



As we welcome in the New Year, we remain committed in our mission of improving health outcomes of members worldwide by connecting them with the expertise of top medical specialists and sub-specialists at [The WorldCare Consortium™](#) hospitals.

In this issue of *Health Update*, your member-only WorldCare newsletter, you will find coverage of our first WorldCare Disability Symposium. As well as information from [WorldCare Consortium™](#) member [Mayo Clinic](#) on performing minimally invasive heart surgery and how [WorldCare Consortium™](#) member [Massachusetts General Hospital](#) treats depression. [The WorldCare Consortium™](#) offers teams of specialists and sub-specialists only WorldCare can provide a direct link to when you need a medical second opinion.

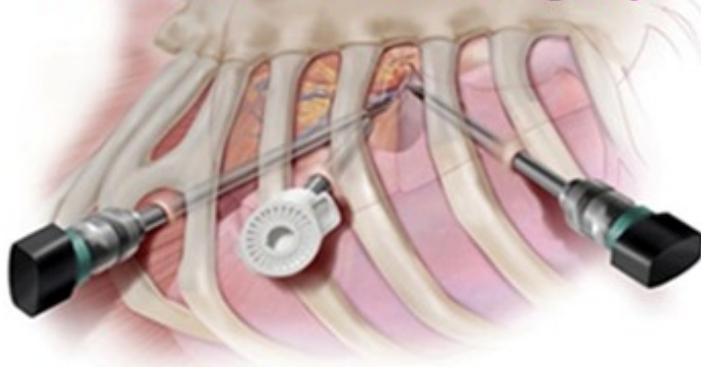
---



A group of WorldCare's clients and prospects gathered on February 4, 2019 for WorldCare's first Disability Symposium, which was hosted by [Spaulding Rehabilitation Hospital](#) and sponsored by [MediResource Inc.](#) Attendees took part in a half-day symposium featuring keynote addresses by [Jeff C. Huffman, MD](#), Department of Psychiatry, Massachusetts General Hospital; [Maximilian E. Hsia-Kiung, MD](#), Department of Anesthesia, Critical Care and Pain Medicine, Massachusetts General Hospital and [Ross D. Zafonte, DO](#), MGH Physical Medicine and Rehabilitation Service, Massachusetts General Hospital. After the keynote addresses, a panel discussion hosted by Richard Heinzl, MD, Global Medical Director, WorldCare International, Inc., Roger Friesen, Director, Life and Disability Claims, [The Co-operators Life Insurance Company](#) and Pierre Paquette, Chief Operating Officer, [MediResource Inc.](#) took place followed by a tour of [Spaulding Rehabilitation Hospital](#). During the evening the guests were treated to the opening night of [The Beanpot Hockey Tournament](#) and a book signing by [Paul Stewart](#).

---

## Mayo Clinic's approach to minimally invasive heart surgery



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

Source: [Mayo Clinic](#)

Cardiac Surgeons from [WorldCare Consortium™](#) member [Mayo Clinic](#) are performing cardiac surgery in an innovative safer fashion. Rather than cutting through the breast bone (Sternotomy), the surgeon will make a small incision through the right side of the patient's chest. This procedure is referred to as minimally invasive heart surgery; this technique ensures the patient will experience a shorter stay in the hospital, a faster recovery, less pain than open heart surgery, smaller scars and a lower risk of infection. Surgeons in many cases will have the ability to better view some parts of your heart and may be assisted by robotics. Minimally invasive heart surgery covers a wide range of procedures, for a full list of eligible procedures, please read the [full story here](#).

If you have been diagnosed with a cardiovascular condition, including a heart attack (Myocardial Infraction) or considering coronary bypass surgery or aortic surgery, contact us today for an expert medical second opinion.

[Request service.](#)

---

*"I requested your 2nd opinion because I had received very alarming preliminary test results from cardiac nuclear stress tests and CAT scans etc. that triggered an appointment for an angiogram. The results from your 2nd opinion were significantly more consistent with the results of the angiogram, which indicated there was no real cause for concern. It has provided me with*

*good comfort over the final outcome. Nancy Owens provided excellent and attentive service - thank you Nancy."*

-Julian , WorldCare member



Source [MGH](#)

Studies have commonly found an association between physical activity and decreased rates of depression. However, it is still unclear as to whether depression leads to reduced physical activity or if increased activity results in reduced levels of depression. A team led by [Massachusetts General Hospital](#) (MGH) has used novel research to support physical activity as a preventive strategy to depression.

The team used mendelian randomization, a technique that uses gene variants to study the effects of a non-genetic factor in a different approach from traditional research using genome-wide association study (GWAS), accessing gene variants from the BioBank in U.K., which was used to collect data on physical activity and depression by a global research consortium. Results of the study showed that accelerometer-based physical activity, but not self-reported activity, does appear to protect against the risk of depression. [Read full story here.](#)

