



# Seton Medical Center Harker Heights named to top 100 list

**BY KATELYN ROBERTSON**  
KILLEEN DAILY HERALD

A local hospital was named among the top in the nation, according to a recent study.

Seton Medical Center Harker Heights was named one of the nation's 100 Top Hospitals by IBM Watson Health in the March 4 study.

"To be recognized among the best in the nation is a reflection of Seton Medi-

cal Center Harker Heights' ongoing commitment to continuously improve healthcare outcomes while providing outstanding care and controlling costs," said Zach Dietze, Seton Medical Center Harker Heights CEO.

"I want to thank our associates and physicians whose intense focus and hard work makes recognition like this possible.

"They are an exceptional team and I'm honored to work beside them."

Since April 2015, IBM Watson Health aims to help health professionals and researchers make informed decisions about care for patients, according to the company website. In oncology, for instance, Watson is at work supporting cancer care in more than 270 hospitals and health organizations.

This annual study spotlights the best-performing hospitals in the U.S. based on a balanced scorecard of publicly available clinical, operational and patient satisfaction metrics and data. The study has been conducted annually since 1993.

No other local hospitals were named to the list.

The study found that the top-performing hospitals in the country achieved better risk-adjusted outcomes while maintaining both a lower average cost per beneficiary and higher profit margin than non-winning peer group hospitals.

# Components in carrots, green tea could reverse symptoms of Alzheimer's disease, study says

**BY NAJJA PARKER**  
THE ATLANTA JOURNAL-CONSTITUTION

While scientists have not found a cure for Alzheimer's disease, they may be able to reverse the symptoms with some key compounds, according to a new report.

Researchers from the University of Southern California recently conducted a study, published in the Journal of Biological Chemistry, to determine how diet can impact the brain disorder.

They specifically examined two compounds: epigallocatechin-3-gallate (EGCG), a key ingredient in green tea, and ferulic acid (FA), which is found in carrots, tomatoes, rice, wheat and oats.

For their assessment, they observed mice in good health and with Alzheimer's-like symptoms.

They ran them through tests that assessed their memory and thinking skills.

One was a Y-shaped maze that tested the rodents' spatial working memory — "a skill that humans use to find their way out of a building," the team explained in a statement. While healthy mice were able to enter and exit the maze several times, impaired mice could not.

The analysts then randomly grouped the mice into four different categories. The first group consumed a combination of EGCG and FA, the second had only EGCG, the third ate only FA and the fourth had a placebo.

"After three months, combination treatment completely restored spatial working memory and the Alzheimer's mice performed just as well as the healthy comparison mice."

**Researcher Terrence Town**

mice performed just as well as the healthy comparison mice," senior author Terrence Town said.

Despite the results, the researchers noted "many mouse discoveries never translate into human treatments."

However, they believe their findings are promising, because they think their data proves certain plant-based supplements may help protect against Alzheimer's disease.

"You don't have to wait 10 to 12 years for a designer drug to make it to market; you can make these dietary changes today," Town said. "I find that very encouraging."

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Jacob Battle, MD,  
Orthopedics & Sports  
Medicine Surgeon

Dr. Jacob Battle, board-certified orthopedic surgeon, has practiced in the Central Texas area for over a decade. A native of Austin, he graduated The University of Texas at Austin, received his medical degree from U.T. Southwestern Medical School and completed his Orthopedic Surgery residency at the University of Texas Medical Branch in Galveston. Dr. Battle provide a wide range of orthopedic care, both surgical and non-surgical. He has a special interest in arthroscopic surgery and joint reconstruction of the shoulder and the knee. Dr. Battle, board certified by the American Board of Orthopaedic Surgery, is a member of the American Academy of Orthopaedic Surgeons, Texas Medical Association and McLennan County Medical Society. When not practicing medicine, Dr. Battle enjoy spending time with his wife, Soo, and their two children.

