



New songs to keep the (heart)beat during CPR

In emergencies such as cardiac arrest, when the heart stops suddenly and blood flow is halted, knowing how to do hands-only CPR can be lifesaving. That's why medical instructors have long relied on the Bee Gees' hit "Stayin' Alive" to train others.

With 104 beats per minute (BPM), this '70s classic is the perfect choice to set the tempo for performing chest compressions, which should be between 100 to 120 BPM. But as the track approaches 50 years old, it may not be an effective aid for younger generations – a potentially serious impediment during cardiac arrest.

"Even a basic understanding of hands-only CPR can make a difference," said **Anezi Uzendu, M.D.**, Assistant Professor of Internal Medicine, who shared his personal experience of how it helped save his life. In a new MedBlog, Dr. Uzendu offers some newer song suggestions, along with other useful CPR tips.

[Read the MedBlog](#)



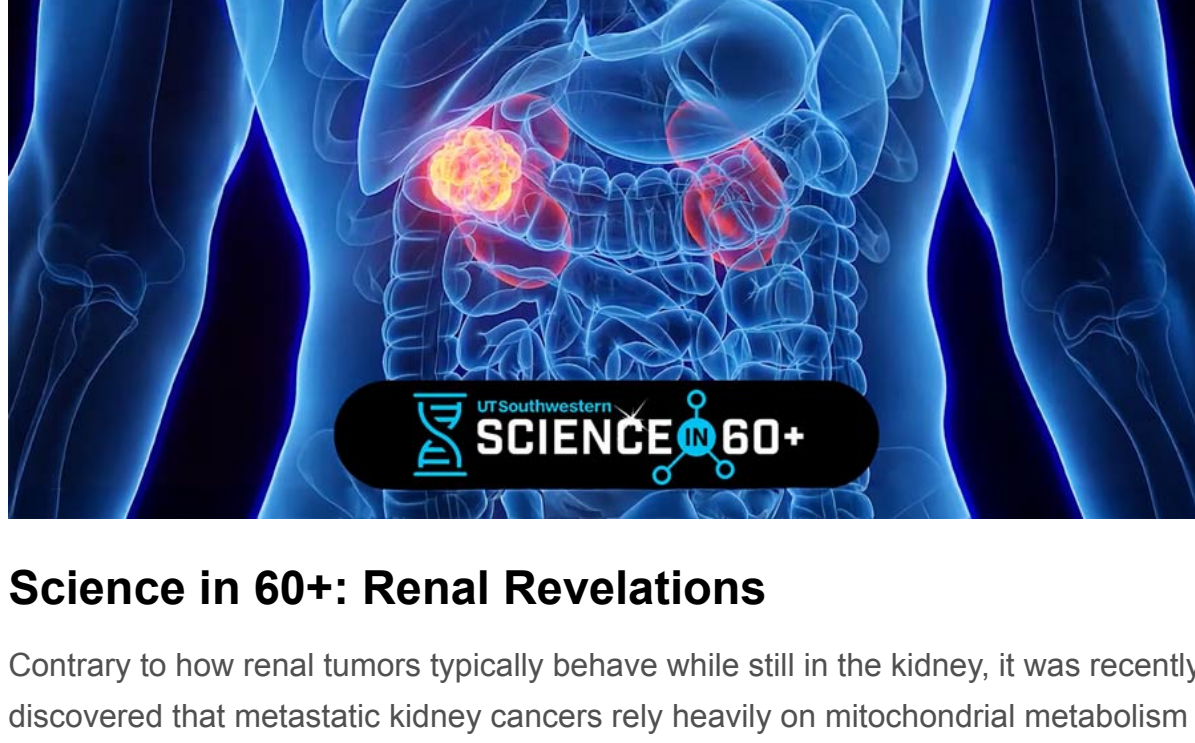
UTSW leader wins prestigious 2025 NIRSA Honor Award

Congratulations to **Suzette "Suzy" Smith**, who received the [2025 NIRSA Honor Award](#), the National Intramural-Recreational Sports Association's (NIRSA) highest honor, which is presented annually to a leader in collegiate recreation. As Director of Student Life at the Bryan Williams, M.D. Student Center, Ms. Smith has inspired countless students during her 35 years of UTSW service.

"I am completely overwhelmed to receive this award," Ms. Smith said. "I feel fortunate for the support I receive from UTSW that allows me to be active in the organization, build a strong foundation for networking, and enhance programs for students."

Learn more about Ms. Smith and her award in [Center Times Plus](#).

Check out other [awards and honors stories](#) to learn who else at UTSW is being recognized!



Science in 60+: Renal Revelations

Contrary to how renal tumors typically behave while still in the kidney, it was recently discovered that metastatic kidney cancers rely heavily on mitochondrial metabolism to spread beyond the kidney.

More than 80 patients from UTSW were [studied](#) to understand how these cancers use sugar and other nutrients from the blood. This discovery opens up possibilities for developing new treatments that specifically target the unique metabolic pathways of metastatic kidney cancer by disrupting mitochondrial function.

Learn more in the new "Science in 60+" video, featuring **Ralph DeBerardinis, M.D., Ph.D.**, Director of the Eugene McDermott Center for Human Growth and Development and a Professor in Children's Medical Center Research Institute at UTSW.

[Watch the video](#)



Hit your stride with the Southwestern Running Club

Looking for a fun way to stay active and connect with fellow UTSW colleagues? The Southwestern Running Club is open to UTSW faculty, staff, learners, and trainees of all backgrounds and abilities. Whether you're training for a race, jogging for fun, or just getting started, you're welcome to participate in the club's weekly social runs and walks.

Meetups are held throughout the week:

- Mondays: 5:30 p.m. in front of the Bryan Williams, M.D. Student Center
- Tuesdays: 6 a.m. and 6 p.m. at Germany Park
- Wednesdays: 6 a.m. in front of Luke's Locker on Mockingbird Lane or 5:30 p.m. in front of the Reverchon Recreation Center to walk the Katy Trail
- Thursdays: 6 p.m. at Union Coffee in Oak Lawn

Connect with the club on [Facebook](#) and email allison.kuehn@utsouthwestern.edu or travis.dowd@utsouthwestern.edu with questions.

Insider Guide



Mobile mammography: 15 minutes could save your life

8 a.m.-3 p.m., March 19

Outpatient Building (WA)

UT Southwestern's Harold C. Simmons Comprehensive Cancer Center's mobile mammography unit will be on campus offering 3D screening mammograms to all faculty, staff, and learners. Don't miss the chance to prioritize your health – early detection is key when it comes to breast cancer. Annual screenings are recommended for women beginning at age 40.

To secure your spot, preregister by calling 214-645-2560.

[Details](#)



Writing Workshops "Conference Posters & Oral Presentations"

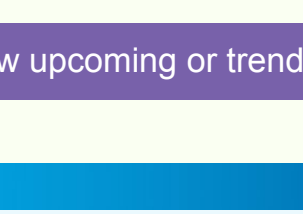
4-5:30 p.m., March 20

Virtual

Susan Marriott, Ph.D., President of BioScience Writers, Professor of Molecular Virology and Microbiology at Baylor College of Medicine, will cover key strategies and techniques for effective oral and visual communication of scientific topics.

The session is sponsored by the Clinical and Translational Science Award Program (CTSA).

[Details](#)



UTSW Events Calendar

Looking for your daily dose of happenings?
The UTSW Events Calendar is updated every day.

[Click to view upcoming or trending events](#)