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ISSUE

FEBRUARY 2008



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## Red Raider Reader Program Celebrate 10 Years



Leslie Miles, Red Raider Reader volunteer at storytime

What do Winnie the Pooh, Texas Tech Mascot Raider Red and Laura Bush have in common?

They each were instrumental in celebrating past milestones of Red Raider Readers, a pediatric literacy program of the Texas Tech Physicians–Pediatrics, which officially launched 10 years ago this month.

One of more than 3,500 sites associated with the national Reach Out and Read organization, Red Raider Readers gives health care providers a chance to look beyond disease or illness and incorporate developmental markers such as literacy into well-child exams.

Pediatric patients, age 6 months to 6 years, and their parents routinely leave regular well-child appointments with at least one prescription: open a book together and read. Health care providers fill these prescriptions in the exam room by talking to parents about the importance of reading to their children and giving new, developmentally and age-appropriate books to the children. In the clinic's lobby, volunteers read to children, modeling for parents who may or may not know good techniques for reading with their children.

Since its inception, Red Raider Readers has distributed more than 6,000 books a year, many of which are donated. <http://www.reachoutandread.org/index.aspx>

by Danette Baker, TTUHSC Communications & Marketing

# Starting a Healthy New Year!

by Kathryn Chauncey, Ph.D, Family & Community Medicine

New Year Resolutions.... don't you love them. As much as we look forward to the holidays and the crescendo of activities it brings at the end of the year, we also look forward to getting back to normal. The beginning of the year is the beginning of renewal for most of us, including making resolutions involving self improvement. Lose weight, become more active, be nicer to co-workers, control anger, volunteer—these are just a few of the improvements we attempt. It is good to take stock of ourselves and see where we can improve. But let's pause and think a minute. Isn't this where we were last year? Didn't we say last year we were going to lose weight? Do we weigh any less? What happened to our great resolve? Are we going about losing weight this year the same way we did last year?

Maybe it's time to analyze your strategy. Have you set yourself up for failure by setting unrealistic goals? Instead of planning to lose 50 pounds, plan to start walking 30 minutes 5 times per week. Concentrate on the process instead of the outcome.

Set specific goals and monitor your progress throughout the year. For example, Spring Break, 4th of July, and Columbus Day (Oct. 13) are appropriate checkpoints to evaluate your progress.

Don't buy in to the belief that few people succeed at weight loss. The National Weight Control Registry (NWCR) ([www.nwcr.ws](http://www.nwcr.ws)) tracks individuals who lost 30 or more pounds and kept it off for one or more years. To date they are following more than 5,000 successful losers who have lost an average of 66 pounds and kept it off for 5.5 years. Ninety-eight percent of participants report that they modified their food intake in some way to lose weight and 94 percent increased their physical activity. The most frequently reported activity was walking. Other participant characteristics were:

78% eat breakfast every day

75% weigh themselves at least once a week

62% watch less than 10 hours of television per week

90% exercise an average of one hour per day

Improve your diet by eating lean protein, low-fat dairy, fruit, veggies, whole grains, and plant oils. Check out family medicine's wellness feature on the "Whole Foods Weight Loss Eating Plan" at: [www.texastechphysicians.com](http://www.texastechphysicians.com). Start your weight loss plan with a check-up from your family physician and registered dietitian.

This time next year, celebrate your success and maintain your progress!

## NIH grant supports vaccine study to combat schistosomiasis

The World Health Organization estimates 200 million people are infected with schistosomiasis, a parasitic disease contracted when humans come into contact with freshwater lakes or rivers containing snails infected with schistosome larvae.

Schistosome larvae first attach themselves to snails until they reach maturity, then move on to larger hosts such as humans. Afzal Siddiqui, Ph.D., in collaboration with Ronald Kennedy, Ph.D., both researchers with Texas Tech University Health Sciences Center, has identified a new protein in schistosomes that has been shown to stimulate an immune response in mammals. Using this research, Siddiqui developed a vaccine based on the protein's subunit, designated Sm-p80, that could possibly prevent thousands of deaths each year caused by schistosomiasis.

"Presently, there is no vaccine for controlling this disease," he said. "Therefore, a vaccine would make a great impact on the existing means of disease control, especially if it provides an effective, long-term immunity against the infection."

With a \$1.6 million NIH grant, the researchers began testing in non-human primates to determine the preventative and therapeutic effectiveness of the vaccine. Approximately 600 million people in countries with poor sanitation and infected water are at risk of contracting the disease.

Afzal A. Siddiqui, Ph.D., is an associate professor of microbiology and immunology in the Graduate School of Biomedical Sciences. Ronald Kennedy, Ph.D., is professor of microbiology and immunology and department chair.

*by Danette Baker, TTUHSC Communications & Marketing*

## Texas Tech Physicians Staff Update



Samuel Campbell, MD  
Vascular Surgery  
743-2373



Patricia Aristimuno, MD  
Internal Medicine  
Nephrology  
743-3150

## Enhancing Your Visual Performance



Lasers and eyes are fast becoming friends in the world of today's medical treatment for nearsightedness. Laser eye surgery has grown in the last decade in popularity and in better technique.

And top-of-the line treatment is available at the Texas Tech Physician Laser Vision Institute, 6630 Quaker.

Doctors. David McCartney, Clint Gregg, David Lamberts, James Boop and Kelly Frasier are specially trained ophthalmologists who perform the LADARVision Excimer Laser treatment from across West Texas and eastern New Mexico.

With this procedure, the laser reshapes the cornea, removing corneal tissue smaller than the width of a single human hair. This usually takes less than one minute of actual laser time. The entire procedure only takes about 15 minutes per eye and is relatively painless. Most patients are able to return to work within 48 hours and visual recovery is usually complete within just few days.

Good candidates for the procedure are at least 21 years old, have a stable prescription for glasses or contact lenses one year prior to surgery, are free of certain diseases of the cornea or retina, have realistic expectations about the outcome of the treatment and, as with any procedure, understand that complications may occur.

The physicians of the Laser Eye Institute invite you to find out more about this exciting, state-of-the-art procedure. Schedule a free consultation and determine whether you are a good candidate to enjoy freedom from glasses and contact lenses by calling for an appointment at 743-7777.

## Friendly Phone Numbers

Texas Tech Physicians  
General Information 743-INFO  
Physician Referral 743-1998  
Customer Service Team 743-2898

## Calendar

February 27th  
4:00pm  
Garrison Lectures on Healthy Aging  
TTUHSC Room 2C103  
"Exercise to Prevent Falls and  
Improve Balance"  
Larry Sava, UMC Seniors are Special

# Construction Update

Construction continues on the Health Sciences Center campus as crews work to complete the Messer-Racz International Pain Center adjacent to the Texas Tech Physicians Medical Pavilion at 4th and Indiana. Completion is scheduled for summer 2008.

The 12,700 square foot building will house the Pain Center and a two-suite ambulatory surgery center. In addition to Health Sciences Center funding, Gene and Carlene Messer donated funding for the center to honor Gabor Racz, M.D., world-renown



pain specialist and a member of the TTUHSCSOM faculty.

The Pain Center currently sees patients at their clinic at Quaker and the S. Loop.

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