



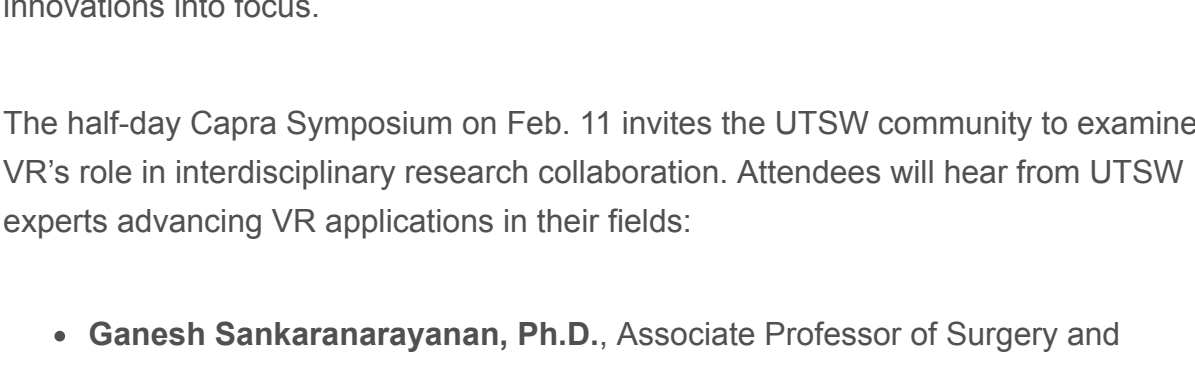
Recognizing the excellence and impact of UTSW educators

The Southwestern Academy of Teachers (SWAT) invites the UT Southwestern community to **Celebrating Excellence in Education**, an expanded and reenvisioned program that builds on the Academy's annual award celebration.

This special ceremony will recognize the 2025 recipients of [Distinguished Educator Awards](#) and [Outstanding Educator Awards](#), honoring faculty whose dedication has shaped teaching and learning across the institution. **Outstanding Educator Awards** celebrate exemplary teaching within UTSW's four schools, while **Distinguished Educator Awards** acknowledge individuals whose influence on education has made a lasting impact over the course of their careers.

A special addition to this year's ceremony is the development of the **Celebrating Excellence in Education** display, a new art installation honoring current and past award recipients and their lasting contributions to teaching excellence.

- **Date:** March 5
- **Time:** 4:30-6 p.m., reception to follow
- **Location:** McDermott Lecture Halls, D1600

[Get the details and register](#)


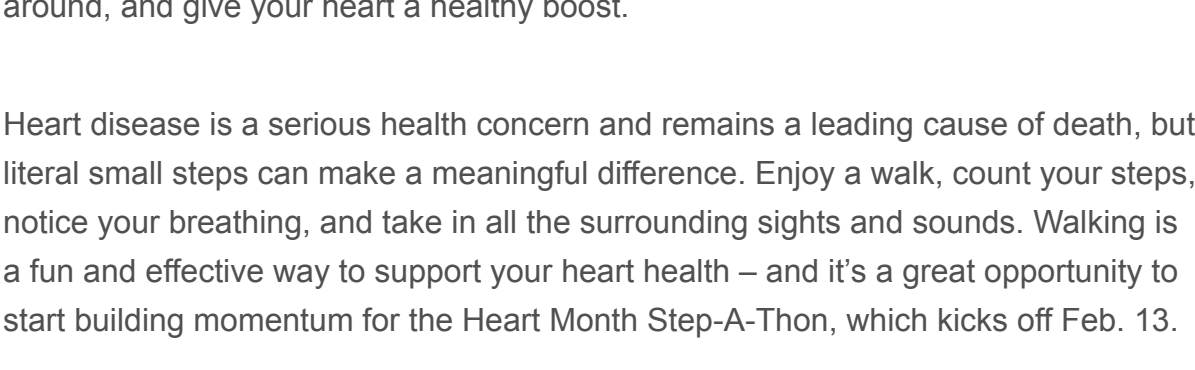
Exploring how virtual reality can enhance health care and education

Virtual reality (VR) is opening new possibilities for clinical training, surgical skill development, and patient care, and this year's Capra Symposium will bring those innovations into focus.

