

HEALTH NEWS *from*

WINTER 2020

# texoma

MEDICAL CENTER

## Flight *for life*

*Carol Dillard's life-saving experience*

**A new type of hip replacement**

*Smaller incision, muscle-sparing technique*

**Important vaccines for seniors**

*Keeping up to date to prevent health complications*

COMPLIMENTS OF



**TEXOMA  
MEDICAL  
CENTER**



**TEXOMA  
MEDICAL  
CENTER**  
**FROM THE  
CEO**



It's hard to believe the year 2020 is already upon us. This past year has been one of incredible accomplishment, but there are many great things planned for the coming year.

In 2019, we continued our growth by opening the ER at Sherman, the first freestanding emergency department in the area to operate under a hospital license. This new facility offers laboratory services, respiratory treatment, digital X-ray, CT scan, ultrasound, medications and fluids, and cardiopulmonary monitoring, among other services. If a patient needs to be transferred to TMC, they can be admitted directly.

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Having a facility like ER at Sherman is beneficial to the community because it expands the emergency care we can offer. In 2020, ER at Anna will open, offering the same great service options. In the meantime, construction on the main campus continues on a new medical office building with an ambulatory surgery center. We look forward to opening that in the near future.

Certified by The Joint Commission as a Primary Stroke Center, we are proud to have earned the American Heart Association/American Stroke Association Get With The Guidelines®-Stroke GOLD PLUS with Honor Roll Elite Plus award for 2019. We have also been designated as a Level II Neonatal Intensive Care Unit by the Texas Department of Health Services. These recognitions speak to the advanced, quality care we are able to provide to patients when they need it the most.

We are continually working to provide more services to the community. By doing this, we can keep raising the standards of quality, care and safety, all while meeting or exceeding your expectations. For continued updates on our progress, visit our website and social media channels. I am always interested in your feedback as well. Feel free to send me your questions and comments at [texomamedicalcenter.net/ceo](http://texomamedicalcenter.net/ceo). We thank you for the opportunity to care for you and your family and wish you a happy and healthy 2020!

*Ron Seal*

**Ronald T. Seal**  
Chief Executive Officer  
Texoma Medical Center



**“Happy, Healthy You” Lecture Series**



**February 6, 2020**  
**Osteoporosis – Plain, and Simple – You Have it!**  
**5:30 – 7 p.m.**  
**TMC Conference Rooms 1 & 2**  
**Speaker: Chris Alexander, MD**  
TexomaCare-Endocrinology

*Free!*

Space is limited. To reserve your place, call our physician referral line at **903.416.DOCS (3627)** or register online at **[texomamedicalcenter.net](http://texomamedicalcenter.net)**.

# Guarding PROSTATE HEALTH

As men age, many can begin experiencing issues, but awareness of symptoms and early detection are vital to a resolution.



**Ronald M. Williams Sr., MD**  
Urologist

Every three minutes a man is diagnosed with prostate cancer, according to the Prostate Cancer Foundation. But found early, the chances of a successful treatment increase. TexomaCare Urologist Ronald M. Williams Sr., MD, states that prostate cancer develops when cells in the gland start growing out of control. "Other than skin cancer, it is the most common cancer among men in the U.S.," he says. "That's why it's important to be aware of symptoms and get regular screenings."

### Know the symptoms

In the early stages of prostate cancer, symptoms may be silent. However, symptoms of an enlarged prostate and advanced prostate cancer can be similar. Some things to watch for are a weak urine stream, blood in the semen or urine, frequent nighttime urination or painful ejaculation. Dr. Williams says a noncancerous condition known as benign prostatic hyperplasia (BPH) can also affect men and feature similar symptoms. "BPH can affect about half of men from age 51 to 60, but it's even more common for men older than 80," he says. "If you are experiencing any of these symptoms or any issues with urination, it's a good idea to see your doctor."

### Are you at risk?

Dr. Williams says there are several factors that can increase the risk for prostate cancer. "Having a family history of prostate cancer puts men at risk, as well as being older than 50. African-American men are at higher risk, and a diet high in fat can also contribute," he says.

