceremony: Kent Hance, chancellor, Texas Tech University System; John Baldwin, M.D., president, TTUHSC; Gabor Racz, M.D., International Pain Center; Mike Ellicot, vice chancellor, TTU System; and Steven Berk, M.D., dean, TTUHSC School of Medicine

The new Texas Tech Physicians of Lubbock – International Pain Center opened in December, providing state-of-the-art care for patients with pain-related conditions. Adjacent to the Texas Tech Physicians Medical Pavilion at 3601 4th Street, the center is a 12,700-square-foot health care facility with nine exam rooms, two procedures suites, two operating rooms, nurses' stations, preceptor spaces, consultation space, clinical operations support spaces and staff offices.

This center has accomplished an international reputation for pain management and research because of the work of the faculty led by Mark Boswell, M.D., chairman and Gabor B. Racz, M.D., professor and chairman emeritus of the Department of Anesthesiology.

Racz was the first chairman of the Department of Anesthesiology in 1977. Racz and colleagues have been involved in pain treatment techniques resulting in treating, without additional surgery, patients suffering from failed back and neck surgery and spinal stenosis, a radiating pain originating from the spine.

Construction of the center was made possible in part by a generous contribution by the Messer family made in honor of Gene and Carlene Messer, longtime residents of Lubbock and supporters of Texas Tech.

Medical Staff

Mark V. Boswell, M.D., Ph.D., chairman and director of the International Pain Center
Acute and chronic pain, cancer pain, neuropathic pain, spinal pain, acupuncture, hospice and palliative care

Gabor Racz, M.D., chairman emeritus
Chronic spinal pain, nerve entrapments and pain after spinal surgery

Miles R. Day, M.D., director, Pain Fellowship and chief medical officer for the Surgical Center for Pain Management
Facial pain, spinal pain and neuromodulation

Rafael Justiz, M.D., Acute and chronic pain, spinal pain and vertebral compression fracture pain

Ralph Nussbaum, D.O., Acute and chronic pain and musculoskeletal pain

Robert Johnston, M.D., Acute and chronic pain, hospice and palliative care

Texas Tech Physicians – International Pain Center
3601 4th | 806-743-7246

Texas Tech Physicians of Lubbock

www.texastechphysicians.com

General Information 743-INFO(4636)
Physician Referral 743-1998

Primary Care

Family Medicine
Family Physicians, Pavilion 743-1177
Family Medicine, Pavilion 743-2757
Grand Expectations 761-0616

Internal Medicine
Pavilion 743-3150

Obstetrics/Gynecology
Pavilion 743-2340
Southwest, Healthpoint 796-8537
Grand Expectations, 2602 Ave. Q 747-1780
Center for Perinatal Medicine, Medical Office Plaza 761-0770

Pediatrics
Pavilion 743-7337
Medical Office Plaza 743-1188
Southwest 743-7800

Specialty Care (may require a referral)

Dermatology
TTUHSC 743-1842

Internal Medicine, Pavilion 743-3150
Cardiology
Endocrinology
Gastroenterology
Geriatrics
Infectious Diseases
Nephrology
Pulmonology
Rheumatology
Urgent Care 775-8600

Hematology/Oncology, Cancer Center 775-8600
Neurology, TTUHSC 743-2391
Psychiatry, TTUHSC 743-2800

Obstetrics/Gynecology
Fertility and Reproductive Surgery, Medical Office Plaza 743-4256

Ophthalmology
TTUHSC 743-2020
Laser Institute, Southwest 743-7777
Southwest, 4505 82nd 798-7244

Orthopaedics
Children's Orthopaedic Center, Pavilion 743-4263
Foot and Ankle Center, Pavilion 743-4263
Orthopaedic Center Pavilion 743-4263
Southwest 743-7888

Pain Management
International Pain Institute, Pavilion 743-7246

Pathology
Anatomic, TTUHSC 743-2155
Clinical, TTUHSC 743-2124

Pediatrics
Endocrinology, genetics, infectious diseases, nephrology, pulmonology, obesity, neurology, developmental, high risk, Pavilion 743-7337
Southwest 743-7800
Cardiology, Pavilion 743-1540
Hematology/oncology, Cancer Center 775-8600

Surgery, Pavilion
General 743-2373
ENT (ears, nose, throat) 743-4115
Vascular 743-2373
Oncology 743-2373

Urology, TTUHSC 743-1810

Locations

Healthpoint 4004 82nd Street
Medical Office Plaza 3502 9th Street (East of University Medical Center)

Southwest Quaker and S.Loop 289
SW Cancer Center 602 Indiana (West side of UMC)
Texas Tech Physicians Medical Pavilion 3601 4th Street
TTUHSC 3601 4th Street
International Pain Center 3601 4th Street



Craig Bradley, M.D.
Family medicine, obstetrics
743-1177



Joaquin Lado, M.D.
Internal medicine-
endocrinology
743-3150



Frederick Onger, M.D.
Family medicine, obstetrics
743-1177



Victoria Fernando, M.D.
Family medicine, obstetrics
743-1177



Rebecca McDonald, M.D.
Internal medicine
743-3150



Alejandro Perez-Verdia, M.D.
Internal medicine, cardiac
electrophysiology
743-9355



Jamie Haynes, M.D.
Family medicine, obstetrics
743-1177



Neha Mittal, M.D.
Internal medicine
743-3150



John Whitham, D.O.
Family medicine
743-1177

New Texas Tech Physicians

Research Update

Facts about female factors

by Beverly Chilton, Ph.D.



function. Chilton's molecular endocrinology lab focuses on the importance of a particular transcription factor, RUSH/SMARCA3/HLTF, in the cross-talk between the female hormones, progesterone and prolactin in regulating gene expression.

The human genome cloning initiative has revealed that humans comprise 25,000 to 40,000 genes, which in turn comprise modules assembled into different yet related "alternatively spliced" products. Disease states in the female reproductive tract result from mutations made during the assembly events. Chilton and her team are working to provide basic facts about the alternatively spliced RUSH/SMARCA3/HLTF transcription factors and their importance to reproductive health.

Beverly Chilton, Ph.D., is regional director of the Laura W. Bush Institute for Women's Health at Lubbock and is professor of cell biology and biochemistry in the Graduate School of Biomedical Sciences. Her research has been funded for 25 years by the National Institutes of Health.



Dr. Chilton

Women do not need reproductive tracts to survive, but the human race does. In the United States, ovarian cancer is the fifth most common cancer, and women diagnosed with this disease usually die within five years. Additionally, infertility affects 11 percent of all women of reproductive age. Time lost from work and related medical treatments cost society in excess of \$2 billion annually.

We are studying how proteins, gene products known as transcription factors, regulate the expression of target genes in the female reproductive tract leading to normal and abnormal

Calendar

March 2, 10, 17, 24, 5:30 p.m.

*Community Medical School
Academic Classroom Building, Room 100
4th and Indiana (west side of campus)*

Call 743-2008 for a list of lecturers and topics or go to www.ttuhschool.edu/cms

**March 12, 11 a.m. – 3 p.m.,
Hodges Community Center**

*4101 University
Free kidney disease screening from the
National Kidney Foundation*

For appointments, call 799-7753

See story page 1

The Patient Transport team



The Patient Transport team stands ready to shuttle patients from their cars to the Pavilion or HSC building. Team members will also valet park patient vehicles.

Team members include (from left) Benny Garcia, David Kilgore, Rick Kirkpatrick, Keith Ellis and Joe Juarez. Call 743-4636 for more information.