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No, your knee pain is not in your head

Yes, cold damp weather can aggravate joint pain - though probably not for the reason you think

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Today, the professors of the Dell Medical School are “practicing what they teach” by delivering a new kind of care at UT Health Austin.



Rheumatology Clinic Now Open

Welcome Dr. Samantha Shapiro, Rheumatologist in the Musculoskeletal Institute and Assistant Professor of Medicine at the Dell Medical School. She is now diagnosing and treating a variety of rheumatic diseases.

Carbohydrates - Friend or Foe?

Busting common diet trends is easier than you think. So what's the truth about carbs? We sat down with UTHA licensed dietitian, Lizette Taboada, to get her take on carbohydrates. Read to find out more!





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