



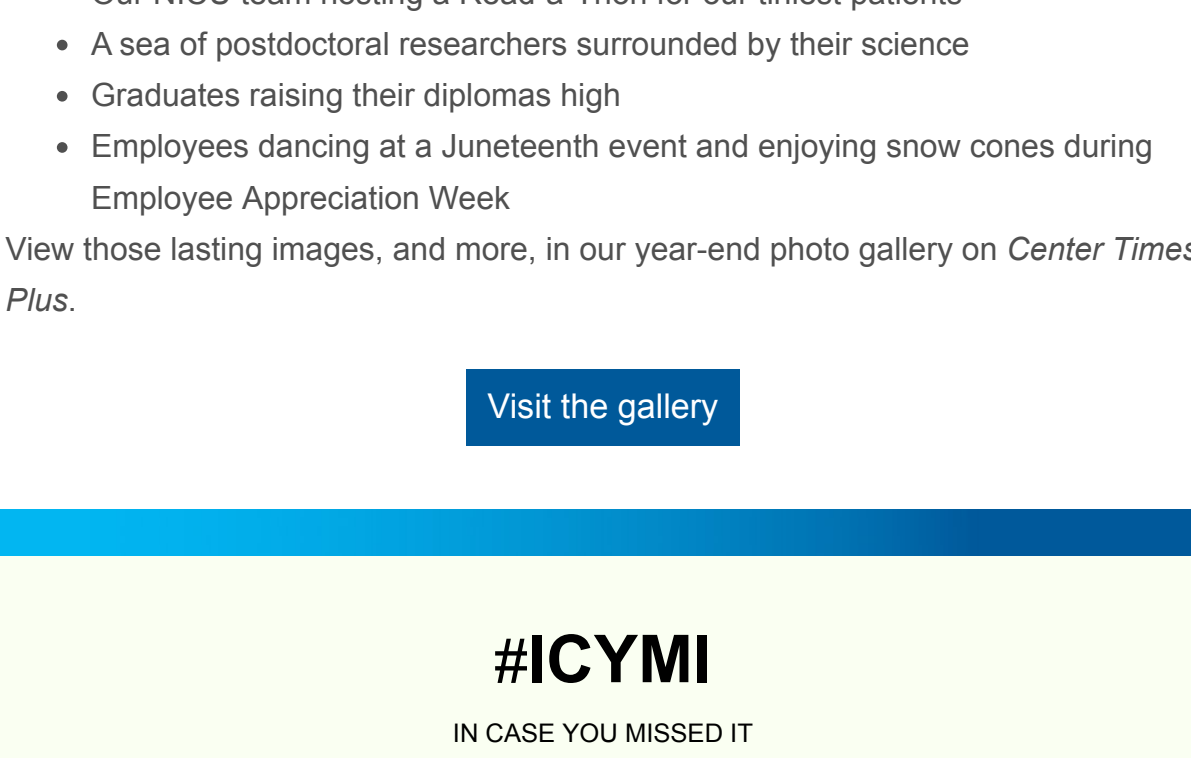
## 2023 Year in Review

### Where complex is commonplace

UT Southwestern's physicians, scientists, educators, and staff are constantly searching for new and better ways to tackle emerging health threats and help patients overcome life-threatening diseases. That aptitude for saving lives also extends to the research arena, where our investigators are world-renowned for breakthroughs, and to biomedical education, where the new Peter O'Donnell Jr. School of Public Health and the recently added Department of Biomedical Engineering are building on that momentum.

In this [Year in Review](#), learn about the accomplishments at UT Southwestern in 2023 and the possibilities that lie ahead, in part because of our unique academic medical center environment – where solving complex biomedical problems is commonplace.

