

HEALTH NEWS from

SUMMER/FALL 2018

texoma

MEDICAL CENTER

Intensive care for infants

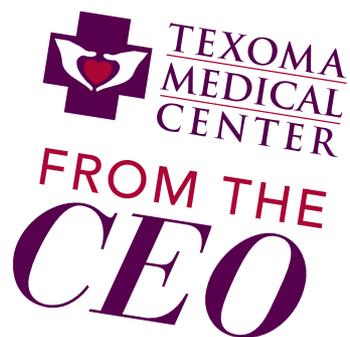
**Maci Cook shares her
NICU experience**

Best of Texoma
Proud to be named
the best - again

**Chronic sinusitis
in children**
Helpful tips and
treatment options



COMPLIMENTS OF
**TEXOMA
MEDICAL
CENTER**



It's humbling to again receive recognition as the leading healthcare provider in the *Herald Democrat's* Best of Texoma Poll, and we thank everyone who voted us Best Hospital for the 11th time. It shows what we can collectively accomplish when we focus our energies on healing, aggressive physician recruitment, providing quality healthcare and expanding our footprint in the communities we serve.

We are proud to be the only hospital in the Texoma region recognized by The Leapfrog Group as one of the safest hospitals in the nation. We were given a grade "A" in meeting

the highest safety standards in the U.S., for protecting our patients from harm, and preventing medical errors. This rating demonstrates our continual focus on delivering safe and exceptional patient care.

We stand alone with our stroke care, being the only hospital in the Texoma region to receive the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Silver Plus Quality Achievement Award and Target: StrokeSM Elite Plus award. In addition, our stroke team recently celebrated a door-to-treatment record when they assessed and treated a stroke patient in six minutes. They are dedicated to providing our stroke patients with prompt, accurate and potentially life-saving care.

Congratulations are also in order for the TMC Center for Wound Healing and Hyperbaric Medicine. The staff received the Center of Distinction Award from Healogics, Inc., the nation's largest provider of advanced wound care services. In addition, four family medicine residents who were part of our inaugural class, graduated from our physician Graduate Medical Education Program. We also welcomed nine new family medicine residents.

Also a first for our region is the new neonatal intensive care unit (NICU) that opened in June. This unit allows us to deliver a higher level of care for newborns with special medical needs. You can read about one mother's experience in this issue. Thanks so much for your continued support of Texoma Medical Center. We are honored and proud to be your hospital of choice in all of Texoma.

Ron Seal

Ronald T. Seal
Chief Executive Officer
Texoma Medical Center

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Disease management is critical to wound healing



Walk-In Wednesdays

Join us on the first Wednesday of each month for Walk-In Wednesday! At this monthly job fair, our HR department will conduct on-site interviews from 9 a.m. - 2 p.m.

NO APPOINTMENT IS NECESSARY AND YOU ARE ENCOURAGED TO APPLY ONLINE PRIOR TO ATTENDING.

For more information visit texomamedicalcenter.net/careers.

Focus on women's health for *all ages*

Routine health screenings are one way to learn about risk factors, prevent disease, detect potential problems early and stay healthy

TexomaCare OB/GYN Venus Nabors, MD, FACOG, is a big advocate of yearly well visits and routine health screenings for her patients. "Women are prone to taking care of everyone else, and as a woman, I can relate to that. But they must make time for themselves by eating right, exercising, reducing stress and making sure they get their yearly check ups and appropriate screenings," she says.

Importance and timing of exams and screenings

A common question asked of Dr. Nabors is the age when a woman should have her first gynecological appointment. "The first visit should be done at age 21, unless the woman is sexually active, is interested in birth control or has issues with her menstrual cycle," says Dr. Nabors. "That initial visit includes a clinical breast exam, a pelvic exam and a pap smear."

When patients become sexually active, Dr. Nabors recommends screening for sexually transmitted diseases (STD). "We test for gonorrhea, chlamydia, syphilis, HIV and others. If you test positive, it is important for you and your partner to be treated," she says. Dr. Nabors includes HPV testing at age 30, and offers routine STD screening until the age of 40. In addition, at age 30, Dr. Nabors says annual screenings for diabetes, thyroid disease and endocrine disorders are a good idea.

Dr. Nabors advises that patients begin getting yearly mammograms when they turn 40. "However, for women with a family history of breast cancer, I advise they get their mammograms earlier," she says. Also suggested at this age are rectal exams, usually done at the same time as the pelvic exam. At age 50, Dr. Nabors encourages women to schedule a colonoscopy. But if you have a family history of colon cancer or other risk factors, you should have it sooner than 50.

