Minimally invasive TAVR procedure for aortic stenosis

“I’m no longer short of breath, thanks to TMC!”
– Mary Gentry

Best of Texoma winners
“Best Hospital,” 12 years running

Wound care for seniors
Precautionary measures you should know
The results are in and we are proud to once again be recognized by readers of the Herald Democrat as the “Best Hospital.” This award speaks to the compassionate, quality care we provide patients in both our inpatient and outpatient settings.

TMC continues to be recognized for quality at both the local and national level. Recently, our stroke program was recognized by the American Heart Association/American Stroke Association for outstanding stroke performance. We received the Gold Plus status with the Target: Stroke Honor Roll Elite Plus award. This is the highest recognition a hospital can receive. Our staff has worked incredibly hard for several years to achieve this goal, and it is a testament to their dedication and mission to provide the best care possible for our patients.

In other exciting news, the TMC Reba McEntire® Center for Rehabilitation has been recognized as a Top Performer. They are among the top 10 percent in the country for 2019 Program Evaluation Model rankings from the Uniform Data System for Medical Rehabilitation (UDSMR). The UDSMR System tracks quality outcomes in inpatient rehabilitation facilities across the country, and we are proud of this ranking.

Our construction continues as we complete space on the fifth and sixth floors of our new patient tower. The shelled space will allow TMC to continue to add more services to address the healthcare needs of Texoma, and accommodate more patients as our region grows. And with the recent addition of the da Vinci Xi® Surgical System, cardiothoracic surgeons will be gearing up to perform minimally invasive robotic thoracic procedures, and in the future, cardiothoracic procedures.

We appreciate your confidence in us as your healthcare provider. As always, it is an honor to provide quality healthcare services to you and your family when you need it the most. Visit our website and social media channels for continued updates on our progress.

Ron Seal
Chief Executive Officer
Texoma Medical Center

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Hands for Hope

Celebrate National Recovery Month at the TMC Behavioral Health Center

TUESDAY, SEPTEMBER 17
11:30 AM - 1 PM, ON THE GROUNDS OF THE TMC BHC
2601 CORNERSTONE DRIVE, SHERMAN, TX 75092

Join us in celebrating and recognizing those recovering from mental health issues and substance use. We will also provide information about services and resources available in the community.

For more information, visit tmcbehavioralhealth.com/news-and-events.
THE RESULTS ARE IN …

and once again, your hospital of choice is Texoma Medical Center

For twelve years, readers of the Herald Democrat’s annual Best of Texoma Poll have voted Texoma Medical Center as a “Best Hospital.” These results reflect our commitment to quality healthcare, and we are grateful for your continued support.

We are honored to have been chosen as “the best” in the following categories:

- Best Hospital - TMC
- Best Rehabilitation Care - TMC Reba McEntire® Center for Rehabilitation*
- Best Radiology Services - TMC Advanced Medical Imaging
- Best Medical Supplies - TMC Medical Supply and Scrubs
- Best Sleep Center - TMC Sleep Lab
- Best Wound Care - TMC Center for Wound Healing and Hyperbaric Medicine
- Best Mental Health Services - TMC Behavioral Health Center
- Best Place For Physical Therapy - TMC Outpatient Therapy Services
- Best Place For Speech Therapy - TMC Outpatient Therapy Services
- Best Urgent Care - TexomaCare Urgent Care

Congratulations to all of our winners!

To learn more about our services, visit us at texomamedicalcenter.net or on our social media channels for updates and the latest health information.

*Reba® and Reba McEntire® are registered trademarks licensed by “Reba’s Business Inc.”
As the community grows, we continue to enhance our services and offer more locations to access care. (TexomaCare providers are part of the TMC family, and provide quality care for you and your loved ones.)

QUALITY HEALTHCARE FROM PROVIDERS AND FACILITIES YOU CAN TRUST

Urgent Care or ER? IF AN UNEXPECTED HEALTH ISSUE OCCURS, IT’S IMPORTANT TO KNOW YOUR OPTIONS FOR CARE.

