

HEALTH NEWS from

WINTER 2017

texoma

MEDICAL CENTER

CHRISTY AVERY'S *positive life* TRANSFORMATION

*How she lost weight and
gained good health*

Here we GROW again!

*New updates on TMC's
four-story expansion*

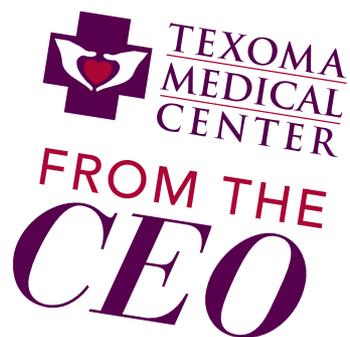
**Stroke symptom
awareness**

*Knowing the symptoms
saved Jimmy Herrin's life*

*Christy Avery enjoys her daily
walk after losing 150 pounds.
Read her story on page 9.*



COMPLIMENTS OF
**TEXOMA
MEDICAL
CENTER**



Our number one priority at Texoma Medical Center is to provide quality healthcare and service. Our continued growth is a result of that commitment. You have come to trust that we will meet your healthcare needs, and we are grateful.

In this issue, you will learn how TMC has changed the lives of several local residents. A husband who suffered a stroke, a wife who needed triple bypass heart surgery and a young woman who wanted an opportunity to be healthy – all people whose lives were transformed by the care they received at TMC.

IN THIS ISSUE

- 4** STROKE AWARENESS CAN SAVE YOUR LIFE
Katherine Herrin becomes an advocate
- 6** BLOCKED ARTERIES AND OPEN-HEART SURGERY
Barbara Washburn's quick action saved her life
- 9** WEIGHT-LOSS SURGERY GAVE HER A FRESH START
Christy Avery shares her inspirational story
- 14** ASK THE DOCTOR
What you can do about hearing loss

And it's not just our patients who say we go above and beyond. Our certification by The Joint Commission as a Certified Primary Stroke Center; designation as a Level II Primary Stroke Facility by the Texas Department of Health Services; national recognition by the Society of Cardiovascular Patient Care for meeting or exceeding national care standards for acute cardiac medicine; and accreditation by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) for our bariatric center prove that we go the extra mile and meet stringent criteria in delivering quality care. For a complete list of our awards and designations, please visit our new website at www.texomamedicalcenter.net.

We look forward to continuing to serve you in 2017 and beyond. Thank you for trusting us with your care.

Ronald T. Seal
Chief Executive Officer
Texoma Medical Center

Happy, Healthy You!

Eye Health



Thursday, March 2
5 p.m. – Vision screenings
6 p.m. – Physician presentation
TMC Conference Rooms 1 & 2

Register now for a FREE session with Ophthalmologist Vijay Khetpal, MD, who will discuss how to keep your eyes and vision healthy.

Free!

Refreshments will be served. There is no cost to attend, but be sure to reserve your place early. Call Direct Doctors Plus® at 903-416-3627.

Is *pain* interfering with your life?

FIND THE CAUSE AND RIGHT TREATMENT FOR YOU



Pain can come from many different sources. At Texoma Medical Center, the most commonly treated is back pain, according to TexomaCare Pain Medicine Specialist Kenneth Choi, MD. He says back pain can be caused by discs, muscles, joints and nerves. "It can manifest itself as arthritis, pinched nerves, herniated discs, sciatica, and even referred pain from the hips."

Pain medication is not "one-size-fits-all"

Kenneth Choi, MD
Pain Medicine
Specialist

To determine the source of pain, Dr. Choi gathers the patient's medical history and performs a physical exam. He orders X-rays or an MRI if warranted. He explains there are certain medications used for different types of back pain. "If the patient has muscle or arthritic pain, a topical anti-inflammatory is a good choice. But if the pain is a result of sciatica or a pinched nerve, an anticonvulsant is a better option," says Dr. Choi. "Muscle relaxers can also be used to treat the pain," he says.

There are multiple types of injections that can be done to help with back pain. In the case of a joint problem, a medial branch block can be helpful. "We inject a numbing agent to see if nerves are to blame. If the pain decreases by more than 50 percent, then we can consider radiofrequency ablation, which burns the nerve, eliminating discomfort," says Dr. Choi. Another solution for back pain is physical therapy, which increases core strength, flexibility and posture.

