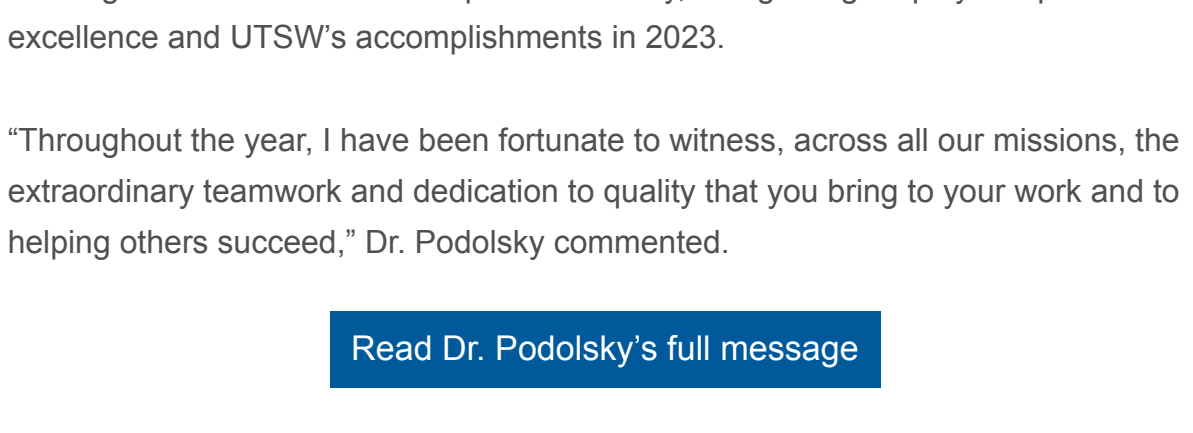


“Everything you do is seen and heard, and it’s worth it.”

As families gather around the Thanksgiving table tomorrow, a parent, sibling, or close friend may be there because of the life-saving care they received at UT Southwestern. For that, our patients express their heartfelt gratitude.

[Watch the video](#)



Message of gratitude from Dr. Podolsky

On Monday, UT Southwestern President Daniel K. Podolsky, M.D., shared a message of thanks with the campus community, recognizing employees' pursuit of excellence and UTSW's accomplishments in 2023.

"Throughout the year, I have been fortunate to witness, across all our missions, the extraordinary teamwork and dedication to quality that you bring to our work and to helping others succeed," Dr. Podolsky commented.

[Read Dr. Podolsky's full message](#)

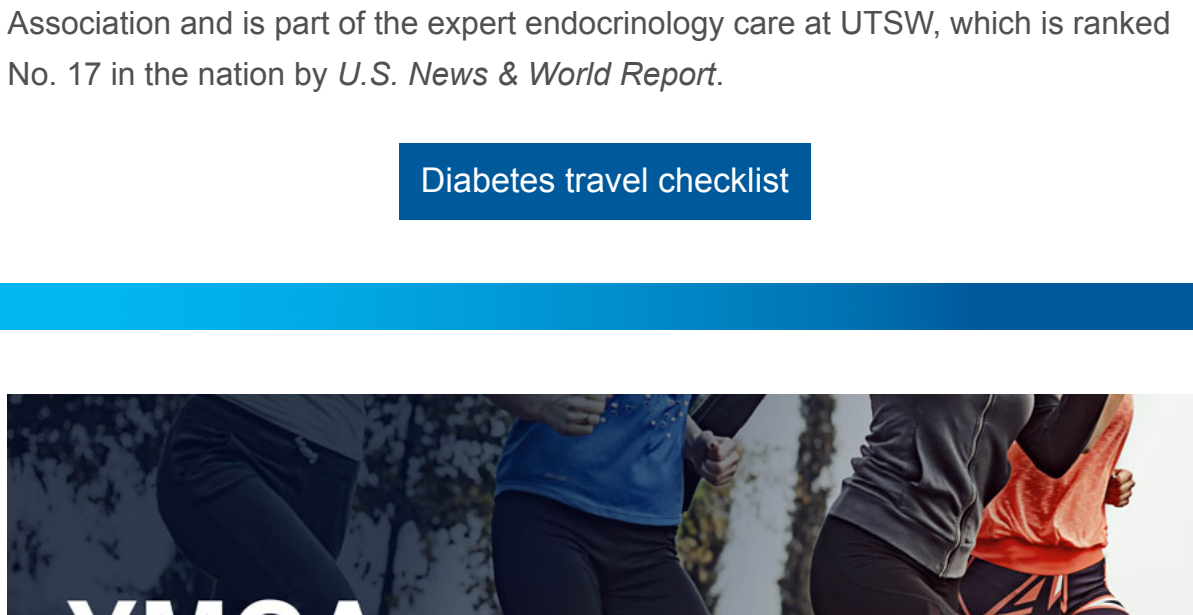
Don't miss MSHI's priority deadline

If you're considering a career in health informatics, now is the time to submit your application for the [Master of Science in Health Informatics \(MSHI\)](#) Fall 2024 cohort. The priority application deadline is **Dec. 1**.