UGENT CARE
CUTS, BURNS AND SPRAINS
MIGRANES
URINARY TRACT INFECTIONS
SKIN RASHES, POISON IVY AND INSECT BITES

NOSE BLEEDS
ALLERGIES AND ASTHMA
COUGH, COLDS, FEVER, AND FLU SYMPTOMS
Eye and ear infections

For minor illnesses and injuries that can’t wait, there are three TexomaCare Urgent Care locations. No appointments are necessary and the centers offer extended hours, including weekends. Care is provided by physicians, physician assistants and nurse practitioners.

ER
CHEST PAIN OR PRESSURE
BROKEN BONES
POSSIBLE STROKE OR HEART ATTACK
Profuse bleeding
SEVERE ABDOMINAL PAIN
CHOKING
UNEXPLAINED SEIZURES

But if your injuries are life-threatening, you should call 9-1-1 or go to the ER. If a heart attack or stroke is suspected, call 9-1-1 immediately!
NO MATTER THE HEALTH ISSUE,
TMC and TexomaCare are here for you
More services in more locations

Visit texomamedicalcenter.net/location
for more information.
Mary Gentry, 78, loves to be active and includes walking as part of her daily regimen. But last fall, she started noticing shortness of breath just from making her bed and walking to her mailbox. She made an appointment to see her doctor, TexomaCare Cardiologist Scott Turner, DO, FACC.

Success for first TAVR patient at TMC

For those with aortic stenosis, this minimally invasive procedure may be right for you

Mary Gentry, 78, loves to be active and includes walking as part of her daily regimen. But last fall, she started noticing shortness of breath just from making her bed and walking to her mailbox. She made an appointment to see her doctor, TexomaCare Cardiologist Scott Turner, DO, FACC.
LITTLE DID SHE KNOW, SHE WOULD BECOME THE FIRST
PATIENT AT TEXOMA MEDICAL CENTER (TMC) TO HAVE A VALVE
REPLACEMENT DONE USING A MINIMALLY INVASIVE PROCEDURE
KNOWN AS TRANSVENTRICULAR AORTIC VALVE REPLACEMENT
(TAVR). IT CAN BE RECOMMENDED FOR PATIENTS WHO NEED
AORTIC VALVE REPAIR, BUT ARE NOT STRONG ENOUGH TO
UNDERGO OPEN-HEART SURGERY.

Minimally invasive TAVR
Gentry had a TAVR instead of open-heart surgery. During this procedure, which is
very similar to a heart catheterization, a surgeon uses a catheter guided through the arteries to insert a new valve about the size of a quarter within the damaged valve. The valve is expanded, restoring blood flow. Patients often only require a two-day hospital stay with this procedure.

A noticeable difference
Gentry, who was only in the hospital for two days, says she noticed a big difference after the procedure. “I felt much better and I was no longer short of breath, tired or exhausted,” she says. “The one thing that stands out are the doctors and nurses – they all took great care of me. I just love this hospital and I recommend it to everyone! It’s a nice place to be if you are sick.”

It didn’t take Gentry long to get back to her normal routines. She likes to cook, collect recipes, travel, and she walks at least a half-mile every day. “My daughter and I are putting a stationary bike in her shop, so I can ride the bike with her. I am so grateful to be active again, and want to thank TMC for everything they have done for me. I hope my success story can help someone else who has this condition. They were great!”

To learn more, visit texomamedicalcenter.net/tavr1.

Aortic stenosis – symptoms and treatment
Aortic stenosis is commonly an age-related condition, when the aortic valve starts to show wear and tear and narrows from calcium buildup. The narrowing reduces blood flow through the heart, resulting in symptoms such as:
- Shortness of breath
- Lack of energy
- Fatigue
- Chest pain
- Fainting
- Heart murmur
- and more

The traditional way of correcting this is by open-heart surgery, but it’s a much bigger risk for older patients and for patients with several complicated health issues. Now that TAVR is an option at TMC, patients may be able to qualify for the minimally invasive procedure, especially those who are not candidates for open-heart surgery.