As women get older, bone health awareness is important, so Dr. Nabors suggests a bone density screening at age 65. But she cautions that if you are Asian-American, a smoker, have a history of unexplained fractures or broken bones or take medicines that can cause thinning of the bones, you should be screened earlier.

Dr. Nabors suggests that her patients learn as much about their personal healthcare as they can. "I am happy to partner with them on their journey to good health," she says. ■



Meet TexomaCare's only female OB/GYN

Venus Nabors, MD, FACOG

MEDICAL SCHOOL:
Medical College of Georgia

RESIDENCY IN OBSTETRICS & GYNECOLOGY:
Memorial University
Medical Center, Savannah, GA

MEMBERSHIPS:
American College of
Obstetricians and Gynecologists,
American Medical Association

Dr. Nabors provides a range of women's services for all stages of a female's life, from adolescence through menopause and beyond.

Her office is in the Texoma Medical Plaza, 5016 S US Hwy 75, Suite 240, Denison, TX 75020.

To make an appointment, call 903-416-6260.

THE REGION'S LEADING

Focused on quality, growth, stability and safety

TOP IN THE REGION - AGAIN

Annual poll results reflects our commitment to quality healthcare

We are honored to have been chosen again as the region's leading healthcare provider in the *Herald Democrat's* Best of Texoma poll.

Congratulations to all our winners!

BEST HOSPITAL - TMC

BEST MINOR EMERGENCY/WALK-IN CLINIC - TMC Urgent Care

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 PLACE TO HAVE A BABY - Texoma Medical Center

BEST NURSE - Jessica Kent, TMC Emergency Department



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healthcare provider



MAKING THE "A" GRADE

Our commitment to patient safety earns recognition



Texoma Medical Center was awarded an "A" for meeting the highest safety standards in the U.S. and protecting patients from harm. The Leapfrog Group assigns Safety Grades of A, B, C, D or F to

hospitals across the country based on their performance in preventing medical errors, infections and other patient harms.

"We are proud to be the only hospital in the Texoma region to have achieved an overall "A" rating from Leapfrog," says

Ron Seal, Chief Executive Officer, Texoma Medical Center. "This rating demonstrates our continual focus on delivering safe and exceptional patient care."

The Leapfrog Hospital Safety Grade uses 27 measures of publicly available hospital safety data to assign grades to approximately 2,500 U.S. hospitals twice per year. Receiving an "A" Safety Grade means a hospital is among the best in the country for putting their patients first, 24 hours a day. It is peer reviewed, fully transparent and free to the public.

For more details and patient tips for staying safe in the hospital, visit hospitalsafetygrade.org.

STROKE PROGRAM RECEIVES ACHIEVEMENT AWARDS

Recognized for commitment to quality stroke care

Texoma Medical Center has received the American Heart Association/ American Stroke Association's Get With The Guidelines®-Stroke Silver Plus Quality Achievement Award. The award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

"Texoma Medical Center is dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association's Get With The Guidelines-Stroke initiative," says Ron Seal, CEO Texoma Medical Center. "The tools and resources provided help measure our success in meeting evidenced-based clinical practice guidelines developed to improve patient outcomes."

In addition to this recognition, the hospital received the association's Target: StrokeSM Elite Plus award. This recognition is given to facilities that provide the highest level of stroke care. To qualify for this recognition, hospitals apply best practices to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA. The less time that elapses, the better chance a patient has for a full recovery.



Visit texomamedicalcenter.net/strokecare to learn more.

Recognitions & Accreditations



An inside look at the *first* neonatal intensive care unit *in the region*

Specialty treatment for babies with critical needs, right at home

The Birth Place at TMC is buzzing with more activity after the recent opening of its neonatal intensive care unit (NICU). Now, infants who would have needed to be transported an hour away can be treated by specialists right here in our community.



Snehal Doshi, MD
Neonatologist

Snehal Doshi, MD, is part of a team of neonatologists who provide around-the-clock care at the NICU, and says they can treat babies born at 32 weeks or later. "Premature babies can have just about any organ system problem, including seizures, trouble regulating blood sugar or body temperature, or respiratory problems," he says.

"Even babies born full-term can have struggles, and we can care for them, too. For moms with high-risk pregnancies, their babies may also be monitored in the NICU following birth to make sure everything is okay."