Request a second  
opinion

---

**Depression across different demographics**

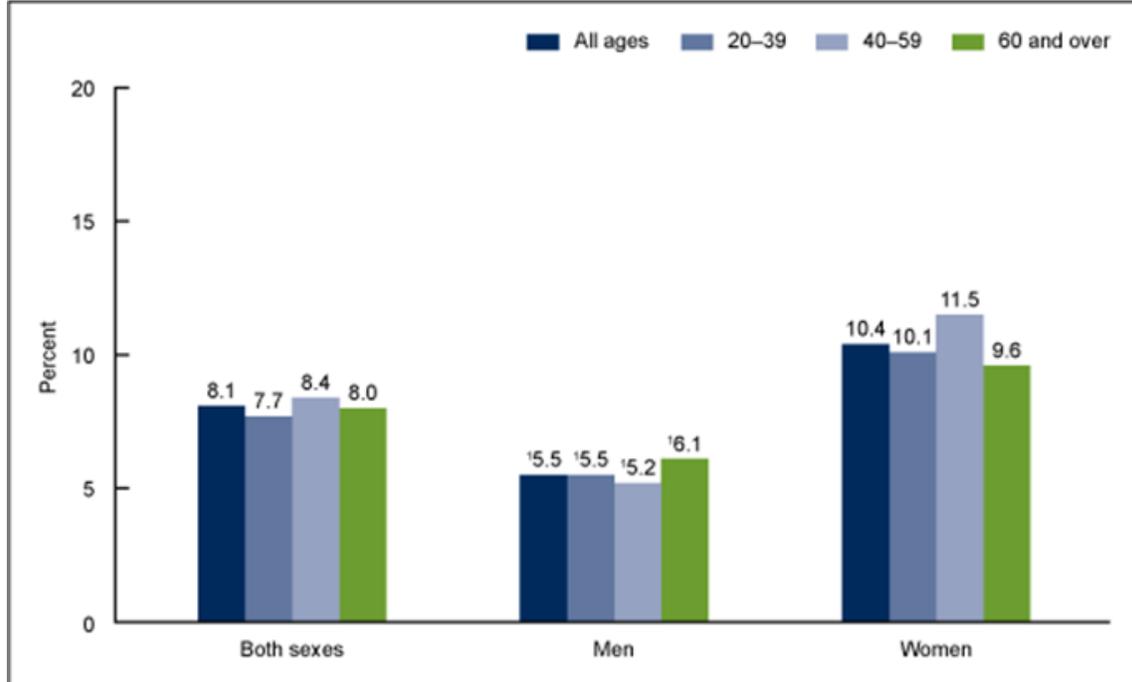


Figure 1. Percentage of persons aged 20 and over with depression, by age and sex: United States, 2013-2016

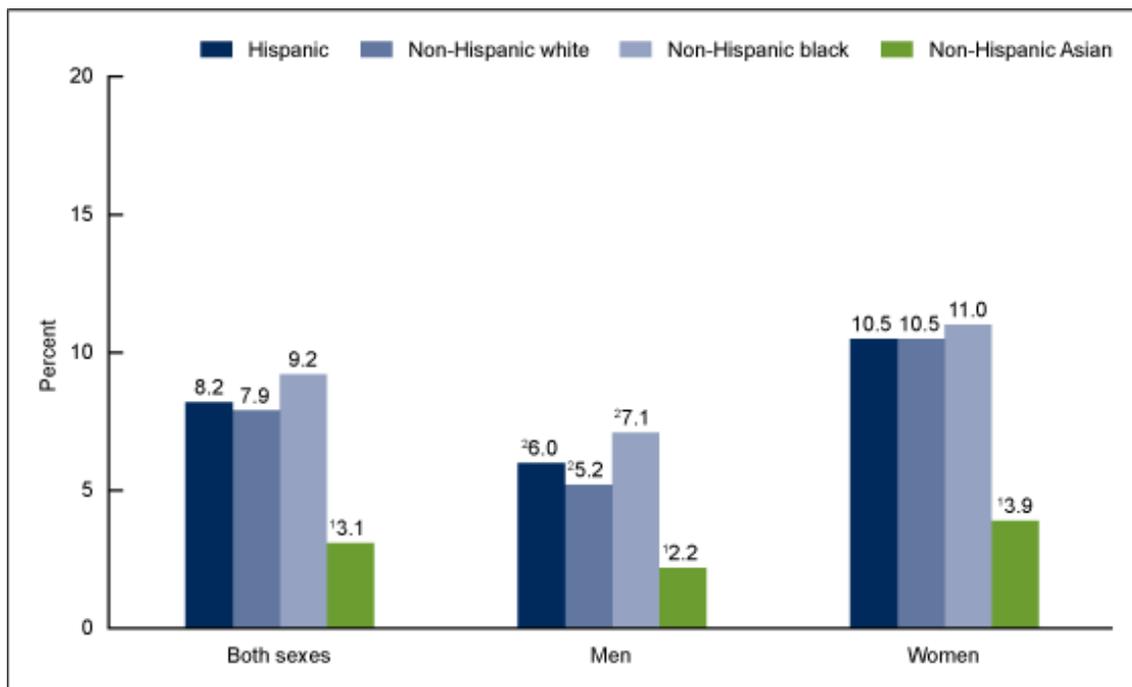


Figure 2. Percentage of persons aged 20 and over with depression, by race and Hispanic origin and sex: United States, 2013-2016

Source [Centers for Disease Control and Prevention](#)

*"First of all, I would like to thank the whole team, who helped me during this difficult time of my life. It gave me lots of relief. The information is very useful. I will sit with my family physician to look at the next options. Thanks again."*

- Gurmeet, WorldCare member

International, Inc. and the world-class hospitals of The WorldCare Consortium™.

Subscribe to our blog for crucial information and updates on healthcare, medicine and our company.



WorldCare International, Inc. | [marketing@worldcare.com](mailto:marketing@worldcare.com) | [www.worldcare.com](http://www.worldcare.com)