

### Congratulations, Class of 2024!

On Wednesday, May 8, more than 220 UT Southwestern medical school students walked the stage at the Morton H. Meyerson Symphony Center. Cheered on by loved ones, they received their diplomas, completed their academic journey, and became physicians.

During the ceremony, the Southwestern Medical Foundation presented this year's Ho Din Award to **Alexa Wilden, M.D.** The Ho Din Award is the highest honor bestowed upon a medical student at UT Southwestern.

Dr. Wilden's exposure to medicine began at an early age, as she watched her mother receive care for an incurable neurological condition. This motivated her to become a physician who listens to, supports, and encourages her patients.

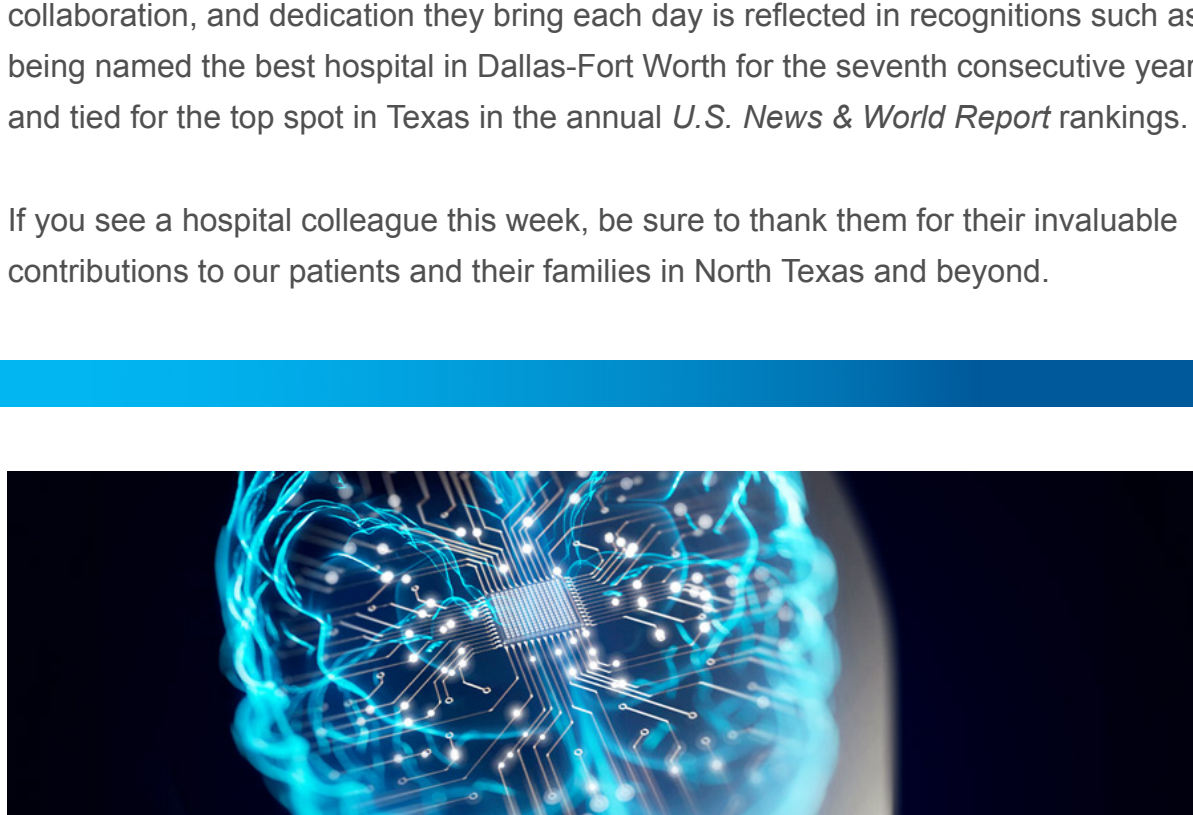
She earned this prestigious recognition for her excellence in academics, patient care, and community service. She will go on to complete her residency in internal medicine here at UT Southwestern.

Be sure to check out a video interview and read more about the Ho Din Award and Dr. Wilden's achievements on [Center Times Plus](#).

Congratulations to all!