Screenings should begin at age 50 and include the prostate-specific antigen (PSA) blood test and a digital rectal exam. If the results show an elevated PSA, your doctor may order additional tests. African-American males and males with a family history of prostate cancer should begin screening at age 45. Screening can help detect prostate cancer earlier, when it is more treatable. Your doctor can help you decide if a screening is right for you based on your health and medical history. ■

**Learn more: [texomamedicalcenter.net/prostate](http://texomamedicalcenter.net/prostate)**

## Us TOO Prostate Cancer Support Group

The group is designed for men diagnosed with prostate cancer and features guest speakers, group information exchange, mutual support and general discussion. Participation is free and spouses are welcome to attend.

The group does not recommend any particular treatment, therapy, physician or hospital. For more information call 903-815-4999.

**When: Second Tuesday of each month**

**Time: 6:30 p.m. (social time),  
7 p.m. (program begins)**

**Location: Conference Room 2**

**Register: [texomamedicalcenter.net/support](http://texomamedicalcenter.net/support)**

# FREESTANDING ER AT SHERMAN

*The advantages of a hospital  
emergency department,  
in a convenient location*

**T**he recently opened ER at Sherman has all of  
the resources and support of Texoma Medical  
Center, the region's leading trauma center.

Patients who come to ER at Sherman should feel  
like they are in the main hospital's emergency  
room, explains Jared Johnson, TMC Director of  
Ambulatory Services. ➤



"This new facility offers laboratory services, respiratory treatment, digital X-ray, CT scan, ultrasound, medications and fluids, and cardiopulmonary monitoring, among other services," says Johnson. Altogether, there are eight patient rooms, including a pediatric treatment room and another designed to treat patients with obstetric and gynecologic conditions.

Patients who need to be transferred to TMC can be admitted directly, without a trip through the TMC emergency room, and their information will transfer electronically to the main hospital. Hospital staff will be ready to continue care when the patient arrives. Patients may also request to be transferred to another hospital of their choice.

Johnson adds that anyone with a medical emergency can walk in at any time. "This facility is open 24 hours a day, 365 days per year. We have physicians on staff, and can treat people of all ages," he says.

### Hospital-backed quality

ER at Sherman is the region's only hospital-based local freestanding emergency facility operated under a hospital license. Because of that, it is held to the same standards as if it were located in the hospital. "Operating under a hospital license offers better protection for the patient. For example, ER at Sherman will be required to submit quality reports that are made available to the public, just as any hospital-based ER must do. Freestanding emergency rooms not operated under a hospital license are not required to do this," says Johnson. "We also accept all major insurance plans in addition to Medicare and Medicaid." ■

**Learn more:** [texomamedicalcenter.net/Sherman](http://texomamedicalcenter.net/Sherman)



A Service of Texoma Medical Center

**Located at Sherman Town Center**  
4226 North Highway 75, Sherman, TX 75090  
Phone: 903.487.0857

## ER vs. urgent care

Knowing what to do in certain medical situations can be tricky. Is it an emergency, or something less serious that can be treated in an urgent care setting? Assess the situation and determine if the person's life would be in danger or if the person's health would be harmed by not going to the ER. If "yes," then you should call 9-1-1 and seek care immediately.

Examples of conditions considered an emergency because they require quick treatment or surgical intervention include difficulty breathing, possible stroke or heart attack, unexplained seizures, sudden intense pain, broken bones, blurred or double vision, choking and profuse bleeding. The ER has the capability to provide advanced imaging that may be needed to address potentially serious health concerns, and specialists can be consulted quickly if needed.

**If you are suffering from more "run-of-the-mill" conditions like bumps and bruises, cold symptoms, strains and sprains, an urgent care setting is an appropriate place to go.**

## COMING IN 2020! ER at Anna

All the amenities and services of ER at Sherman, but there will be 12 treatment areas and a full imaging suite, including mammography. Follow us on our social media channels for future updates!



With limited exceptions, physicians are independent practitioners who are not employees or agents of Texoma Medical Center. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website.



