

HEALTH NEWS *from*

WINTER 2019

# texoma

MEDICAL CENTER



## *Paula Kelley's story of hope*

*"Thanks to TMC, I have an  
amazing quality of life!"*

**TAVR now available  
for heart valve disease**

*Minimally invasive alternative to  
traditional open heart surgery*

**Senior Advantage:  
The highs and lows of  
blood pressure**

*What you need to know*



COMPLIMENTS OF

**TEXOMA  
MEDICAL  
CENTER**



As we move into a new year, I would like to share some of our accomplishments for 2018. For starters, we grew our employee base to more than 3,500 compassionate, caring personnel. Our medical staff also grew to more than 425 healthcare providers who deliver specialized care to the communities we serve. Our focus on quality care and meeting the highest patient safety standards has helped us to receive an "A" rating from The Leapfrog Group's Spring and Fall 2018 Hospital Safety Grade ratings. We are both proud and honored to once again be the only hospital in the Texoma region to achieve this rating

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In 2018, we completed construction of a new four story patient tower with a neonatal intensive care unit. The hospital also received numerous awards, accreditations and recognitions for care related to stroke, wound healing, orthopedics and more. Due to our continued growth, we are completing the buildout of the fourth floor of the new patient tower, which will add 36 additional patient beds. We are also adding fifth and sixth floors to the new tower for future expansion as the region grows.

We have expanded our cardiac service line with a minimally invasive alternative to open-heart surgery for patients with aortic valve stenosis. You can learn more about this new leading edge procedure in this issue. We will also be adding the da Vinci Xi<sup>®</sup> Surgical System and will have the ability to use this technology for robotic cardiac surgeries.

As the region's leading healthcare provider, our focus is on delivering innovative services, exceeding expectations, and providing quality care. Visit our website and social media channels for continued updates on our progress.

We thank you for the opportunity to care for you and your family.



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

## We're adding the newest robotic surgical system, **da Vinci Xi<sup>®</sup>**

Now with the next generation, this extraordinary creation of the 21st Century is giving surgeons even better vision (up to 10x magnification) and greater control while performing minimally invasive surgery.

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

The da Vinci Xi<sup>®</sup> Surgical System by Intuitive Surgical Inc. incorporates advances in robotics and computer technology for minimally invasive surgery.



# There's help for managing **DIABETES**



**Chris Alexander, MD**  
Endocrinologist

According to The National Institutes of Health, nearly 10 percent of the U.S. population has diabetes, and one in four people don't even realize they have it. It is also the most common endocrine disease. TexomaCare Endocrinologist Chris Alexander, MD, explains that diabetes interferes with the conversion of food into energy. Insulin, a hormone produced in the pancreas, is involved in that process, and when it is not properly managed, high blood sugar can result and cause serious health issues.

"There are two forms of diabetes – type 1 and type 2. With Type 1, also known as juvenile diabetes, the pancreas does not produce insulin. In Type 2, the body doesn't use insulin properly," he says. "Type 1 presents with severe hunger, thirst and weight loss, as well as high sugar levels. Type 2 will present with little or no symptoms."

## **MAKING DIET AND LIFESTYLE CHANGES**

Dr. Alexander states that for those diagnosed with diabetes, about 90 percent have type 2 and 10 percent have type 1. Type 2 is much more common, and people who are overweight and lead a sedentary lifestyle are at risk. Type 2 is also preventable by making diet and lifestyle changes, he says. "We look at A1C blood test results, which gives us an average of blood sugar over two or three months. If the A1C is between 8 and 9, it is time to target aggressive weight loss," he says. "It comes down to how many calories you take in versus what you burn off."

Not a fan of fad diets, Dr. Alexander recommends portion control, and eating whole, unprocessed foods and a minimum of 30 minutes of exercise, at least five days a week. "By reducing calories, you decrease insulin resistance, and that leads to better blood sugar management. Plus, the exercise is good for your whole body. There are many phone apps that are helpful in tracking your calorie intake and how much you exercise. If you smoke, quit, and don't forget to get enough sleep. Lack of sleep can have a negative impact on blood sugars," he says.

Overall, Dr. Alexander says managing diabetes should be a partnership between him and the patient, but also between the patient and their significant others. "It's great to get the whole family involved in creating and maintaining a healthy lifestyle, and also great support for the diabetic," he says. ■

**Learn more about diabetes: [texomamedicalcenter.net/dbx](http://texomamedicalcenter.net/dbx)**

Check with your healthcare provider before beginning any new routine.

