

Carbohydrate Conundrum

*Separating the good
from the bad*

In some circles, carbohydrates are getting a bum rap. Proponents of high-protein diets have convinced a lot of Americans that carbs make you fat and should be avoided. The truth is not that simple. In fact, carbohydrates are a great source of energy. And many are loaded with fiber and nutrients that keep our bodies in peak condition. (Choose fruits and vegetables.) On the other hand, certain carbs can contribute to health problems, including weight gain, when eaten too often. (Avoid white bread and corn flakes.)

So how do you distinguish between so-called good carbs and bad carbs? First, nutritionists point out that the terms "good" and "bad" are not the best way to categorize carbs. These descriptors are simply ways to help people understand that some carbs are better for us than others.



Most carbs can be safely consumed in moderate amounts, if the majority of your other food choices are healthy. But people with diabetes may need to limit the total amount of carbs eaten.

The American Diabetes Association says limiting carbs to around 45-60 grams per meal helps those with diabetes control blood sugar, but recommended carb counts may vary based on an individual's treatment plan. In addition to counting carbs, some people with diabetes fine-tune their carbohydrate choices by using the glycemic index (GI).

The glycemic index ranks foods on a scale from 0 to 100 based on how the carbohydrates affect blood sugar levels when eaten. A high GI rating (70 or more) means carbs are digested quickly. This causes a spike in blood glucose, the sugar your body uses for fuel. Eating foods that cause rapid increases in blood sugar or glucose can have detrimental effects on the body. Over time, these changes may contribute to diabetes, obesity or heart disease. In comparison, eating more foods

Continued on page 2 >



ISSUE FOCUS: Diabetes Awareness

Another Reason to Watch Your Waistline

American adults are twice as likely to develop type 2 diabetes as British adults, and a recent study indicates our belly size may be to blame.

The researchers studied American and British adults ages 52-85 and discovered Americans tended to carry more weight around their bellies than their British counterparts. Even among women who were not overweight, Americans had larger waist sizes. Waist measurements that exceed 35 inches for women and 40 inches for men have been connected with an increased risk for type 2 diabetes.

Daily exercise and good eating habits can prevent overall weight gain, including in the midsection. However, there are no magic foods or spot exercises for removing belly fat. The fastest way to whittle a waistline, say experts, is by eating a low-calorie diet and doing regular, high-intensity aerobics.

Carbohydrates

> Continued from page 1

with a moderate GI (56-69) or a low GI (55 or less) is better for the body because these foods increase blood glucose more slowly.

The glycemic index is not only used by people with diabetes. Licensed nutritionists often recommend low-GI diets for good health or weight loss. Although research about the benefits of low-GI diets has been mixed, a recent study from the *Archives of Internal Medicine* found that women who ate mostly high-GI foods had more than twice the risk of developing heart disease as women who ate mostly low-GI foods. Another study in the *New England Journal of Medicine* compared diets of people who had lost at least 8 percent of their body weight and discovered that a diet that was both high-protein and low-GI was best for maintaining weight loss.

GOING LOW

Nutritionists point out that choosing foods based only on their GI rating is not a foolproof way to improve your diet. For one thing, a GI rating doesn't really tell you how a food will affect



High Glycemic Foods (70 or higher)	Low Glycemic Foods (50 or lower)
White potatoes	Most fruits and veggies
Crispy rice cereal	Bran cereal
White bread	Beans
Cookies and crackers	Cashews and peanuts
Sugary beverages	100% pure fruit juice
Find GI scores for other foods at www.glycemicindex.com	

blood sugar when eaten along with other foods. Eating lean protein along with carbs, for example, can minimize the effects of carbs on blood sugar.

Furthermore, some high-GI foods, like bananas, are good for you, while many low- to moderate-GI foods are actually high in calories, sugar or fat.

So, when choosing low-GI foods, go with the healthiest options by following these guidelines:

- ☐ Stick to whole grains and high fiber foods.
- ☐ Choose fresh over processed foods.
- ☐ Fill up on beans or whole-wheat pasta, rather than white potatoes.
- ☐ Eat more fresh fruits and vegetables.

The Other Diabetes *Understanding type 1*

Living with type 1 diabetes can seem like a balancing act, but rock musician Bret Michaels says people with the disease can still achieve their dreams and live amazing lives.

