



Top Executives Tap Top Docs for Recession-Proof Relief

Executive Medicine of Texas is arming top executives with reassurance their stress-related symptoms are treatable.

Dallas, Texas ([PRWeb](#)) December 8, 2008 -- While addressing an elite group of over 300 CEOs and businesspeople at the Warwick Melrose Hotel in Dallas Wednesday night, top [Executive Medicine of Texas](#) physician, Dr. Mark Anderson said with a smile, "you're all going to be having chest pains and stress-related symptoms, so you need to come see us, so we can assure you you're not gonna drop dead."

Executives are responding quickly to managing stress now more than ever. Although no two executives are alike, they are placing an even greater emphasis on their health as one united front.

Mark Anderson, MD, DABFP, and Walter Gaman, MD, DAFB, CCFP are award-winning physicians who co-authored the book "Executive Medicine: Optimizing Your Chances For A Longer Life" and routinely see hundreds of top executives for their annual [executive physical](#) at Executive Medicine of Texas.

"Executives are experiencing tremendous pressure from workforce reduction and mergers to delivering shareholder results and stock market volatility. They are taking a greater ownership in their health, putting pride and self-esteem aside," stated Dr. Anderson.

As part of each clients comprehensive physical at Executive Medicine of Texas, the physicians focus on the [executive lifestyle](#), identify personalized stress management strategies as well as dietary and fitness needs. "Our goal is to educate executives and prevent the inevitable heart attack or stroke that often comes with the job," Dr. Anderson also states.

Key stress-related symptoms can include chest pains, gastrointestinal disorders, headaches, anxiety, and insomnia which can further lead to depression, ulcers, even death if not diagnosed and treated early.

"Executives often got to the point of exhaustion and developed significant health issues by simply ignoring the signs. Now they want more personalized attention, relief and medical direction from us," said Dr. Walter Gaman.

About Executive Medicine of Texas

Executive Medicine of Texas is a premier executive wellness center offering comprehensive executive physicals in a half day with no waiting, including advanced nuclear cardiac testing, cancer screening body scans, virtual colonoscopy, and the biophysical 250 blood test.

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