## **Resources and support at the TMC Diabetes LifeCenter**

Registered professionals work closely with your doctor to create a nutrition, medication and care program just for you.

### ***Their services include:***

- **Individual instruction/classes**
- **Nutrition evaluation**
- **Counseling on gestational diabetes (high blood glucose levels during pregnancy)**
- **Intensified insulin therapy**
- **Insulin pump program**

The TMC Diabetes LifeCenter is recognized by the American Diabetes Association for meeting national standards for diabetes self-management education.

### ***Learn more:***

**[texomamedicalcenter.net/learning](http://texomamedicalcenter.net/learning)**





# MINIMALLY INVASIVE hernia repair

## ROBOTIC SURGERY CAN RESULT IN BETTER OUTCOMES



**Brandon Sumner, DO**  
General Surgeon

Hernias are more common than people think, and can happen to people of all ages. There are several ways to treat hernias, but TexomaCare General Surgeon Brandon Sumner, DO, says one of the more advanced options is minimally invasive robotic surgery. The high definition system has special instruments and computer software

that provides enhanced vision, dexterity and precision, says Dr. Sumner. "The robot is just a really good tool, and we are in control of it at all times. It helps make the repair quicker and easier, which can lead to better outcomes," he says.

### HERNIAS AND THE REPAIR PROCESS

A hernia happens when an organ, usually the intestines, or fatty tissue pushes through a weak spot in the muscle wall or tissue. Things that can exacerbate hernias include heavy lifting, chronic coughing or sneezing, and diarrhea or constipation. Everyone is susceptible, even babies, especially if there is a congenital weakness.

Some of the types of hernias Dr. Sumner repairs using robotic surgery include inguinal, which is in the groin area; hiatal, where the stomach meets the esophagus; and ventral, which is the front of the belly button.

The procedure is performed through a series of small incisions, and Dr. Sumner sits at a console and controls a tiny camera and manipulates the delicate surgical instruments. As he moves his hands, the instruments move in the same manner.

### PATIENT BENEFITS AND RECOVERY

Robot-assisted surgery can provide a number of benefits to patients, including more precise incisions and less trauma to the body; less blood loss and reduced need for transfusions; less postoperative pain and discomfort; lower risk of infection and less scarring; shorter hospital stays; and quicker recovery and return to work.

Dr. Sumner says most procedures are done on an outpatient basis, with the patient off work for about two weeks with lifting restrictions. Those who work heavier jobs, such as in construction, are out of work a little longer.

Most adults are good candidates for robotic surgery, says Dr. Sumner. "Anyone healthy enough to have open surgery can have robotic surgery. But if someone has had previous surgeries, this may not be the best option for them. Their doctor can provide the right guidance for their situation," he says. ■

**Learn more about robotic surgery:**  
[texomamedicalcenter.net/robot](http://texomamedicalcenter.net/robot)

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.

# *Chronic reflux* **NO MORE!**

*“I have an amazing quality of life now!”* – Paula Kelley

**P**aula Kelley had suffered with severe acid reflux, also known as gastroesophageal reflux disease (GERD), for about 20 years. “I had seen so many doctors and specialists who ordered test after test,” says Kelley. “I kept getting the same answer - that I had esophageal spasms, and there was nothing they could do.

Her primary doctor recommended a gastroenterologist for another opinion and she was diagnosed with Barrett’s esophagus. This condition is a result of long-term exposure to reflux and changes the lining of the esophagus. It also increases the risk of developing cancer of the esophagus.

Kelley’s reflux eventually got so bad, she ended up with serious complications and her primary care doctor suggested she see TexomaCare General Surgeon Brandon Sumner, MD, at Texoma Medical Center. “I went back to my primary doctor and he told me about Dr. Sumner, who recommended surgery to repair my reflux issue,” says Kelley. He performed a procedure to tighten the opening where the stomach meets the esophagus. He also repaired Kelley’s hiatal hernia. Kelley was in the hospital for only 24 hours.

“I feel like a new person! I can sleep through the night without coughing, and my quality of life is amazing! I can eat foods now that I haven’t eaten in 10 years,” enthuses Kelley. “And it’s all thanks to Dr. Sumner. I recommend him to anyone suffering from reflux. I am so grateful to him!” ■

**Learn more about chronic reflux: [textomamedicalcenter.net/gerd](http://textomamedicalcenter.net/gerd)**



## **Could you have GERD?**

GERD is a condition in which the muscle that controls the valve between the esophagus and the stomach weakens, letting stomach acid rise into the esophagus. This can lead to the burning sensation in the chest and throat called heartburn. GERD can adversely affect a person’s sleep, health and overall quality of life.