The half-day Capra Symposium on Feb. 11 invites the UTSW community to examine VR's role in interdisciplinary research collaboration. Attendees will hear from UTSW experts advancing VR applications in their fields:

- **Ganesh Sankaranarayanan, Ph.D.**, Associate Professor of Surgery and Biomedical Engineering and co-Director of the Center for Assessment of Surgical Proficiency, who will present "Transforming Surgical Education Through Virtual Reality: From Simulation to Skill Transfer"
- **Omaira Azizad, M.D., FASA**, Associate Professor of Anesthesiology & Pain Management, who will present "Future of Perioperative Care: Is There a Role for Virtual Reality?"
- **Traci Tiemann Betts, PT, D.P.T.**, Applied Clinical Research 2024-2025 Interdisciplinary Grant Program awardee, who will present "Effects of Immersive Virtual Reality on Exercise Physiology and Satisfaction in Patients at Risk for Heart Failure With Preserved Ejection Fraction: A Pilot Protocol"

The Capra Symposium is presented annually by the UTSW School of Health Professions and sponsored by an endowment from the Patricia H. and J. Donald Capra family. The continued support of the Capra family has been seminal to the scientific exchanges of School of Health Professions faculty.

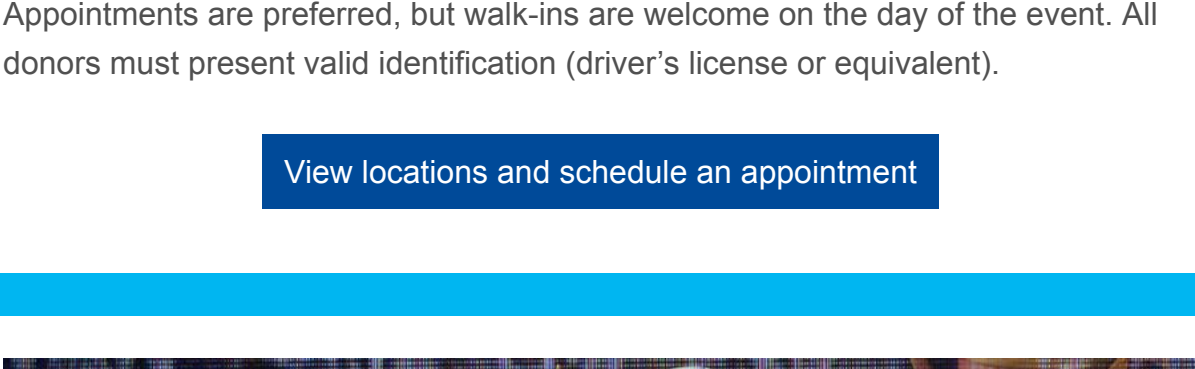
[Find the Capra Symposium details](#)


Take 10: Love your heart

During [Heart Month](#), our Human Resources Employee Wellness team encourages you to take **10 minutes on Feb. 10** to show your heart some love: Get up, move around, and give your heart a healthy boost.

Heart disease is a serious health concern and remains a leading cause of death, but literal small steps can make a meaningful difference. Enjoy a walk, count your steps, notice your breathing, and take in all the surrounding sights and sounds. Walking is a fun and effective way to support your heart health – and it's a great opportunity to start building momentum for the Heart Month Step-A-Thon, which kicks off Feb. 13.