Michaels, who has been living with type 1 diabetes since age 6, recently became a spokesperson for the American Diabetes Association (ADA). His aim is to spread awareness about diabetes and help people with the disease gain more control over their health.

Only 5 to 10 percent of diabetes cases are type 1, which used to be called juvenile diabetes. People with the disease cannot produce insulin, the hormone needed to regulate blood sugars in the body. Those with type 1 diabetes have to

check their blood sugar levels regularly and take insulin through injections or special pumps that attach to the body. Since no cure currently exists, type 1 diabetes requires lifelong, daily management.

Type 1 diabetes occurs when the immune system attacks the pancreas and kills the cells that produce insulin. Scientists speculate that genetics and environmental factors may contribute to the development of the disease.

Unlike type 2 diabetes, type 1 can't be managed with lifestyle changes alone. But these healthy habits can help people with either type avoid complications like heart disease, obesity, and organ and nerve damage:

☐ Follow a meal plan with moderate amounts of carbohydrates and plenty of fruits and vegetables to strengthen the immune system and provide antioxidants.

- ☐ Select low-fat sources of protein, avoid trans fats, and replace oils high in saturated fat with unsaturated oil like olive oil to protect the heart.
- ☐ Get plenty of vitamin B6 to fight nerve damage.
- ☐ Exercise regularly to bring down blood sugar levels, burn calories and control weight.



Bret Michaels

Warning signs of type 1 diabetes

- Frequent urination
- Increased appetite
- Weight loss
- Fatigue
- Increased thirst
- Sudden vision changes

Anyone who has these symptoms should have blood sugar levels tested right away. Type 1 diabetes can come on quickly and cause a dangerous drop in blood sugar that can lead to insulin shock or coma, if not treated.

Diabetes Myths *What you do know can help you*

People have many misconceptions about diabetes. We asked certified diabetes educator and registered dietitian Susan Thomas, who works with HCA's Diabetes Prevention and Control Program, to dispel a few common myths about this disease.



Susan Thomas, R.D.

MYTH 1: Managing diabetes is easy.

THOMAS: Living with diabetes will, in fact, bring challenges, but with support from friends, family and knowledgeable healthcare providers, these challenges can be met head-on. Daily fluctuations in blood glucose levels are normal, but should never be ignored. It's important to keep blood glucose in a healthy range. Diabetes shouldn't control our lives; we should control our diabetes.

MYTH 2: When someone with diabetes is having trouble with high blood sugar, they must be doing something wrong.

THOMAS: People with diabetes often blame themselves for high blood sugar levels when they shouldn't. High blood sugars result from:

1. A disproportionate amount of insulin is being produced by the body (or injected) compared to the amount of glucose (sugar) in the bloodstream, [or]

2. The insulin made in the pancreas or the injected insulin is not working well.

High blood sugar may signal a need for additional medication or insulin, which a doctor should determine. Or, a new meal plan or additional physical activity may be the answer. Working with a certified diabetes educator can help bring the blood sugars down.

MYTH 3: People with diabetes are supposed to eat sugar-free foods.

THOMAS: People with diabetes need to refer to the "total carbohydrates," not the "sugars" component of a food label. Sugar-free foods usually still contain carbohydrates; therefore, these foods will affect blood sugar. These foods may contain too many calories to help with weight loss, and they are often expensive and unnecessary.

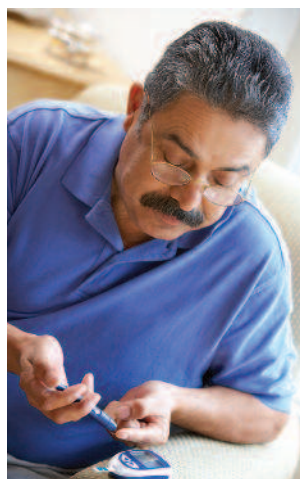
MYTH 4: Insulin shots are painful.

THOMAS: Getting an insulin injection isn't very painful. In fact, insulin needles used today are finer, laser-sharpened and silicone-coated for comfort. People with diabetes often report that an insulin injection hurts less than sticking their finger to test blood sugar.

MYTH 5: If someone is genetically predisposed to diabetes, a healthy diet won't prevent the disease.