In addition to heartburn and indigestion, common symptoms of possible GERD are bloating; sensitivity to certain foods or drinks; excess saliva; regurgitation; and chest pain. Other symptoms that may also occur as a result of chronic heartburn and acid reflux are trouble sleeping, coughing, sore throat, hoarseness, asthma and difficulty swallowing. If you have experienced these symptoms and think you may have GERD, you should talk with your doctor about a screening.

Your doctor may recommend lifestyle changes and medications to control or ease symptoms. If your symptoms persist or worsen, you may be a candidate for different treatment options at Texoma Medical Center.

# Advanced treatment for *heart valve disease* now available

TAVR is an alternative to traditional open-heart surgery



**Maziar Mahjoobi,**  
DO, FACC, FSCAI  
Interventional  
Cardiologist

Texoma Medical Center is the first in the region to add transcatheter aortic valve replacement (TAVR), an advanced, minimally invasive valve replacement option. TAVR can offer hope to patients who have severe aortic valve stenosis and are at intermediate or high risk for traditional open-heart surgery.

Interventional Cardiologist Maziar Mahjoobi, DO, explains TAVR is sought-after because patients can go home the next day instead of being in the hospital for a week following open-heart surgery. “The procedure takes about an hour, is less risky and can offer quicker recovery and relief of symptoms. But patients need to meet certain criteria to qualify for TAVR,” he says. ►



Close up of the TAVR device.



### **A dedicated clinic**

The Valve Clinic, part of the Texoma Heart Institute and located within the hospital, is dedicated to patients with aortic valve stenosis and other heart valve conditions. Patients can be referred for evaluation and further testing to determine if TAVR is right for them. Director of Cardiovascular Services, Lisa Smith, MSN, RN, says testing may include echocardiograms, CT scans, cardiac catheterizations, carotid ultrasounds and other appropriate tests. "The patient's case is presented at a valve conference with cardiovascular surgeons, interventional cardiologists, anesthesiologists and other support personnel and a decision is made on the best plan for the patient," she says. "If the patient is not a candidate for TAVR, then other options are discussed, such as open-heart surgery or medical management of their condition."

### **What is aortic valve stenosis?**

This common heart condition is caused by the narrowing of the heart's aortic valve opening. Blood flow becomes restricted and the valve has difficulty opening and closing. The heart's capability to pump blood to the rest of the body is reduced, and a buildup of pressure can occur in the heart and lungs causing shortness of breath, chest pain, or pass-out spells. The standard treatment is to replace the aortic valve, usually with open-heart surgery. But if the patient has other health conditions, or is thought to have other complications following surgery, the TAVR procedure is an option and can offer an improved quality of life for some patients.

### **How TAVR works**

During the procedure, the surgeon inserts a new valve within the old damaged valve. It is usually inserted through the femoral artery in the leg and guided through the arteries into the heart. Once in place, the device is expanded to take over the original valve's function, allowing blood to flow efficiently out of the heart.

Dr. Mahjoobi says that patients who live in the region appreciate the new cardiac services. "It makes it more convenient for them because they don't have to travel out of the area. Everything they need is right here," he says. "If they have surgery or a TAVR, they follow up here at the clinic in 30 days, then at six months. After that, it is with their cardiologist." ■

### **To learn more, visit**

**[texomamedicalcenter.net/tavr](http://texomamedicalcenter.net/tavr).**

## **Could you have possible *aortic valve stenosis?***

**If you experience any of these symptoms,  
contact your physician immediately:**

- Dizziness
- Fatigue
- Fainting
- Heart murmur
- Heart palpitations
- Rheumatic fever
- Shortness of breath during activity
- Pass-out spells

**FOR MORE INFORMATION ABOUT TAVR  
OR TO MAKE AN APPOINTMENT,  
PLEASE CONTACT VALVE COORDINATOR  
MICHAELA PRATER, RN, AT 903-416-4233.**

# Advanced technology *takes cardiac care to the next level*

The Texoma Heart Institute at Texoma Medical Center offers an individualized approach to heart care.

**A**ccredited for cardiovascular excellence, TMC is the only hospital in the region to offer heart and coronary bypass surgery. In 2019, the addition of the transcatheter aortic valve replacement (TAVR) and the da Vinci Xi® Surgical System for cardiothoracic surgery will allow for more minimally invasive options.