[Read the Year in Review](#)



### UT Southwestern 2023 in pictures

Our cameras captured moments of pride and pure joy in 2023, along with the many important milestones reached at UT Southwestern. Highlights include:

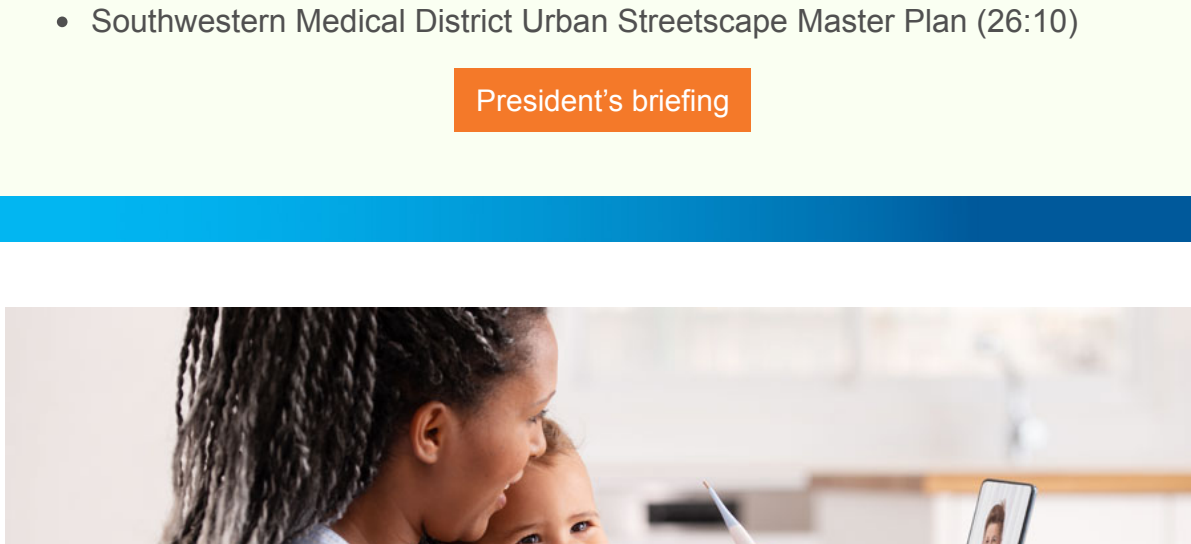
- UTSW Medical School students opening envelopes on Match Day
- Our NICU team hosting a Read-a-Thon for our tiniest patients
- A sea of postdoctoral researchers surrounded by their science
- Graduates raising their diplomas high
- Employees dancing at a Juneteenth event and enjoying snow cones during Employee Appreciation Week

View those lasting images, and more, in our year-end photo gallery on *Center Times Plus*.

[Visit the gallery](#)

## #ICYMI

IN CASE YOU MISSED IT



Did you miss the most recent campus briefing from UT Southwestern President **Daniel K. Podolsky, M.D.**? His full address from Dec. 20 is available online, and you can also view a transcript.

Among the updates (with time stamps of where they occur in the recording):

- Faculty recognitions (4:20)
- Values in Practice survey update (6:10)
- Progress on the Texas Behavioral Health Center at UT Southwestern (10:10)
- Status report on budget (15:10)
- Coming attractions on campus (17:46)
- Employee parking at William P. Clements Jr. University Hospital (21:02)
- Southwestern Medical District Urban Streetscape Master Plan (26:10)

[President's briefing](#)