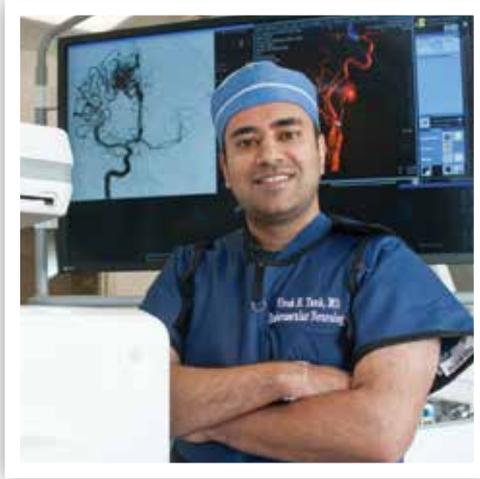
Carol Dillard poses with her medical team. From left, Air Evac technician Theresa Rayburn; TMC Stroke Program Coordinator Jenny Reeves, RN, SCRN, PCCN; Carol Dillard; Aaron Guess, MD; Air Evac technician John Davis.

# *Minimally invasive,* **life-saving stroke care**

*On August 8, Carol Dillard was out walking on the track in her Paris, TX, neighborhood, when she suddenly passed out. People rushed to help her and called 911. When EMS arrived, they determined that she needed a level of care found an hour away – at Texoma Medical Center.*

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As paramedics were tending to Dillard, they noticed she had the classic symptoms of a stroke – facial droop, difficulty speaking and weakness on one side of her body, and then suddenly, they subsided. Because these symptoms were a possible indicator of a stroke caused by a large vessel clot, paramedics decided to bypass the local hospital and called Air Evac to have Dillard transported to TMC for more specialized treatment. ➤



Interventional Neurologist Vivek H. Tank, MD

TMC Stroke Program Coordinator Jenny Reeves, RN, SCRNP, PCCN, says in cases of clots, blockages and stroke, time is of the essence. "Stroke has a six-hour treatment window. Brain cells die every minute the brain is deprived of blood flow and oxygen, so the sooner the clot is removed, the better the chance of a good outcome for the patient," she says. "TMC's interventional suite offers advanced treatment of complex vascular brain pathology, such as aneurysm repair, arteriovenous malformations, carotid artery blockages, brain and neck tumors, intracranial hemorrhages, clot removal and strokes. We can quickly identify blockages and remove them," she says.

### Locating the blockage

While en route to TMC, flight medics radioed ahead and a "Code Stroke" was activated. Emergency Room physician Aaron Guess, MD, and his team mobilized to prepare for Dillard's arrival. However, by the time she landed at TMC, her symptoms seemed to have resolved. Dillard was immediately taken to the CT suite, where Dr. Guess advised that they do a CT scan

and a CTA. "A CTA is similar to a CT, but dye is used to help determine where the clot is," explains Reeves. "We could see on the screen that the clot had become lodged in her brain, and that is when her symptoms returned. Dr. Guess made his decision based on her symptoms and the reports he received from paramedics and the flight team. It played a major role in time efficiency and making sure Ms. Dillard was treated quickly and appropriately."

Dillard was quickly taken to the neuro-interventional lab, where Interventional Neurologist Vivek H. Tank, MD, successfully removed the clot. After the procedure, she was moved to ICU, free of all stroke symptoms. She also did not have any side effects from the stroke and did not need any rehabilitative therapy.

Dillard's patient experience was amazing from beginning to end. She says that the Air Evac medics took great care of her during her flight to TMC, and the doctors and nurses at TMC were incredible. "I am so grateful to everyone who helped save my life. They all knew what they had to do and it all worked out," says Dillard, who highly recommends TMC to anyone who needs to go to a hospital. "I am glad they made the decision to bring me here to TMC. I am so fortunate."

In addition to her duties as the Stroke Program Coordinator, Reeves explains that she also reaches out to local and regional EMS and helicopter companies about TMC's capabilities. "Because we have the neurointerventional suite, we can receive patients with large clots via ambulance or helicopter. The more people who know about what we can do, the more lives we can help save," she says. ■

To learn more: [texomamedicalcenter.net/neurostroke](http://texomamedicalcenter.net/neurostroke)



TMC is certified as a Primary Stroke Center by The Joint Commission, a recognition considered to be the gold standard for stroke patient care. We have also been designated as a Level II Primary Stroke Facility by the Texas Department of Health Services, and earned the American Heart Association/American Stroke Association Get With The Guidelines®-Stroke GOLD PLUS with Honor Roll Elite Plus.

