

## Walk with a Doc Newsletter

Good morning! Hope this finds you well. A little bit of a different spin this morning. Everyday at the Walk office is like Christmas morning to me. Here's an example why. Dr. Susan shares, in a way much better than I could, why the walk is so important to me and all of our doctors. This letter is addressed to the Texas Medical Association leadership that has made WWAD a reality in their great state.

To: Lisa Stark Walsh (Lisa.Walsh@texmed.org); steve.levine@texmed.org; Debra Heater (debra.heater@texmed.org)  
Subject: WWAD

In the discussion regarding value and statistics surrounding the WWAD program I wanted to share a couple of stories from my Walk this week.

I have had an older couple coming with regularity for many months. They learned about the program from a sign they saw in the hospital during the husband's stay. He has multiple medical problems and mobility has been an issue, I am guessing diabetes is among his issues. He has grown steadily stronger and leaner in the months I have known him and his effort is considerably diminished than when they first joined us.

They told me this weekend they are moving to Tucson. Before I could say I would miss them, the wife shot out, " Don't worry, we have already looked up the WWAD program and found our group out there!" This Is IMPACT.

Another regular walker, one of the speedy ones, who comes with her entire family was waiting for me at the snack area after completing her walk, as I always bring up the rear for safety reasons. She told me two women, new to our community, had stopped by to see what the program was about and she had filled them in on the purpose, schedule and had them sign up for the email list. This is (community) OWNERSHIP.

Finally, you know I support the WWAD program wholeheartedly. I come away each time feeling energized, positive and as if I have touched someone in a way I cannot otherwise do in my office....This is physician and community WELLNESS.

Go forth and build your empires.

Susan

Susan M. Pike, MD  
Baylor Scott and White Healthcare, Round Rock  
Director, Cosmetic Surgery Center  
Director, Division of Plastic and Reconstructive Surgery  
Assistant Professor, TAMUHSC  
Round Rock, TX 78665  
512-509-3963

**Educate. Exercise. Empower.**

**Be a part of medicine's transformation, [www.walkwithadoc.org](http://www.walkwithadoc.org)**