A multidisciplinary experienced team of cardiologists, cardiovascular surgeons, interventional cardiologists, nurses and technologists provide patients advanced care from assessment to diagnosis and treatment to recovery with cardiac rehabilitation. And with the minimally invasive cardiac diagnostic and interventional procedures available, recovery can be quicker, with less stress on the body and heart. All of this, right here in Texoma.

## Advanced cardiovascular procedures and services include the following:

- Transcatheter aortic valve replacement (TAVR) – minimally invasive heart valve replacement for patients unable to have open-heart surgery
- Congenital heart defect repair
- Diagnostic vascular and neurointerventional procedures
  - Echocardiography
  - Balloon valvuloplasty
  - Cardiac catheterization
  - Angioplasty
  - Intracoronary ultrasound
  - Laser, atherectomy and stenting technologies
  - Pacemakers and defibrillators
  - Endovascular stenting
  - Thrombolysis therapy/thrombectomies
- Cardiovascular surgery, including the only open-heart surgery program in the Texoma region
- Cardiovascular Surgical Intensive Care Unit
- Cardiac Step-Down Units

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



**TMC's heart program has been nationally recognized by the American College of Cardiology and is designated as an accredited Chest Pain Center with Primary PCI.**

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.

# ADVANCED TECHNIQUES for bones and joints

If you have an injury or suffer from bone or joint pain, an orthopedist at Texoma Medical Center (TMC) may be able to help. A comprehensive range of services for the diagnosis and treatment of acute and chronic problems with the neck, shoulders, back, hips and knees is available.

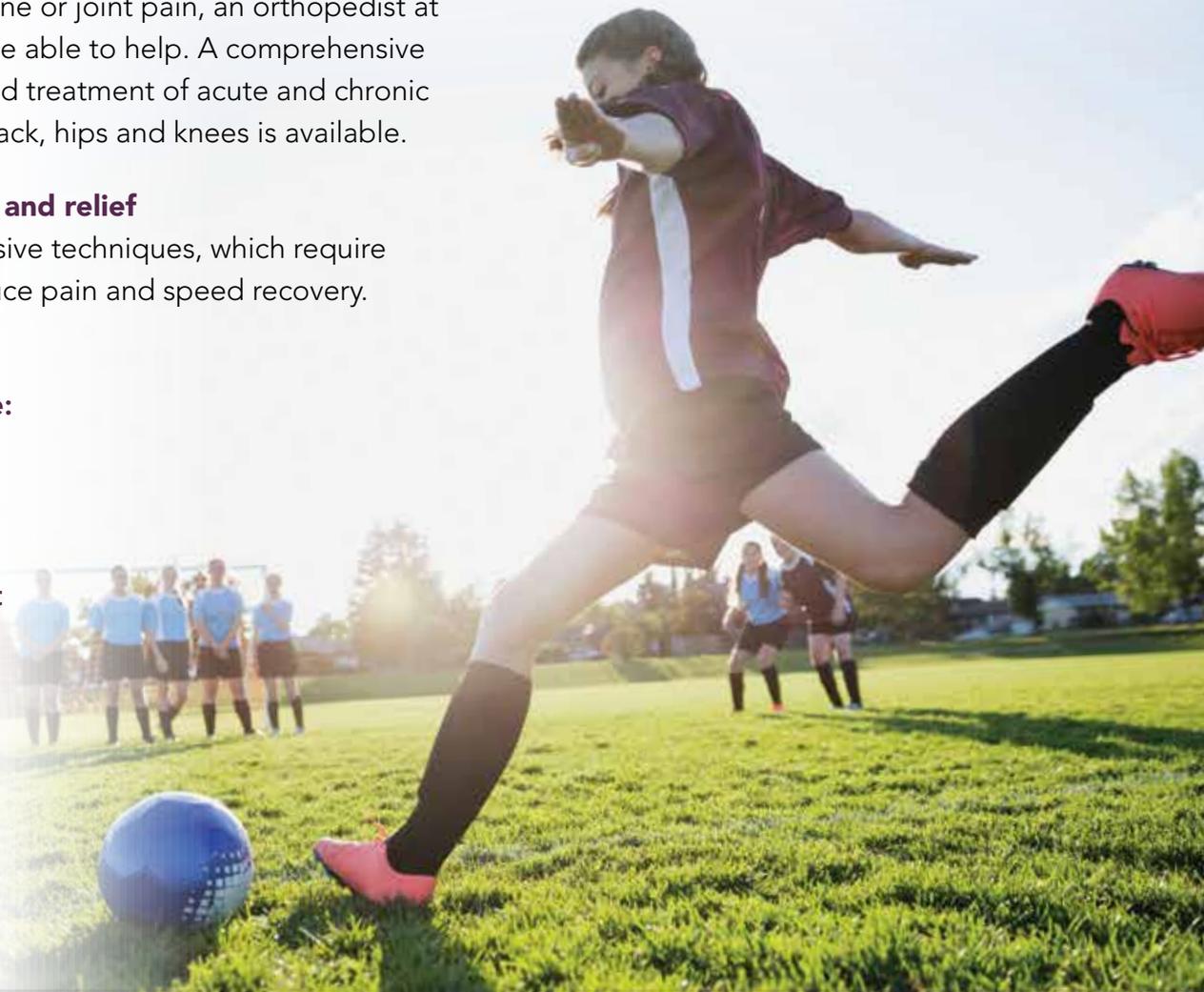
## Orthopedic surgeons offer healing and relief

