



FOR IMMEDIATE RELEASE

Contact: Megan Reisig  
(214) 493-4024  
[Megan.Reisig@usmd.com](mailto:Megan.Reisig@usmd.com)

## **USMD Adds Three Physicians to Support the Growing Healthcare Needs of the Dallas-Fort Worth Metroplex**

**IRVING, Texas – (Dec. 11, 2013)** - [USMD Holdings, Inc. \(NASDAQ: USMD\)](#), a physician-led integrated healthcare system, announced today that three new physicians—Lorie Blessing, M.D.; Dana Snell-Hargrove, D.O.; and Jeremy Parcels, M.D.—have joined USMD Affiliated Services. These new physicians have been added to respond to the growing healthcare needs of the Dallas-Fort Worth Metroplex and the patients USMD serves.

“Adding Drs. Blessing, Snell-Hargrove and Parcels to our growing physician base will allow USMD to continue to provide our patients with the best quality and most personalized healthcare,” said John House, M.D., chairman and chief executive officer of USMD Holdings. “These physicians will be located throughout the DFW Metroplex in an effort to ensure USMD continues to meet our patients’ healthcare needs.”

Dr. Blessing, a geriatrics physician, has joined USMD at its Plano North Clinic. With the addition of Dr. Blessing, USMD now has six board-certified geriatrists on staff. Nationally, 10,000 baby boomers a day reach the age of 65 and it is estimated that by 2030, 18 percent of the country will be age 65 or older. Adding Dr. Blessing will allow USMD to continue to provide quality healthcare to DFW’s senior population.

Dr. Snell-Hargrove has joined USMD’s growing group of obstetricians and gynecologists, bringing the total number of OB/GYNs at USMD to 33. The CDC reports that more than 377,000 babies are born each year in Texas, so adding another OB/GYN to USMD was necessary.

Dr. Parcels, who specializes in bariatric surgery, will join USMD’s growing base of general surgeons. During the past 20 years, there has been a dramatic increase in obesity in the U.S. According to the Centers for Disease Control and Prevention (CDC), more than one-third of U.S. adults and 17 percent of children and adolescents ages 2-19 are obese. The addition of Dr. Parcels allows USMD to respond to the increasing number of individuals requiring a surgical solution to fight obesity and underlying health issues.

Patients who undergo bariatric surgery often realize a 40-80 percent loss of excess weight. Beyond the weight-loss, bariatric surgery has many positive health benefits for patients,

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including reduced risk of diabetes, lower blood pressure and reduced sleep apnea. Additionally, after bariatric surgery, many patients find they require fewer medications over time.

### **More about USMD's new physicians:**

Dr. Lorie Blessing will practice at the Plano North Clinic. Dr. Blessing completed her fellowship in geriatric medicine at John Peter Smith Tarrant County Hospital, her residency in family medicine at Methodist Hospitals of Dallas and her medical degree at St. Matthews School of Medicine in British West Indies.

Dr. Dana Snell-Hargrove will practice at USMD's North Richland Hills Clinic. Dr. Snell-Hargrove completed her residency in obstetrics and gynecology at Genesys Regional Medical Center and received her Doctor of Osteopathy at Michigan State University.

Dr. Jeremy Parcels will practice at the Mansfield General Surgery Clinic. Dr. Parcels completed his fellowship in minimally invasive and bariatric surgery at University of Nebraska Medical Center, his residency in general surgery at University of Kentucky and received his medical degree at Baylor College of Medicine.

### **About USMD Holdings, Inc.**

USMD is a publicly held (NASDAQ: USMD), physician-led, integrated healthcare system committed to exemplary patient care. Headquartered in Irving, Texas, USMD serves the Dallas-Fort Worth metropolitan area with more than 250 physicians and associate practitioners, and provides healthcare services to patients in just under 20 different specialties at its two hospitals, nine cancer treatment centers and nearly 70 physician clinics, many of which are multi-specialty. For more information about USMD, visit [www.usmd.com](http://www.usmd.com).

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