

Healthnetwork Pulse

Oct 2020

Friends,

If we learned anything from 2020 it is that we cannot take our health for granted. Everything has changed, and access to the best medical care—and trustworthy medical information—is going to be even more of a priority than it was in the past. No matter what the rest of 2020 brings, please do not hesitate to call us at +1 866-968-2468 or [make a request online](#). We are here for you.

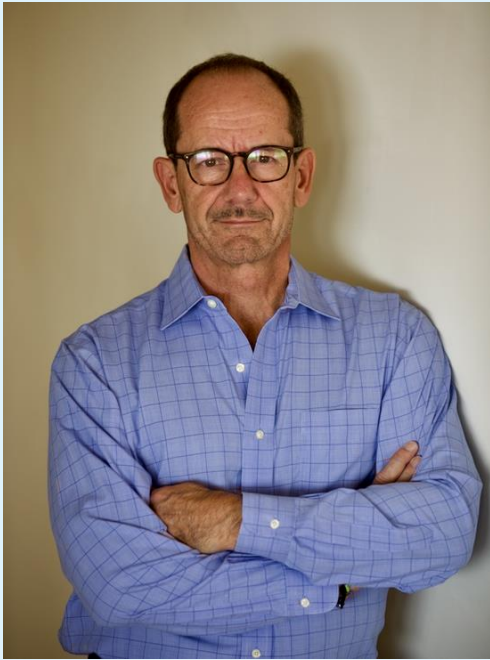
Thank you for your time and support.

The ABZzzzzs of Sleep

We've been hearing a lot about social distancing and masks, but perhaps not quite enough about something else that is essential for health and immune function: *Sleep*. We recently hosted a webinar with the Director of Cleveland Clinic's Sleep Disorders Center, Nancy Foldvary-Schaefer, DO, MS. She calls sleep deprivation one of the most significant, unrecognized public health issues of modern times.

At least 40% of U.S. adults don't get enough sleep, and the consequences can be severe. Insufficient sleep is linked to all kinds of serious health problems. Learn more: [“The ABZzzzzs of Sleep.”](#)





The Difference Between Good and Best

“Bespoke concierge service—this is how medicine should be!”

– Fred Thiel

Chairman & CEO at Thiel Advisors, Inc

Fred Thiel was no stranger to back pain, and he wasn’t even all that surprised to learn he needed back surgery. But the severity of the surgery being suggested took him aback. Fred knew if he had to go down this road, he wanted only the very best.

You’ll see Fred’s story in the Fall 2020 magazine (coming soon to your mailbox!) but you can get a sneak peek by [clicking here to read it now.](#)

2020 Service Excellence Awards

When you partner with Healthnetwork Foundation, not only do you get access to top specialists, but you also help advance research and improve medical outcomes. One avenue for this type of philanthropy is our Service Excellence Awards, presented annually to physicians who have demonstrated a high level of integrity and compassionate care to Healthnetwork supporters.

[Check out this year's recipients.](#)

healthnetwork[™] Foundation

2020 SERVICE EXCELLENCE AWARD RECIPIENTS

Healthnetwork Foundation's Service Excellence Awards are presented annually to ten or more physicians who have demonstrated a high level of integrity and compassionate care to Healthnetwork supporters. Healthnetwork is honored to help fund the ground-breaking research being conducted by these national leaders in medicine.

 WILLIAM BARRETT, MD Chair, Department of Radiation Oncology Director, UC Cancer Institute UC-Health, Cincinnati OH	 RICHARD A. LEWIS, MD Director, Calcium Signaling Laboratory, Neuro-oncology Director, Neuro-oncology Cedars-Sinai Medical Center, Los Angeles CA	 RONAC MANTANI, MD, MSCE Medical Oncologist – Bladder Cancer Penn Medicine, Philadelphia PA
 DANIEL SULLIVAN, MD Director, National Consultation Service Cleveland Clinic, Cleveland OH	 MANISHA THAKURIA, MD Director, Market Cell Genitourinary Clinic Dana-Farber Cancer Institute, Brigham and Women's Cancer Center, Boston MA	

SERVICE EXCELLENCE / COVID-19 FOCUSED DONATIONS

Together with the Shear Family Foundation, Healthnetwork honors the following physicians for their contributions to COVID-19 research and for sharing their knowledge with our donors.

 KEITH B. ARMITAGE, MD, MACP Medical Director, Rose Green Center for Translational Medicine & Global Health University Hospitals, Cleveland OH	 PAUL SUWARTER, MBA, MD Clinical Director, Division of Infectious Diseases Johns Hopkins Hospital, Baltimore MD	 STEVE GORDON, MD Chairman, Department of Infectious Disease Cleveland Clinic, Cleveland OH
 ATUL MEHTA, MD Pulmonary Medicine Cleveland Clinic, Cleveland OH	 DAVID L. REICH, MD President and Chief Operating Officer The Mount Sinai Hospital, New York NY	 E. JOHN WHERRY, PhD Chair, Department of Systems Pharmacology and Translational Therapeutics Director, Institute for Immunology Penn Medicine, Philadelphia PA

Healthnetwork Foundation is a nonprofit whose mission is to improve medicine for all by connecting CEOs and business leaders with top hospitals and their doctors to provide the best access to world class care and increase philanthropic funding for medical research.

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