[More on CT Plus](#)

## Happy National Hospital Week! May 12-18

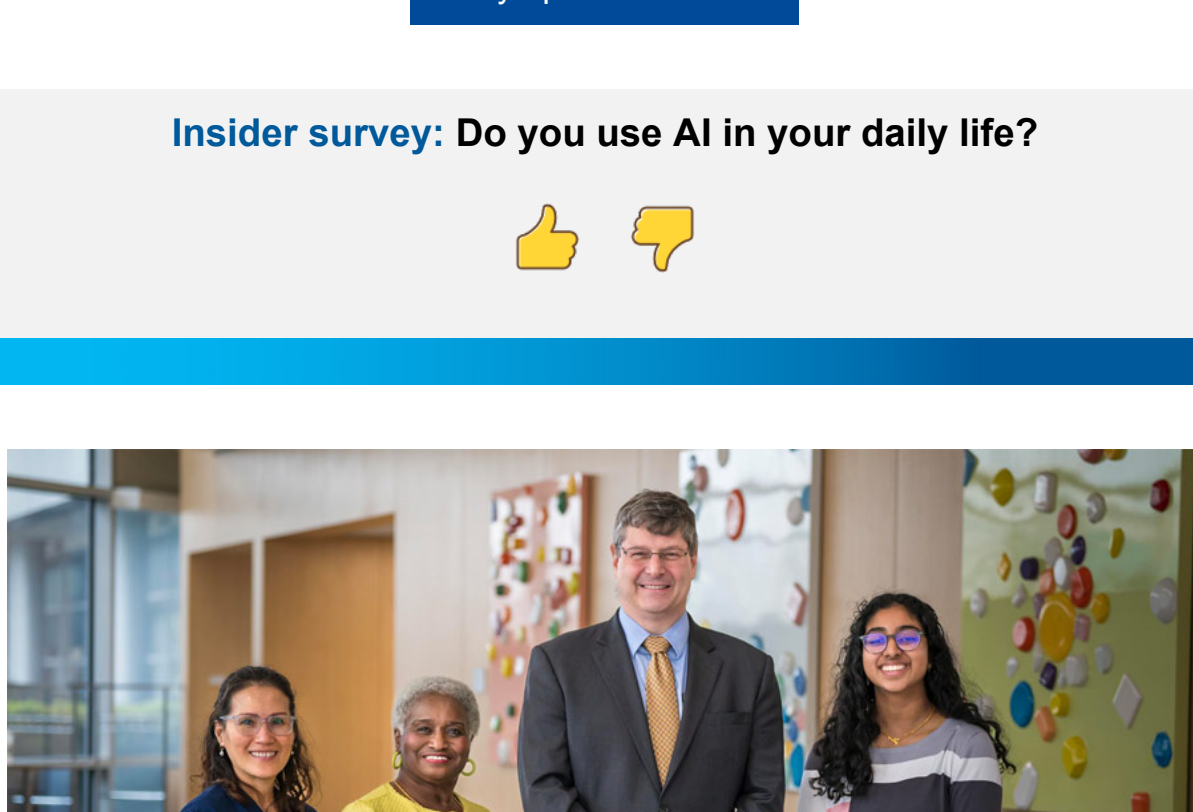


### Honoring our hospital colleagues

National Hospital Day was first celebrated on May 12, 1921, to help establish trust in hospitals after the influenza epidemic in 1918. Why May 12? Like National Nurses Week (which concluded Sunday), National Hospital Day coincides with the birthday of Florence Nightingale, the founder of modern nursing. In 1953, the recognition was expanded to an entire week.

Hospital Week 2024 kicked off yesterday, and we'd like to express our sincere gratitude for the work of our staff and faculty at hospitals across our clinical enterprise, including [William P. Clements Jr. University Hospital](#) and [Zale Lipshy Pavilion](#). Their service is indispensable to our community. The expertise, collaboration, and dedication they bring each day is reflected in recognitions such as being named the best hospital in Dallas-Fort Worth for the seventh consecutive year and tied for the top spot in Texas in the annual *U.S. News & World Report* rankings.

If you see a hospital colleague this week, be sure to thank them for their invaluable contributions to our patients and their families in North Texas and beyond.



### Discover AI in health care

Researchers, clinicians, educators, and students will gather at the end of this month to explore the possible impacts and applications of artificial intelligence (AI) in education, biomedical research, and medical care at the Inaugural UT System AI Symposium in Health Care.

