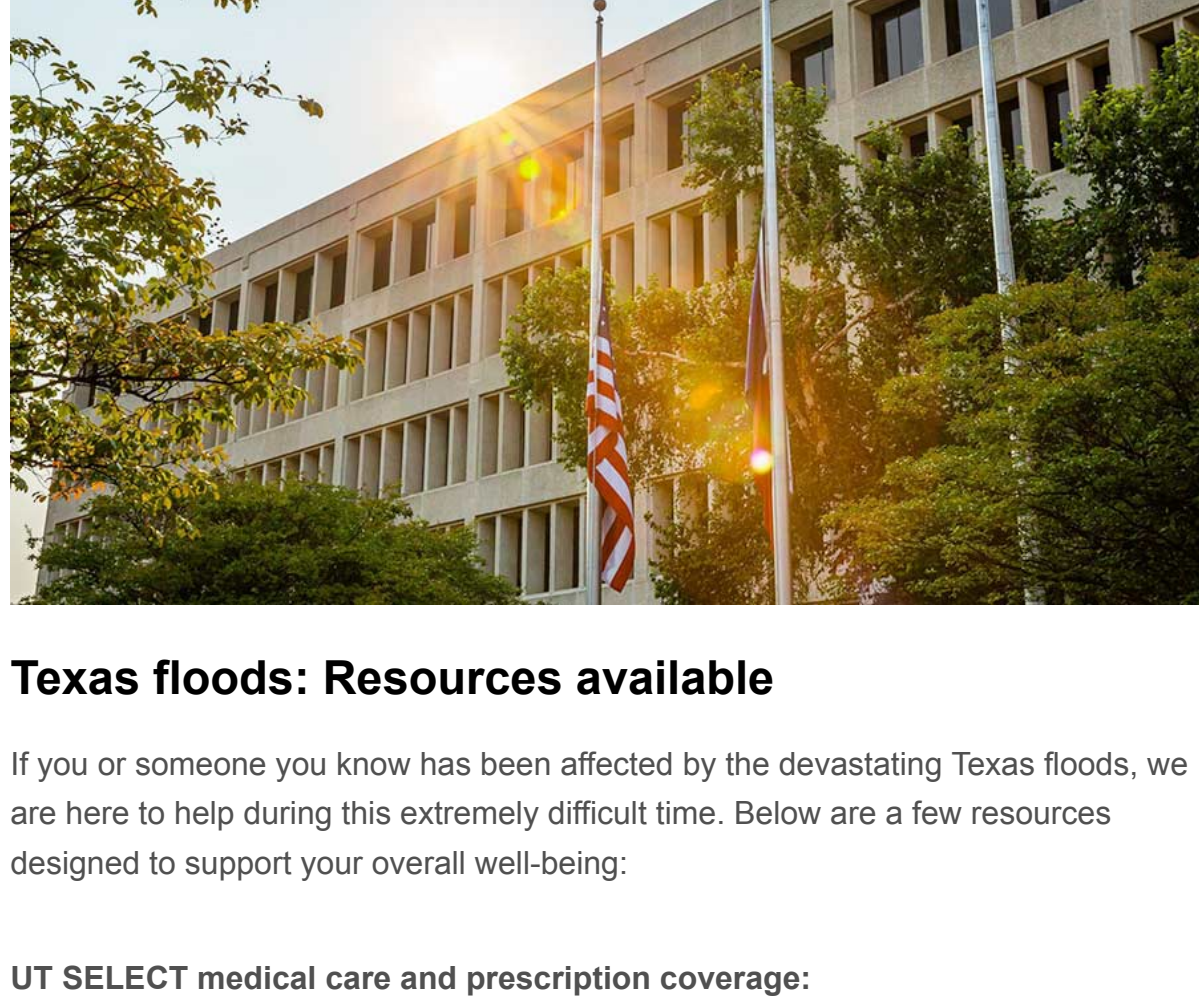




Texas floods: Resources available

If you or someone you know has been affected by the devastating Texas floods, we are here to help during this extremely difficult time. Below are a few resources designed to support your overall well-being:

UT SELECT medical care and prescription coverage:

- **Blue Cross Blue Shield:** [Your UT Health Advocate at BCBS](#) (866-882-2034) can assist with ongoing medical needs, food insecurity, and other resources, whether related to the flooding or not.
- **Express Scripts:** Call the team directly (800-818-0155) for assistance with prescription refills.