For more information about TAVR or to make an appointment, please contact Valve Coordinator Michaela Prater, RN, at 903-416-4233.

“I hope my success story can help someone else.” – MARY GENTRY

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.
Texoma Medical Center (TMC) offers a fully accredited, comprehensive weight-loss surgery program. In addition to offering multiple weight-loss surgical options, the TMC Weight-Loss Surgery program includes highly skilled bariatric surgeons, and monthly education seminars and support group meetings.

**SEMINARS**  
Third Tuesday and fourth Monday of each month  
at 5:30 p.m.  
Conference Room 2

**SUPPORT GROUP MEETINGS**  
Last Tuesday of each month  
at 6 p.m.  
Conference Room 3

We encourage you to check our website for schedule changes.

**MEET THE SURGEONS**

Matthew Burruss, MD  
BARIATRIC SURGEON

Aaron Cernero, DO  
BARIATRIC SURGEON

To learn more about weight-loss surgery or to register for a weight-loss surgery seminar, visit texomamedicalcenter.net/weightloss or call our Referral and Registration Center at 903.416.DOCS (3627).
TMC Bonham Hospital’s
SWING BED PROGRAM

A smooth transition back to everyday life

If you’ve been hospitalized but are not quite ready to go back to daily living, TMC Bonham offers a Medicare-certified program to help smooth the transition. Swing Bed, also referred to as skilled care, offers around-the-clock care for patients transitioning between a hospital stay and discharge to home. But it also allows patients to “swing” back and forth between acute care and skilled care if needed while they are healing, all at the same facility.

TMC Bonham Hospital’s Director of Nursing, Patricia McBean, MSN, says the goal is to return the patient to permanent living as soon as possible. “Many of our patients come from Texoma Medical Center after surgery instead of going to a skilled nursing facility or inpatient rehabilitation. Here, they can get their strength back and practice activities of daily living,” she says. “We can help them return to their prior functioning level.”

A different kind of rehab facility
McBean explains how TMC Bonham is different from a rehab or a skilled facility. “We are a hospital and staffed 24/7 as a hospital. We have a general surgeon, hospitalists, acute care nurses, a pharmacy, lab, radiology, surgical suite and more,” she says. “The facility is also designated as a Level IV Basic Trauma facility by the Texas Department of State Health Services, and the American Stroke Association has certified us as a Support (Level III) Stroke facility. We provide quality care, close to the patient’s home and family. If they have a medical setback, we have the resources here to address their issue.”

To be eligible, patients must need skilled nursing or rehabilitative services performed by or under the supervision of a professional or technical person on a daily basis, and must have been hospitalized for at least three days in an acute care facility, such as Texoma Medical Center. Examples of the care needed include physical, occupational or speech therapy; wound or ulcer care; pain control or supportive care or terminally ill patients; IV therapy; post-surgical care; strength and stamina building; and nutritional stabilization.

McBean says patients stay in private rooms and continue to be seen by their physician, who works with the healthcare team to determine their needs. They may stay three days or up to 100 days depending on their needs and progress. “We are happy to offer this flexible care option to our community. When patients are close to home, they feel better and can heal more quickly,” says McBean.

Learn more: tmcbonham.com/swingbed
If you have been diagnosed with chronic reflux or GERD, there is a new device available at Texoma Medical Center that can be an alternative to long-term use of reflux medication and its possible side effects.

General Surgeon Matthew Burruss, MD, is the first physician in the region using the LINX® device. "It's a ring of magnets that goes around the base of the esophagus to recreate the valve between the esophagus and the stomach," he says. "It prevents stomach acid from backing up into the esophagus. We insert it using a minimally invasive laparoscopic procedure, and patients stay overnight for observation."

