



## Goodbye, 2025. Hello, 2026!

As 2025 comes to a close tonight, we want to express heartfelt gratitude to every member of our UT Southwestern community. Your commitment to excellence in patient care, education, and research has made this year truly remarkable.

Let's celebrate the progress we've achieved together and look forward to an even brighter year ahead filled with innovation, collaboration, and continued success.

Just a reminder, UTSW clinics and nonhospital operations will be closed tomorrow, Jan. 1, in observance of New Year's Day.

Wishing you and your loved ones a safe and joyful New Year's Eve!



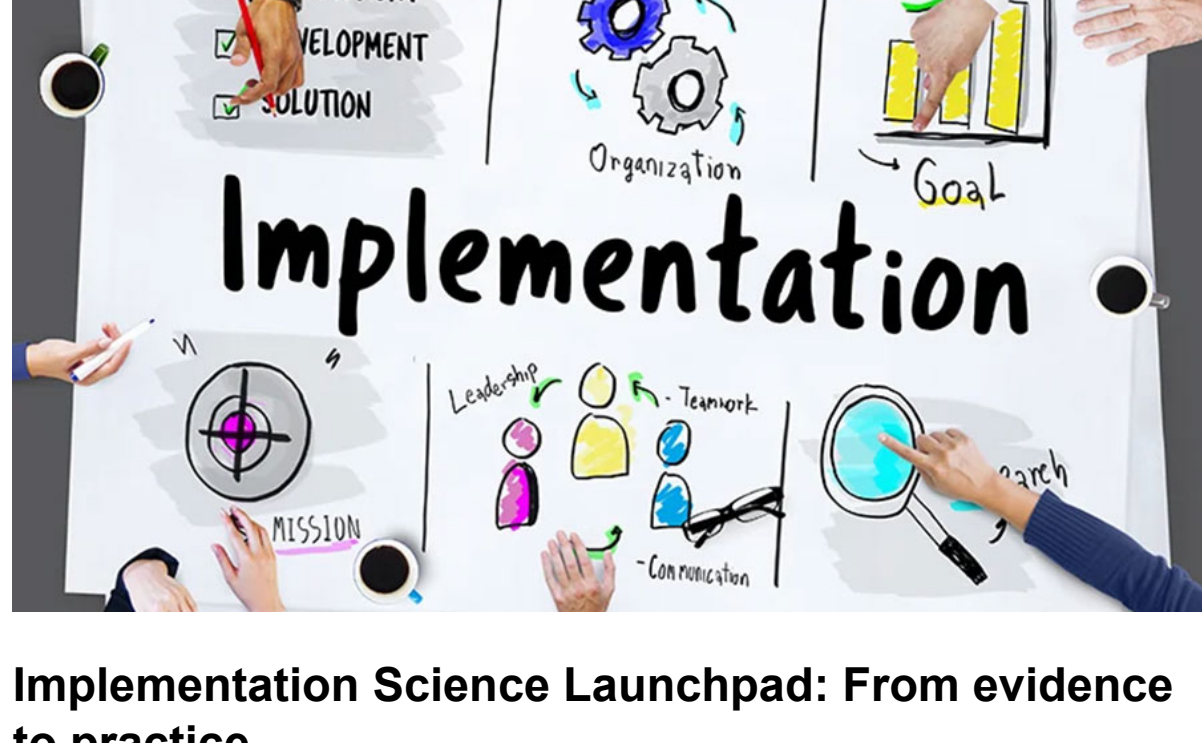
## UTSW milestones and achievements of 2025

Building on more than eight decades of excellence at UT Southwestern, 2025 was a year marked by meaningful progress in all three areas of our mission – to educate, to discover, and to heal. Our achievements and key developments reflect UTSW's commitment to promoting health and a healthy society. They also offer a glimpse into the vision guiding our next chapter.

From welcoming new leaders and celebrating innovative research to honoring employees and marking major groundbreakings and institutional anniversaries, we hope you'll explore the full story and the photo gallery (both linked below) and learn what made 2025 extraordinary.