If none of these solutions are effective, then a consultation with a spine surgeon is recommended to determine if the patient is a candidate for surgery. "It is not something to rush into," says Dr. Choi. "Once you operate on the back, you can't reverse it." If the patient is not a candidate for surgery, or has had surgery and still has pain, an implantable spinal cord stimulator may help. "There are many types of these devices, so we use the most appropriate one," he says.

Overall, Dr. Choi works with his patients to give them relief with the most conservative treatment. "By the time patients come to see me, they have already tried over-the-counter medications or other treatments without success. My goal is to get them back on the path to wellness as quickly and as safely as possible," he says. ■

If you are experiencing severe pain, numbing, tingling or weakness, you should consult with your doctor. To find a pain medicine specialist, call Direct Doctors Plus® at 903.416.DOCS (3627).



Recognizing the symptoms of a *stroke* can save your *life*

*“I knew my husband
was having a stroke!”*

- Katherine Herrin

Jimmy and Katherine Herrin encourage everyone to know the signs of a possible stroke and to call 9-1-1 for assistance. Katherine's awareness saved Jimmy's life.

Katherine Herrin and her husband, Jimmy, were in their kitchen on the evening of June 14, 2016, when he began to slur his speech and slumped over. She immediately recognized he was having a stroke.

Stroke Program Manager Jenny Reeves, RN, SCRNP, PCCN, says Jimmy came to the right place. "TMC is a Primary (Level II) Stroke Facility designated by the Texas Department of State Health Services, and received Advanced Certification as a Primary Stroke Center by The Joint Commission," she says. "Our 24-hour stroke team is always ready."

Time is of the essence

Jimmy was evaluated and found to be a candidate for tPA, a clot-dissolving drug. "The main goal in treating stroke is to quickly restore blood flow back to the brain," says Jenny.

To be most effective, IV tPA must be given within the first hour of stroke symptom onset. Jimmy received his treatment in less than an hour from the time his symptoms began, and within two hours of treatment, was back to normal with no evidence of brain damage. "I am so glad Texoma Medical Center is close to my home and they have the technology to treat strokes like my husband's," says Katherine. "We could not have asked for a better facility and team of doctors and nurses. We are grateful for all they have done!"

Jenny says Jimmy experienced the whole cycle of stroke care at TMC, from the Emergency Room, to the Intensive Care Unit, to the Telemetry Stroke Unit. "Jimmy received his tPA treatment within 30 minutes after arriving at the ER. He was monitored in the ICU for 24 hours, then moved to the Telemetry Stroke Unit before being discharged," she says. "We have different units that provide various levels of care based on the patient's needs."

Knowing the signs of possible stroke

As the Stroke Program Manager, Jenny educates the community about the warning signs of stroke, acting FAST and calling 9-1-1. She also surveys all stroke patients after they leave the hospital.

"This information helps me tailor our stroke education. It is vital that people call 9-1-1 at the first signs of a stroke. The medics on the ambulance are trained to provide care for all emergencies, including stroke," says Jenny. "They start working on the patient right away and call ahead, which activates our Code Stroke alert. This alerts the stroke team to be prepared for the patient's arrival. The quicker

we diagnose and treat the patient, the better their outcome," says Jenny.

Today, Katherine and Jimmy Herrin help promote stroke awareness by sharing information and telling everyone to call 9-1-1 if they think they might be having a stroke. "My husband is a lucky man, and we tell everyone we know what signs to look for. We also share how wonderful Texoma Medical Center is and how they saved my husband's life!" ■

Recognize the symptoms of possible stroke, and think FAST:

Face – Smile. Does one side of the face droop?

Arms – Raise both arms. Does one arm drop lower?

Speech – Recite a simple phrase. Is speech slurred?

Time – If you notice any of these symptoms, call 9-1-1 immediately.

For more information about Stroke Services at TMC, go to www.texomamedicalcenter.net/stroke.

