

HEALTH NEWS *from*

SPRING 2018

texoma

MEDICAL CENTER

A NEW ER *for a growing community*

Streamlined care, double the space



JOINT REPLACEMENT CAMP SUCCESS

David Carr shares his story

SENIORS: SPRING CLEAN YOUR DIET

The importance of hydration



COMPLIMENTS OF

**TEXOMA
MEDICAL
CENTER**



**TEXOMA
MEDICAL
CENTER**

**FROM THE
CEO**



It's been a busy start to the year and we have many new and exciting projects unfolding at Texoma Medical Center. We recently relocated Outpatient Therapy Services to our main campus, added new imaging technology, and opened our new four story patient tower expansion.

Our new emergency department, located on the first floor of the new tower, features 48 patient rooms with dedicated areas for trauma, psychiatric treatment and Fast Track. We have also added 20 additional Intensive Care Unit (ICU) patient beds on the tower's second floor. The third floor includes 20 new

medical/surgical beds and a Neonatal Intensive Care Unit (NICU) with 12 private rooms – a service new to TMC and the first in the Texoma region. The fourth floor of the tower will be used to accommodate future growth.

I'm also excited to announce that our orthopedic program has received The Joint Commission's Gold Seal of approval for Hip and Knee Replacement. This recognition speaks to the program's quality and is an example of how TMC is continuing to grow our service lines to better address the needs of the patients we serve. In this issue, David Carr shares his experience with our orthopedic Joint Replacement Camp prior to his knee replacement surgery. At our Breast Care Center, where we are consistently ranked in the top one percent of outpatient centers for patient satisfaction as measured by Press Ganey national surveys, we have introduced 3D digital mammography, the first of its kind in the Texoma region. I encourage you to read about the advantages of this new technology and how it provides clearer images that may help in early detection of breast cancer.

This issue also highlights several physicians who recently joined our medical staff. I hope you will take a moment to read what they have to say about liver health, heart arrhythmias, and the importance of staying hydrated. I encourage you to learn more about TMC by visiting our website, texomamedicalcenter.net, or by following us on our social media sites.

Ron Seal

Ronald T. Seal
Chief Executive Officer
Texoma Medical Center

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Here's to your
GOOD HEALTH!

There are many components that play a part in getting and staying healthy. The new "Living My Health" page on our website features tips on eating well, getting fit and feeling good, along with healthy recipes you can incorporate into your daily living. Information is updated monthly, so bookmark this page and visit it again for the latest healthy news.

To learn more, visit texomamedicalcenter.net/healthyliving.



“I wish I would have done this sooner!”

– David Carr

ORTHOPEDIC SURGERY + JOINT REPLACEMENT CAMP AT TMC = A SUCCESS

David Carr, 66, had been having knee problems for about 20 years, but kept putting off the inevitable – knee replacement surgery. When he grew tired of the constant pain and inability to do daily activities, he knew it was time.

Following his appointment with Orthopedic Surgeon Benjamin Wilson, MD, Carr scheduled surgery for his left knee for November 10, 2017. But as much as he was looking forward to having his knee pain relieved, he was anxious about the whole procedure and the outcome. That’s when he learned about the Joint Replacement Camp at TMC, led by an Orthopedic Joint & Spine Coordinator. “The information shared in class was incredibly helpful, and we all learned what to expect, from pre-op to post-op, pain management and rehab,” says Carr. “I think that is what made me the most concerned – not knowing what to expect. But after this class, I felt totally ready for my upcoming procedure.”

After surgery, Carr says he was up and walking in two hours. During his two days in the hospital, the Joint & Spine Coordinator also came in to check on Carr’s progress and to make sure his pain control was good. Once he was discharged, Carr says home care nurses stopped in several times to help him prepare for outpatient rehab and to ensure his knee was moving properly.

Carr says he can now bend and use his knee without pain, and regrets putting off the surgery for so long. “The difference is night and day, and I have told my friends who have been delaying it, to go ahead and get it done,” he says. “The nurses and doctors at TMC were amazing and I would choose no other hospital. I have had other procedures done there, and it is the best place to go.”

