



UNDERSTANDING THE ROLE OF SOCIAL WORK IN HEALTH CARE

Mental health is a normalized part of health care here at UT Health Austin

Dealing with any medical condition can bear a heavy weight on a person and their family or caretakers, especially when outside factors are also contributing additional stress. Managing stress is an important part of maintaining good health and overall quality of life. To provide whole-person care here at UT Health Austin, social workers play a crucial role in helping patients manage their diagnosis and any external stress they may also be experiencing to ensure they are receiving the highest quality of care and support possible.

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LATEST NEWS AND STORIES

FROM UT HEALTH AUSTIN



GOT GERD, REFLUX OR HEARTBURN? POPULAR SUMMERTIME FOODS MAY BE THE CULPRIT

In the US 20% of adults exhibit symptoms of acid reflux, heartburn or GERD on a weekly basis. Characterized by symptoms that include belching, upper abdominal burning, bitter taste, nausea and sometimes regurgitation, these conditions occur when the lower esophageal sphincter muscle fails to keep stomach acid from leaking back up into the esophagus. So, what foods trigger it and how can you treat it? Dr. Tripp Buckley, Director of UT Health Austin's new [Heartburn & Esophageal Disorders Center](#) has a unique approach to stopping GERD for good.

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SEEING IS BELIEVING, HOW ADVANCED IMAGING CHANGED HEALTHCARE FOREVER

Vision is a primary source of sensory information in human beings, and it is so much a part of how most people understand the world and while we might say "seeing is believing" the converse is also true. Especially in medicine. Not seeing is often not believing. So when Wilhelm Röntgen took the first X-Ray picture of his wife's hand in 1895, he changed everything. Nick Bryan, M.D, Ph.D., Director of Diagnostic Medicine, [Imaging Services](#) at UT Health Austin talks about how advancements transformed medicine yet again in the early 1970s and how digital data and computers continue to revolutionize the future of advanced medical imaging.

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PATIENT STORY: SURGERY MAY NOT ALWAYS BE THE BEST OR ONLY OPTION FOR MANAGING PAIN

Meet Eduardo, he works here at The University of Texas at Austin and walks between six to eight miles every day for work and plays recreational sports five days a week. You could say he lives a pretty active lifestyle, so when arthritis started inhibiting his ability to move, it was a serious concern. Here at UT Health Austin, we like to say, "we treat patients, not x-rays," so when Eduardo made an appointment with the [Musculoskeletal Institute](#), they assessed his mobility, activity level and goals then formed a treatment plan without surgery that ensured he would be able to maintain his current level of activity.

[READ HIS STORY >](#)



SUMMER FUN: 10 TIPS FOR STAYING HEALTHY WHILE TRAVELING

Summer for most of us is about family vacations, sunshine and a good time, right? But while you're on the go, it's important to be mindful of diseases and other nasty bugs you can catch while traveling. Simple things such as remembering to brush your teeth after a long nap, or taking a few deep breaths and even remembering to wear socks can make a difference in keeping your body energized and ready to fight off any potential bacteria or viruses you may come in contact with. Read our recommended tips to follow for your best chance of staying healthy while traveling.

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