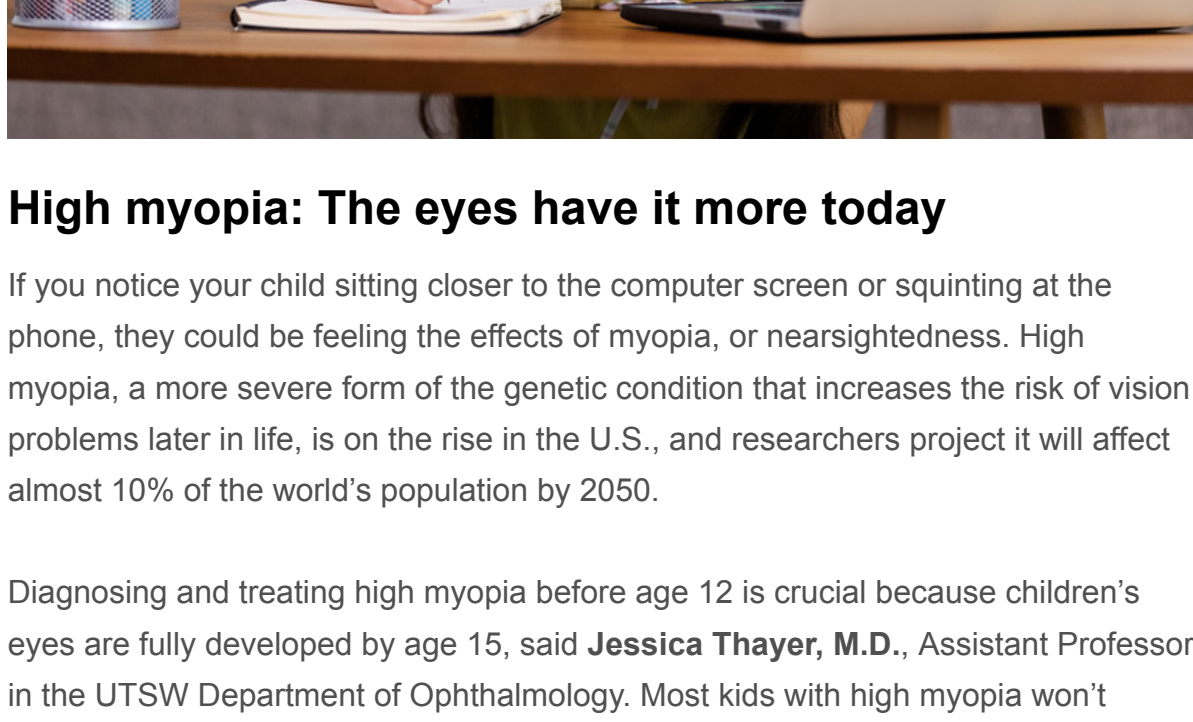
As we witness the rapid evolution of AI technologies, particularly in health care, it has become imperative for professionals across various disciplines to come together, share insights, and examine the transformative potential of artificial intelligence.

You're welcome to join the conversation in person or virtually, May 30-31. Please [register online](#) by 5 p.m. on May 22. The cost to attend is \$50.

If you have questions, email [UTSystemAISymposium@utsouthwestern.edu](mailto:UTSystemAISymposium@utsouthwestern.edu).

[AI Symposium website](#)

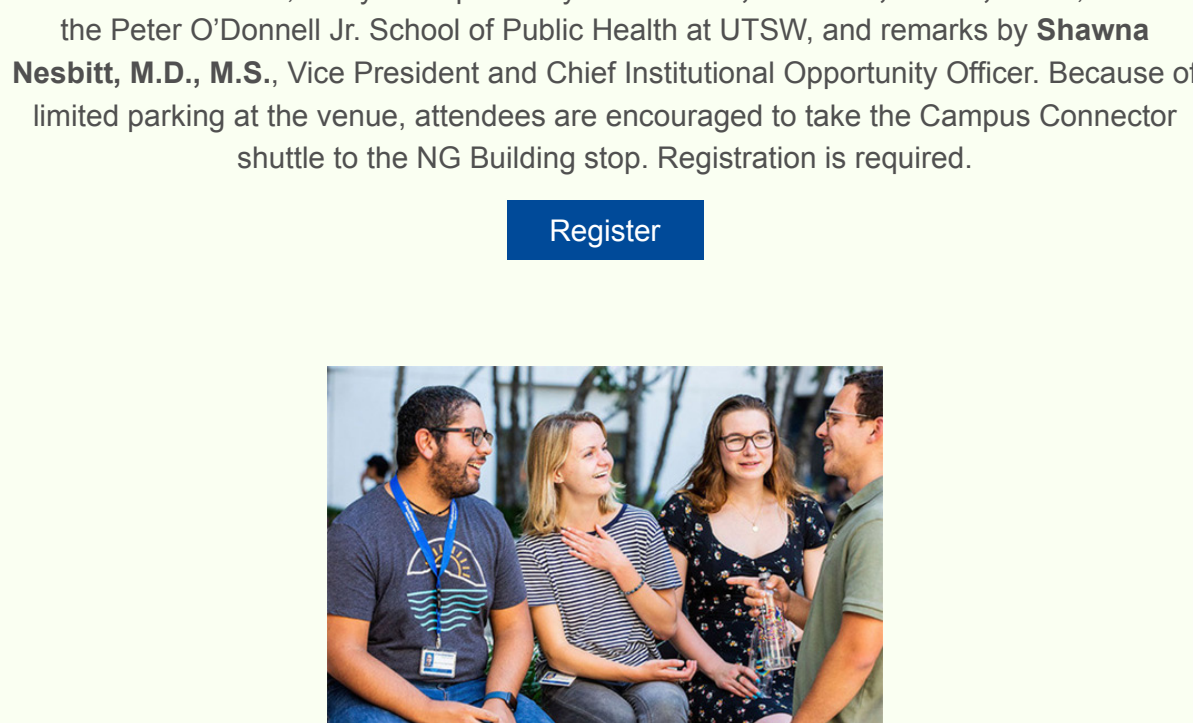
#### Insider survey: Do you use AI in your daily life?