If surgery is necessary, minimally invasive techniques, which require only a small incision, can help to reduce pain and speed recovery. They are used whenever possible.

## Surgical procedures at TMC include:

- Anterior hip replacement
- Arthroscopic knee surgery
- Hand, shoulder and elbow surgery
- Total and partial knee replacement

TMC provides a multidisciplinary approach to rehabilitation in both the inpatient and outpatient settings. We're focused on recovery and a return to daily activities.



## MEET THE ORTHOPEDIC SURGEONS



Brian Rose, MD,  
FAAOS (Spine)



Stephen D.  
Sandoval, MD,  
FAAOS



Charles  
Whittenburg, DO



Benjamin Wilson,  
MD, FAAOS



Mark Young, MD

To see all that we offer, visit:  
[texomamedicalcenter.net/ortho](http://texomamedicalcenter.net/ortho).

For a referral to an orthopedic specialist,  
call our free Referral and Registration Center  
at: **903-416-3627**.

## Hip and Knee Joint Replacement



**GOLD SEAL OF  
APPROVAL**



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MEDICAL  
CENTER**

# Specialized help for those with both psychiatric and chemical dependency issues



**Randal Unsell, MD**  
Psychiatrist

Substance use and behavioral health disorders can sometimes go hand in hand, with the patient suffering the negative impacts from both. At TMC's Behavioral Health Center, integrated care provides acute psychiatric help to address mental health conditions, along with a 12-step program for chemical dependency.

Psychiatrist Randal Unsell, MD, says many substance use cases can present as behavioral health issues. "Sometimes the substance use part is difficult to detect because it can look like bipolar disorder, depression, anxiety or schizophrenia. The person can become depressed as a result of their addiction," says Dr. Unsell. "So we include substance use screening by a licensed behavioral health counselor for every patient during their initial assessment."

Dual diagnosis means an individual has co-occurring mental health and substance use conditions. Treatment begins with an acute stabilization program that provides 24-hour medically managed detoxification and a needs assessment. Care is provided by a multidisciplinary team of professionals, including a psychiatrist, mental health therapists, master-level social workers, nurses and counselors. Support and 12-step groups meet regularly, and patients are encouraged to get group sponsors to help them with their sobriety and staying substance-free. ■

**Professionals at the TMC Behavioral Health Center are available 24 hours a day, seven days a week to provide assistance. Call 903.416.3000 to schedule a free assessment.**

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



## **ADOLESCENT RECOVERY PROGRAM** *helps youth ages 13-17*

The TMC Behavioral Health Center has a special program to help teens in crisis. Some of the issues that can be addressed include depression, threatened or attempted suicide, substance use, self-injuring behaviors, bipolar disorder, anger management problems or severe anxiety including obsessive compulsive disorder.

A comprehensive clinical team works to address the child's immediate concerns and supports families in helping their loved ones, from initial treatment through recovery. Family members are also involved in a comprehensive aftercare plan to help the child stay on track.

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

Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.