[Discover our year in review](#)

[Explore our photo gallery](#)



## Implementation Science Launchpad: From evidence to practice

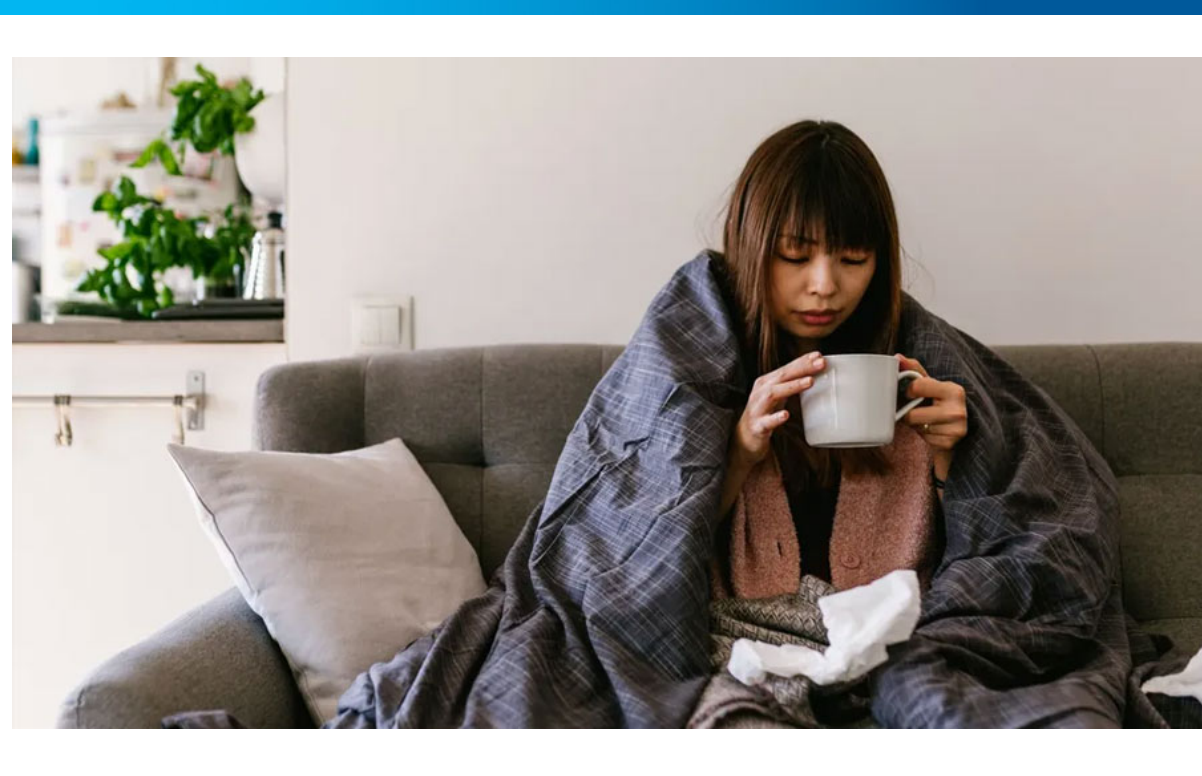
A new learning series is launching soon to strengthen foundational knowledge in implementation science, the study of how to move evidence into action. Hosted by the Peter O'Donnell Jr. School of Public Health's Advancing Implementation & Improvement Science (AIIS) Program, this series is designed for anyone interested in translating research into real-world impact across health care, public health, and policy initiatives.

Through a mix of interactive discussions and didactic lectures, participants will explore key theories, models, methods, and tools that drive effective implementation.

The series kicks off **Jan. 21** with the session: "What is Implementation Science, Anyway? Broad Concepts of Implementation Science."

Stay tuned for exciting updates on upcoming sessions and featured speakers, and explore the [AIIS webpage](#) for complete program details.