Carr did so well with the left knee, he is looking forward to having his right knee replaced. He takes care of his church’s grounds – 11 acres, so he is grateful he will be able to get around without pain. Says Carr, “I give the credit to my doctor and the nurses and therapists who helped me through this. Don’t make the same mistake I did – get your joint replacement done soon. The folks at TMC are with you the whole way!” ■



TMC’s orthopedic program has earned The Joint Commission’s Gold Seal of Approval for hips and knees.

For more information on joint replacement surgery at TMC, visit texomamedicalcenter.net > Services > Orthopedics.



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

TMC Orthopedic Joint & Spine Coordinator Mendy Anderson, BSN, RN, says TMC’s Joint Replacement Camps provide pre-operative education that can help you physically, mentally and emotionally prepare for your surgery. You will meet other campers who are having the same surgery and build relationships with others.

The joint replacement camp is held once a week for one hour, and you only need to attend it one time. Those who attend camp generally have a shorter hospital stay, a faster recovery time, and fun along the way!

If you are interested in participating in the camp, let your doctor’s office know and they can register you.

To learn more about TMC’s Joint Replacement Camps, call 903.416.4477 or visit texomamedicalcenter.net/jointcamp.



Neonatal intensive care unit
IS A FIRST IN THE REGION

A higher level of care for babies with special medical needs

When you are preparing for the birth of a child, the last thing on your mind is that your baby may need specialized or emergent care in a neonatal intensive care unit (NICU). As part of a major expansion, Texoma Medical Center recently opened a new NICU – the first in the region. ►

TMC Director of Women's and Children's Services Angela Yancey, BSN, MSN, RNC-OB, is excited about providing this higher level of care that previously wasn't available. "The NICU is part of TMC's new patient tower expansion and has 12 private rooms. It is a specialty unit for babies born prematurely, from 32 weeks gestation or after, or who have special respiratory or other critical needs, such as feeding issues, having difficulty maintaining their temperature or blood sugar, or with serious illnesses," she says. "Also, if the mother had a high-risk pregnancy, the baby may be at risk as well, so NICU is considered for that baby to monitor them and make sure everything is okay."

Yancey explains there are many specialists who work in the unit, including respiratory therapists, a dedicated neonatologist, NICU-trained nurses, dietitians, occupational and physical therapists and speech therapists to help with feeding. "With preemies, they sometimes don't know how to feed, they don't know what to do," she says. "Lactation consultants are also available to assist moms who want to breastfeed."

The NICU rooms are all private rooms so the family can be together. "The baby never has to leave the room and is constantly monitored. If we need to bring in extra equipment, we can,"

explains Yancey. "How long the baby stays in the NICU depends on their condition, and parents have the option to go home or stay as long as the baby is there."

Sometimes, a baby is unable to be held right away because of their condition. But as soon as they are stable enough, "kangaroo care" is strongly encouraged. "To 'kangaroo' is to hold your baby using skin-to-skin contact, which has been shown to improve the baby's vital signs, keep their temperature and blood pressure stable, and provide valuable bonding time," Yancey says. There is also a group of obstetricians available to treat patients, especially for mothers who need to be in the hospital prior to delivery. "If the mother has a condition such as preeclampsia and needs to be on bed rest, the OBs can monitor her and her unborn baby," says Yancey.

The NICU, labor and delivery, postpartum and antepartum rooms are all on the third floor, and the entire area is locked and secured at all times. "The best part is that we are able to keep the families close to their home instead of having to travel over an hour for their baby to get this specialized care," Yancey says. "We look forward to serving many happy families here." ■

For more information on maternity services, visit, texomamedicalcenter.net, go to Services > Women's Services > Maternity Services.

Welcoming a new addition to the family?

TMC offers a wide range of classes for you and your family.

Prepared Childbirth Classes

Led by a registered nurse, this class is free and open to expectant mothers and their coaches who plan to deliver their babies at Texoma Medical Center. The four-hour class covers the basics of healthy pregnancy, labor and birth.

Big Brother/Big Sister Class

This class is designed to help new big brothers and sisters know what to expect when the new baby joins the family.