Dr. Doshi explains that one of the most common problems for premature infants is underdeveloped lungs. "Their lungs are not fully developed and not flexible. So we give the babies a medication, which helps lubricate the lungs so they can breathe until their lungs fully develop. They may also need respiratory support from a ventilator or other device," he says. ►





Regarding length of stay, Dr. Doshi says every situation is different, but typically a baby born two months early averages a four to six-week stay in the NICU. "Some aren't able to bottle feed right away, so we keep them a little longer and make sure they are breathing and feeding properly," he says.

There are 12 private rooms with sliding glass doors, which allow nurses to see the monitors and keep the room quiet for the baby. "If mom or dad wants to stay with the infant, they can. We encourage skin-to-skin bonding when it is safe for the baby, as well as breastfeeding," says Dr. Doshi. He explains that sometimes too much stimulation for premature babies can have a negative impact. "There can be a whole host of reasons, which can cause them to stop breathing or make their heart rate slow down. We tend to be just a little bit more careful," he says. "But parents are still able to be at the baby's bedside, and they can stay at the hospital for as long as their baby is there."

Along with Dr. Doshi's team of neonatologists, there are other specialists who help care for the babies, including respiratory therapists, NICU-trained nurses, dietitians, occupational and physical therapists and speech therapists to help with feeding. The NICU is located on the third floor of TMC's south patient tower, near the postpartum and antepartum rooms. The entire area is locked and secure at all times, providing a level of comfort and security for parents.

"This unit is a tremendous value to the community and the region, and we are happy to be helping babies and their families who need this special care," says Dr. Doshi. ■

For more information on the NICU, visit texomamedicalcenter.net/nicu.



“TMC really took care of my baby ... and me!”



– Maci Cook

When Maci Cook’s son stopped breathing, TMC’s NICU team sprang into action.

Cook was scheduled for a cesarean section at TMC on Friday, June 15, 2018. She and her husband were elated when their son, Colt, was born at 9 a.m., weighing 7 pounds, 10 ounces, and 21 inches long. “We heard him cry, then we didn’t hear him. He stopped breathing as the nurse was cleaning him and she gave him CPR. My husband told me they were working to clear the fluid from his lungs,” says Cook. “The doctors said it is common for c-section babies to have a little more fluid because they don’t have the benefit of pushing it out as they go through the birth canal.”

Cook says she didn’t get to see her son until after lunch that day. “The nurses were so sweet. They rolled my bed down to his NICU room so I could be in there with him,” she says. When she saw her son, Cook says he was connected to a feeding tube and intravenous line, and was breathing with the help of a C-PAP machine. “I was really scared and upset because I couldn’t hold him, but the nurses did everything they could to make me feel comfortable and they involved me in everything they did,” she says.

Over the weekend, the nurses swaddled Colt so that Cook was able to cradle him while in his special crib. “He still had all the tubes connected to him, but they found a way to make it work for me to feel like I was holding him,” she says. On Monday evening, the tubes and other equipment were removed and Cook was finally able to hold her son, make skin-to-skin contact and breastfeed him. Colt continued to improve and mom and baby were discharged on Thursday, June 21, 2018.



Cook, who lives an hour away from TMC, gives high praise to both the hospital, nurses and doctors who were there for her and Colt. “They helped me as much as they helped him. They even took care of my husband when he stayed overnight,” she says. “I grew up in this area, so I am comfortable here, and that is why I chose to come so far to have my children here. It’s great that the NICU is here for this community. The nurses were amazing and did so much to help me through this. I’m so grateful, and encourage others to come to TMC as well. It was a great experience!” ■

For more information, visit texomamedicalcenter.net/maternity.



Thinking about WEIGHT-LOSS SURGERY?



Get the facts about services available at Texoma Medical Center

Obesity affects about 93.3 million U.S. adults*, with many trying diet after diet to control their weight. Often, dieting, exercise and/or medication doesn't work and weight-loss surgery is then recommended.

TMC Weight-Loss Surgery Program Coordinator Patsy Mitchusson, RN, BSN, MBA, is the lifeline for the hundreds of patients who have chosen to take the surgical route to lose weight and improve their health. In her role, Mitchusson coordinates the weight-loss seminars and support groups, both in-person and online. "We are the first fully accredited bariatric center in the Texoma region, and have received the designation of Comprehensive Center from the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program. We have patients who come from more than 100 miles away for procedures," says Mitchusson. "Last year alone, 270 patients had weight-loss surgery at TMC and lost a total of 9,941 pounds!"