THOMAS: Eating right is important for everyone, but it is especially important for those at risk for diabetes. The Diabetes Prevention Program study showed that eating right, controlling body weight and being active will decrease one's risk for developing adult-onset diabetes. For people diagnosed with diabetes,

eating a healthy diet, along with following a treatment plan, can help prevent the many complications associated with the disease.



Diagnosis Duel *Experts disagree on metabolic syndrome*

If you've ever heard about the dangers of metabolic syndrome, you might be surprised to learn that some in the medical community say metabolic syndrome is not a true medical diagnosis. But that doesn't mean you should dismiss warnings about this condition. Here's why.

The name metabolic syndrome describes several health problems that set the stage for developing heart disease,



type 2 diabetes and stroke. These conditions — excessive fat around the waistline, high blood pressure, high triglycerides and low levels of good HDL cholesterol — tend to occur together, which is why the American Heart Association says metabolic syndrome is an accurate diagnosis.

On the other side of the argument stand the American Diabetes Association and the European Association for the Study of Diabetes. These groups do not dispute that the conditions associated with meta-

bolic syndrome are risk factors, but they do question whether metabolic syndrome is a unique disease that should be treated in a new way. Their position is that each of these conditions raises real health concerns, but it's better to treat them individually than as a group.

For most Americans, this debate may not matter much. What's important for us to remember is that adopting healthy habits can help us avoid these problems. You know the drill: Eat whole grains, fruits and vegetables; avoid saturated fats; exercise regularly and keep your weight down. And if you smoke, it's time to make quitting a priority.

Calendar of Events

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:30 - 11:30 a.m. 1 Wellness Exercise Program, Cardiac Rehab Dept. 10:00 a.m. A Matter of Balance, Medical Center of Lewisville	2	6:30 - 11:30 a.m. 3 Wellness Exercise Program, Cardiac Rehab Dept.	4	5
6	7	6:30 - 11:30 a.m. 8 Wellness Exercise Program, Cardiac Rehab Dept. 10:00 a.m. A Matter of Balance, Medical Center of Lewisville	9	6:30 - 11:30 a.m. 10 Wellness Exercise Program, Cardiac Rehab Dept.	11	12
13	14	6:30 - 11:30 a.m. 15 Wellness Exercise Program, Cardiac Rehab Dept. 10:00 a.m. A Matter of Balance, Medical Center of Lewisville	16	6:30 - 11:30 a.m. 17 Wellness Exercise Program, Cardiac Rehab Dept. ST. PATRICK'S DAY	18	19
20	21	6:30 - 11:30 a.m. 22 Wellness Exercise Program, Cardiac Rehab Dept. 10:00 a.m. A Matter of Balance, Medical Center of Lewisville	23	6:30 - 11:30 a.m. 24 Wellness Exercise Program, Cardiac Rehab Dept.	11:30 a.m. 25 Meet & Eat, Cracker Barrel, 889 South Stemmons	26
27	12:00 p.m. 28 Ostomy Support Group, Medical Center of Lewisville	6:30 - 11:30 a.m. 29 Wellness Exercise Program, Cardiac Rehab Dept. 10:00 a.m. A Matter of Balance, Medical Center of Lewisville	30	6:30 - 11:30 a.m. 31 Wellness Exercise Program, Cardiac Rehab Dept.		

Heart Risk Assessment

Heart Risk Assessment reinforces the importance of managing your heart risk factors. This is a complete heart risk assessment in one convenient package that includes:

- Complete lipid profile
- Blood sugar
- Blood pressure
- BMI (body mass index)
- Health risk appraisal
- 12-lead EKG
- EKG results interpreted by a physician
- Risk reduction counseling by our specialized staff

This is a 50-minute assessment available by appointment. The cost is \$49 (a \$295 value). Wear loose-fitting clothes. Do not eat or drink anything (water and medications are okay) for 12 hours prior to screening. Arrive a few minutes early. This assessment will be completed at Medical Center of Lewisville Cardiac Rehab, 500 West Main St., Lewisville, TX 75057. Call (888) 580-2225 for an appointment and tell them you are an H2U member!



Meet & Eat

Friday, March 25

11:30 a.m.

Cracker Barrel

I-35E and Fox Ave.

889 South Stemmons

Lewisville, TX 75067-5351

Dutch treat

Meet new friends as you explore the many restaurants of Lewisville and the surrounding communities. For lunch reservations, call (877) 463-3362 by Wednesday, March 23. Free dessert will be provided with this March luncheon!