MSHI is housed in the School of Health Professions and is a graduate program that focuses on the intersection of health care and information technology. Graduates are equipped for careers that improve individual health, health care delivery, public health, and biomedical research. The in-person program offers full- and part-time formats, with evening classes to accommodate the busy schedules of working professionals.

You can apply using the button below or email the [MSHI team](#) for more information.

[Apply](#)



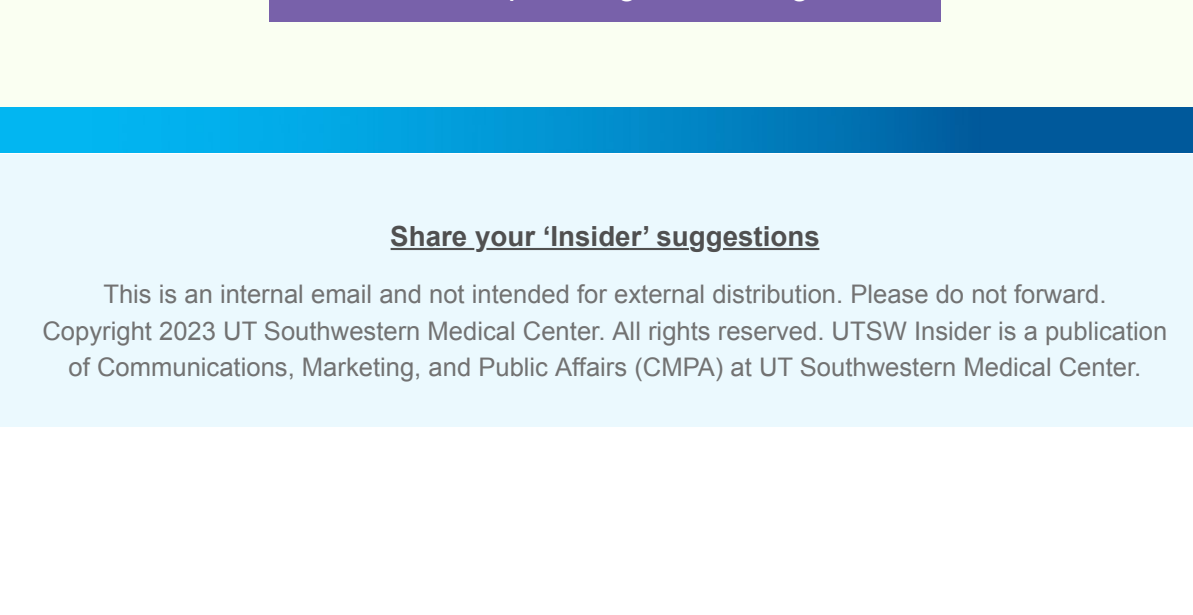
Traveling with diabetes

November is the start of the holiday travel season and it's also National Diabetes Awareness Month – a perfect time to share tips for packing, snacking, and planning a trip if you're one of the more than 38 million people living with diabetes in the U.S.

Shibbi Alexander, APRN, FNP-C, AGACNP-BC, specializes in treating patients at UT Southwestern's [Diabetes Self-Management Education Services clinic](#) and often answers their travel questions. She created a [MedBlog](#) that provides valuable advice about topics such as learning how to adjust insulin at different temperatures and altitudes, controlling your blood glucose levels while dining out, and packing essential supplies so your vacation goes smoothly.

Our [Diabetes Education Program](#) is recognized by the American Diabetes Association and is part of the expert endocrinology care at UTSW, which is ranked No. 17 in the nation by *U.S. News & World Report*.

[Diabetes travel checklist](#)



Turkey Trot tradition

Before settling in for football and your holiday feast, why not partake in another Thanksgiving tradition: The Dallas YMCA Turkey Trot. UT Southwestern is a proud sponsor of this event, which includes 5K and 8-mile runs/walks, as well as a fun run.

Employees and learners can register online until 6 p.m. today. Use the code **UTSOUTH** (case-sensitive) to receive a \$7 discount. And don't miss the Turkey Costume Contest after the run!

[Turkey Trot info 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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