The device is about the size of a quarter and designed to be permanent. No stomach alteration is needed and patients experience fast results. Dr. Burruss notes that patients can resume a normal diet right away. "Other repair procedures require patients to start back slowly with a liquid diet," he says. "But with this, patients eat regular food so they can 'work out' the device and the muscles around it." He adds that another benefit is that patients no longer need to take medications for reflux.

Patients are referred for the procedure by their gastroenterologist after successful completion of two studies. "One test looks at the PH levels and another checks how well your esophagus works. If the results are good, then the patient is a candidate," Dr. Burruss says. Another criteria for patients is having a body mass index (BMI) of 35 or lower. Dr. Burruss states that if he feels a patient is not a candidate, he will not approve them for the device.

"Generally, this device is a great option for those with chronic reflux and hiatal hernias. If you have longstanding issues with GERD/reflux and are currently taking medication for it, you should discuss your options with your gastroenterologist," says Dr. Burruss.

Learn more: texomamedicalcenter.net/linx

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.
As people age, many people experience accidental leaking of urine or a strong, sudden urge to go to the bathroom, especially when they are active. But you may be able to improve or better control symptoms by modifying your diet. What you drink and eat can make symptoms better – or worse.

**TO DRINK OR NOT TO DRINK**

You may think you need to limit how much you drink if you have an overactive bladder, but it’s still important to get enough fluids. This prevents dehydration, which can lead to urinary tract infection, constipation and bladder irritation. These all increase the urge to go. Water should be your go-to beverage. Limit or avoid the following beverages because they may irritate your bladder:

- Caffeinated drinks – Limiting daily caffeine intake to 100 milligrams may help reduce symptoms of overactive bladder. That’s about the amount in one cup of coffee.
- Alcoholic drinks
- Carbonated drinks
- Artificially-sweetened drinks
- Acidic fruit juices

The best way to get in your daily fill of fluid is to spread it out throughout the day. Sip small amounts at a time and limit how much you drink before bed.

**FOODS TO AVOID**

Excess weight puts added pressure on your bladder, so losing weight may help reduce symptoms. A diet rich in fiber from whole foods also helps prevent constipation, which is a known trigger for urinary incontinence. Some foods that can irritate your bladder and make symptoms worse include:

- Spicy foods
- Acidic foods, such as tomatoes and citrus fruits
- Salty foods
- Chocolate, or any food that contains caffeine.

Learn more: texomamedicalcenter.net/leakybladder
Letha Walker, 84, has had several wounds that needed specialized care in the last year or so. And each time, she went back to the TMC Center for Wound Healing and Hyperbaric Medicine.

Walker, who lives about 30 miles away in Ravenna, TX, says her first experience with wound care happened after a protein drink bottle slipped out of her hand, bounced on the floor, and hit her leg near the ankle bone, cutting it. “I cleaned it off and didn’t think anything of it, but it got infected,” says Walker. “I saw my primary doctor, and he referred me for wound care.” Jamison Alexander, DO, and the staff at the TMC Center for Wound Healing and Hyperbaric Medicine were welcoming and very accommodating, says Walker. “They are so good at what they do, and my wound was healed over the course of several weeks.”

Earlier this year, Walker’s doctor found a suspicious spot on her leg and suggested she have it evaluated by a dermatologist. It proved to be cancerous and Walker had it removed. But during the healing process, it became infected, and Walker was referred for wound care treatment. “I went back to my friends at the wound care center, and they took care of me. Dr. Alexander is wonderful and we always have great conversations,” says Walker. “I never dread coming here, and they are so good at what they do. They are also kind enough to give me appointments in the afternoon, since it takes me a while to get here. They are always happy to see me, and everyone knows me by my first name.”