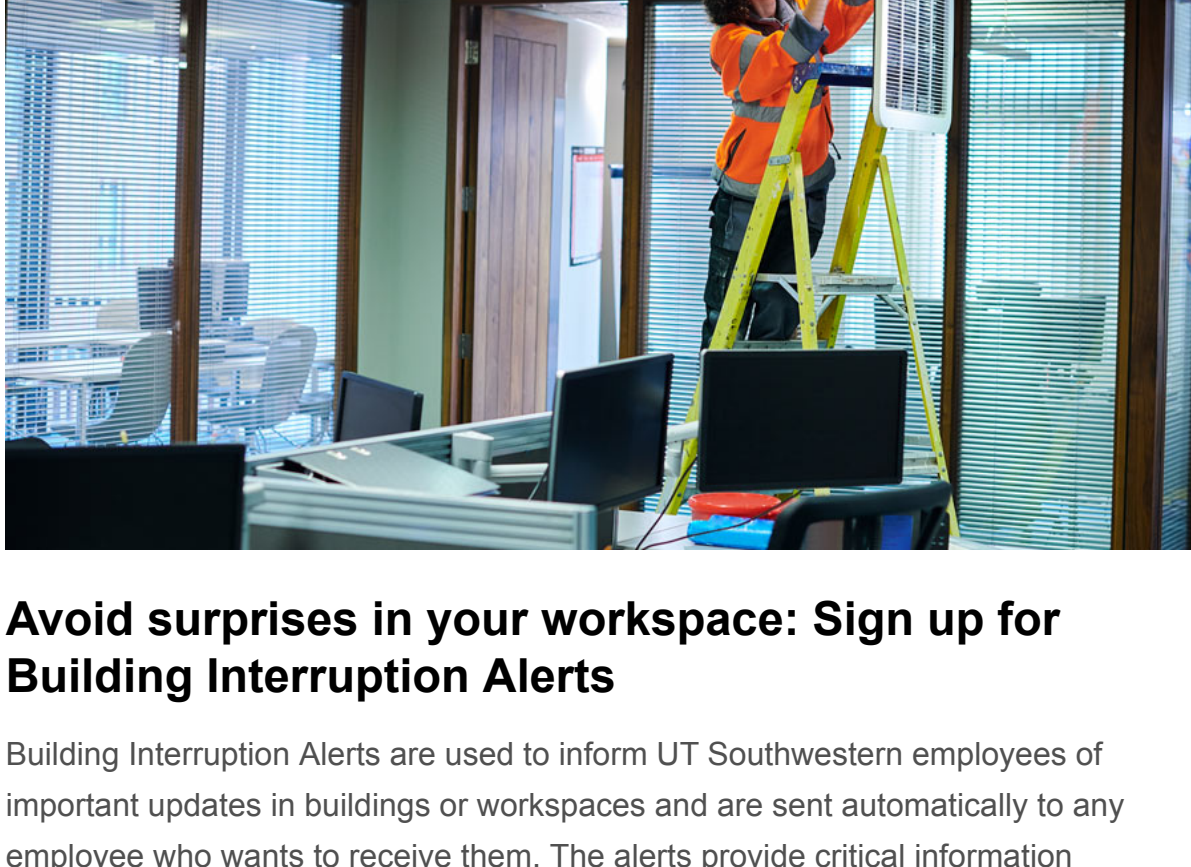


### Medical benefit: MDLIVE offers virtual visits

Caught in the chaos of cold and flu season? Skip the line at the doctor's office or urgent care and take advantage of a virtual visit through MDLIVE. Members of the UT SELECT Medical plan (and their covered family) can access MDLIVE for a \$0 copay via phone, online video, or mobile app 24 hours a day, seven days a week.

MDLIVE's doctors, including pediatricians and family physicians, can treat many nonemergency medical conditions, and they can write and send prescriptions to your local pharmacy. Benefits also include confidential virtual visits with licensed therapists and board-certified psychiatrists.

To learn more about MDLIVE, visit [mdlive.com/bcbstx](https://mdlive.com/bcbstx). Click "Activate Now" to set up your profile and start using these virtual benefits right away.