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

## HEART-HEALTHY SPINACH-STUFFED SHELLS

**This low-fat, meatless recipe is simple to make. Try it tonight!**

### INGREDIENTS

- 8 oz nonfat ricotta cheese
- $\frac{3}{4}$  cup reduced-fat mozzarella cheese
- 1 package (10 oz) frozen chopped spinach, thawed and drained
- 2 egg whites
- Black pepper to taste
- $\frac{1}{4}$  tsp cinnamon
- 2 garlic cloves, minced
- 1 Tbsp chopped fresh basil
- 12 jumbo shells, cooked
- 2 cups marinara sauce
- 2 Tbsp Parmesan cheese



### PREPARATION

- Preheat oven to 350°.
- In a large bowl, combine cheeses, spinach, egg whites, pepper, cinnamon, garlic and basil.
- Using a teaspoon, spoon mixture into cooked jumbo shells.
- Spread  $\frac{1}{2}$  cup marinara sauce on the bottom of a 13 x 9-inch baking dish. Place shells, open side up, into dish and pour remaining 1  $\frac{1}{2}$  cups marinara sauce on top. Sprinkle with Parmesan cheese. Cover loosely with foil and bake for 30 minutes. Let stand for 4 minutes before serving.

### NUTRITION FACTS PER SERVING (2 SHELLS)

Calories: 202; Fat: 5g; Saturated Fat: 2g; Cholesterol: 18mg;  
Sodium: 587mg; Carbohydrates: 25g; Fiber: 1g; Protein: 13g ■

**For more recipes and healthy living tips, visit  
[texomamedicalcenter.net/living](http://texomamedicalcenter.net/living).**

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## 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 highs and lows of* **BLOOD PRESSURE**



Angelica Balingit, MD  
Internist

Many people have high blood pressure and may not even realize it, states Internal Medicine physician Angelica Balingit, MD. "It's usually discovered when people see a doctor for a more serious condition. The older you get, the more complex certain health conditions become," she says. "It's good to know if your blood pressure is normal, high or low, so your doctor can help you manage it appropriately if needed."

## **WHAT CAUSES HIGH BLOOD PRESSURE?**

Most cases of high blood pressure have no direct cause. Dr. Balingit says this is known as "essential hypertension." There is a genetic predisposition in about 95 percent of patients. "If your parents had it, you are at risk. As you age, the arteries get stiffer, less flexible and less able to pump blood into circulation. Other factors that can contribute to high blood pressure are smoking, being overweight, consuming too much alcohol, kidney disease and even sleep apnea," she says.

## **DIAGNOSING HIGH BLOOD PRESSURE**

Patients are usually diagnosed with high blood pressure by having two elevated readings on two separate visits, notes Dr. Balingit. "But the conditions need to be right when taking the pressure measurement. The patient should be resting, sitting, with feet flat on the floor, quietly, and left alone for five minutes," she says.

Dr. Balingit says there are no "classic" symptoms of high blood pressure. "A lot of people attribute symptoms like headaches, chest pain, palpitations, insomnia, nervousness, anxiety and nose bleeds to having high blood pressure, but you can't assume—it may even be low blood pressure," she states. "However, if someone has already been diagnosed with high blood pressure, and they do present with these symptoms, that deserves attention. It could be an indicator of something more serious." ➤



# Senior Advantage

## NEWS AND EVENTS

### TREATING HIGH BLOOD PRESSURE

Dr. Balingit stresses the importance of treating high blood pressure. "Some of the biggest complications include stroke, heart attack/heart failure, and kidney failure. By addressing it, we can help prevent these serious issues," she says.

Anyone with high blood pressure will be advised to make lifestyle changes. This includes exercising a minimum of 30 minutes per day; eating a balanced diet low in salt (sodium), fat and processed foods, and adding foods rich in potassium, mainly fruits and vegetables; not smoking; avoiding caffeine, alcohol and energy drinks; and getting adequate, restful sleep. "Also, be aware that some over-the-counter decongestants and nasal sprays have stimulants, so watch for products that can cause potential problems," says Dr. Balingit.

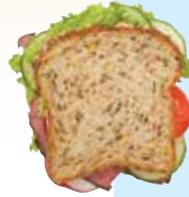
There are at least five classes of medications that address high blood pressure, depending on the patient's health and preexisting conditions. Dr. Balingit says it can sometimes take an average of three medications to control blood pressure to 140/90 or lower, and recent guidelines recommend blood pressure goal of 130/80 or less in people who had heart attack, stroke, or other diseases of the blood vessels. "It is common for people to be on more than one medication, but ideally, you start with one and max it out before considering adding more," she says.