[More on the speaker series](#)



## Ginger to zinc: Safe ways to use home remedies, supplements when sick

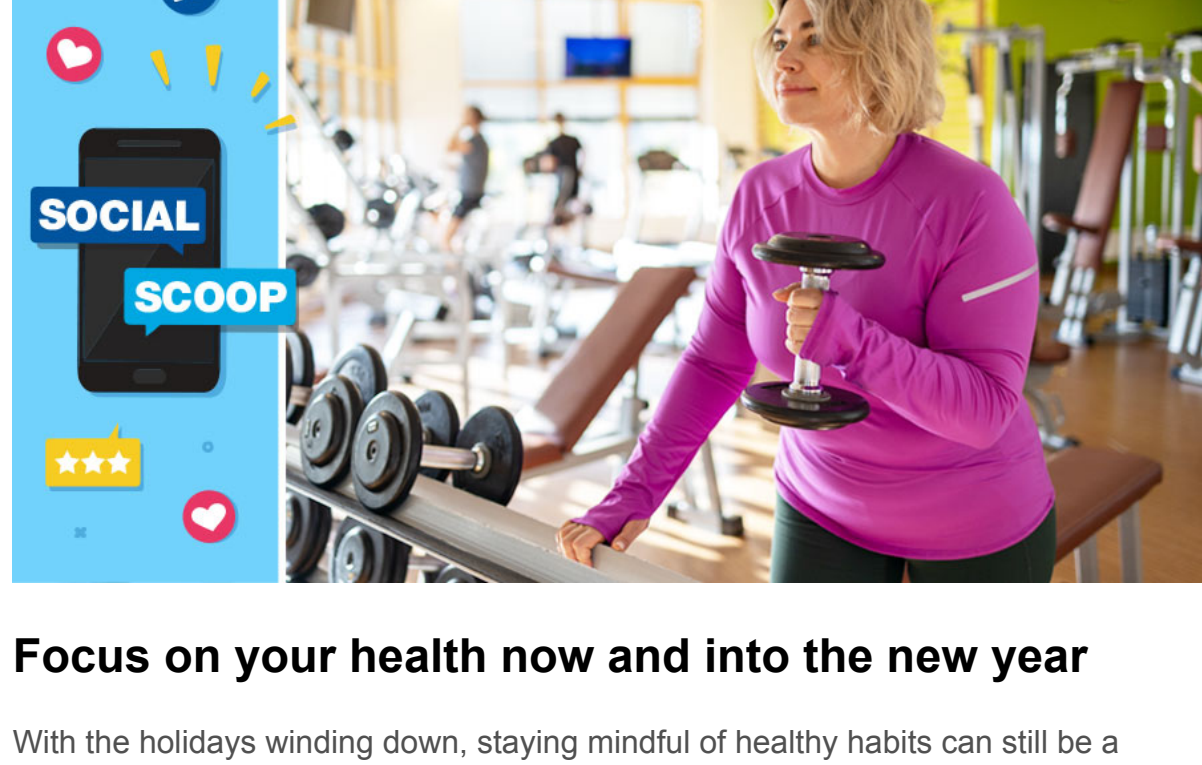
People often wonder if home remedies or over-the-counter supplements for colds, flu, COVID-19, or other viral illnesses are effective and safe. **Thu Tran, M.D.**, Assistant Professor of Family and Community Medicine, has answers and practical guidance.

"While supplements and home remedies shouldn't replace routine vaccinations, good nutrition, regular handwashing, or medical care when needed, many at-home options can still be meaningful and helpful when used," she said.

In her MedBlog and accompanying "Doctor's Notes" video, Dr. Tran explains:

- Who should be cautious with home remedies and supplements.
- What to watch out for when picking a supplement.
- Tried-and-true strategies to relieve symptoms.
- Which vitamins, supplements, and home remedies may help.
- Why you should discuss supplements with your doctor.

[Your guide to safe relief](#)



## Focus on your health now and into the new year

With the holidays winding down, staying mindful of healthy habits can still be a challenge. Set yourself up for a strong start to the new year with expert guidance from UT Southwestern clinicians through our 12 Days of Health series on [Instagram](#).

Here are just a few of the tips you'll find:

- [Practical healthy habits](#)
- [De-stressing for overall well-being](#)
- [Making healthier food choices](#)
- [Strengthening your immune system](#)
- [Sneaking movement into your day](#)
- [Reducing sugar in festive drinks](#)
- [Tips for getting better sleep](#)
- [Practicing gratitude](#)

For other tips, please visit our [Instagram](#).

Here's to your health!



## 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](mailto:utswinsider@utsouthwestern.edu).  
Looking for an item in a past edition of this newsletter? Check out our [Insider archive](#).

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