DOING YOUR HOMEWORK

For anyone thinking about this type of surgery, Mitchusson says attending one of the seminars is the first place to start. "The seminar provides an overview of what is involved, what criteria you have to meet, the surgical options, and what to expect for the outcome," she says. "After the seminar, patients can make an appointment with the surgeon of their choice."

Matthew Burruss, MD, is a TexomaCare surgeon and says there are three types of surgeries available at TMC. "There is the gastric band, the bypass or the sleeve gastrectomy. Once we meet with the patient, we can determine the most appropriate procedure for them," he says. "But weight-loss surgery is not a magic bullet. It's also being in the right mindset to make behavioral changes and better food choices following surgery. That's why we recommend participation in our support groups, so people can set themselves up for success."

SET YOURSELF UP FOR BETTER HEALTH

Mitchusson, who reinforces patient teaching and helps with the support groups, says patients have better outcomes when they participate with in-person and online groups. "This is a big lifestyle change, and it takes time to get used to eating less and making healthier food choices. We love it when our patients lose the excess weight and live better lives, and we have the tools they need to help them be successful." ■

To learn more about weight-loss surgery at TMC, visit texomamedicalcenter.net/wls.

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if bariatric surgery is right for you.
*Centers for Disease Control and Prevention (CDC)

Don't "weight" any longer! ATTEND A SEMINAR TODAY!

If you are interested in weight-loss surgery, attend a seminar and make an appointment with one of the bariatric surgeons.

To learn more about upcoming weight-loss seminars, visit texomamedicalcenter.net/wlseminars.



Matthew Burruss, MD
General/Bariatric
Surgeon



Aaron Cernero, DO
General/Bariatric
Surgeon



Ikram Kureshi, MD
General/Bariatric
Surgeon

Have you scheduled your colonoscopy?

THIS ROUTINE SCREENING COULD
SAVE YOUR LIFE!



Nhat Nguyen, MD
Gastroenterologist

If you're 50 and see your doctor periodically, you no doubt have been advised to schedule a colonoscopy. But many people put off having this important procedure. TexomaCare Gastroenterologist Nhat Nguyen, MD, says colonoscopies are lifesaving, but many people fear the preparation involved or are afraid it will be painful. "The preps we use today are much more patient-friendly and don't require the patient to drink as much liquid," he says. "On top of that, you don't feel any pain because you are under anesthesia. On average, the procedure itself takes about 15-20 minutes."

According to the American Cancer Society, colorectal cancer is the third most common cancer in both men and women, and the third leading cause of cancer-related deaths in men and women in the U.S. However, due to increased screenings, rates have declined for the past 20 years. Dr. Nguyen says the purpose of a screening colonoscopy is to find polyps, which are growths in the lining of the colon. Some are benign and some are pre-cancerous. "About one out of three males and one out of five females will have a precancerous polyp on a screening colonoscopy. The idea is to remove them before they have a chance to become cancerous," he says.

Know the symptoms

Early colon cancer usually presents without any symptoms at all, which is why screening is very important. However, as the tumor grows, symptoms can arise, such as abdominal pain, which can vary in location and intensity or a change in bowel habits, such as frequency and consistency of stool. When the disease is in an advanced stage, some people can experience unexpected weight loss, abdominal distention, anemia, passage of bloody stools, nausea and vomiting. If you are experiencing any of these symptoms, please consult with your doctor. ■

For more information, visit texomamedicalcenter.net/colonoscopy.

WHO SHOULD BE SCREENED?

Dr. Nguyen says his practice begins screening patients when they turn 50. However, because African-Americans have a 20 percent higher incidence rate, initial screening for them is recommended at age 45.

If you have a family history of colon cancer in a first-degree relative, the screening guidelines are slightly different, states Dr. Nguyen. "It is recommended to start 10 years younger than the age of diagnosis, or age 40, whichever is earlier. For example, if your parents or siblings were diagnosed with colon cancer at age 45, you should get your first screening at age 35," he says.

He notes that the American Cancer Society recently made a recommendation that colonoscopy screening should begin at age 45. "It's just a recommendation for now. Once organizations such as the American College of Gastroenterology, the American Society of Gastroenterology and Endoscopy, and the American Gastroenterological Association review the data, there may be a movement to have screening colonoscopies begin at age 45 or even earlier," he says.