## Do you know the symptoms of a possible STROKE?

Recognizing the symptoms can help save your life or someone else's life. Just **B.E. F.A.S.T.**



**BALANCE:** Does the person have a sudden loss of balance or coordination?



**EYES:** Has the person lost vision in one or both eyes or have they had sudden double vision?



**FACE:** Ask the person to smile. Does one side of the face droop?



**ARMS:** Ask the person to raise both arms. Does one arm drift downward?



**SPEECH:** Ask the person to repeat a simple phrase. Is it slurred or strange?



**TIME:** is critical! If you see any of these signs, call 9-1-1 immediately.

# Are you a candidate for WEIGHT-LOSS SURGERY?



**Matthew Burruss,  
MD, FACS**  
Bariatric Surgeon



**Aaron Cernero, DO**  
Bariatric Surgeon

## **How to know if it is right for you.**

*If you are overweight and have more than 50 pounds to lose, you may have thought about weight-loss surgery. Texoma Medical Center offers seminars that address the American diet, available surgical options, and information on what to expect regarding the safety and outcomes of weight-loss surgery.*



## **ARE YOU A CANDIDATE?**

**Weight-loss surgery may be right for you if:**

- You are over age 18
- You are at least 50 pounds overweight, depending on other health conditions
- Your Body Mass Index (BMI) is at least 35 with one obesity-related health problem (such as type 2 diabetes, heart disease, high blood pressure or sleep apnea) or your BMI is greater than 40, with or without related health problems.
- You have tried other weight-loss methods without success
- You are medically stable and physically able to withstand surgery
- You pass a psychological screening test that helps determine if you are able to comply with post-surgical behavior modifications
- You complete all required pre-operative testing

## **SUPPORTING YOU ALL THE WAY**

If you are a candidate for weight-loss surgery and decide to have the procedure, TMC is there for you through the surgery and beyond. The weight-loss surgery support group helps you adjust to a new way of life. You will learn about managing nutrition, creating a workable eating plan, sticking to an exercise program, wardrobe changes and more. Members will share successes and questions regarding life post weight-loss surgery. ■

**Learn more: [texomamedicalcenter.net/weight](http://texomamedicalcenter.net/weight)**



*The weight-loss surgery program at TMC has been designated as a fully accredited Bariatric Center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP).*

# The benefits of BREASTFEEDING

It is widely recognized that breastfeeding offers many benefits to babies. In fact, the American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of an infant's life. But there are also many benefits for the mother.

## A healthy start

From day one, breastfeeding promotes brain development and provides babies with the nutrition and antibodies they need. It can also help protect them from a variety of conditions and diseases, such as lymphoma, leukemia, type 1 and type 2 diabetes, respiratory tract infections, ear infections and childhood obesity.

Director of Women and Children's Services, Angela Yancey, MSN, BSN, RNC-OB, RN-CCE, says lactation specialists provide breastfeeding support at The Birth Place at TMC, and breast milk is the perfect food for infants. "When the baby gets the first milk, known as colostrum, it provides them with antibodies to help protect against infections," says Yancey. "After that, the breast milk contains the right amount of protein, fat, water and sugar for babies to develop." She adds that breast milk costs nothing, is always the right temperature for baby, is free from contaminants and is often easier for babies to digest.

Learn more: [texomamedicalcenter.net/class](https://www.texomamedicalcenter.net/class)



## Bonus benefits for moms

While babies receive the nutritional benefits of breast milk, hormones released in the mother while nursing help create an emotional bond between her and her child. Other advantages for mom can include decreased postpartum bleeding and menstrual blood loss, a quicker return to pre-pregnancy weight and a decreased risk of breast and ovarian cancers. Moms can also use a breast pump and bottles, so dads can share in the nurturing and feeding experience as well. Yancey says the lactation consultants at The Birth Place are available to educate mothers how to breastfeed their baby. "We offer classes and can also assist new moms with feeding right after the baby is born," she says. "We show them techniques which improve the quality of feeding and make sure they are comfortable."