Headspace:

- [Texas flood support resources](#)
- For immediate support, call the 24/7 Employee Support line at 855-420-0734 for crisis assistance, therapy referrals, or to speak with a specialist for work-life and relief resources.

Resources for children:

- Headspace: [Helping Children Cope with Emergencies](#) and [Caring for Children in a Disaster](#)
- The [Texas Child Mental Health Care Consortium](#) (TCMHCC) provides mental health care and support for Texas children and adolescents. That includes providing guidance to pediatricians and schools.
- MedBlog: [Expert advice on talking to your kids about traumatic events](#)

UT System Office of Employee Benefits: A compilation of [additional resources](#) that may be helpful.

Note: If you know someone who is uninsured, please share that mental health services are available through their [local mental health authority](#).

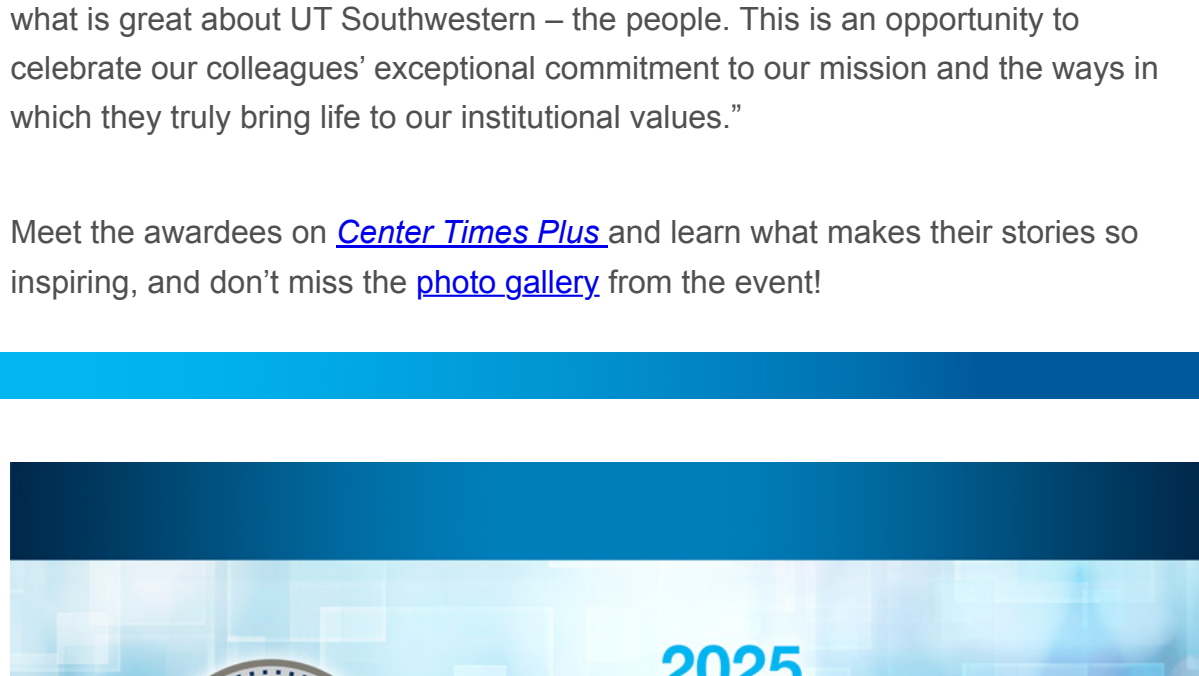
If you have additional questions or need support, please reach out to our Human Resources team via [email](#) or by phone at 214-648-9810.

A note about fundraising activities

We understand that many of you are eager to support the flood victims through donations of time or money. Your compassion is deeply appreciated. We would like to remind the campus community of the policies outlined in [FSS-102: Solicitation](#). Specifically, employees should not:

- Request or require individuals to donate or contribute funds
- Collect items to raise funds for outside organizations
- Solicit donations to outside organizations or other employees (e.g., GoFundMe)
- Instruct donors to send gifts directly to an employee

Thank you for your understanding and for continuing to uphold our institutional policies while supporting those in need.



Photos, video, and more: Celebrating the people who power UTSW

Six extraordinary UT Southwestern employees were recently recognized at the first-ever Pinnacle Awards ceremony, held June 17. These honorees exemplify the very best of UTSW's values – excellence, innovation, teamwork, and compassion – through their remarkable contributions and unwavering dedication.

From mentoring thousands of new hires to pioneering safer imaging practices, each awardee has made a lasting impact on our institution and community.