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John Bawduniak, MD,  
General & Vascular  
Surgeon

Dr. John Bawduniak, board certified general surgeon with significant training in vascular and endovascular surgery, has treated patients in Central Texas since 2007. Born and raised in Spring, Texas, he attended Rice University on a swimming scholarship and graduated with honors before attending University of Texas Southwestern Medical School and completing general surgery residency at UTMB Galveston. Dr. Bawduniak' practice include head and neck surgery, skin cancer, breast surgery, oncologic surgery, complex laparoscopic surgery, pediatric surgery, robotic surgery, minimally invasive reflux surgery and more. Dr. Bawduniak lead the Coryell Vein and Vascular Team which offers common non-surgical options like sclerotherapy and endovenous laser ablation using CoolTouch laser technology. Dr. Bawduniak, his wife Lindsay and their three girls and one boy spend their spare time on their farm.

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Lance Ellis, DO,  
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Dr. Lance Elli , board-certified orthopedic surgeon, is a proud Texan and Baylor University alumnus. He is dual fellowship trained, having completed a spine surgery Fellowship at the Texas Back Institute in Plano in 2007 and an Orthopaedic Trauma Fellowship at Baylor University Medical Center in Dallas in 2008. Dr. Ellis offers a vast scope of surgeries including minimally invasive and microscopic spine surgery, anterior approach to the spine (OLIF), minimally invasive treatments for bone and joint pain, primary anterior approach (muscle sparing) total hip arthroplasty, and total joint reconstruction. Dr. Ellis is married to Evey, and father to three girls. He most enjoys spending time with his family and finds time to coach his daughter's youth basketball team. He also enjoys attending sporting events, skiing and hunting.

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Richard Hurley, MD,  
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Dr. Richard Hurley has been a board-certified pain management specialist for more than 35 years. Raised in West, Texas, he attended Stephen F. Austin State University and University of Texas Medical Branch Galveston, completed residency program at Scott & White Hospital in Temple and has been in private practice since 1980. Dr. Hurley treats all modalities of chronic pain and preforms spinal cord stimulator implants. His services also include spinal cord stimulators trials and implants, facet nerve injections, epidural injections, peripheral nerve blocks, trigger point injections, Botox injection for spasticity, medical management of chronic pain including cancer pain and more. When Dr. Hurley is not seeing patients, he spends time at his ranch in Valley Mills with his wife, five children and two grandchildren.

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Most health care journeys begin with a visit to your primary care provider. But, finding a provider that treats you as a whole person and not just your illness can be difficult at times. At AdventHealth Medical Group, we have three providers that are ready to provide the care you need, when you need them. One of our providers, Cedilia Silva, family nurse practitioner at AdventHealth Medical Group, treats all of her patients with the utmost courtesy and respect which means you can be at ease knowing that she is there for you even after you leave the office. Under Cedilia’s care, every patient gets a personal follow-up phone call to make sure their treatment recommendation is working and that they fully understand their care plan. Cedilia believes that each encounter is an opportunity to inspire patients to live life to its fullest.



Cedilia Silva

“Caring for patients is what gives my life meaning,” said Silva, “and I do my best to extend the healing ministry of Christ with every patient I encounter.”

### BEHAVIORAL HEALTH

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Miranda Parker

Your treatment, which will be personalized to meet your specific needs, will allow you to talk through your challenges and teach you the skills you need to cope with your

illness or any day-to-day challenges you face.

According to Miranda, taking the time to get to know you, the client, is a key component to providing treatment that is successful.

“All treatment plans begin with building a rapport and empathizing with your situation,” said Miranda. “Our care providers recognize the vulnerability it takes to work on yourself in a therapy setting, and we are here to help you through that process.”

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Dr. McLaughlin, whole-person care means “helping the patient gain a full understanding of what’s going on and helping them to be an active participant in their care plan.”