Breastfeeding Class

Led by a certified lactation consultant/RN, this "Mommy-only" basics class is for moms who wish to breastfeed their babies. Refresher courses are available, too.

For more information or to register, call 903-416-3627 or click on the registration links at texomamedicalcenter.net > Services > Women's Services > Childbirth Education Classes.



NewER – BiggER

*For your major and minor medical emergencies,
turn to TMC*

THE RECENT OPENING OF THE NEW ER WAS THE FIRST PHASE OF A 110,000 SQUARE FOOT, \$50M HOSPITAL RENOVATION AND EXPANSION. ONE OF THE MOST NOTABLE BENEFITS OF THE BIGGER ER SPACE IS THAT IT NOW INCLUDES 48 BEDS, WITH DEDICATED AREAS FOR TRAUMA, PSYCHIATRIC TREATMENT, AND FAST TRACK. >

TMC administration and local dignitaries participate in the ribbon-cutting ceremony for the new ER.



"WE ARE SO EXCITED TO FINALLY OPEN THIS BIGGER ER. IT WAS VERY MUCH NEEDED," SAYS CHIEF EXECUTIVE OFFICER RON SEAL. "WE HAVE CREATED THIS NEW SPACE TO STREAMLINE EMERGENCY CARE, AND THE EXTRA BEDS WILL REDUCE THE WAIT TIME," HE SAYS.

Fast Track rooms and more

ER Director Geri Larson, RN, BSN, ACLS, CEN, says Fast Track rooms provide more of a clinic setting. "These rooms were specifically designed for minor injuries such as sprains, cuts and fevers that need urgent care, and patients can be seen in a more timely manner," she says. "There is a dedicated triage and evaluation area. Since we opened the Fast Track rooms, from the time

rooms; four critical care rooms; and two additional psychiatric care rooms, for a total of four.

Expanding the tower

Since the replacement hospital opened in 2009, it has undergone several expansions to meet the needs of the community. "Through our growth, we have also drawn in many new specialists, including trauma surgeons, neurosurgeons and cardiovascular surgeons, to help care for complex medical issues," says Seal. "This, in turn, draws more patients to our facility, from near and far."

The new four-story patient tower, which features the ER on the first floor, also includes 20 additional ICU beds on the second floor, 20 medical/surgical beds on the third floor, and a new neonatal intensive care unit (NICU). Seal explains that adding the NICU was very much needed in the region. "It is very comforting for parents to know this service is now available close to home should their baby need specialized medical care after birth. Before now, babies would have to be transferred to specialty facilities about an hour away," he says.

The area where the former ER was located is undergoing renovation and will be the home of a 16-bed chest pain unit, with an expected opening later this