### Step-A-Thon winners dine with Health System EVP

As promised, the top three steppers from the Heart Month Step-A-Thon enjoyed a casual lunch with **Jonathan Efron, M.D.**, Executive Vice President for Health System Affairs. The winners were **Gladys Paredes, B.S.N., RN**, a Surgical Services nurse at Clements University Hospital; **Thelma Morgan**, Medical Transcriptionist for Clinical Laboratory Services; and **Lavanya Vumma**, student intern in the Graduate School of Biomedical Sciences.

Over a three-day weekend, step challenge participants amassed a collective 877,418 steps, almost half of which were tallied by these three winners. As they gathered with Dr. Efron for the celebratory lunch in their honor, they were asked how they each accomplished such an impressive step count. Check out their answers and learn more about their conversation with Dr. Efron in the [Center Times Plus story](#).



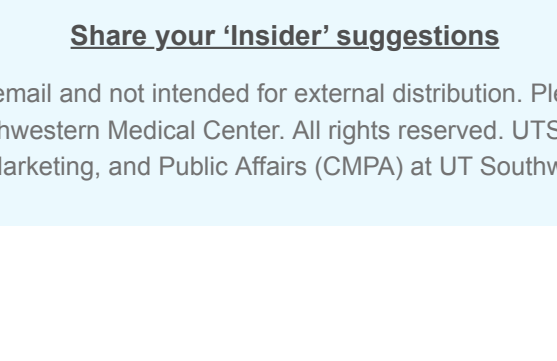
### High myopia: The eyes have it more today

If you notice your child sitting closer to the computer screen or squinting at the phone, they could be feeling the effects of myopia, or nearsightedness. High myopia, a more severe form of the genetic condition that increases the risk of vision problems later in life, is on the rise in the U.S., and researchers project it will affect almost 10% of the world's population by 2050.

Diagnosing and treating high myopia before age 12 is crucial because children's eyes are fully developed by age 15, said **Jessica Thayer, M.D.**, Assistant Professor in the UTSW Department of Ophthalmology. Most kids with high myopia won't develop long-term complications, but it never hurts to follow the **20-20-20 rule**: After every 20 minutes of close work or screen time, take a 20-second break to relax the eyes and look at something at least 20 feet away.

"For kids, playing outdoors or even gazing out the window is a great way to give the eyes a break," adds Dr. Thayer, who offers a closer look at high myopia in her new [MedBlog](#).

## Insider Guide



### Asian Pacific American Heritage Month Celebration

Noon-1 p.m., May 14  
T. Boone Pickens Auditorium (NG3.112)

This hybrid event, hosted by the Office for Institutional Opportunity, will include a traditional lion dance, a keynote speech by **Saad Omer, M.B.B.S., M.P.H., Ph.D.**, Dean of the Peter O'Donnell Jr. School of Public Health at UTSW, and remarks by **Shawna Nesbitt, M.D., M.S.**, Vice President and Chief Institutional Opportunity Officer. Because of limited parking at the venue, attendees are encouraged to take the Campus Connector shuttle to the NG Building stop. Registration is required.

[Register](#)



### CTSA and OCHRE Community Engagement Grand Rounds on Case Management

Noon, May 16  
Virtual event

Presenters from UTSW, Baylor Scott & White Health, and Texas Health Alliance will discuss the ways each health system is working toward the goal of health equity and exploring social determinants of health. The event will also focus on case management standards of care and finding case management professionals within various health care systems.

[Details and registration](#)



### 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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