

## Healthnetwork Pulse

Dear Friends,

Happy spring! I hope you and your loved ones are enjoying good health and peace of mind knowing we are here for you if a health crisis hits. Our medical coordinators are standing by to take your calls, emails, or messages through your portal.

Megan Frankel  
President

### You're In Good Hands.

**Our medical coordinators are here for you.**

When you make a medical request, one of our medical coordinators will not only make a referral for you if needed, but they'll act as your personal guide to help you navigate the complex medical system. Here is a note from one of our families about their experience. If you ever need our help, you can expect the same level of service!

"I have no words to express how amazing [my medical coordinator] has been to work with. From the moment I connected her to my aunt Ettie, she jumped into action and was able to identify one of the few or perhaps even the only place where my aunt could get the treatment that she needed. She was also incredibly helpful in ensuring all of Ettie's medical records were able to get to the hospital and that the doctor was able to review Ettie's records and then schedule the procedure as quickly as this was possible. Your organization's commitment to identifying the best options and then facilitating the process for getting help to a patient as quickly as possible is unlike anything I have seen. Thank you so much for the incredible work you and your team are doing!"

Nir Orbach  
Founder & Managing Partner at ILLUMITI  
Healthnetwork Supporter  
YPO

[Make a medical request online.](#)

## Fantastic Relationships for the Win!

**Stories from Healthnetwork families.**



As a former NFL player, Luis Castillo is very familiar with surgery. He's had at least 15 of them—mostly orthopedic, some of them major. So when his local physician, a well-known Ear, Nose and Throat doctor in San Diego, told him he needed a quick outpatient surgery to remove a polyp on his vocal cord, it seemed like no big deal.

Read this and other stories—including a personal interview with Dr. Ali Bydon, Professor of Neurosurgery at Johns Hopkins—in our [Spring 2023 magazine](#).

## Wearable Technology, Valuable Data

by Richard H. Cartabuke, MD

When a patient wants to speak with me about diet changes, our conversation might traditionally go something like this:

Me: How are you eating these days?

Patient: Generally healthy.

Me: Okay, take me through what you ate yesterday.

Patient: Um... Eggs for breakfast. No wait, a bagel.

Sound familiar? Our memories are very unreliable for things like this. I can barely remember what I ate for lunch an hour ago, let alone my entire menu yesterday! We also face a recency bias, meaning we might report "generally healthy" based on how we've been eating for the last week or two. But what about the last month? Six months? As your physician, that's what I would want to know about. So then patient might try keeping a food journal, but for most people that is tedious and doesn't last long. The result: It's nearly impossible to get an objective report on eating habits.

[Click here to read this article on Wearable Technology by Dr. Richard Cartabuke, Healthnetwork Foundation's Medical Director.](#)

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.

+1 866 968-2467 | +1 440 893-0830 (International)

[help@healthnetworkfoundation.org](mailto:help@healthnetworkfoundation.org)

3550 Lander Road, Suite 225 Pepper Pike OH 44124 | Tax ID #04-3804600

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