### LESS COMMON, BUT STILL A CONCERN

While not as common, low blood pressure can be just as bad, cautions Dr. Balingit. "It can cause headaches, passing out and chest pain because not enough blood flow is getting to the organs," she says. "Patients also need to be careful when using prescriptions for prostate or bladder conditions, heart irregularities, or psychiatric issues. They can lower blood pressure even more." If you have low blood pressure, Dr. Balingit recommends drinking lots of fluids to stay hydrated and keep the blood circulating. ■

.....  
**Find a doctor: [texomamedicalcenter.net/doctor](http://texomamedicalcenter.net/doctor)**

Check with your healthcare provider before beginning any new routine.



### Lunch & Learn Seminar

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

February 15, 11:30 a.m.

**Minimally Invasive Aortic Heart Valve Repair**

Interventional Cardiologist

Maziar Mahjoobi, DO, FACC, FSCAI

March 15, 11:30 a.m.

**Supplements and Diabetes**

Endocrinologist Chris Alexander, MD

**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.



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619 W. Main Street

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# Digital breast tomosynthesis



If you've had a mammogram in the last few years or so, you may

have heard about technology known as tomosynthesis or 3D mammography. TMC Breast Care Center Radiologist **Lara Dennis, MD**, shares insight on what it is, how it works and how the improved imaging benefits patients.

**Q. What is digital breast tomosynthesis and what is the difference between it and conventional mammography?**

Digital breast tomosynthesis, or "3D" or "tomo," is a collection of images of thin slices of breast tissue. Conventional mammography is an X-ray of the breast in compression, which results in significant overlap of the tissue. The 3D technology avoids the overlap, leaving improved quality images which doctors can evaluate layer by layer. This can mean fewer "false alarms" of suspicious findings.

**Q. Is 3D more of an advantage over 2D for some people?**

All women can benefit, but 3D is more of an advantage for patients with dense breast tissue. The sliced imaging of 3D helps reveal spots that may have gone undetected with conventional mammography. 3D is also up to 40 percent better at picking up invasive cancers. However, it does not detect all cancers. If a woman has dense breasts, she may also opt to have additional testing.

**Q. Does 3D mammography expose women to more radiation than 2D?**

There is a modest increased radiation dose with tomography, but the benefits are thought to outweigh this degree of increased dose. Some 3D equipment can produce images in a way that reduces the radiation exposure. Overall, image clarity can help reduce potential additional exposure through repeat imaging. If anything abnormal is found, radiation can be avoided by having an ultrasound to complement the images.

**Q. What are the benefits of 3D mammography?**

The greatest benefit of tomography when compared with conventional mammography is that it reduces the number of patients who are called back for additional imaging. Radiologists are able to see the tissue and underlying findings and make a decision that the findings are benign in a higher percent of cases. Another benefit is that it allows radiologists to see things that are completely obscured by dense tissue on conventional mammography. The result is better cancer detection. ■



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.

## Please join us in welcoming these new physicians!



Board-certified Endocrinologist **Chris Alexander, MD**, has joined TexomaCare in Denison and is a graduate of Texas Tech University Health Sciences Center in Lubbock, TX. He did an internship and Internal Medicine Residency at Baylor University Medical Center in Dallas, TX and a Fellowship in Endocrinology at the Medical University of South Carolina in Charleston, SC.



TexomaCare's board-certified Internal Medicine specialist **Angelica Balingit, MD**, graduated from Medical School at the University of the Philippines College of Medicine. She completed her Internal Medicine residency at Millard Fillmore Hospitals, State University of New York in Buffalo, NY.



Board-certified Hospitalist **Meena Betha, MD**, received her medical degree from Andhra Medical College in India. She did an internship in the Department of Medicine at Kings Brook Jewish Medical Center in Brooklyn, NY and her residency at Saint Barnabas Medical Center in Livingston, NJ.



Board-certified Obstetrician/Gynecologist **Amy Klein, DO**, received her medical degree from the University of North Texas Health Science Center at Fort Worth Texas College of Osteopathic Medicine. She did a family medicine internship and completed her OB/Gyn residency requirements at John Peter Smith Hospital in Fort Worth, TX.



Board-certified in Internal Medicine, Sleep Medicine and Pulmonary Medicine, **Mohammad Moizuddin, MD, FACP**, graduated from Deccan College of Medical Studies in India and did an Internal Medicine residency at Weill Medical College of Cornell University, St. Barnabas Hospital in Bronx, NY. Dr. Moizuddin has completed a Sleep Medicine fellowship at Clement J. Zablocki, VA Medical Center in Milwaukee, WI and Pulmonary and Critical Care Medicine fellowships with the University of South Carolina School of Medicine, Palmetto Health Richland in Columbia, SC. Dr. Moizuddin is a fellow of the American College of Physicians.