Walker went in for treatment once a week, and in a few months, her wound was healed. She has recommended others to receive care here, and says she would not hesitate to come back if she needs it.
WOUND CARE IN OLDER ADULTS
It is not uncommon for seniors to have complications with wound healing, notes Dr. Alexander. “As people age, the skin becomes more thin and brittle. This makes it easier for breaks to occur in the skin, which can lead to infection,” he says. “But wounds can have a tougher time healing, especially if the patient has diabetes or inadequate blood flow. Sometimes medications, especially steroids, can delay healing.” Dr. Alexander also cautions against using strong, antibacterial soap, as it can wear down the epidermal layer of skin. “Use a gentle soap every other day to avoid wearing down the outer layer of the skin,” he says.

Other complications can occur in patients who have issues with memory. “They can have difficulty remembering their appointments, how to care for their wound dressings between appointments, and what was discussed at the previous visit,” he says. “We regroup with our patients at every appointment and coordinate with home health to make sure everyone is on the same page for optimal healing.” Dr. Alexander also explains that wound care is tailored to the wound, and patients are usually seen weekly so adjustments can be made based on the wound’s condition. “Patients who come in weekly typically heal faster than those who come every two weeks,” he says.

For stubborn wounds, especially post-surgical wounds or wounds as a result of radiation, a patient may require hyperbaric oxygen treatment. This treatment can dramatically increase the blood’s ability to carry oxygen, and it gets down to the cellular level to speed healing, kill bacteria and help new cells generate. In addition, palliative wound care is available for patients with wounds resulting from advanced stages of cancer that cannot be healed. “In these situations, we tailor our dressings to help keep the wounds stable, control drainage and odor, and help with pain,” says Dr. Alexander.

Dr. Alexander advises that if you have a wound that is not 50 percent healed in 30 days, or if not fully healed within two months, you should call the center for a consult or discuss the issue with your primary care physician.

For more information on wound care, visit texomamedicalcenter.net/srwound.
Finding and treating the possible causes of back pain

Back pain is a very common health condition, but pinpointing the source of the pain can sometimes be challenging. TexomaCare Neurosurgeon Gary Bloomgarden, MD, MBA, FACS, FAANS, says a thorough examination, imaging and nerve conduction studies are needed to properly determine the cause and treatment. Here, he shares his insight on addressing this affliction.

Q. What are some causes of back pain?
Low back pain can result from a wide range of problems, from ruptured or slipped disks to injuries from falls or accidents. Arthritis, fibromyalgia, spinal stenosis and aging can also cause pain. Additionally, lifting, bending or stretching the wrong way, as well as being sedentary and overweight, can lead to back pain.

Q. Are there risk factors for developing back pain?
Yes, although you can decrease your chances by maintaining a healthy weight and staying active. However, other risk factors include occupations that require repeated bending and heavy lifting or standing for long periods of time without a break; sitting at a desk with poor posture, a sedentary lifestyle, age, and carrying excess weight. But back problems related to genetics may not be easily preventable.

Q. What is the difference between acute and chronic pain?
Acute pain is the most common back pain and comes on suddenly. It can last up to six weeks and is often caused by falls, trauma, rough sports or improper lifting. Pain is considered chronic when it lasts for more than three months. The cause of chronic pain is more difficult to pinpoint because the pain can vary, from a dull ache to tingling to burning, and is often not preceded by an abrupt event. If you are experiencing severe pain, numbness or tingling, trouble with urination, or weakness, you should see your doctor.

Q. How is back pain treated?
Depending on the type and cause of back pain, many doctors start out with conservative and non-invasive treatment, such as anti-inflammatories, muscle relaxers, massage or physical therapy. If those treatments prove unsuccessful, other options can include nerve blocks, minimally invasive surgery or even artificial disk replacement.

Find a doctor: texomamedicalcenter.net/doctor
OUTSTANDING STROKE PERFORMANCE EARN HIGHEST RECOGNITION

Texoma Medical Center recently received the highest level of recognition for 2018 stroke performance - the Gold Plus status with the Target: Stroke Honor Roll Elite Plus award. This recognition is actually three separate awards in one.