Ostomy Support Group

Monday, March 28

12:00 p.m.

Fourth Monday

Medical Center of Lewisville

Medical Arts Building, CR 3

This support group is for people with ostomies. Please call Rita Whitney at (972) 420-1523 with questions.

Wellness Exercise Program

Tuesday and Thursday

6:30 - 11:30 a.m.

Cardiac Rehab Department

Medical Center of Lewisville

\$14 per month

\$35 for a three-month commitment

The wellness exercise program is tailored to the individual patient's needs. Participation requires a doctor's order. Call Ronna Conley at (972) 420-1526 for more information.

A Matter of Balance – Free Eight Week Program

Tuesdays (through March), 10:00 a.m.

Medical Center of Lewisville

500 W. Main, Lewisville, TX 75057

4th Floor Medical Staff Conference Room

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Many older adults experience concerns about falling and restrict their activities. This program emphasizes practical strategies to manage falls. For more information and to register to attend, call the Lewisville Rehabilitation Center at (972) 420-1775.

Buddy Up for Health

Friends and partners reach goals together

If you're trying to make healthy lifestyle changes, two heads may really be better than one.

Research shows that people who work out with a partner are more consistently active. Other studies find that people with diabetes control their blood sugar levels better when they are paired with a peer dealing with the same problem. Among smokers, when one spouse stops smoking, the other spouse is 67 percent less likely to smoke, too. And the former smoker's friends and siblings are also more likely to kick the habit.

Striving for a health goal with a friend or partner helps you succeed by making

you accountable to someone who wants you to do well. To find the right partner to accompany you on your journey to better health, choose a person whose situation is comparable to yours. Similar fitness levels or similar health goals will make it easier for you to identify with one another and to stay on track. Where to look for a health buddy:

- Start with friends and family.

- Ask members of your church, book club or other social group.
- Post a notice at your local fitness center, or tell the staff you're looking for a partner.
- Ask your healthcare provider to recommend a buddy.
- Look online for support groups where you can meet people with similar goals.

Every 20 seconds someone is diagnosed with diabetes. The good news is that eating right and exercising regularly may protect you and your loved ones from becoming part of that group.

March is **Diabetes Awareness Month**



IN THE KNOW

Hot Topic for Laptop Users

Surfing the Web with a laptop computer propped on your thighs may not be such a harmless activity.

According to a number of published reports, long-term exposure to the heat of a laptop — which reaches up to 125 degrees — can cause “toasted skin syndrome,” a dark, blotchy skin condition that could turn into a permanent mark. Heating pads and other heat sources can cause the same problem and, in rare cases, this heat damage can lead to dangerous skin cancers.

Aside from splotchy skin, heat from laptop computing can also create a problem for men. A study published in *Human Reproduction* found that men who are exposed to prolonged heat from laptops had a higher risk of infertility.



Protecting yourself is easy: Just invest in a laptop desk or a cooling pad with a fan, and use it whenever you're computing away from your desk.

MONTHLY CHALLENGE

Say Goodbye to Deep Fried

Americans love crunchy, greasy, salty foods. And our growing waistlines show it. This month, we're challenging you take a break from fried foods.

Your goal? Cut all deep-fried items out of your diet

Why? Many restaurants fry food in partially hydrogenated vegetable oil, which is loaded with trans fat, a harmful fat that's worse for you than



saturated fat. Trans fat clogs arteries, raises bad cholesterol, lowers good cholesterol and causes you to store fat around your abdomen, which is bad for your heart. Even if food isn't fried with partially hydrogenated vegetable oil, any type of oil adds excess calories to food.

How? Try to stay away from fast-food restaurants. When you do go out to eat, avoid ordering anything fried or breaded. Instead, look for entrees that are steamed, baked or roasted. Just remember, meat and potatoes aren't the only foods that can be fried; fried vegetables, cheese sticks and most potato chips are off limits, too.



MOTIVATIONAL FACTS

Exchange this:	For this:	To save:
Large order of French fries	One baked potato	351 calories
One fried fruit pie	One medium, raw apple	332 calories
Batter-fried chicken breast	Roasted chicken breast	444 calories
Fried 3-oz. catfish fillet	Grilled 3-oz. salmon fillet	95 calories

Source: USDA National Nutrient Database

ACTION PLAN

Need a Catnap?