TexomaCare-Neurosurgery welcomes **Gary Bloomgarden, MD, MBA, FACS, FAANS**, who graduated from New York University School of Medicine, New York, NY. He did an internship in General Surgery at Parkland Memorial Hospital in Dallas, TX and his residency in Neurologic Surgery from Yale New Haven Hospital in New Haven, CT. Dr. Bloomgarden is certified by the American Board of Neurosurgical Surgery.



Podiatrist **Raafae Hussain, DPM**, graduated from New York College of Podiatric Medicine in New York, NY. He did residencies in Podiatry at DVA Northport Medical Center in Northport, NY and University General Hospital, Foundation Surgical Hospital in Houston, TX. He has also completed a Fellowship in Podiatric Research at the University of Pennsylvania in Philadelphia, PA.



**Syed Jafri, MD**, is board-certified and part of the team in the Intensive Care Unit at TMC. He graduated from Nishtar Medical College in Pakistan and completed his Internal Medicine residency at Rio Grande Valley Regional Academic Health Center with the University of Texas Health Science Center, San Antonio in Harlingen, TX. He completed a Fellowship in Critical Care medicine at Mercy Hospital in St. Louis, MO.



Board certified in Internal Medicine and Gastroenterology, **Joseph K. Kim, MD**, graduated from medical school and completed his internal medicine residency requirements at Temple University Medical School in Philadelphia, PA. He completed fellowships in both Gastroenterology and Advanced Endoscopy at Mount Sinai Beth Israel in New York, NY.



Radiologist **Justin Becker, DO**, graduated from the Lincoln Memorial University-DeBusk College of Osteopathic Medicine in Harrogate, TN, and completed a residency in Diagnostic Radiology at Oklahoma State University Medical Center in Tulsa, OK. Dr. Becker finished a fellowship in Musculoskeletal Radiology at The University of Texas MD Anderson Cancer Center in Houston, TX.



**Khuram M. Mian, DO**, is a Neurologist who graduated from New York College of Osteopathic Medicine in Old Westbury, NY. He completed an internship at Southampton Hospital in Southampton, New York and completed his residency in Neurology from the University of Pittsburgh Medical Center Hamot in Erie, PA.



Board-certified Oncologist **Azmina Patel, DO**, received her medical degree from Lake Erie College of Osteopathic Medicine in Erie, PA, and did her Internal Medicine residency at University of Illinois at Chicago, Advocate Christ Medical Center in Oak Lawn, IL. Dr. Patel also did a fellowship in Hematology/Oncology at Midwestern University, Franciscan St. James Hospital in Olympia Fields, IL.



**Jean Sheng, MD**, is a Trauma Surgeon who graduated from University of Texas Southwestern Medical School in Dallas, TX. She completed an internship and her residency requirements in General Surgery from LSU Health Sciences Center in Shreveport, LA.

### *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

**Aditi Swami, MD**  
Infectious Disease



#### Service Excellence Award

**Sanober Kable, MD**  
Pulmonologist



#### Documentation Excellence Award

**Brandon Sumner, DO**  
General Surgeon



# Heart Health Event

**Celebrate American Heart Month with  
Texoma Medical Center (TMC).**

It's a great opportunity to learn about your risk for heart disease. Plus, you can get free screenings to find out where your heart health stands.



**Saturday, February 16 | 8 a.m. – 11 a.m.  
TMC Main Lobby**

**JOIN US FOR:**

Free heart health screenings, Early Heart Attack Care (EHAC) education, information about heart health specialists at TMC, cooking demonstrations and heart-healthy recipes from Sodexo® chef and dietitians.

**GET A REMINDER WHEN YOU REGISTER TODAY AT [TMCHearHealth.com](http://TMCHearHealth.com)**

**DOES YOUR HEART  
NEED SOME TLC?**

The Texoma Heart Institute at TMC offers comprehensive cardiovascular care. Call our Referral and Registration Center at **903.416.DOCS (3627)** to find a heart health specialist.



ACC  
Accreditation  
Services™



In collaboration with  
American Heart Association  
Hospital Accreditation



**Connect  
WITH US!**



English: [texomamedicalcenter.net](http://texomamedicalcenter.net) | Español: [texomamedicalcenter.net/es](http://texomamedicalcenter.net/es)  
903.416.4000

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