



# UT HEALTH AUSTIN: IT'S ABOUT WHAT MATTERS TO YOU

Helping patients achieve goals that are personally significant to them.

“At UT Health Austin, we like to say that everything we do is focused on you, the patient,” says Kevin Bozic, M.D., an orthopaedic surgeon who treats patients in the UT Health Austin Musculoskeletal Institute, professor and Chair of Surgery and Perioperative Care in the Dell Medical School.

We sat down with Dr. Bozic in a one-on-one interview to get his take on the care team approach and how they measure patient centered outcomes in the Musculoskeletal Institute, read more below.

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# LATEST NEWS AND STORIES FROM UT HEALTH AUSTIN



## TAKE ADVANTAGE OF THE BEAUTIFUL WEATHER AND SPRING BACK INTO YOUR FITNESS PROGRAMS!

Whether you are an avid runner, Sunday morning walker or enjoy embarrassing yourself on the golf course from time to time, the warmer weather that comes with spring in Texas serves as the perfect time to bring renewed life back into your exercise programs. But after a long (and possibly lazy?) winter, it's important to ease back into your fitness routine in a healthy way. We talked with our orthopedic providers in the [Musculoskeletal Institute](#) about how to be mindful of your joints and muscles to ensure your body stays happy during any type of physical activity you participate in.

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## **MARCH IS ENDOMETRIOSIS AWARENESS MONTH, SO WHAT IS ENDOMETRIOSIS AND WHY IS IT A BIG DEAL?**

Endometriosis affects about one in ten women and is one of the most commonly misdiagnosed disorders with some women suffering for years before getting help. Endometriosis occurs when the uterine tissue grows outside the uterus. Over time, the tissue creates a surrounding inflammatory reaction that eventually forms scar tissue, leaving many women with chronic pelvic pain. The [Women's Health Institute](#) is changing the conversation about these types of underdiagnosed conditions to help women sooner rather than later. Read more about symptoms and treatment options for endometriosis and share to help us educate others who may be suffering.

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## NEWS: PRE-EMINENT PEDIATRIC HEART SURGEON JOINS DELL MED AND DELL CHILDREN'S

Dr. Charles Fraser is returning to his alma mater after 23 years at Texas Children's Hospital in Houston, where he was senior surgeon of its congenital heart surgery program which is ranked No. 1 nationally by U.S. News & World Report. He also served as surgeon-in-chief of the hospital's surgical enterprise, leading more than 100 surgeons. "This is an important alignment of vision and support from Dell Med and Dell Children's. The strength of the UT System presents almost limitless collaborative research and educational opportunities, creating powerful platforms to take on tough problems," Fraser said.

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## VIDEO: MEET OUR PEVLIC FLOOR PHYSICAL THERAPIST!

Meet Pelvic Floor Physical Therapist [Dr. Uchenna Ossai](#), manager of the Pelvic Health Physical Therapy program in the UT Health Austin [Women's Health Institute](#). She gives a brief introduction about who she is, what she does as a pelvic floor physical therapist and why it is so important.

WATCH VIDEO >



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