The Gold Plus status means that TMC met at least 85 percent compliance in successfully entering data for each of the seven Get With The Guidelines® – Stroke Achievement Measures for the last 24 consecutive months. The award also recognizes that TMC met at least five of the eight inpatient stroke core measures at least 75 percent of the time in 2018. TMC actually met all eight measures at 100 percent for 2018.

The Target Stroke Award demonstrates a facility’s stroke treatment processes. It is awarded based on the ability to deliver clot-busting medication, known as tPA, in a timely fashion. TMC was awarded the Target Stroke: Honor Roll Elite Plus award. The criteria for this includes stroke patients being treated with tPA within 60 minutes of their arrival at TMC at least 75 percent of the time (TMC achieved this in 87 percent of cases) and tPA treatment within 45 minutes at least 50 percent of the time (TMC achieved this in 69 percent of cases).

TMC Stroke Program Coordinator Jenny Reeves, RN, CNRN, SCRN, PCCN, reports TMC is the first facility in the Texoma region to receive this award. “Very few North Texas hospitals are at the level of Elite Plus for Target: Stroke. Earning these awards is a testament to the high-quality stroke care we provide, especially when minutes matter,” says Reeves.

Learn more: texomamedicalcenter.net/elite

Neonatal intensive care unit (NICU) earns Level II designation

It was one year ago that Texoma Medical Center opened the region’s first and only neonatal intensive care unit (NICU). And in that time, they have already earned designation as a Level II NICU, granted and certified by the State of Texas. Director of Women’s and Children’s, Angela Yancey, RN, BSN, MSN, says they applied for the designation in December 2018. “We knew when we opened that we wanted to take care of babies needing more advanced support, and the Level II designation will allow us to do that,” she says. “On October 1, 2019, we will begin practicing as a Level III NICU in pursuit of earning that designation, which will allow us to care for babies at an even younger gestational age. That process takes about a year.”

“There is so much growth in this region, and the nearest NICU is at least an hour away. It’s a big advantage to have this here so we can better serve the community,” she says.

Learn more: texomamedicalcenter.net/level2

Kudos to our Physician Award Winners

Please join us in congratulating these excellent physicians for winning the TMC Physician Quality Awards in the following categories:

Quality Excellence Award
Azar Ehsan, MD Internal Medicine

Service Excellence Award
Randal F. Unsell, MD Psychiatry

Documentation Excellence Award
Mohammed Moizuddin, MD Pulmonology
You’re invited

EXPRESS YOUR HEALTH!

Visit our health and wellness booths and meet the vendors.

For kids
- Explore an ambulance, fire truck and helicopter
- Fingerprinting for safety by the Denison Police Department
- Kid’s Color Run (12 and under) at 10:30 am
- Health and wellness info for kids
- Pony rides
- Petting zoo
- Face painting
- Bounce houses

For adults
- Health and wellness booths
- Early Heart Attack Care (EHAC)/Hands-Only™ CPR
- Stroke prevention
- Cooking demonstrations
- Giveaways and drawings

Free screenings
- Cholesterol*
- Glucose
- Blood Pressure
- BMI (body mass index)
- Vision

Food, drinks and snacks available at a low cost!

CELEBRATE HEALTH FALL FEST
SATURDAY, SEPTEMBER 21 • 9 a.m. – 1 p.m.
at Texoma Medical Center

You’re invited

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- Face painting
- Bounce houses

For adults
- Health and wellness booths
- Early Heart Attack Care (EHAC)/Hands-Only™ CPR
- Stroke prevention
- Cooking demonstrations
- Giveaways and drawings

Free screenings
- Cholesterol*
- Glucose
- Blood Pressure
- BMI (body mass index)
- Vision

Food, drinks and snacks available at a low cost!