Naps aren't just for kids; adults can benefit from an afternoon snooze, too. But sometimes “resting your eyes” can work against you. To avoid after-nap regrets:

Pick the right time. Experts say napping near dusk is generally not a good idea unless you're a shift worker with nontraditional sleep hours. Grabbing 40 winks too close to bedtime can interfere with nighttime sleep. The best time for naps is early to mid-afternoon.

Keep it short. Research shows nappers benefit most from short naps — ideally about 10 to 20 minutes. Naps lasting 30 minutes or more can cause something called sleep inertia — a groggy, confused feeling that makes it hard to return to your routine.

Don't feel guilty. Naps have been proven to be beneficial for boosting mood, easing fatigue and helping performance. In fact, researchers at NASA encouraged and studied napping among astronauts, and found a 20-minute nap improved performance and alertness.



RESOURCES

For more information on diabetes, visit:

www.diabetes.org
www.niddk.nih.gov
www.h2u.com

For more information on H2U programs, visit:

www.h2u.com or call (800) 771-0428

H2U MEMBER BENEFITS

H2U Is Your Lucky Charm for Travel

Celebrate St. Patrick's Day by planning a trip to Ireland. Through H2U's partnership with CIE Tours, you can visit the Emerald Isle without spending your entire pot of gold.

THE IRISH GOLD

9-day tour

Dates: Oct. 1-9, 2011

Cost: \$1,395 (land only)

You'll see all corners of Ireland on this escorted coach tour that stops

overnight in first-class hotels in Dublin, Galway, Killarney and Waterford. Throughout your trip, you'll experience a variety of Ireland's rich culture, including traditional Irish cuisine; a catamaran cruise along the Killary Fjord; guided tours through Killarney, Waterford and Dublin; Irish coffee and music at the Marine Bar in Dungarvan; and tours through Blarney Castle, the Glendalough monastic site and Kilemore Abbey.



OLDE ENGLAND AND HERITAGE TOUR

Dates: Sept. 17-24, 2011

Cost: \$1,398 (land only)

This tour combines historic Britain with vintage pop-culture sites in Edinburgh, London, York and Liverpool. Experience the old world while visiting the Tower of London, Stirling Castle, the Bronte Parsonage and Sulgrave Manor. And don't miss the spooky ghost-walking tour in York. You'll also enjoy the best of modern Britain with a Beatles-themed tour of Liverpool with a local guide, dinner and a show at a Scottish cabaret in Edinburgh, as well as a steamer cruise on Lake Windermere.

For more information or to sign up for either of these trips, contact CIE Tours at (800) 243-8687 or visit www.cietours.com. To receive the H2U member price, provide your H2U member number and code H2U10 when you book your trip.



Share the Health

H2U helps adults take charge of their health and enjoy life with a wealth of resources, including:

- Subscription to *Health to You* magazine
- Online library, health tools and more at H2U.com
- Member savings on health services, travel, gifts and more

Learn more at www.h2u.com.

new member application

Date _____ Amount Enclosed ☐ \$20 (1 year) ☐ \$35 (2 years) NL

First Name _____ Middle Initial _____

Last Name _____

Address _____

City/State _____ Zip Code _____

Phone Number _____ E-mail _____

Gender ☐ male ☐ female Date of Birth _____

☐ Check or money order payable to H2U enclosed

☐ Visa/MasterCard/AmEx # _____
(expiration date) ____/____/____

Signature _____ Date _____

Print Name (as it appears on credit card) _____

Assign my membership to the H2U program at: (hospital name) _____

I am joining H2U for: ☐ Discounts ☐ Health information ☐ Social activities
☐ Online health tools ☐ Health screenings ☐ Member hospital privileges

The following health topics would interest me (please check all that apply):