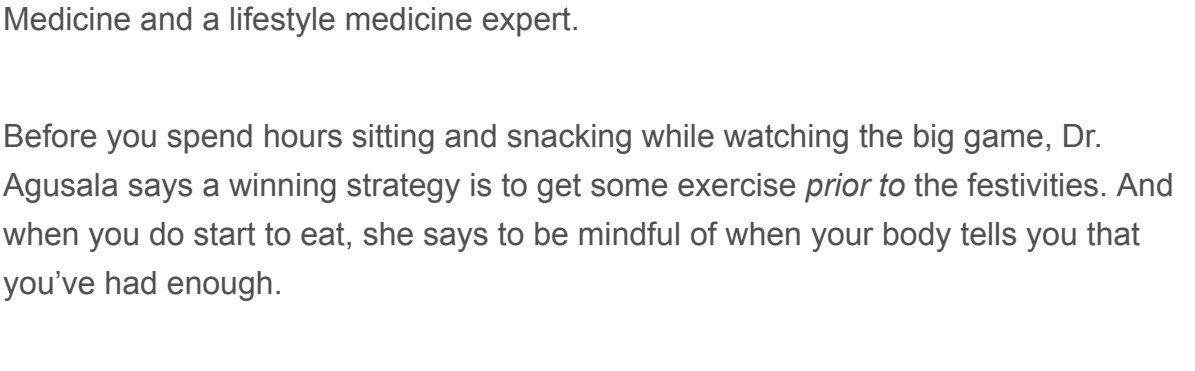
So, on Feb. 10, remember to take 10 minutes for your health, and walk toward a healthier future!

[More Heart Month happenings](#)


Lend a lifesaving hand

Please consider donating much-needed blood to help save lives in North Texas on Feb. 12 at various locations across campus. Donors will receive a Carter BloodCare 75th anniversary sweatshirt (while supplies last).

Appointments are preferred, but walk-ins are welcome on the day of the event. All donors must present valid identification (driver's license or equivalent).

[View locations and schedule an appointment](#)


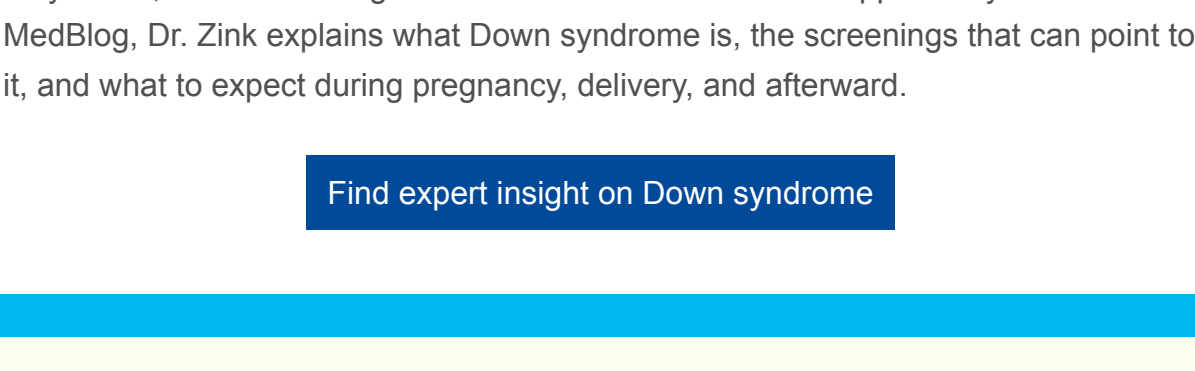
Score healthy habits this Super Bowl Sunday

If you're planning to join family or friends to watch Super Bowl LX on Feb. 8 but want to uphold your New Year's resolutions to eat better and get more exercise, consider the advice of **Bethany Agusala, M.D.**, an Assistant Professor of Internal Medicine and a lifestyle medicine expert.

Before you spend hours sitting and snacking while watching the big game, Dr. Agusala says a winning strategy is to get some exercise *prior* to the festivities. And when you do start to eat, she says to be mindful of when your body tells you that you've had enough.

"It takes about 20 minutes for your stomach to realize it's full and tell your brain it's time to stop eating," Dr. Agusala says. "If you're eating more slowly, that can help. But you have to listen to those signals and be in tune with your body."

It's OK to deviate from normal healthy eating habits and enjoy some delicious foods without feeling guilty, she adds, as long as you pace yourself and don't overindulge.