Daniel McLaughlin, MD

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Embracing our mission of Extending the Healing Ministry of Christ, William Rediske, DPM, podiatrist with AdventHealth Medical Group, believes that you heal best when you are treated as though you are family. To Dr. Rediske, whole-person care means ensuring we meet your needs to help you live a fulfilling life and allowing you to be as active as you choose. Foot pain and discomfort can hold you back from the activities that you love. As a patient of Dr. Rediske’s, you are an active participant in your care and are encouraged to communicate your desired outcomes as well as any concerns or barriers that could keep you from reaching your health goals. Together, you Dr. Rediske and his highly skilled team will work collaboratively to create a treatment plan that is specific to your needs, and that will leave you free of foot pain so that you can get back to an active lifestyle.

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MARK LENNIHAN | AF

Cartons of eggs are displayed for sale in the Union Square green market in New York on May 14, 2008. The latest U.S. research on eggs won't go over easy for those can't eat breakfast without them.

# Are eggs good or bad for you? New research rekindles debate

**BY LINDSEY TANNER**  
THE ASSOCIATED PRESS

The latest U.S. research on eggs won't go over easy for those can't eat breakfast without them.

Adults who ate about 1 ½ eggs daily had a slightly higher risk of heart disease than those who ate no eggs. The study showed the more eggs, the greater the risk. The chances of dying early were also elevated.

The researchers say the culprit is cholesterol, found in egg yolks and other foods, including shellfish, dairy products and red meat. The study focused on eggs because they're among the most commonly eaten cholesterol-rich foods. They can still be part of a healthy diet, but in smaller quantities than many Americans have gotten used to, the researchers say.

U.S. dietary guidelines that eased limits on cholesterol have helped eggs make a comeback.

The study has limitations and contradicts recent research, but is likely to rekindle the long-standing debate about eggs.

The new results were published online Friday in the *Journal of the American Medical Association*.

## THE STUDY

Researchers at Northwestern University's Feinberg School of Medicine and elsewhere pooled results from six previous studies, analyzing data on almost 30,000 U.S. adults who self-reported daily food intake. Participants were followed for roughly 17 years, on average.

The researchers calculated that those who ate 300 milligrams of cholesterol daily — about 1 ½ eggs — were 17 percent more likely to develop heart disease than those who didn't eat eggs.

The researchers based their conclusions on what participants said they ate at the start of each study. They took into account high blood pressure, smoking, obesity and other traits that could contribute to heart problems. Risks were found with eggs and cholesterol in general; a separate analysis was not done for every cholesterol-rich food.

Dr. Bruce Lee of Johns Hopkins University, said nutrition studies are often weak because they rely on people remembering what they ate.

"We know that dietary recall can be terrible," said Lee. The new study offers only observational data but doesn't show that eggs and cholesterol caused heart disease and deaths, said Lee, who wasn't involved in the research.

Senior author Norrina Allen, a preven-

tive medicine specialist, noted that the study lacks information on whether participants ate eggs hard-boiled, poached, fried, or scrambled in butter, which she said could affect health risks.

Some people think “I can eat as many eggs as I want” but the results suggest moderation is a better approach, she said.

## THE DEBATE

Eggs are a leading source of dietary cholesterol, which once was thought to be strongly related to blood cholesterol levels and heart disease. Older studies suggesting that link led to nutrition guidelines almost a decade ago that recommended consuming no more than 300 milligrams of cholesterol daily; one egg contains about 186 milligrams.

Newer research questioned that relationship, finding that saturated fats contribute more to unhealthy levels of blood cholesterol that can lead to heart problems.

The latest U.S. government nutrition guidelines, from 2015, removed the strict daily cholesterol limit. While eating as little cholesterol as possible is still advised, the recommendations say eggs can still be part of a healthy diet, as a good source of protein, along with lean meat, poultry, beans and nuts. Nutrition experts say the new study is unlikely to change that advice.

## BOTTOM LINE

Dr. Frank Hu of Harvard University noted that most previous studies have shown that eating a few eggs weekly is not linked with risks for heart disease in generally healthy people.