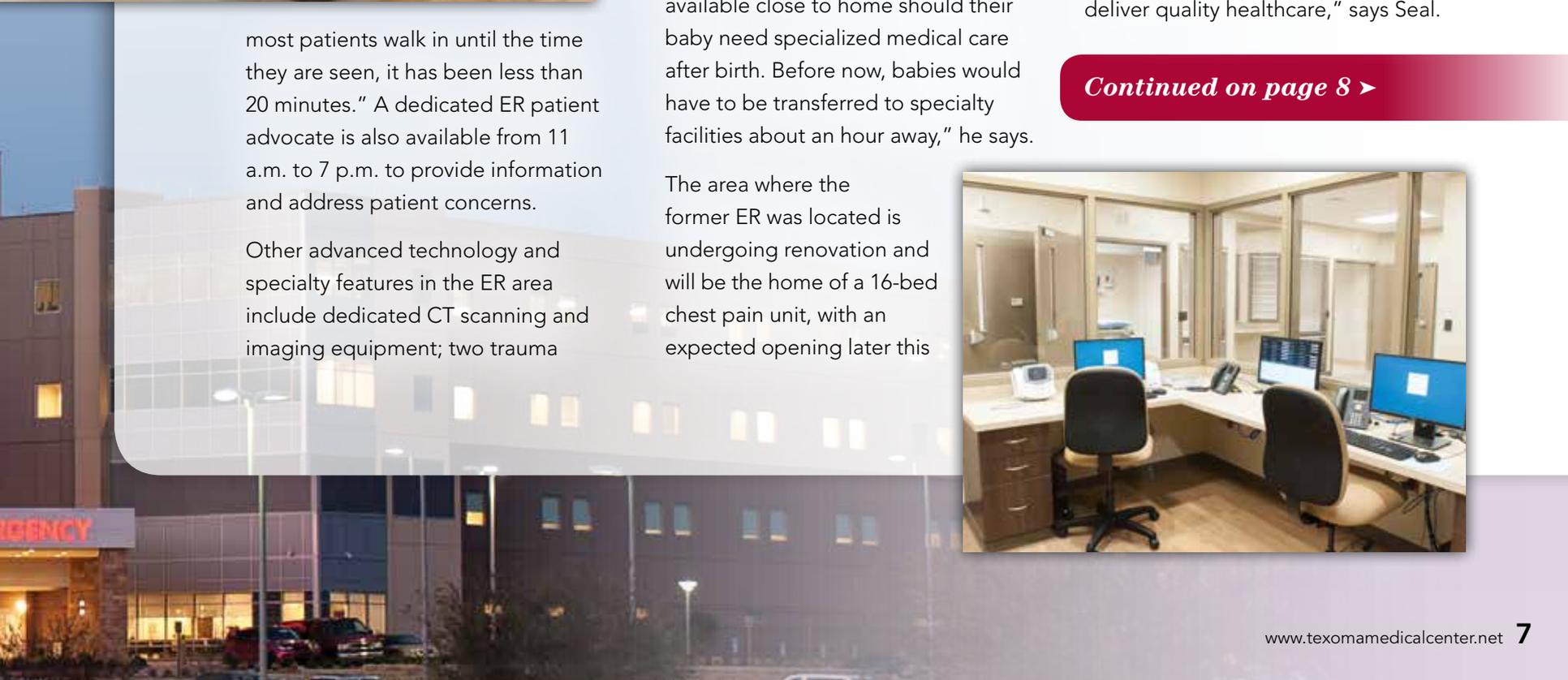
summer. This unit will be an outpatient observation area for people who go to the ER for chest pain. If their enzyme levels are elevated, they can be moved to this unit for monitoring. This will keep ER beds available, and those patients with chest pain can receive appropriate, dedicated care.

"We look forward to caring for as many people as we can, both in our local community and from the region. With our expansion, advanced technology, and experienced medical staff, you can count on us to deliver quality healthcare," says Seal.

Continued on page 8 >

most patients walk in until the time they are seen, it has been less than 20 minutes." A dedicated ER patient advocate is also available from 11 a.m. to 7 p.m. to provide information and address patient concerns.

Other advanced technology and specialty features in the ER area include dedicated CT scanning and imaging equipment; two trauma



Growing along with the community

Larson, who has been with Texoma Medical Center for 28 years, says she is very excited about all the growth and expansion at the hospital. "This is my hospital and community, and we continually offer our best. We are like a family here, and the community is our family," she says. "This whole region has just blossomed and we are growing with it. We had close to 64,000 patients come through the ER last year, and some of those patients are coming from long distances."



The hospital is recognized nationally and locally for treating stroke, chest pain and trauma, and holds national and state accreditations in all three categories. "We

have trauma-trained physicians and surgeons 24/7 to care for the most serious injuries, as well as for minor medical emergencies, all under one roof," says Seal. "This is just one reason why people choose our hospital. We have also added specialists and new technologies, like the neuro-interventional center, to enhance our stroke program. Patients with stroke symptoms are frequently flown in from areas an hour or more away," he says.

Seal says the stroke team has reduced treatment times by beginning patient evaluation as soon as a patient arrives, either via ambulance or helicopter. "The EMS teams are well versed in recognizing the signs and symptoms



of a stroke. EMS does an excellent job of notifying the ER prior to arrival with all pertinent pieces of information so that the ER stroke team is ready to treat the patient when they arrive." ■

TMC is an accredited chest pain center, a certified advanced primary stroke center, and a designated trauma center. If you have an emergency or think you are having a possible heart attack or stroke, call 9-1-1 immediately. First responders are trained to stabilize you upon their arrival. The sooner you get help, the better your chances for a good outcome.

