



## Healthnetwork Pulse

June 2021

Dear Friends,

Happy early Summer! I hope you've been able to start getting back to some of your pre-COVID activities. I'm grateful and excited that we've been able to resume our in-person dinners with the doctors we honor with Service Excellence Awards. Whenever we make these donations, our founder, Bill Rowley, and I take the doctor, their family, and their hospital supervisor out for a nice dinner. These dinners are a personal highlight for me—but more importantly, they are a key part of our strategy for building long-lasting relationships with the top hospitals that give you priority access.



Please enjoy the stories and updates in this email. And as always, never hesitate to call us at +1 866-968-2467 | +1 440-893-0830 or [make a medical request online](#).

We are here for you.

Megan Frankel  
President

PS: To help us serve you better, will you take a few seconds to answer the poll at the bottom of this email?

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## All About Your Gut:

Ali Rezaie, MD, MSc

Because of your connection to Healthnetwork Foundation, you have the opportunity to hear directly from our nation's top medical leaders, scientists, and researchers—like Dr. Ali Rezaie, who directs the Gastrointestinal Motility Department at Cedars-Sinai Medical Center in Los Angeles. Dr. Rezaie took time to answer questions from Healthnetwork families about gut health. Read the complete Q&A to hear what he says about:

- What affects the gut microbiome?
- How can a person optimize their gut health?
- What about kombucha and probiotics?
- Is stool testing worth doing?
- Are there medications to treat GI problems?
- Does intermittent fasting help?

[Click here to read the Q&A with Dr. Ali Rezaie](#)



## Hot Off the Presses: Our Spring 2021 Magazine



Some of you have been part of Healthnetwork since our very beginning 30 years ago. Maybe you even remember how our referral network started as the “Inventory of Skills,” a 30-page paper survey you filled out and mailed back to us. Some of you may be more recent supporters.

In either case, our Spring 2021 magazine features stories from several Healthnetwork families who have been with us for decades, as well as some of our newer families.

It’s an honor to be with you through the generations and, with your help, we can continue our work for the next generations.

[Click here to read our Spring 2021 Magazine](#)

## Caring for Dad in Times of COVID: Supporting family is so important

Michele O’Rourke was deeply concerned when her typically very active father experienced a drastic decline in health. “My father was a very active man and would ride bikes all over,” she says. “Now he spent his day in a chair and stumbling when he tried to walk.” His physicians in Florida speculated that the decline was caused by COVID-19 isolation.

Michele did not accept their assessment and moved him to Cincinnati where she knew she could support him and manage his care—with the help of Healthnetwork. She contacted Amanda to see about a second opinion—and it’s a good thing she did!

[Click here to read their story](#)



## Two Second Poll:

Help us help you



In our February Pulse, we asked for your preferred method of receiving health content from us—and we heard you loud and clear.

- 75% Preferred written Q&As
- 25% Preferred short podcasts
- 15% Preferred webinars

Thank you for participating!  
(Note some people voted for two options).

Now we would like to hear about your confidence in scheduling in-person medical appointments.

[Take our NEW poll here](#)

Photo at the top is of a recent dinner celebrating Service Excellence physicians at Johns Hopkins: (L-R) Mark Minichiello, Liaison at Johns Hopkins; Megan Frankel & Bill Rowley, Healthnetwork; Service Excellence Honorees: Bashar Safar, MD & Mohamad Allaf, MD; Melissa Richmond, Liaison at Johns Hopkins; and Kim Kotora, Healthnetwork.

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

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