"I don't think that this study would change general healthy eating guidelines" that emphasize fruits, vegetables, whole grains, nuts and beans and limiting processed meats and sugar, Hu said. Eggs, a breakfast staple for many, can be included but other options should also be considered, "like whole grain toast with nut butter, fresh fruits, and yogurt," Hu said.

Dr. Rosalind Coleman, a professor of nutrition and pediatrics at the University of North Carolina, offered broader advice.

“The main message for the public is not to select a single type of food as ‘bad’ or ‘good’ but to evaluate your total diet in terms of variety and amount.

"I'm sorry if it seems like a boring recommendation," she added, but for most people, the most important diet advice "should be to maintain a healthy weight, to exercise, and to get an adequate amount of sleep."

# Canola oil gets undeserved bad rap

**BY BARBARA QUINN**  
THE MONTEREY COUNTY HERALD

In response to a recent column in which I suggested canola oil as one good choice for popping corn “since it is low in saturated fat and has a high enough smoke point not to burn at higher temperatures,” a reader from Capitola writes: “The circle of people I associate with would prefer avocado oil, coconut oil or ghee as these three oils also take a high smoke point. Canola oil deservedly or not has received a bad rap.”

Indeed, avocado, coconut and ghee (clarified butter often used in Asian cooking) can all endure high cooking temperatures for popping corn. That is due to their higher smoke point which indicates at what temperature an oil begins to burn. Canola oil also has a high enough smoke point to handle typical popcorn popping.

Besides smoke point, I also addressed

in the previous column that canola oil is low in saturated fat. (It is also a good source of healthful omega-3 fats.) Other cooking oils with high smoke points that are low in saturated fat include peanut, sesame, avocado, and soybean oils.

Experts at the University of California at Berkeley tell us the bad rap about canola oil is not deserved. It is an oil, they explain, that comes from a specific type of flowering plant in the cabbage family called "rapeseed." Since that's not a very palatable name and this plant is grown in Canada, it was named canola.

Some of the confusion about canola oil has to do with several hundred deaths in 1981 which was linked to rapeseed oil. Turn out this tragedy was really due to an illegal contaminant in an oil that was mislabeled as olive oil.

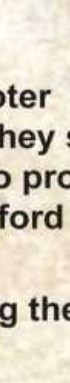
Another concern is with a substance found in traditional rapeseed called erucic acid which has been linked to health problems in animals.

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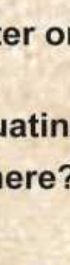
Place 2: David Michael Jones, Susan Jones

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# Mental health problems rise significantly among young Americans

BY TARA BAHRAKPOUR  
THE WASHINGTON POST

Over the past decade or so, rates of depression, psychological distress and suicidal thoughts and actions have risen dramatically among people 26 and younger, with some of the highest increases among women and people at higher income levels, according to a new study of a broad swath of young Americans.

The report, published Thursday in the American Psychological Association's Journal of Abnormal Psychology, looked at survey data from more than 600,000 adolescents and adults.

It found that in the past 10 to 12 years, the number of people reporting symptoms indicative of major depression jumped 52 percent among 12- to 17-year-olds and 63 percent among 18- to 25-year-olds; the rate for both groups is now at 13.2 percent. Serious psychological distress and suicide-related thoughts or actions also shot up, by 71 percent in young adults, from 7.7 percent to 13.1 percent.

The percentages for older adults remained stable over the same period, indicating that whatever is driving the changes is something disproportionately affecting those who are young at this particular period in history, the report said, noting that "cultural trends in the last 10 years may have had a larger effect on mood disorders and suicide-related outcomes among younger people compared to older people."

The report, which used data from the annual National Survey on Drug Use and Health and also relied on suicide statistics from the Centers for Disease Control and Prevention, found the greatest upticks in young people who were

Instead, the report said the increases may be linked to increased time spent on social media and electronic communication, along with a decrease in the hours of sleep young people are getting. Lack of sleep is associated with depression and anxiety.

wealthier and female. The changes were unlikely to be tied to poor financial prospects or substance abuse, the report said, noting that they occurred during a period of economic expansion and at a time when drug and alcohol use among young people has been unchanged or decreasing.