Shown below: The latest addition to Texoma Medical Center - a four-story tower with more patient rooms.



Keeping your *liver* healthy



**Hesham Elgouhari,
MD, FACP**
Hepatologist

Did you know that the liver is your largest and heaviest internal organ? It is also responsible for many functions in the body. Hepatologist Hesham Elgouhari, MD, FACP, shares some vital information on what to look for and the best ways to take care of your liver.

A multi-tasking organ

The liver plays a big role in many different body functions. "The liver has a lot of responsibility. Twenty-five percent of the blood coming from

the heart goes to the liver to help clear toxins, fight infections, help with the immune system, produce bile to help digest fatty foods and take care of biochemical reactions of proteins, lipids, and carbohydrates in the body," he says. "But it is also unique because there is no treatment, like dialysis, for a diseased liver. The only option is a transplant."

There are no specific early warning signs for a diseased liver, states Dr. Elgouhari. "You won't know your liver is bad until you get very sick, like developing jaundice, which turns your skin yellow, or ascites, which is the build up of fluid in the abdominal cavity. It's a very patient organ."

Liver disease

There are many risk factors for developing liver disease. The most common is metabolic syndrome, which includes diabetes, high cholesterol, high blood pressure and being overweight. These conditions put someone at risk for nonalcoholic fatty liver disease (NAFLD) and its progressive subtype, nonalcoholic steatohepatitis (NASH). According to the National Institutes of Health, between 20 and 40 percent of U.S. adults have NAFLD, and about three to six percent have NASH. NAFLD causes excess fat to be stored in the liver, but not due to alcohol consumption. It is more common in people who are obese or who have type 2 diabetes. It is heavy alcohol use that causes alcoholic liver disease and cirrhosis, which leads to scar tissue buildup and a severely diseased liver. NASH involves hepatitis as well as a fatty liver and inflammation, which can lead to cirrhosis or liver cancer.

Other common liver diseases are hepatitis B or C. If you have ever used IV drugs, had a blood transfusion before 1992, engaged in high-risk sexual behavior, or are a "baby boomer," you may have hepatitis C and not know it.

Taking care of your liver

If you are at risk for liver disease, early detection and screening is important. "If you catch problems early on, you can have a much better outcome and potentially reverse the disease," says Dr. Elgouhari. He recommends a diet rich in whole foods, fruits and vegetables, exercise, gradual weight loss, and a lot of filtered water to help flush out toxins. "The liver acts as a filter, and the cleaner your filter, the more your body can absorb the proper nutrients. Eliminating processed and genetically modified food, as well as saturated fat, is also a good idea," he says. "Be cautious about your alcohol intake as well, and be wary of certain medications that can be detrimental to the liver in high doses, such as acetaminophen. If you have a family history of liver disease, let your doctor know so you can get the appropriate screenings completed." ■

To find a doctor, contact Direct Doctors Plus® at 903.416.DOCS (3627).

3-D Mammography

now at TMC Breast Care Center

Clearer pictures mean more detail,
fewer callbacks for additional imaging



Alicia Starr, MD
Diagnostic Radiologist

Consistently ranked in the top one percent of outpatient centers for patient satisfaction as measured by Press Ganey national surveys, the TMC Breast Care Center has added 3-D technology for mammography. This is especially helpful in evaluating women with denser breast tissue, which can sometimes look suspicious in regular imaging.

Alicia Starr, MD, says there are several advantages to having the 3-D machine, also called digital breast tomosynthesis. "Women are able to get faster results, and we can see much more detail. That results in fewer callbacks for additional imaging, and more peace of mind," says Dr. Starr. "It can also help us find early-stage breast cancers sooner."

Jeanna Clemons, Manager of the TMC Breast Care Center, explains that they have seen an increase in patient volume since acquiring the new equipment. "Many of our patients put off getting their mammograms for so many reasons, one of which is getting a call after their regular screening that additional views are needed. This can cause needless anxiety," she says. "So with the 3-D mammography, we don't need to call back nearly as many women because we can see in greater detail what we are looking for in the initial screening."