During the ceremony, UT Southwestern President **Daniel K. Podolsky, M.D.**, remarked: "It's wonderful to feel the energy in this room. We are here to celebrate what is great about UT Southwestern – the people. This is an opportunity to celebrate our colleagues' exceptional commitment to our mission and the ways in which they truly bring life to our institutional values."

Meet the awardees on [Center Times Plus](#) and learn what makes their stories so inspiring, and don't miss the [photo gallery](#) from the event!



2025 Leaders in Clinical Excellence Awards

Leaders in Clinical Excellence nomination period ends tomorrow

It's been nearly six weeks since nominations for the eighth annual Leaders in Clinical Excellence Awards opened, and the window closes on Tuesday. We want to reiterate the sentiments of a message sent to campus earlier this week by **Dr. Podolsky**; **Jonathan Efron, M.D.**, Executive Vice President for Health System Affairs; and **W. P. Andrew Lee, M.D.**, Executive Vice President for Academic Affairs, Provost, and Dean of UT Southwestern Medical School: If you haven't already, please [submit your recommendations](#) for one or more of the seven Leaders in Clinical Excellence Award categories by the deadline.

Entries will be accepted through Tuesday, **July 15**. Please visit the [Clinical Faculty Awards site](#) to review the eligibility requirements and submit nominations online.

And please remember to mark your calendars! Honorees will be celebrated during an all-campus ceremony Wednesday, **Nov. 5**.

Last chance to make a nomination!

UTSW in the News

UT Southwestern's clinical and scientific experts are often featured in the news, with media outlets turning to us for our insights and perspectives. "UTSW in the News" highlights some of those stories:

Popular Science

[Do we need our tonsils?](#)



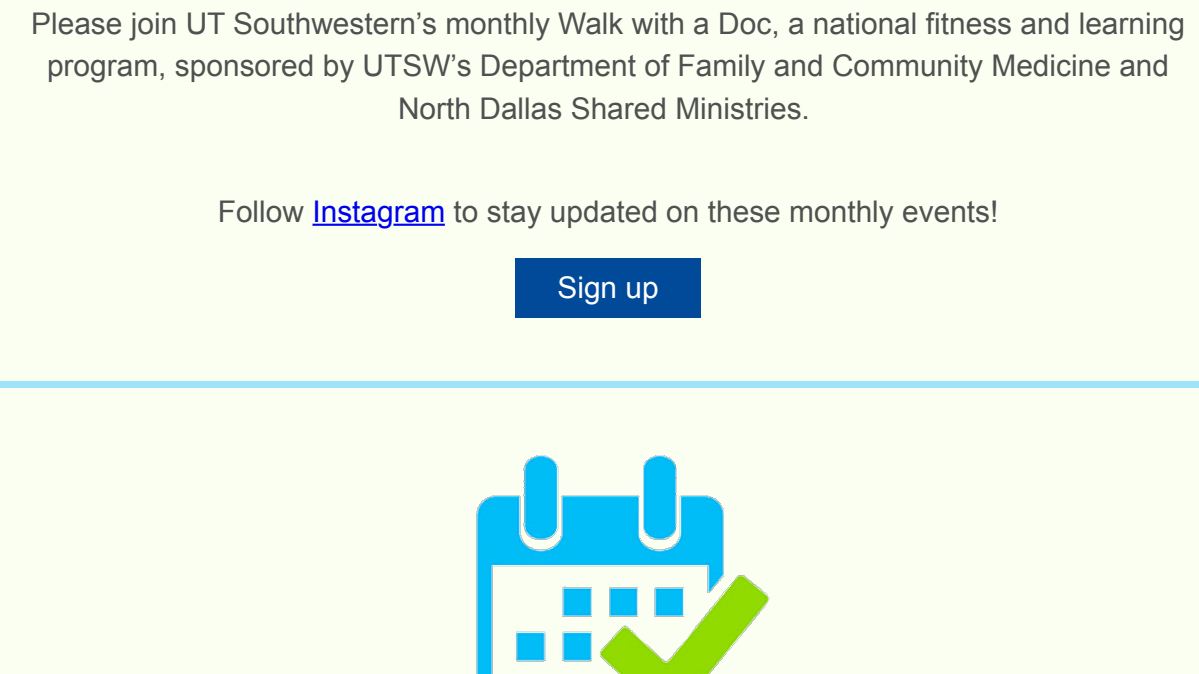
Pediatric otolaryngologist **Ron Mitchell, M.D.**, Professor and Vice Chair of the Department of Otolaryngology – Head & Neck Surgery, was recently interviewed by *Popular Science* to explain the evolving role of tonsillectomies.