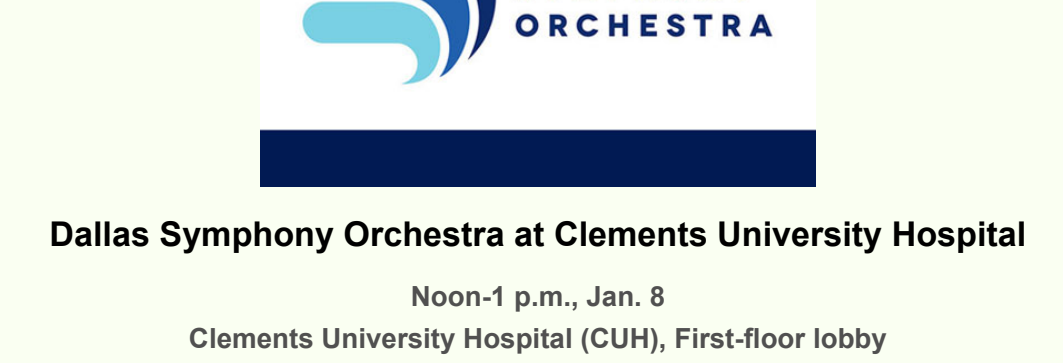
### Dry January produces tangible health benefits

The custom of making New Year's resolutions can be traced to ancient Babylonians, who vowed to start their year by repaying debts. Over the course of 4,000 years, it has evolved to become a modern-day promise of self-improvement.

Dry January, a popular 31-day sobriety challenge, fits right into the tradition – and it produces real health benefits. **Bethany Agusala, M.D.**, an Assistant Professor in the Department of Internal Medicine who specializes in adult primary care, writes in [a new MedBlog](#) that a one-month break from alcohol can lower blood pressure, reduce liver inflammation, and contribute to weight loss. It also can help reduce stress and improve sleep patterns.

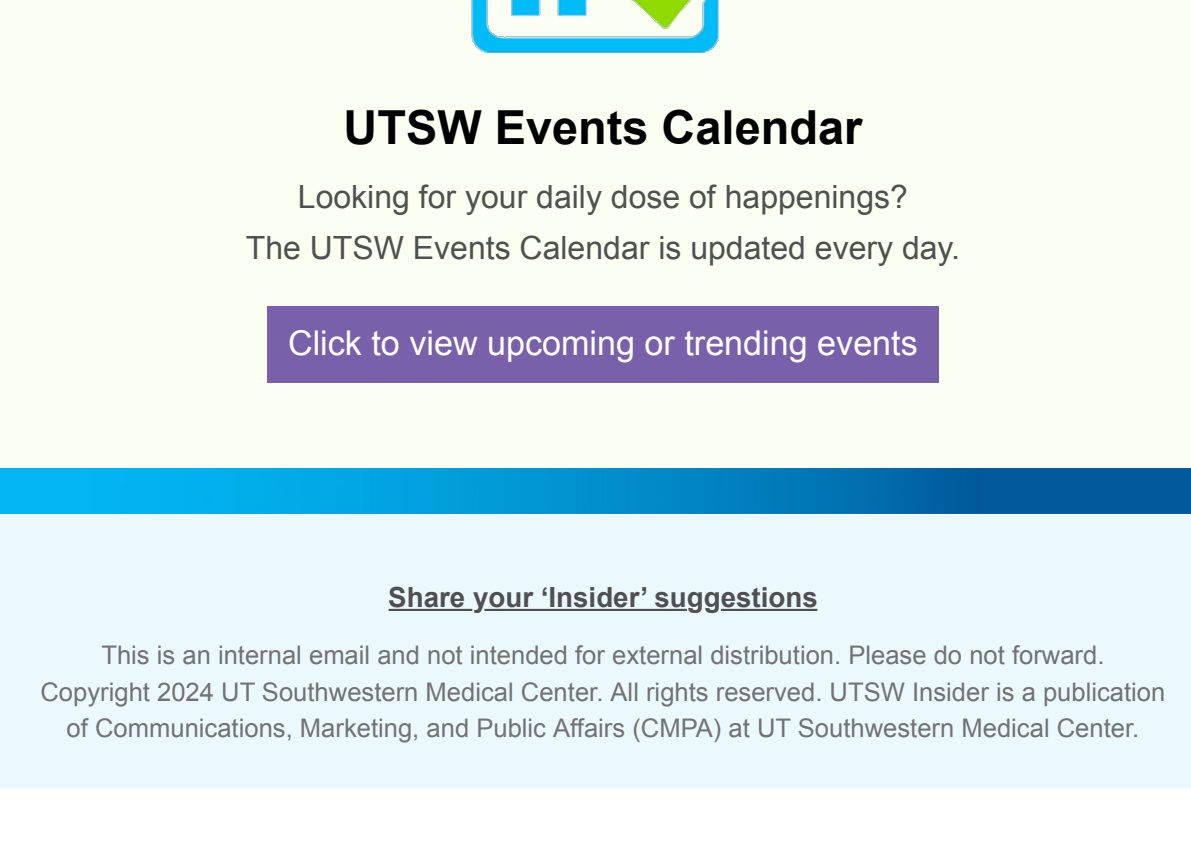
"Perhaps most importantly, taking a four-week break helps the body reset and allows you to acknowledge how you feel without alcohol," Dr. Agusala said. "Going forward, you can make an informed decision about whether to drink alcohol and, if so, how to do it in a way that better serves your health."