Clemons states if further testing is needed, they have everything there to accommodate their patients. "We can do breast ultrasounds, which can determine if cysts are solid or fluid-filled, as well as stereotactic breast biopsies and ultrasound-guided breast biopsies," she explains. "Additionally, our facility has a spa-like setting and is warm and inviting. Our patients have commented that the atmosphere is calming and they feel relaxed here." ■

Recommendations for SCREENING MAMMOGRAMS

Dr. Starr says the TMC Breast Care Center follows the American College of Radiology recommendations for screening mammograms. If you have a family history of breast cancer, you should consult your doctor to determine the best screening procedures for you.

Screening Mammography

- For women of average risk, an annual screening mammography should start at age 40

Screening mammography should start younger than age 40 if the following criteria are met:

- BRCA1 or BRCA2 mutation carriers: by age 30, but not before age 25
- Women with mothers or sister with pre-menopausal breast cancer: by age 30 but not before age 25, or 10 years earlier than the age of diagnosis of relative, whichever is later
- Women with greater than or equal to a 20% lifetime risk for breast cancer basis of family history (both maternal and paternal): yearly starting by age 30 but not before age 25, or 10 years earlier than the age of diagnosis of the youngest affected relative, whichever is later
- Women with histories of mantle radiation received between the ages of 10 and 30: beginning 8 years after the radiation therapy but not before age 25
- Women with biopsy-proven lobular neoplasia, ADH, DCIS, invasive breast cancer, or ovarian cancer regardless of age



To make an appointment for a mammogram,
call 903.41.MAMMO (903.416.2666).

The TMC Breast Care Center is the region's first Breast Imaging Center of Excellence and is fully accredited by the ACR in mammography, stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy.





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

FOUR STEPS TO SPRING CLEAN YOUR DIET

Committing to eating healthier doesn't require you to completely change your diet overnight. Just making small changes to your eating habits over time will help you adopt healthier habits that last. Focus on one thing at a time, and once you feel comfortable with a new habit, go on to tweak something else. Here are four changes you can make to your diet that can make a big difference in your overall health.

SWEEP AWAY SUGAR

- Recommended: 6 - 9 teaspoons added sugar per day
- Average consumed: 20 teaspoons added sugar per day

BE SENSIBLE WITH SODIUM

- Recommended: <2,300 mg/day
- Average consumed: 3,400 mg/day

TOSS TRANS FAT

- Recommended: No amount of trans fat is healthy

LEARN TO LOVE PRODUCE

- Recommended: 1½ - 2 cups fruit / 2½ - 3 cups veggies daily
- Average consumed: Only 33 percent of adults eat enough fruit and 27 percent enough veggies ■

There are many components that play a part in getting and staying healthy. The new "Living My Health" page on our website features tips on eating well, getting fit and feeling good, along with healthy recipes you can incorporate into your daily living. Information is updated monthly, so bookmark this page and visit it again for the latest healthy news.

To learn more, visit texomamedicalcenter.net/healthyliving.

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).





HYDRATION *and seniors*

Why staying hydrated
as we get older is vital



Ely R. Gordon, DO
Internal Medicine
TexomaCare - Madill

As people age, maintaining adequate hydration is important to keep the body functioning properly. Internal Medicine Physician Ely R. Gordon, DO, MPH, says fluid demand in the elderly can change and is very specific to the individual. "There are many things that can affect

hydration, especially if patients are on medications, have acute illness, limited mobility, have extreme variance in temperature, are living independently or have memory problems," he says.

Some of the more common signs and symptoms of possible dehydration in the elderly include fatigue, lethargy, muscle weakness and cramps, dizziness, rapid breathing and increased heart rate. In some cases, dehydration can worsen forgetfulness, confusion and behavior. ►

Senior Advantage

NEWS AND EVENTS

HOW HYDRATION WORKS

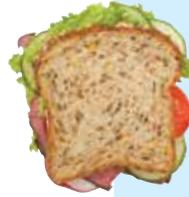
Dr. Gordon says half of a person's daily fluid intake comes from solid foods, fruits, vegetables and non-caffeinated drinks. However, caffeinated drinks, sodas and alcohol can lead to dehydration. "The kidneys maintain water and electrolyte balance in our bodies. But aging affects the kidneys' filtering units and blood vessels, which makes it harder for the kidneys to do their work," he says.