While breastfeeding may not be right for everyone, Yancey encourages it because of the health advantages and the bonding it creates between mother and child. "We are here to help support moms in whatever capacity they need and however they choose to feed their babies," says Yancey. ■

# A *hipper* alternative

**This relatively new hip-replacement surgery spares muscles, and might keep pain from interfering with your daily life.**



**J. Tyler Newton, DO**  
Orthopedic Surgeon

If you are suffering from chronic hip pain and are exploring surgery options, you may want to talk to your doctor about anterior hip replacement. While still a relatively new approach, the benefits can include a smaller incision, quicker recovery time, less pain, decreased risk of dislocations, and more accurate restoration of leg lengths.

TexomaCare Orthopedic Surgeon J. Tyler Newton, DO, is fellowship trained and specializes in anterior hip replacements, robotic-assisted hip/knee replacements and hip/knee revisions.

What is an anterior hip replacement? The incision, Dr. Newton says, is made through the front of the hip instead of more traditional back or side approaches. "The anterior approach is a muscle-sparing technique which does not require any muscles to be split or detached during the procedure," he says. "The procedure usually takes about 1.5 – 2 hours, and most patients are able to leave the hospital on the first postoperative day."

Dr. Newton says walking is the best therapy after this type of hip replacement. "Most patients do not require formal therapy. However, physical therapy can be beneficial to help strengthen the muscles around the hip in select patients," he says. Overall patient recovery is about three months, he states, although his goal is to have patients close to their baseline and off crutches and canes by six weeks post-op.

While patients can be apprehensive about joint replacement surgery, Dr. Newton says the decision is often driven by their tolerance for discomfort. "When a patient is no longer getting relief from medications or conservative treatment, or if their pain is interfering with their daily living activities, then it is time to consider the benefits of surgery," he says.

Dr. Newton says one of the best parts of his job is to see his patients regain their mobility. "To be able to walk around and participate in activities again without pain is a big deal," he says, "and it's so rewarding for me to see them enjoy life again." ■

**Learn more:**  
[texomamedicalcenter.net/joints](http://texomamedicalcenter.net/joints)

*Texoma Medical Center has earned The Joint Commission's Gold Seal of Approval for Hip and Knee Joint Replacement.*



## Having joint replacement surgery? Sign up for camp!

TMC's Joint and Spine Camp can help you physically, mentally and emotionally prepare for surgery. You'll share experiences with others who are preparing for the same type of surgery.

As you prepare for your surgery, plan to attend a camp and also complete pre-operative lab work and pre-admission before or following camp. Bring a "coach" with you to the camp to learn how to help you during surgery and recovery.

Classes will discuss what to expect before, during and after surgery, including:

- Daily plan of events
- Pain management
- SCDs (Sequential Compression Device)
- Polar ice machines
- Pulse oximetry
- Therapy
- Selfcare at home

***Speak with TMC's Joint Spine Coordinator at 903.416.4477 and register today.***

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if robotic surgery is right for you.



**Health and wellness information  
for adults age 55 and older**

## THE BALANCING ACT

**Having good balance can help you stay steady on your feet. Here are some easy ways to improve your stability.**

Balance is important at all stages of life, but becomes especially critical as you age. And there's good reason to be concerned about taking a tumble. One in three adults over age 65 falls each year, often resulting in serious injuries such as head injuries, hip fractures and other broken bones. Health problems associated with hip fractures alone cause more deaths each year in women than breast cancer.

The good news is that you can maintain your balance by staying active and performing exercises that help strengthen your core and improve your stability, mobility and coordination.

**Here are three simple exercises that help improve your balance:**

**Stand on one leg.** You can do this almost anywhere and at any time. Simply stand on one leg and try to balance for 30 seconds or more. You can begin by placing your hands out to the side to help you balance, but eventually you'll want to try to stay steady without arms outstretched. To make this exercise more challenging, close your eyes or stand on a less-stable surface, such as a pillow or couch cushion.

**Walk heel to toe.** Put one foot in front of the other as you walk in a straight line, lining up the heel of one foot directly in front of the toes on the other foot. Take about 20 steps forward and then 20 steps back.