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

FITNESS AND HEART-HEALTHY TIPS

Now that autumn is almost here, it's a great time to re-charge your fitness routine and take advantage of all the season has to offer.

ENJOY THE HARVEST

Get grilling the freshest produce, including apples, brussels sprouts, winter squash, sweet potatoes and other root vegetables. Heart-healthy stews and soups made with beans and vegetables are also a great source of lean protein. Round out your meals with fish rich in omega-3 fatty acids, such as trout or salmon.

STAY PROPERLY HYDRATED

Lack of proper hydration can make it more difficult for the heart to pump blood through the vessels to the rest of your body. It can also contribute to high blood pressure, urinary tract infections, constipation, cognitive dysfunction and toxic buildup in the body. If you don't like the taste of plain water, try adding some fresh slices of lemons, limes or oranges for a burst of natural flavor.

GET PHYSICAL!

Leading a sedentary life can contribute to many health issues. With the cooler weather, it's a great opportunity to go on a hike or take a 30-minute walk during your lunch break. Also, taking the stairs instead of the elevator and parking your car a little farther provide an opportunity to get your heart pumping. Just remember to check with your doctor before starting any new exercise routine. ■

**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).



The growing need for wound care

**For those with diabetes,
disease management is key
to wound healing**

According to the National Institutes of Health, more than \$25 billion is spent treating chronic wounds each year, and it's expected to increase due to the rise in diabetes and obesity.



Nicole Nguyen, DO
Medical Director

At the TMC Center for Wound Healing and Hyperbaric Medicine, Medical Director Nicole Nguyen, DO, says many of their patients have chronic wounds related to diabetes. "The disease interferes with the wound-healing process. In addition to working with our patients to better manage their diabetes, we utilize a number of advanced treatment options. It really can make a difference in closing a wound quicker," says Dr. Nguyen. Diabetes can also cause decreased blood circulation in the feet and legs, which can lead to ulcers, slow healing and even possible amputation. "If you have diabetes, it is very important to take good care of your feet. Sometimes patients have numbness in their lower extremities and may not be aware they have a sore or an injury," she says. "It can quickly become a serious wound that warrants immediate treatment."

SPECIALIZED TREATMENT

Dr. Nguyen says they follow wound care clinical practice guidelines and patients are thoroughly evaluated to determine the best treatment for their wound. Some treatments include removal of devitalized or infected tissue, use of bioengineered skin substitutes or topical, therapeutic dressings. "Sometimes, hyperbaric oxygen therapy may be considered. This treatment can dramatically increase the blood's ability to carry oxygen, which can help decrease inflammation, kill bacteria, release new cells to repair tissue, and speed healing," she says. ►

Dr. Nguyen 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 or see your doctor. ■

For more information on wound care, visit texomamedicalcenter.net/hyperbaric.

To make an appointment at the TMC Center for Wound Healing and Hyperbaric Medicine, call 903.416.3650 or 877.696.7758.



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TMC Center for
Wound Healing and
Hyperbaric Medicine

Warning signs of a chronic wound

A wound is considered chronic if full healing does not occur in two months. Examples include open sores, infected cuts and large burns.

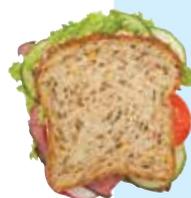
Signs and symptoms of chronic wounds include:

- Oozing of the wound
- Swelling, bleeding or pain
- Fever
- Darkened or black skin around the perimeter of the wound
- The wound has grown larger

Types of chronic wounds treated at the center:

- Diabetic ulcers
- Pressure ulcers
- Venous insufficiency ulcers
- Traumatic wounds
- Surgical wounds
- Burns

If you have a wound that has not healed and you have these symptoms, you should see your doctor.



Senior Advantage

NEWS AND EVENTS

Lunch & Learn Seminar

Third Friday of every month, TMC Conf. Rooms 1 & 2

September 21, 11:30 a.m.

Fall Risks and How to Prevent Them

Vanessa Ohnes, MD

October - NO SEMINAR

November 16, 11:30 a.m.

Basic Cancer Screenings for Older Adults

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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619 W. Main Street

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COULD YOUR CHILD HAVE *chronic sinusitis?*



Does your child struggle with frequent nasal drainage,

headaches, facial pain and a poor sense of smell? If so, it could be sinusitis.