Other organ systems contribute to water balance as well - the skin, gastrointestinal system, liver, pancreas, thyroid and adrenal glands. In addition, loss of muscle mass due to limited activity leads to metabolism changes, which results in eating and drinking less. "Any illness, disease or medication that causes tissue dysfunction can lead to worsening electrolyte and water balance," says Dr. Gordon.

HOW TO STAY HYDRATED - DRINK UP!

Dr. Gordon recommends drinking two, eight-ounce glasses of water, four times per day. He adds that low-sugar sports drinks can also be used to hydrate after working outdoors in extreme heat, working out heavily for one hour or more, or going for long periods of time between meals. "The best way to keep body tissues healthy is to maintain a healthy weight, do not smoke, drink minimal alcohol, combine the right type of exercises and pursue an active lifestyle," says Dr. Gordon. "If you are experiencing issues with staying hydrated, discuss it with your doctor so preventive measures can be put in place." ■

To find a doctor, contact **Direct Doctors Plus®** at **903.416.DOCS (3627)**.



Lunch & Learn Seminar

Third Friday of every month, TMC Conf. Rooms 1 & 2
Friday, June 15, 11:30 a.m.

Managing Sinusitis

Terry Yeung, DO, ENT

TexomaCare - ENT and Cosmetic Surgery

For a list of future dates and topics or to reserve your spot today, call Direct Doctors Plus® at 903.416.DOCS (3627) or register online at texomamedicalcenter.net/lunchandlearn.

Game Day

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

Now being held the first and third Tuesday of every month!

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



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Bring in this coupon and purchase two scrub items and you'll receive
50% OFF.

One coupon per customer.

What you should know about HEART ARRHYTHMIAS



If you have ever felt a “fluttering” in your chest and thought your

heartbeat might be off, you are probably right. The American Heart Association states almost everyone has had this experience, known as arrhythmias, or irregular heartbeats. TexomaCare Cardiologist **Maziar Mahjoobi, DO, FACC, FSCAI**, shares insight on what you need to be concerned about, diagnosis and treatment options.

Q. What exactly is an arrhythmia?

An arrhythmia is an irregular heartbeat, which means the heart is not following its normal rhythm of electrical impulses. They become more common as people age. For some, it can feel like the heart is skipping a beat, “fluttering,” beating too fast (known as tachycardia), or beating too slow (known as bradycardia). But arrhythmias can also be silent and detected only by a physician, who can tell by checking your pulse or by performing an electrocardiogram (EKG).

Q. How are arrhythmias diagnosed?

If you have been experiencing symptoms such as palpitations, a pounding or tightness in the chest, shortness of breath, fatigue or fainting, your doctor may order a series of tests. They can include an EKG, which indicates the electrical activity of the heart; use of a Holter monitor or event monitor, which records consistent activity over a period of time; a stress test; an echocardiogram or an electrophysiology study. The results can indicate the type of arrhythmia, which can lead to the appropriate treatment.

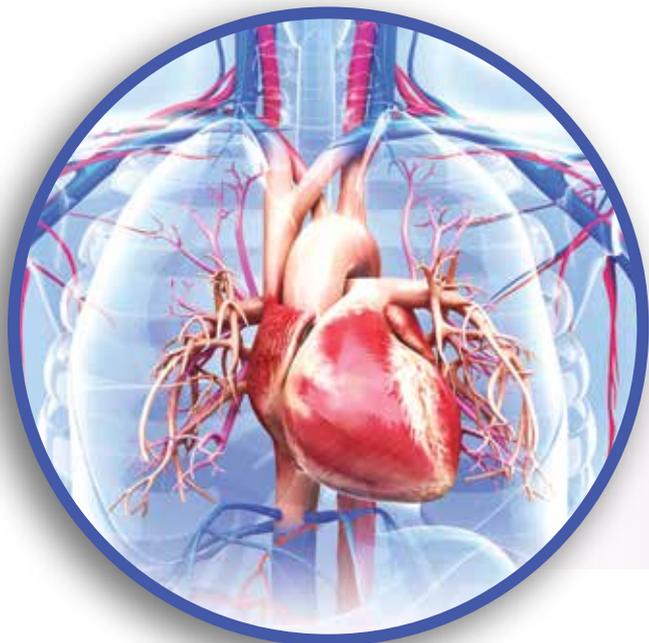
Q. What causes arrhythmias?