**Learn tai chi.** The flowing movements of tai chi have been shown to improve balance and stability. One study showed that older adults who practiced Tai Chi Chuan for several weeks did better on a series of balance tests at the end of the study than they did at the start. They also performed better than people who spent the same amount of time ballroom dancing. ■

**For more tips on staying healthy, eating well, and feeling good, visit [texomamedicalcenter.net/myhealth](http://texomamedicalcenter.net/myhealth).**

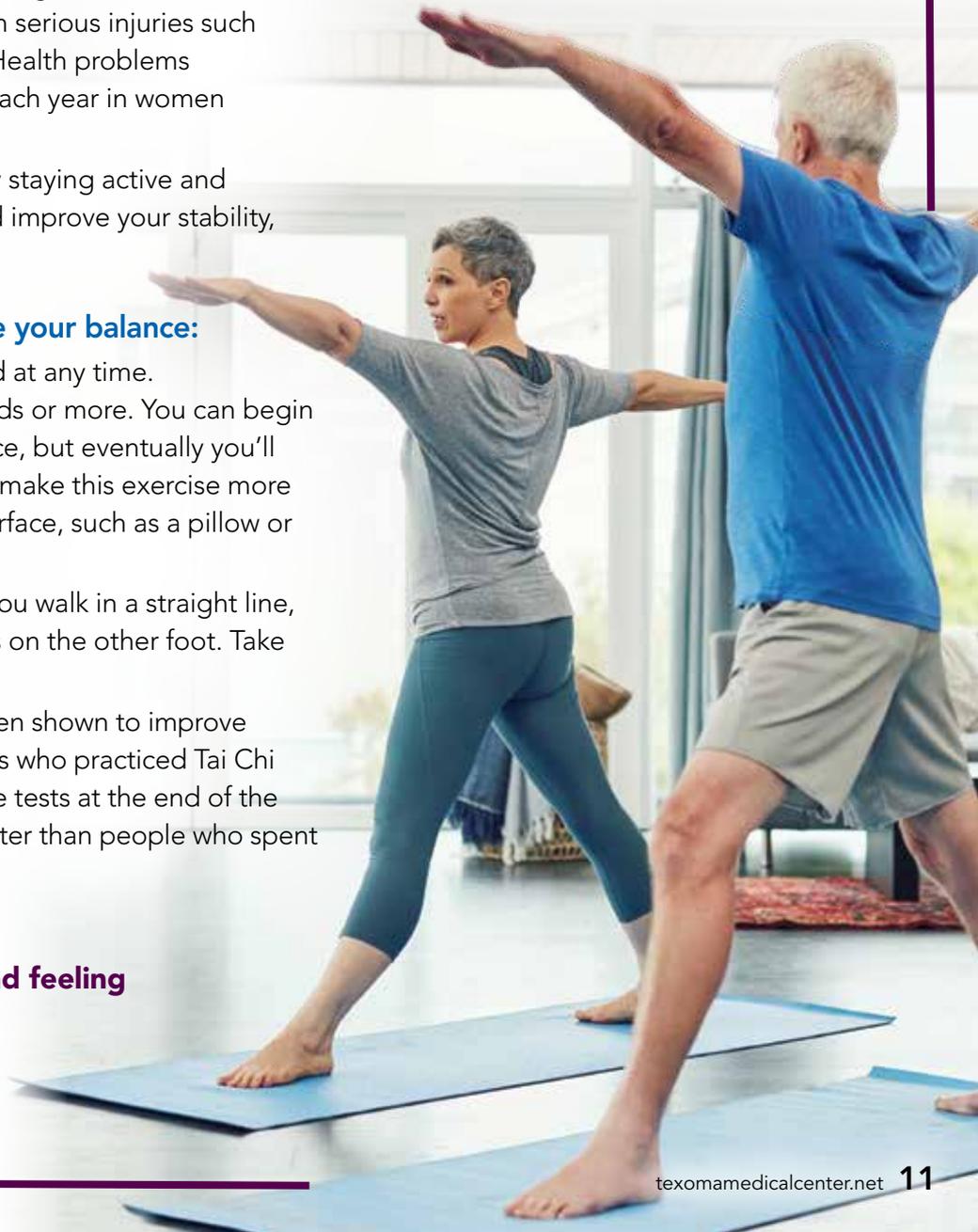
## Join Senior Advantage –

*It's Free!*

The TMC Senior Advantage Program is open to those age 55 and older. As a member, you get access to:

- Health screenings
- Seminars and workshops
- Cafeteria and gift shop discounts
- *Health News* newsletter and more

**For more information on Senior Advantage, call 903.416.55GO (5546).**



# Important vaccinations for seniors

Keeping up to date on vaccines is crucial and can prevent health complications.