[Read the MedBlog](#)



### Insider survey: Are you participating in Dry January?

*(Responses are anonymous.)*



### Avoid surprises in your workspace: Sign up for Building Interruption Alerts

Building Interruption Alerts are used to inform UT Southwestern employees of important updates in buildings or workspaces and are sent automatically to any employee who wants to receive them. The alerts provide critical information regarding utility interruptions and mechanical issues that can affect air conditioning/heat, elevator operation, or other building services. (Building Interruption Alerts are an opt-in notification system that is separate from UTSW Alerts for campus emergencies, which are automatically sent to all UT Southwestern employees.)

[Sign up for alerts \(Network connection or VPN required\)](#)

## Insider Guide

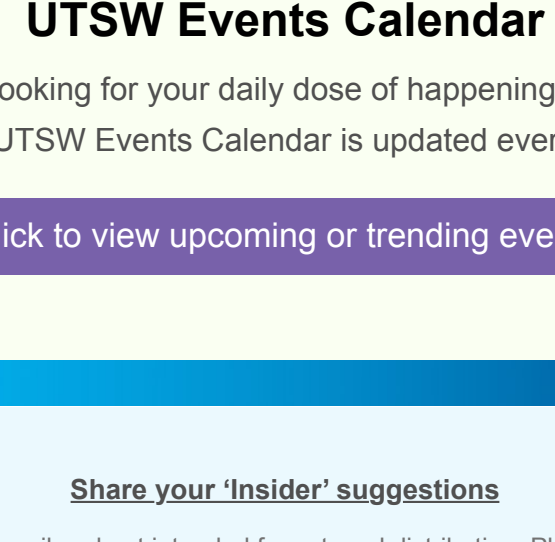


### Q&A for Culinary Medicine Trainee Project Awards application

Noon, Jan. 4  
Virtual

CTSA is sponsoring a final information session for School of Health Professions students interested in applying for its Culinary Medicine Trainee Project Awards program, which focuses on building community relationships and volunteering for local events.

[Info and registration](#)



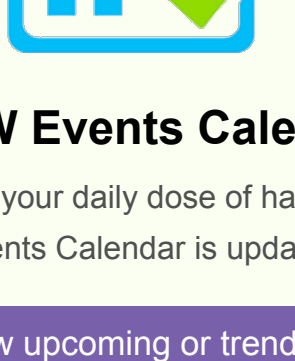
### Dallas Symphony Orchestra at Clements University Hospital

Noon-1 p.m., Jan. 8

Clements University Hospital (CUH), First-floor lobby

Music will soon fill the air again at UTSW, courtesy of the Dallas Symphony Orchestra. A small chamber group of musicians will return next week for a lunchtime concert. They'll perform for patients, family members, and employees as they come and go.

[Details](#)



## UTSW Events Calendar

Looking for your daily dose of happenings?  
The UTSW Events Calendar is updated every day.

[Click to view upcoming or trending events](#)

### Share your "Insider" suggestions

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