Instead, the report said the increases may be linked to increased time spent on social media and electronic communication, along with a decrease in the hours of sleep young people are getting. Lack of sleep is associated with depression and anxiety.

"Social media has moved from being something that about half of teens were using every day to something almost all teens are doing every day," said the report's lead author, Jean Twenge, a professor of psychology at San Diego State University and the author of "iGen: Why Today's Super-Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy — and Completely Unprepared for Adulthood."

"It used to be an optional thing, and now, especially among girls, it's virtually mandatory," she said. Noting that girls are more likely to use their devices for social media while boys often prefer gaming, she called social media "the perfect place to be verbally aggressive," which can contribute to depression and low self-esteem.

Social media plays into an innate human and animal preoccupation with hierarchy, said Joshua Coleman, a psychologist in Oakland, California, and a senior fellow at the Council on Contemporary Families. "It offers almost a minute-to-minute update on your social status," he said. "Every interaction you have is rated, and that's basically what life is like for young people these days."

He said the report's findings were not surprising.

"I certainly am hearing parents talk more than ever of kids who are really struggling" he said. Noting the reduction in outdoor play and the rise in overprotective parenting in recent years, he added that "the message being transmitted by parents is that the world is a dangerous place."

"Children aren't really being allowed to be exposed to the idea that you can survive stress . . . so all of this could be affecting children's ability to feel resilient and be resilient to everyday stressors," he said.

The increase in adolescent psychological distress was higher among wealthier people, rising 79 percent between 2010 and 2017 in the highest income bracket, to 14.1 percent, while rising 55 percent, to 15.3 percent, in the lowest income group during the same period.

Among high-income families, the pressure on children to compete and

succeed has increased in recent years, said Suniya Luthar, a professor of psychology at Arizona State University.

"Maintaining your parents' standard of living is harder than it was 20 years ago," she said. "They feel, 'I have to get into that top university that my parents attended, and if I don't, I have no life, I will be left behind, I won't be able to support myself.'"

But Robert Crosnoe, chairman of the sociology department at the University of Texas, Austin and the president of the Society for Adolescence, disagreed with the idea that today's youth are on a downslide.

Despite the increase in distress indicators, he said, the overall percentages are still low.

"There is this narrative out there of teenagers going off the cliff (but) by most indicators, they seem to be doing pretty well, relative to what was going on 20 years ago," he said, noting that pregnancy and risky behavior has gone down among adolescents while family time has increased.

"The majority of adolescents are doing great in terms of mental health. . . . I'm not willing to say that we have a widespread problem on our hands when it's only 13 percent of the population."

But if the numbers keep rising, that will be a problem, Crosnoe said, adding that mental health services for adolescents are inadequate.

"We are living at a time of massive inequality, where the key to social mobility in our country is higher education, but access to higher education has not expanded," he said.

"Kids sense that their futures are very uncertain, and that's also anxiety-producing."

## Killeen Vision Source

416 N GRAY STREET, KILLEEN, TX 76541 | (254) 634-7805 | WWW.KILLEENVISIONSOURCE.COM

**Q: What makes Killeen Vision Source special?**

**A:** We've been the gold standard in eye care in Killeen since 1963. Most people consider vision their most precious gift, so our mission is to provide the highest quality eye care with compassion and understanding.

We treat everyone like family, not like patients, because our staff has such a caring attitude. It is all about following the Golden Rule.

Our staff includes trained and courteous optometric assistants and opticians. Ophthalmic technicians and opticians can answer your questions about your contact lenses or new eyeglasses.

Because technology always is progressing, we make sure to stay current.

**Q: What services do you offer?**

**A:** Service for every patient is customized. We offer full optometry and optical services, all to help people see better and perform better in school, at work, and in sports. We use a variety of specialty equipment to help with eye diseases, hard-to-fit contact lenses, cataracts, dry eye syndrome, keratoconus, removal of foreign bodies in the cornea, eye allergies, glaucoma, diabetes, macular degeneration, as well as people on high-risk medications. We also do routine eye exams to make adjustments to corrective lenses and to identify and treat medical conditions.