There are many things that can contribute to arrhythmias, including heart disease, an electrolyte imbalance, high blood pressure, smoking, certain medications or nutritional supplements, a heart attack in progress, too much caffeine, or even stress and anxiety. There are also many other types of heart conditions that can lead to irregular heart beats, such as atrial fibrillation, ventricular tachycardia or Long QT syndrome.

Q. What treatments are used for arrhythmias?

Depending on the type of diagnosis you have, you may or may not need treatment. If your arrhythmia is putting you in danger of developing a serious complication, then your doctor may consider treating it. For example, if you have atrial fibrillation, your doctor may start you on medication and monitor you. However, if that doesn't work, a pacemaker may be the next option. A pacemaker keeps the heart beating at a certain rate by sending electrical impulses when needed. There are many other treatment options, which your doctor will discuss to determine what is best for you. ■

For more information on cardiovascular services, visit texomamedicalcenter.net > Services > Cardiovascular Services.



Please join us in welcoming our new physician



ELY GORDON, DO, is an Internal Medicine specialist and Pediatrician who has joined TexomaCare-Madill. He attended medical school at the University of North Texas Health Science Center at Fort Worth/Texas College of Osteopathic Medicine in Fort Worth, TX. He completed his Internal Medicine/Pediatric Residency at Brown University Medical School Residency Program, Rhode Island/Hasbro Children's/Woman & Infants Hospitals in Providence, RI, and is a member of the American Osteopathic Association and the American College of Pediatricians.

Kudos to our Physician Award Winners

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



**Quality
Excellence
Award**

R.J. Wilcott, MD, FACS
Cardiovascular and
Thoracic Surgery



**Service
Excellence
Award**

Aditi Swami, MD
Infectious Disease



**Documentation
Excellence
Award**

**Sudhamayi
Molakalapalli, MD**
Internal Medicine



We've moved!

TMC Outpatient Therapy Services is now at a BIGGER LOCATION

Featuring 12 treatment rooms, the additional space will serve our patients recovering from surgery or other medical procedures, illnesses or injuries. A spacious open gym area is also available for those participating in our fitness program.

TMC Outpatient Rehabilitation Services Include:

- **Physical Therapy**
- **Occupational Therapy, including the area's first certified hand therapist**
- **Speech Therapy**
- **LSVT® BIG Treatment for Parkinson's disease**
- **Lymphedema Treatment**
- **Fitness Program, featuring certified trainers**

To schedule a tour, call 903.416.4241.

Located on the southeast corner of the Cigna® building and accessible from Pool Road, behind Texoma Medical Center.

4616 S. US Hwy 75, Suite 200
Denison, TX 75020

Think it's a stroke?

Recognizing the symptoms can save your life.

BEFAST

STROKE COMES ON FAST.

B.E. F.A.S.T., by the American Stroke Association® offers an easy way to remember the most common signs of stroke.



BALANCE

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



EYESIGHT

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 their speech slurred or strange?



TIME

If you observe any of these signs, call 9-1-1 immediately.

At TMC, a 24-hour stroke team and trained emergency department personnel provide care in our designated stroke units.

Ambulance personnel will provide care in transit, and they alert the hospital that a patient in need of critical care is on the way. Hospital staff is ready when you arrive.

A higher level of stroke care: TMC is home to a neuro-interventional center, featuring life-saving biplane angiography. The center houses an advanced imaging system for the quick and accurate diagnosis and treatment of blockages in the head and neck.

Advanced Primary Stroke Center Certification • Level II Primary Stroke Facility designation



texomamedicalcenter.net/stroke

**Connect
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HEALTH NEWS FROM TEXOMA MEDICAL CENTER

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