He provided key insight into why this procedure remains one of the most common childhood surgeries, explaining that while it was once primarily used to treat recurrent infections, modern practice focuses more on resolving sleep and breathing issues caused by enlarged tonsils.

"There's always been concern about the overuse of surgery," Dr. Mitchell says, noting it's important to ask those questions and consider the big picture. "It should only be done when the benefits of surgery far outweigh the risks. The majority of children do not need a tonsillectomy."

But when done for the right reasons, a tonsillectomy offers a meaningful and quality-of-life boost. "We have very happy families who often will say, one month out, it's the best thing they ever did," he adds.

Read the full story on Popular Science



Processed foods may be fueling high blood pressure

Do you love pizza, cheese, lunch meats, or packaged snacks? You're not alone, but your brain and heart might not be as thrilled. A new study from UT Southwestern suggests that common processed foods loaded with phosphate additives could be quietly raising your blood pressure by activating a brain signaling pathway that overstimulates the sympathetic nervous system, which plays a key role in regulating cardiovascular function.

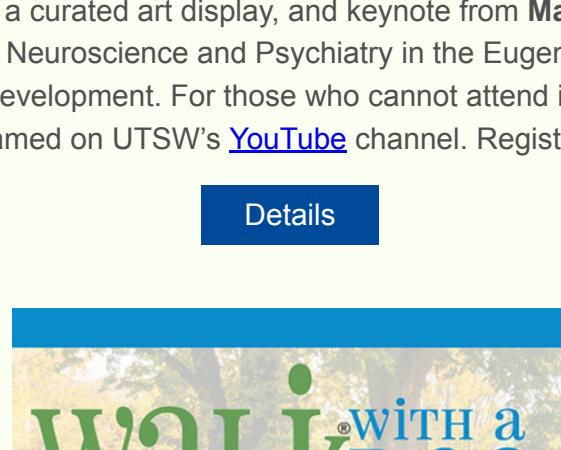
Researchers found that when you consume too much inorganic phosphate, circulating fibroblast growth factor-23 (FGF23) can travel to the brain and trigger hypertension.

Further analysis found that inhibiting fibroblast growth factor receptor 4 (FGFR4) during simulated exercise dampened the harmful effects of a high phosphate diet, suggesting targeting FGFR4 could help treat hypertension caused by overconsumption of phosphate-rich foods.

The study was led by **Han Kyul Kim, Ph.D.**, Assistant Professor of Internal Medicine in the Division of Cardiology, and **Wanpen Vongpatanasin, M.D.**, Professor in the Department of Internal Medicine and Director of its Hypertension Program in the Division of Cardiology.

Find out more about phosphate additives

Insider Guide



Celebrating the Americans with Disabilities Act (ADA)

11:30 a.m.-1 p.m., July 16

South Campus, D1.502

Come together with the UT Southwestern community to honor the 35th anniversary of the ADA with light bites, a curated art display, and keynote from **Maria Chahrour, Ph.D.**, Associate Professor of Neuroscience and Psychiatry in the Eugene McDermott Center for Human Growth and Development. For those who cannot attend in person, the event will also be livestreamed on UTSW's [YouTube](#) channel. Registration is required.

Details



Walk with a Doc

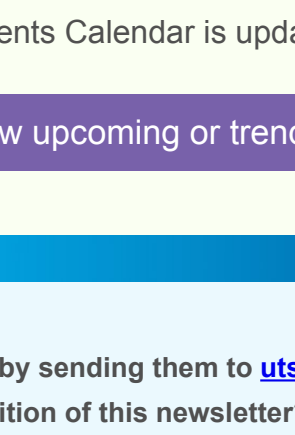
9-10 a.m., July 19

Bachman Lake, 3500 W. Northwest Highway, Dallas

Please join UT Southwestern's monthly Walk with a Doc, a national fitness and learning program, sponsored by UTSW's Department of Family and Community Medicine and North Dallas Shared Ministries.

Follow [Instagram](#) to stay updated on these monthly events!

Sign up



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

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](#).

This is an internal email and not intended for external distribution. Please do not forward.
© 2025 UT Southwestern Medical Center. All rights reserved. *UTSW Insider* is a publication of Communications, Marketing, and Public Affairs (CMPA) at UT Southwestern Medical Center.