Sarah Branam, DO  
Family Medicine

Between compromised immune systems and the effects of aging, older adults often find it harder to fight off viruses, states Sarah Branam, DO, of TexomaCare – Family Medicine. Here, she shares information about why seniors should be mindful of getting their immunizations.

## THE FLU SHOT

The flu can cause serious complications for people over age 65, such as bronchitis and pneumonia, which can lead to hospitalization and even death. The Centers for Disease Control and Prevention reports that there were close to 68,500 seniors who died during the 2017-2018 flu season.

“Older adults may also have other health issues — such as neurological conditions, asthma, heart disease, kidney problems or diabetes — that make them susceptible to flu-related complications,” says Dr. Branam. If you develop a fever, cough, sore throat, a runny or stuffy nose, headache, body aches and chills, you could have the flu. The flu virus strain changes every year, and it takes about two weeks for immunity to build up. That’s why doctors usually recommend getting a flu shot each year to further minimize health risks.

## PNEUMONIA VACCINE

Dr. Branam says there are two different pneumococcal vaccines for pneumonia prevention in adults age 65 or older. “The first vaccine is given because it helps produce a better immune response to different strains of pneumococcal bacteria. The second is given one year later to protect against additional strains,” she says. Both shots can help protect against pneumococcal disease, which can cause pneumonia, meningitis, and bacteremia (bacteria in the bloodstream). ➤



# Senior Advantage

## NEWS AND EVENTS

### SHINGLES

The Centers for Disease Control and Prevention (CDC) states that nearly one out of every three people in the United States will develop shingles in their lifetime, and the risk increases with age. If you had chickenpox as a child, the virus can reactivate later as shingles. Shingles is a painful rash that develops on one side of the body, and consists of blisters that eventually scab over. It can also cause long-term nerve pain and affect your vision if the rash appears on your face. The vaccine is recommended for all adults over age 50, even if you are not sure if you had chicken pox and even if you have already had shingles.

### TETANUS VACCINE

You may have gotten the tetanus shot (Td) many years ago, but you should get a tetanus booster every 10 years. "If you step on a rusty nail or are injured by a contaminated object, you are at risk for tetanus, which may cause severe muscle spasms and can be life threatening," Dr. Branam says. Getting a booster every 10 years will greatly decrease your risk.

If you spend time around young infants, the CDC recommends a one-time booster of Tdap (Tetanus, diphtheria, and acellular pertussis). This provides protection against pertussis, also known as whooping cough. Adults may have only mild or no symptoms, but pertussis is highly contagious and can be life-threatening for babies under a year old.

Dr. Branam cautions that while it is good to keep current with immunizations, they may not be right for everyone. "Some vaccines may interfere with or cause further issues for those with certain health conditions," she says. "Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment." ■

To find a doctor, call 903.416.DOCS (3627) or visit [texomamedicalcenter.net/finddoctor](http://texomamedicalcenter.net/finddoctor).



### Lunch & Learn Seminar

January 17, 11:30 a.m.  
Hip and Knee Replacements

February 21, 11:30 a.m.  
Heart Health

March 20, 11:30 a.m.  
Importance of Lung Screening

For a list of future dates and topics or to reserve your spot today, call the Referral and Registration Center at 903.416.DOCS (3627) or register online at [texomamedicalcenter.net/lunchandlearn](http://texomamedicalcenter.net/lunchandlearn).

### Game Day

Have fun, sharpen your mind and meet new friends at Game Day.

Held the first and third Tuesday of every month!

TMC Cafe, 2 p.m. - Refreshments provided.



### TMC Medical Supply & Scrubs

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- Equipment set-up and education
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Texoma Medical Plaza                      Downtown Denison  
5012 S. US Hwy 75, Suite 135              619 W. Main Street

Call 903.416.5555 for more information.