TexomaCare Ear, Nose, Throat Specialist and Plastic Surgeon **Terry Yeung, DO**, shares information, helpful tips and treatment options.



Q. What is chronic sinusitis?

It is a condition where the sinuses are inflamed and cannot drain properly. This causes mucus to build up within the sinuses, which can lead to a sinus infection. It is most commonly caused by a virus, but when fluid builds up in the sinus, it can turn bacterial and require antibiotics. Sinusitis is most often acute, however, it becomes chronic in nature if it occurs three to four times per year, or lasts more than 12 weeks in one year.

Q. What are the symptoms of chronic sinusitis?

Many times it can be difficult to tell if the child has a cold or sinusitis, but if it lasts for more than 10 to 14 days, it may be sinusitis. Patients may have nasal congestion/obstruction; thick green nasal drainage; a poor sense of smell; cough due to the drainage; facial pain, swelling or tenderness near the eyes, cheeks and forehead; and sometimes a low-grade fever. Other symptoms may include irritability, pain or pressure in the ears, an aching feeling in the upper jaw, sore throat, and bad breath.

Q. How is sinusitis treated?

An effective first course of treatment consists of antibiotics, nasal saline irrigation/rinse and nasal corticosteroids. Rinsing the sinuses helps clear the passages from irritants such as pollen, dust and mucus. If drainage is observed on physical exam, a culture can be obtained to determine what type of bacteria is present so the appropriate antibiotic can be prescribed. If this avenue of treatment is not successful, there are several procedures that may be considered.

Q. What other treatments are there?

If the patient fails conservative medical therapy, other treatments that may be considered are an adenoidectomy, balloon sinuplasty or endoscopic sinus surgery. A CT scan can also be performed to rule out anatomical anomalies. Extracting the adenoids removes a potential source of bacteria. Balloon sinuplasty entails dilation of the sinus drainage pathways to prevent future infections. Lastly, functional endoscopic sinus surgery can be considered, which involves actual removal of tissue to facilitate better sinus drainage. ■

**Is your child suffering from chronic colds and sinus issues?
Call Direct Doctors Plus® at 903.416.DOCS(3627) to find a doctor.**

Please join us in welcoming these new physicians!



TMC welcomes **NICOLE NGUYEN, DO**, as Medical Director of the TMC Center for Wound Healing and Hyperbaric Medicine. Dr. Nguyen is a graduate of the University of North Texas Science Center in Fort Worth, Texas. She completed an Internship and her Family Medicine Residency at John Peter Smith Hospital in Fort Worth, Texas. Dr. Nguyen is board certified by the American Board of Family Medicine and is a member of the American Academy of Family Physicians.



LARA DENNIS, MD, is a Radiologist with the TMC Breast Care Center who graduated from the University of Illinois College of Medicine in Chicago, Illinois. She completed a residency in Diagnostic Radiology at William Beaumont Hospital in Royal Oak, Michigan, and then did a Fellowship in Breast Imaging at Henry Ford Hospital in Detroit, Michigan. Dr. Dennis is board certified by the American Board of Radiology.



Meet our *new* medical residents

On Friday, June 29, we welcomed nine new physicians to the program who received their white coats. L to R: Nino Ngo, DO; Andrea Hughes, DO; Steven Peacock, DO; Christian Nilsen, DO; Todd Hendrickson, DO; George Fritts, III, DO; Michael Slack, DO; Bradley Mohar, DO; Megan Burleson, DO.

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

Aditi Swami, MD
Infectious Disease



Service Excellence Award

Sanober Kable, MD
Pulmonology



Documentation Excellence Award

Brandon Sumner, DO
General Surgery





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Celebrate HEALTH FALL FEST

Saturday, September 22
9 a.m. – 1 p.m.
at **Texoma Medical Center**

**WE'RE TAKING HEALTHCARE
TO NEW HEIGHTS**

Join Us

As we celebrate our growth and the advanced services that we continue to bring to the community. It's all about taking healthcare to new heights for your entire family!

- Fun activities for the entire family
- Screenings
- Health information and more

**Food, drinks
and snacks
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at a low cost!**



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903.416.4000

HEALTH NEWS FROM TEXOMA MEDICAL CENTER

Ronald T. Seal
CEO, Managing Director

Jennifer Reed
Media & Advertising Coordinator

Amber Sweeney
Director of Marketing

Jo Johnson
Marketing Coordinator

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