

**PAMELA M. WALKER, PHD**  
Clinical Psychologist

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972.490.9764

Dear Cooper Clinic Patient:

Chronic stress can profoundly affect your health. For example, the chronic stress hormone cortisol can contribute to obesity, sleeplessness, compromised immunity and high blood pressure. Although the impact of stress on emotional and cardiovascular health is well established, emerging research suggests that managing stress contributes to long term brain health as well.

Recognizing this, Cooper Clinic offers its patients a psychological stress screening designed by health psychologist Dr. Pam Walker. This information will help us assist you in attaining your health goals. To complete the stress screen, please notify [drpamwalker@verizon.net](mailto:drpamwalker@verizon.net) **immediately**, so she can mail you the questionnaires. (Include your physical mail address where you prefer the packet to be sent). If your appointment is **within the next six days**, please let Dr. Walker know so she can provide other options to access the paperwork.

The screening questionnaires assess: (1) Lifestyle balance in three primary life areas—work, relationships and self-care—that can either worsen or buffer the effects of stress; (2) "Type-A" personality features, such as time-pressure and impatience, that are associated with cardiovascular stress; and (3) symptoms of emotional stress such as depression, hostility and anxiety that can over time be physically harmful. **This optional exam costs \$199 and takes most people about 15 minutes to complete.** You and your doctor will receive a written summary of results reviewed by Dr. Walker with personalized comments.

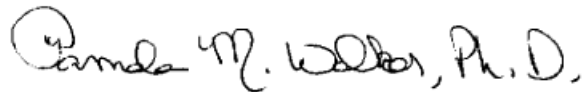
Although the above stress screen **does not involve meeting** with the psychologist, Dr. Walker is available for a limited number of individual consultations. **The \$180 fee for a one-hour session would be in addition to the written psychological screening exam and your total Cooper Clinic bill.** If you wish to schedule an individual consultation, please call Dr. Walker in advance (972.490.9764) to set an appointment. (Dr. Walker's private practice office is conveniently located on the Cooper Clinic campus).

We encourage you to take this opportunity to have a psychological stress "check-up," and hope you find this screening to be a valuable addition to your visit.

Sincerely yours,



**CAMRON E. NELSON, M.D.**  
**President & CEO, Cooper Clinic**



**Pamela M. Walker, Ph.D.**  
**Clinical Psychologist, Cooper Clinic**

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