



UNIVERSITY  
MEDICAL CENTER  
OF EL PASO

# THE PULSE

NEWS & UPDATES  
FROM UMC

Jan. 31, 2018



## Health Start 2018 Starts Year Right



Runners head out at the start of UMC's inaugural Health Start 2018 on Saturday.

### More Than 300 Runners, Walkers, Family Members Make Health Start 2018 Event A Success At UMC West Clinic

When the first runners and event organizers arrived at the UMC West clinic early Saturday morning, the air was cold, the hot chocolate was ready and the anticipation was building for the start of the clinic's biggest event of 2018. By the time hundreds of runners for the 5k and walkers for the 1-mile events assembled at the starting line, music played and anticipation mounted. The gateway was clear, safe and ready, thanks to the El Paso Police Department, when a sea of speedy blue shirts, walkers,

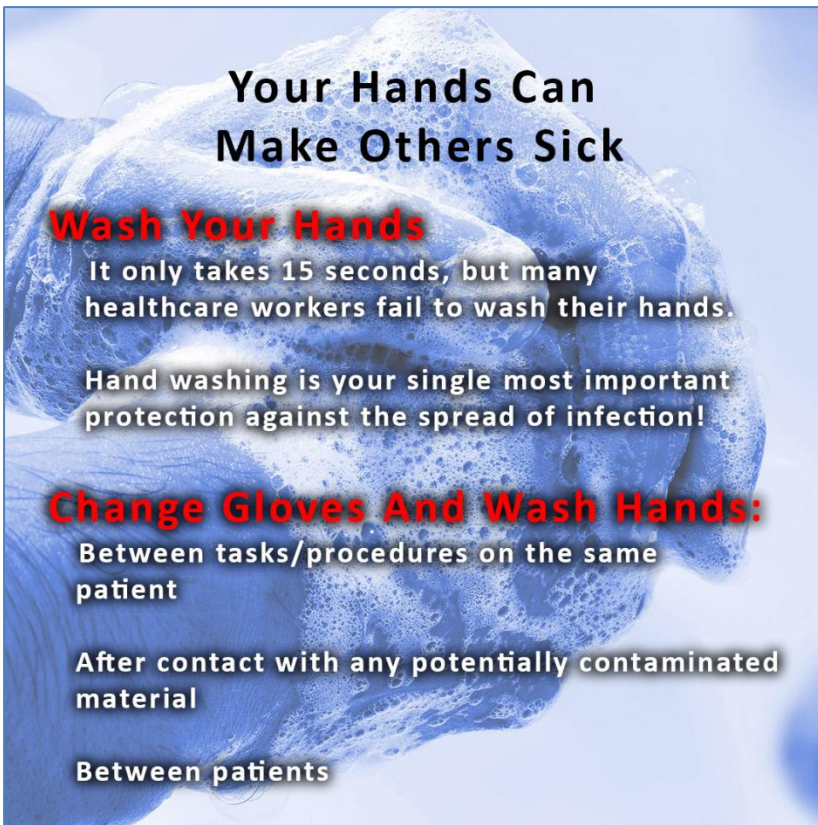
strollers and others took another step toward better health – the race was on. While the runners made their way through the course, many families and visitors to the clinic were still spending time with the many health vendors who joined the event – or they were inside the clinic taking advantage of the free health screenings. Many of the runners made sure they also had their health screened before they made their way to the start of the event.

When it was over, awards were given to the top finishers in male, female and age categories. Many runners walked away with a medal or trophy but all of the participants were victorious on Saturday.

They had taken another step. For some, that step was their first fulfilled personal commitment to to become healthier in 2018. They left, maybe worn from their run, with their cheeks chilled from the morning air; they may have learned a healthier way to eat – or both. Regardless, the day was a success and a great beginning – at Health Start 2018. Below are some of the sights of the day. For more photos of the event, check us out on [Facebook](#).







## Flu & Cold Season Still Here For A Few Weeks

While flu cases continue to mount, the end of the cold and flu season has not yet hit its peak, with a few more weeks to go. In El Paso, flu cases have risen more than 400 percent over last year.

UMC has recorded an increase of confirmed flu cases of more than 350 percent over last year.

It's not going away any time soon but you can keep from getting sick by avoiding others with the flu and simply **washing your hands often.**

### About The Pulse

*The Pulse newsletter, is a product of the UMC Public Affairs office and features news briefs and updates from around our campus. It is distributed to our El Paso community. If you have an item that you would like to have considered for The Pulse, email it to [Ryan Mielke, UMC Director of Public Affairs.](mailto:Ryan.Mielke@UMC.org)*

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