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Coryell Health Orthopedic Surgical Robot

Improving Patient Care - Enhancing Lives

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Simple ways to thank local nurses

Nurses have long been unsung heroes of the medical community. But that tide began to turn in 2020 as the world confronted the COVID-19 pandemic and realized just how invaluable nurses are to public health.

According to the American Nurses Association, nearly 400 nurses in the United States died as a result of COVID-19 within eight months of a pandemic being declared in America. Globally, data from the International Council of Nurses indicated that roughly 1,500 nurses lost their lives to COVID-19 by the end of October 2020.

That data is sobering and serves as a reminder that nurses put their lives on the line each day they go to work. Such sacrifices are worthy of widespread support, and there are many ways ordinary citizens can thank nurses working in their communities.

- Support efforts to protect nurses. Despite widespread recognition of how vital they are to public health, nurses still may not have unbridled access to personal protective equipment (PPE). An ANA survey of nurses working in various health care settings conducted in fall 2020 found that 42 percent of nurses indicated they were still experiencing widespread or intermittent PPE shortages. In fact, more than half of the 21,000-plus nurses surveyed reported that they were forced to re-use single-use PPE, a practice they said makes them feel unsafe. The public can do its part by urging local lawmakers to support legislation that increases domestic production of PPE so the brave men and women in the nursing profession can feel safe when doing their jobs.

- Give nurses and their families a night off from cooking. Long shifts in stressful situations have taken a toll on nurses and their families. Neighbors can pitch in by offering to cook and deliver meals or pay for takeout for nurses and their families. This simple gesture can provide a much-needed break for nurses and their spouses who have been stretched thin during the pandemic, and it's a great way to remind nurses their heroic efforts are not going unnoticed.

- Help out with chores. Before going to the grocery store, text or call a friend or neighbor in the nursing field to see if he or she needs anything from the store. If nurses shop online for their groceries, arrange to pick them up so nurses can spend more time relaxing at home with their families. During warm weather seasons, offer to mow the lawn or help with leaf pickup.

- Offer discounts to nurses in your community. Local business owners can do their part by offering discounts to nurses and other health care professionals in their communities. A 10 percent discount on a restaurant bill or a nursing discount on a fresh bouquet of flowers can lift nurses' spirits and reassure them that their communities are behind them.

Nurses have made immeasurable sacrifices throughout the pandemic. Communities can come together in various and often simple ways to show nurses just how much those sacrifices are appreciated.

7 strategies to prevent cancer

Cancer affects people from all walks of life. The National Cancer Institute estimated that, in 2020, roughly 1.9 million new cases of cancer would be diagnosed and more than 606,000 people would die from the disease.

The most common cancers include breast, lung, prostate, colon, melanoma, and bladder cancers. Even the healthiest people are not immune to these diseases. However, there are ways for people to reduce their risk for various cancers.

1. Skip tobacco products. Avoiding tobacco in all forms can greatly reduce a person's risk of developing cancer. Smoking is a major contributor to various cancers, including lung and bladder cancers.

2. Exercise regularly. Exercise benefits the body in various ways, including reducing a person's risk for various types of cancers. The American Institute for Cancer Research recommends exercising for at least 45 minutes per day. This doesn't have to mean a hard workout at the gym. Moderate exercise through gardening, dancing, playing with children, or walking the dog are sufficient forms of exercise.

3. Lose weight in a healthy way. The American Cancer Society says obesity and being overweight have been linked to increased risk for breast, colon, esophageal,

endometrial, and pancreatic cancers. Fat and sugar metabolism may be mechanisms implicating weight in cancer occurrence. Skip the fad diets and lose weight through portion control, a balance of healthy foods and exercise.

4. Limit alcohol consumption. Excessive alcohol consumption increases the risk of cancers to the breast, esophagus, mouth, and larynx. Harvard Medical School recommends that those who choose to drink limit alcohol their consumption to no more than one drink per day.

5. Reduce consumption of animal fats. Verywell Health notes that studies point to a diet high in animal fat as a contributor to increased risk of certain cancers. Red meat is a particular concern.

6. Avoid radiation exposure. Opt for medical imaging tests only when they are absolutely necessary. Radon in a home is a factor in cancer causation, so homeowners should periodically test their homes for radon. In addition, sunscreen and avoiding the sun during certain times of day, such as between



the hours of 10 a.m. and 2 p.m., can reduce exposure to potentially harmful UV rays.

7. Prioritize safe behaviors. Certain viruses can cause cancer, including Epstein-Barr and human papillomavirus. Hepatitis and HIV also can increase a person's risk for cancer. Practicing safe sex and avoiding il-

legal drug use can lower the risk of getting cancer from infectious diseases.

Cancer continues to be a leading cause of death and affects millions of people. By examining their behaviors and lifestyles, people can make changes that reduce their risk for various cancers.

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