



FOR IMMEDIATE RELEASE

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Methodist McKinney Hospital – Your Health Partner

MCKINNEY, TX (December 2011) – During the busy holiday season, it's easy to let your health take a back seat to all of the activities and demands that accompany the season. Methodist McKinney Hospital would like to offer some tips to wrap up 2011 and begin the New Year on a positive note.

Ways to Stay Healthy:

Wash your hands – this is especially important when you or someone in your family is sick

Get a good night's sleep – aim for 7-9 hours of sleep

Eat a balanced diet – emphasize eating fruits, vegetables and whole grains, avoid pre-packaged foods

Stay home when you are sick – this allows you to rest and avoid exposing other people to illness

Manage stress by adjusting your expectations – perfection isn't possible for anyone

For those times when illness does strike, you can count on the convenient emergency department services offered at Methodist McKinney Hospital.

Emergency Department Services:

- Stitches and staples for cuts, gashes, and wounds
- X-rays
- Fractures and sprains
- Abdominal pain related to appendicitis, colitis, and pancreatitis
- General illness treatment (viruses, flu, and dehydration)

Methodist McKinney Hospital offers a wide range of imaging services including CT scan, MRI, Mammography, X-ray, CT Angiogram, Fluoroscopy, and Ultrasound. The hospital is a joint venture partnership between area physicians, Methodist Health System, and Nueterra Healthcare. The facility offers a wide selection of physician specialties including: ENT, Cardiology, Gastroenterology, General Surgery, Gynecology, Internal Medicine, Neurology, Orthopaedics, Pain Management, Plastic Surgery, Podiatry, Primary Care, Spine Surgery, and Urology.

More information on Methodist Health System is available at www.methodisthealthsystem.org or by contacting Kathleen Beathard, vice president of Marketing and Public Relations, at KathleenBeathard@mhd.com or (214) 947-4602.

More information on Nueterra Healthcare is available at www.nueterra.com or by contacting Jennifer Fox at jfox@nueterra.com or (913) 387-0615.

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