[Get more tips to stay on track](#)


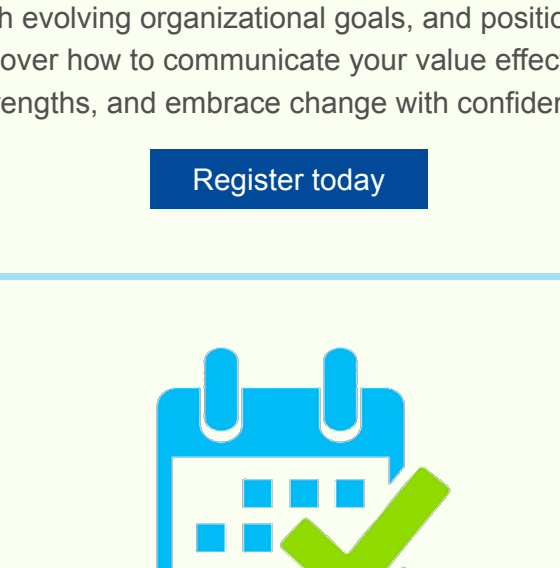
Understanding Down syndrome in pregnancy

A screening result or ultrasound can sometimes raise the suspicion of Down syndrome – a moment that often brings big questions about what comes next. Down syndrome is just one part of a child's story, and learning about it early can help families prepare for the path ahead.

Ashley Zink, M.D., Clinical Professor of Obstetrics and Gynecology, regularly guides families through this chapter, helping them understand what the diagnosis may mean, and connecting them with the information and support they need. In her MedBlog, Dr. Zink explains what Down syndrome is, the screenings that can point to it, and what to expect during pregnancy, delivery, and afterward.

[Find expert insight on Down syndrome](#)

Insider Guide



CORE SHOWCASE SERIES

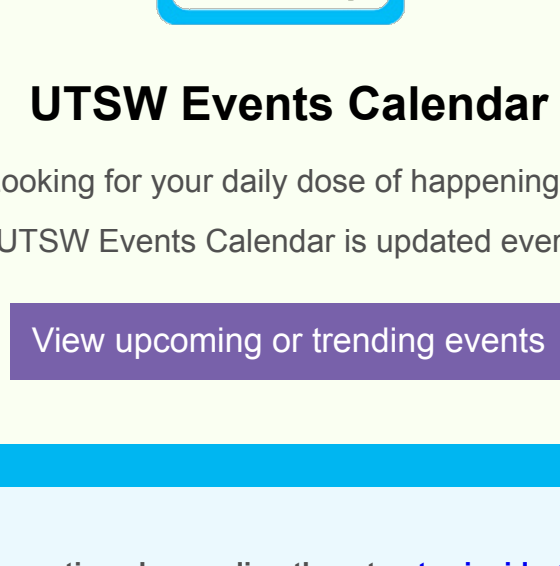
Core Showcase Series

Noon-1 p.m., Feb. 5

T. Boone Pickens Medical Education & Conference Center, NG3.112

Curious about the cutting-edge tools driving research across campus? This new series offers an inside look at the technologies and services available through campus core facilities. Hear from directors of the Macromolecular Biophysics Resource, Proteomics Core, and Cryo-Electron Microscopy Facility.

[Learn more](#)



Asian-Pacific Islander Alliance
BUSINESS RESOURCE GROUP

VIRTUAL LUNCH & LEARN

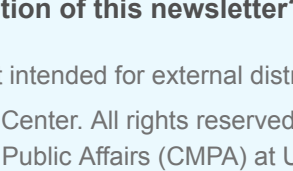
Asian-Pacific Islander Alliance BRG Lunch and Learn

Noon-1 p.m., Feb. 10

Virtual

Join the Asian-Pacific Islander Alliance Business Resource Group for an interactive event where you will explore practical strategies to redefine your professional identity, align your personal brand with evolving organizational goals, and position yourself for future opportunities. Discover how to communicate your value effectively, leverage your strengths, and embrace change with confidence.

[Register today](#)



UTSW Events Calendar

Looking for your daily dose of happenings?

The UTSW Events Calendar is updated every day.

[View upcoming or trending events](#)

Share your *Insider* suggestions by sending them to utswinsider@utsouthwestern.edu. Looking for an item in a past edition of this newsletter? Check out our [Insider archive](#).

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