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# CHILDREN AND *SLEEP*



Sleep plays a critical role in the physical and mental health of your

child. A lack of sleep can cause a wide range of issues, including behavioral problems and impaired learning. TexomaCare pediatrician **Rosalind Lopez, MD**, shares her insights on how much sleep your child needs, tips for sleeping better and more.



## **Q: How much sleep does my child need?**

That depends on the age of your child. In general, infants, children and teenagers need more sleep than adults to support their physical and mental development. While each child is different, newborns (0-3 months) need about 14-17 hours of sleep; infants (4-11 months) need 12-15 hours; toddlers (1-2 years) need 11-14 hours; preschoolers (3-5 years) need 10-13 hours; school-aged children (6-13 years) need 9-11 hours; and teenagers (14-17) need 8-10 hours. Young adults (18-25 years) usually need about 7-9 hours to feel fully rested.

## **Q: Could my child have sleep apnea?**

Obstructive sleep apnea is a disorder that causes pauses in breathing or shallow breaths while sleeping. Snoring is the most common sign of sleep apnea. You may also notice your child snoring or gasping for air during the night. In addition, your child might feel tired during the day or have difficulty paying attention at school. It's important to talk to your pediatrician if you believe your child might have sleep apnea. Untreated, it can lead to high blood pressure, heart problems and poor growth.

## **Q: Is screen time affecting my teen's sleep?**

An increased amount of screen time has been linked to insomnia in adolescents. This is because many electronic devices emit an artificial blue light that can suppress melatonin, which is the body's sleep-inducing hormone. LED lights and fluorescent bulbs can have the same effect. If your teen is struggling to fall asleep or stay asleep, you should try limiting their overall screen time, especially before bed. This can help them fall asleep faster and improve sleep quality.

## **Q: How can I help my child sleep better?**

In addition to limiting electronic use, there are many ways to create a positive sleep environment for your child. Following a consistent bedtime routine and setting a reasonable bedtime can help your child get quality sleep. Creating a comfortable place to sleep is also important. Make sure your child's room is quiet, dark and reasonably cool. Physical activity, such as biking, hiking or sports, can help your child use up energy during the day and sleep better later at night. ■

**To learn more about our sleep lab and sleep studies, visit [texomamedicalcenter.net/sleep](http://texomamedicalcenter.net/sleep).**



**Shoaib Ahmad, MD**  
**Specialty:** Pulmonology  
**Medical school:** Nishtar Medical College in Pakistan;  
**Residency:** University of Oklahoma Health Science Center, Oklahoma City, OK; **Fellowship:** Pulmonary and Critical Care at the University of Oklahoma Health Science Center, Oklahoma City, OK;  
**Certification:** American Board of Internal Medicine in Internal Medicine, Pulmonary Medicine and Critical Care Medicine



**Fatimah Ahmed, MD**  
**Specialty:** Pediatrics  
**Medical school:** University of Missouri-Kansas City, Kansas City, MO.; **Residency:** Baylor College of Medicine-Texas Children's Hospital in Houston, TX and completed at Boston Children's Hospital-Boston Medical Center in Boston, MA



**Sarah Branam, DO**  
**Specialty:** Family Medicine; **Medical school:** University of North Texas Health Science Center at Fort Worth Texas College of Osteopathic Medicine;  
**Residency:** Texoma Medical Center;  
**Certification:** American Board of Family Medicine, American College of Osteopathic Family Physicians, Texas Academy of Family Physicians and the Texas Medical Association



**Lynn Brown, MD, FACEP**  
**Specialty:** Emergency Medicine; **Medical school:** Texas Tech University Health Sciences Center School of Medicine, Lubbock, TX.;  
**Residency:** Michigan State University and Sparrow Hospital in Lansing, MI; **Fellowship:** American College of Emergency Physicians  
**Certification:** American Board of Emergency Medicine



**Kenneth Choi, MD**  
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**Pradeep Tatagari, MD**  
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**Residency:** Hennepin Regions Psychiatry Program, Minneapolis, MN  
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**Christine Trautman, MD, FACOG**  
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**Ronald Williams, Sr., MD**  
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