

Healthnetwork Pulse

November 2020

Friends,

With Thanksgiving right around the corner, it reminds me how grateful we all are for our Healthnetwork community (that's you!).

Typically you are the ones thanking us after we help your loved ones with a medical request. But the truth is, we are just as thankful for you. The Healthnetwork model depends on people giving back and paying it forward. Your support and donations are what keeps this valuable network going.

I wish you and your family a very happy, healthy holiday season. And no matter what, please never hesitate to call us at +1 866-968-2468 or [make a medical request online](#). We are here for you.

Megan Frankel
President

Minding Your Mental Health: Caring for yourself and your loved ones

In August and October 2020, the CDC released statistics revealing what mental health workers suspected very early in the pandemic—we are experiencing the sharpest mental health spike in recorded history.

The studies included alarming statistics like:

- 40% of US adults reported struggling with mental health or substance use
- 11% increase in people who seriously considered suicide
- 50% increase in domestic violence



Human beings are hard-wired to emotionally regulate through connection with other people. But in this time of pandemic and quarantine, that ability to co-regulate has been disrupted. So it's only normal that we're finding other ways, even less than ideal ways, to cope.

[Click here to read an article](#) we put together with information from consultants with Doyen Consulting Group. Highlights include:

- Signs of unhealthy coping
- When is it time to worry—and seek help
- Tips and resources for better mental health

“It’s Only Brain Surgery:”

A 2nd opinion can make ALL the difference



“Healthnetwork helps you find the best medical care. You may not even know these medical advances are out there. We owe a lot to them. It’s why we give as GOLD supporters.”

Debbi Kimball

Jeff and Debbi Kimball know better than anyone how critical a second opinion can be. Before having surgery for a chronic pain condition called trigeminal neuralgia, Jeff used to joke with his kids, “It’s only brain surgery. What’s the big deal?”

But of course it was a big deal. And despite having a good rapport with his local physician, Jeff felt it would be wise to get a second opinion for such a major procedure. As a longtime YPO member, Jeff knew he could call on Healthnetwork for help getting to the best.

That second opinion not only changed where Jeff had his brain surgery done (and increased his level of confidence), but also in three other instances a second opinion made an *enormous* difference for Jeff’s wife, Debbi, and their two daughters.

[Read the whole story here](#)

Is Anything Worse Than Watching Your Grandchild Suffer?

Who you know is everything

The first time Gus Hillenbrand noticed something wrong with his grandson, Henry, was at the dinner table. The family was having a steak dinner, and Henry kept fumbling his fork. Gus's daughter, Tracy Hartmann, confided in him later: "I think Henry has dystonia. He's losing control of his left hand."

Dystonia is a movement disorder that causes involuntary muscle contractions. In Henry's case, it ended up affecting almost every aspect of life. Once a five handicap golfer, he stopped playing golf because—well, imagine trying to putt one-handed.

"As his grandfather, to watch this young man go off to college and not have the use of his hand... I just felt so doggone sorry for him," says Gus. "I never once heard him whimper or complain, but I'm sure it bothered him."

There's nothing worse than watching someone you love suffer and not knowing what to do. But when you know exactly where to go on their behalf, you feel proud and relieved—and you're glad you are part of Healthnetwork!

[You can read the whole story of Gus and his grandson Henry here.](#)

Join Gus and [donate to our Annual Appeal](#)



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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