The earlier we can identify a medical issues, the more effectively it can be treated. We suggest an annual eye exam for most people, and more often for people who already wear glasses or contacts or have an eye disease or disorder.

We have complete, same-day or one-hour optical service for most prescriptions. We prescribe hard and soft contact lenses, gas permeable lenses, bifocals, disposables and tinted lenses, as well as custom designs for special needs. We have a wide range of fashionable eyeglasses for the entire family.

**Q: Tell us about yourself.**

**A:** I am a native of Killeen and I have been practicing for over 30 years. My father, David, opened up his optical business in 1963. When I graduated from the University of Houston College of Optometry, Dad and I went into business

together and formed the first Killeen Eyecare Center. We recently re-named our practice Killeen Vision Source.

I am proud to have served as the State Director of the College of Optometrists in Vision Development from 1991 to 1994, and on the board of directors from 1994 to 1996. I am a member of the Texas Optometric Association and the Contact Lens Section of the American Optometric Association. I served as president of the Heart of Texas Optometric Association and the Killeen Noon Lion's Club.

In 1992, I was certified by the Texas Optometry Board in the examination, diagnosis, treatment and management of diseases and disorders of the visual system, the eye and associated structures, and the diagnosis of related systemic conditions. I became a specialist in glaucoma in 2000 through the Texas Optometry Board.

I am a strong believer in supporting the community. We help the Killeen Noon Lions Club, the Greater Killeen Free Clinic and the Killeen Food Bank.

**Q: What do people need to know about appointments and insurance?**

**A:** We have hours that are convenient for almost any schedule, including on Saturdays, by appointment, from 8:30 a.m. to noon. You can walk in or make an appointment on Mondays, Tuesdays and Thursdays, when we stay open from 8:30 a.m. to 5 p.m. On Wednesdays and Fridays we are open from 7:30 a.m. to 4 p.m.

For prescriptions, have your pharmacist call the office.

Our goal is to charge reasonable fees for our services because we do not want cost to be a hardship. We accept payment in full with cash, check or credit card; proof of insurance; Medicare Part B and Medicaid.

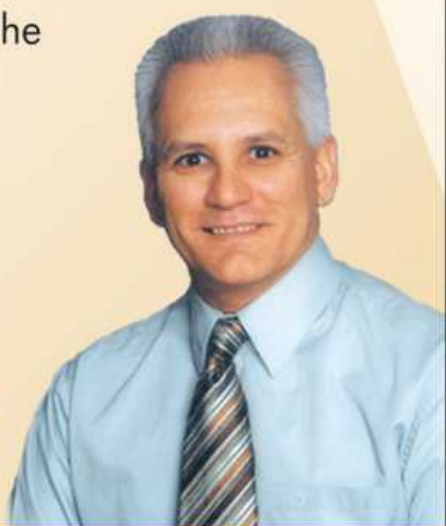
Many vision insurance plans cover routine eye examinations once a year. We accept Tricare, Vision Service Plan, Scott & White Health Plan, Aetna, EyeMed, VSP and Blue Cross Blue Shield of Texas. Even if we are not a participating provider on your insurance plan, we will give you a copy of your itemized charges so you may file a claim.

Give us a call at 254-634-7805 to make an appointment!

## Killeen Vision Source™

- Eye Injuries, Infections, Dry Eye Syndrome & Allergies
- Infant/Child/Adult Examinations
- Complete Optical Services
- Certified as a Therapeutic Optometrist, Glaucoma Specialist by the Texas Optometry Board

Therapeutic Optometrist  
Diplomate, American Board of Optometry  
After Hours Emergency  
**CALL 254-681-2112**



**Dr. Austin Ruiz**  
Therapeutic Optometrist

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**VOTED BEST IN CENTRAL TEXAS 25<sup>TH</sup> ANNIVERSARY**

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