- | | | |
|--|---|---|
| <input type="checkbox"/> Heart & Vascular Health | <input type="checkbox"/> Men's Health | <input type="checkbox"/> Diabetes Treatment & Education |
| <input type="checkbox"/> Women's Health | <input type="checkbox"/> Health Seminars | <input type="checkbox"/> Heartburn/Digestive Disorders |
| <input type="checkbox"/> Caregiving | <input type="checkbox"/> Immunizations | <input type="checkbox"/> Pain Management |
| <input type="checkbox"/> Health Screenings | <input type="checkbox"/> Healthy Lifestyles | <input type="checkbox"/> Nutrition |
| <input type="checkbox"/> Cancer Prevention | <input type="checkbox"/> Family Health | <input type="checkbox"/> Obesity/Weight Management |
| <input type="checkbox"/> Bone & Joint Care | <input type="checkbox"/> Sleep Disorders | <input type="checkbox"/> Cancer Detection & Treatment |
| <input type="checkbox"/> Menopause | | |

Give the gift of H2U membership to friends and loved ones. Gift applications are available online at www.h2u.com/gift. Memberships are non-refundable and non-transferable, and privileges are subject to change without notice. Special rates for two-person households are available. Contact H2U at (800) 771-0428 to purchase gift memberships or to get more information. For additional new member applications, photocopy this form.



H2U national office
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Nashville, TN 37202-1300

(800) 771-0428
www.h2u.com

This newsletter is not intended to provide advice on personal medical matters, nor is it a substitute for consultation with a physician.

Protect Yourself

Know the basics of self-defense

You don't need a black belt in karate to ensure your personal safety. By learning basic self-defense rules and techniques, you can feel more confident that you're prepared if a potentially dangerous situation arises. The most important protective measure you can take is to avoid situations where personal attacks could occur. To steer clear of predators:

- When walking, stand tall and keep your head up to portray your confidence.

Observe your surroundings, and alter your route if anything seems amiss.

- Don't hesitate to ask someone to walk you to your car after dark. Many stores are happy to provide an escort.
- Park in well-lit areas. Have your keys in hand before you leave the building, and check your vehicle before getting in.
- If you have to pull over when driving, choose a well-lit, public area.

- At home, pay attention to signs like barking dogs and loud noises that may signal an intruder.

Although personal attacks are rare, they can happen at any moment and in unexpected places. It's always wise to take precautions like telling friends or family members where you are going and when you will return. Carrying a cell phone with the police department phone number on speed dial is also smart.

It's smart to be prepared for a physical attack, if it cannot be avoided. By using objects, elbows and screams, you may be able to ward off an attacker long enough for help to arrive.

Self-defense classes are often available at local senior centers and gyms. These classes not only teach self-defense moves, but can help raise your confidence so that you will feel less vulnerable when you're out of your comfort zone.

Still Standing

Take steps to prevent falls

When you're young, most falls result in minor bumps, scrapes and bruised egos. But as we age, falling is more likely to cause major injuries, including fractures and head trauma. Each year, one in three adults age 65 and older will take a spill, and some of these accidents will be serious. In fact, falls are the leading cause of injury-caused death among those over 65, according to the Centers for Disease Control and Prevention (CDC).

One reason falls are so dangerous for the elderly is that the bone loss that tends to occur with aging makes people more prone to fractures. At the same time that falling becomes more risky, the aging body becomes more prone to falling. As we age, for example,

balance deteriorates and vision gets worse. Older adults are also more likely to take medications that affect their ability to move or react quickly to obstacles. Dementia can cause people to be less aware of their surroundings, and age-related disabilities can impede the ability to walk. Environmental hazards, such as uneven or slippery surfaces, poor lighting, loose rugs and unstable furniture, also contribute to falls.

While the death rates from falling have significantly increased in the past four years, falls are largely preventable if you take the proper precautions.

- ☐ **Regular exercise.** Workouts that focus on leg strength and balance, such as tai chi, are especially helpful. Ask your

healthcare provider for exercise recommendations.

- ☐ **Medication review.** Ask your doctor or pharmacist to review your prescription and over-the-counter medications. Some drugs cause dizziness or drowsiness that can lead to falls.

- ☐ **Eye exams.** Have your vision checked annually to ensure your glasses are still the right prescription and that you don't have a condition that affects your eyesight. Clear vision helps prevent tripping and tumbling.

- ☐ **Home safety.** Modify your home. The CDC reports about half of all falls occur at home. To reduce tripping hazards where you live, add railings or support bars along stairways, in the shower and next to the

toilet. Remove throw rugs or use double-sided carpet tape to secure them to the floor. Keep often-used items where you can reach them easily.

- ☐ **Sturdy shoes.** Wear well-made shoes with non-slip soles. Avoid slippers and athletic shoes with deep treads.

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