



AT UT HEALTH AUSTIN EVERYTHING WE DO ... IS FOCUSED ON YOU

From a forward-thinking medical education curriculum to a purpose-driven care team approach, for every member of the Austin community, getting and staying healthy just got personal.

This past October, Dell Medical School faculty and staff began practicing what they teach when they came together as UT Health Austin, the new medical group practice that is now delivering direct patient care in our state-of-the-art Health Transformation Building (HTB) located on Trinity Street in downtown Austin. Reflecting the thinking of hundreds of experienced medical and administrative professionals, there are three driving ideas behind everything we do.

[READ MORE >](#)

LATEST NEWS AND STORIES FROM UT HEALTH AUSTIN

START 2018 OFF ON A HEALTHY NOTE BY GETTING YOUR ANNUAL CHECK-UP AND IMMUNIZATIONS

When most people think of annual exams they think of the typical sports or school physicals for children and teens. But did you know adults need annual exams too? Depending on your family history, risk factors and lifestyle, there may be immunizations and screenings you need to prevent and diagnose disease. Schedule an appointment or walk in at your earliest convenience to the [Worklife](#) walk-in clinic on the 9th floor of the [Health Transformation Building](#).

MAKE APPOINTMENT >

YOUR LIFESTYLE CAN HAVE A MAJOR IMPACT ON YOUR JOINT PAIN

Millions of US adults are diagnosed annually with some form of chronic joint pain due to arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia. While joint pain may become more prevalent with age, it does not have to be inevitable. There are lifestyle changes you can make to reduce symptoms and improve function. Here are five tips from our doctors and providers in the [Musculoskeletal Institute](#) on how you can reduce joint pain.

READ MORE >

RESOLVE TO TAKE YOUR URINARY INCONTINENCE SERIOUSLY THIS YEAR

If you are a woman suffering from urinary incontinence, you're not alone. Studies show that 25-45% of women of all ages suffer from this condition and less than 50% of women who visit their OB/GYN with common symptoms like fibroids, bleeding and pelvic pain, often ignore or forget to mention accompanying incontinence or difficulty urinating. The [Women's Health](#)

[Institute](#) is helping women better understand and treat different types of urinary incontinence conditions and live a life they love.

[READ MORE >](#)



ABOUT UT HEALTH AUSTIN

UT Health Austin, the clinical practice of the Dell Medical School, focuses the expertise of a team of experienced professionals to deliver care of uncompromising quality. Our experienced healthcare professionals treat each patient as an individual, with unique circumstances, priorities and beliefs. Working with you, your care team creates an individualized care plan to help you reach the goals that you say matter most, in the care room, and beyond.

[LEARN MORE >](#)



UT Health Austin | uthealthaustin.org | 1-833-UT-CARES
Health Transformation Building, Level 7-9
1601 Trinity Street Austin, Texas 78712