Monthly Stroke Support Group

The Stroke Team at Texoma Medical Center hosts a monthly Stroke Support Group. Stroke survivors and their caregivers are encouraged to attend and hear from speakers who focus on stroke-related topics. Meetings are held on the third Thursday of every month from 2 – 3 p.m. at the Reba McEntire® Center for Rehabilitation. To register go to www.texomamedicalcenter.net/strokesupportgroup or call 903-416-3627.

Reba® and Reba McEntire® are registered trademarks licensed by "Reba's Business, Inc."





Barbara Washburn (on left) is monitored by Rebecca Speigel, CRRT, during her exercise program at TMC's Cardiac Rehabilitation facility. "I tell everyone what a great job they do," says Barbara.

*“Listen to what **YOUR BODY** is telling you!”*

Barbara Washburn’s journey with heart bypass surgery and cardiac rehabilitation ►

Barbara Washburn knew something was wrong. For years, she experienced periodic bouts of chest pain, which traveled up her arms and into her jaw, but the symptoms went away.

In March 2016, Barbara and her husband were out to dinner. The pain in her chest, arm and jaw started again, but this time it was the worst it had ever been. They immediately went to Texoma Medical Center (TMC). When she arrived, doctors told her they would have to do a stress test or a heart catheterization. She opted for the latter, knowing it would give her more answers - and it did.

FINALLY, AN ANSWER

Cardiologist Srinivasa Reddy, MD, FACC, performed the procedure and found five blockages in three of Barbara's arteries. "Dr. Reddy asked me about the history of my symptoms, and I told him about the tests I had done - with negative results."

Doctors determined that Barbara would need triple bypass surgery, and it was scheduled the next week with Cardiovascular Surgeon Robert J. Wilcott, MD, FACS. He addressed several cardiac issues during Barbara's surgery. "We performed a triple bypass; an ablation to control her high heart rate from Afib that was unresolved by medication; placed an atrial clip to prevent blood clots; and inserted a pacemaker to regulate her heart," he says. "Barbara did very well during surgery and rebounded quickly. We have a great team here, and we make sure the patient gets what they need and do it with great care."

THE PATH BACK TO HEALTH

Barbara was discharged and received in-home physical therapy and home healthcare to prepare her for cardiac rehabilitation. Lisa Smith, RN, Director of Cardiovascular Services, says there are three phases of cardiac rehabilitation. The first is educational and starts while the person is in the hospital. "We explain what to expect," says Lisa. The second phase starts with an evaluation to determine the patient's fitness level. Each patient is put on an individualized 12-week program that includes three visits a week to the cardiac rehab department at TMC.

"Patients are monitored by a registered nurse the entire session, and weekly progress reports are sent to the referring physician. If there's an issue, exercise is stopped immediately," says Lisa.

"Barbara completed the entire program and did very well." The third phase of cardiac rehab is done with staff at the TMC Outpatient Physical Rehabilitation and Wellness Center. It works like a gym and with a monthly membership fee, patients can go as often as they like.

At first, Barbara was only able to walk on the treadmill for six minutes. But by the end, she was able to continue for 20 minutes. "It was like I got my life back," she says. "The staff was excellent! They took such great care of me, and I just love them."

PAY ATTENTION TO YOUR BODY

Cardiologist Mukesh R. Sheth, MD, FACC, FSCAI, now sees Barbara every three months and says she is doing remarkably well. "She is definitely a success story!" he says. Barbara says she is so grateful for all the care she received while she was at TMC and tells people to pay attention to their symptoms.

"If you're having symptoms like I was having, make sure you are heard. I am fortunate to live close to such a great hospital. The doctors here really listened to me. They had all the technology in place to fix my heart and get me back on the road to recovery. I owe them my life!" she says. ■



Texoma Medical Center is nationally recognized by the Society of Cardiovascular Patient Care for meeting or exceeding national care standards for acute cardiac medicine. For more information on our awards and designations, visit www.texomamedicalcenter.net and click on "Awards and Designations" under the "About" tab.

To learn more about heart care at Texoma Medical Center, visit www.texomamedicalcenter.net/heart. To find a doctor, call Direct Doctors Plus® at 903.416.DOCS (3627).

We are here for **YOU!**

Texoma Medical Center offers many support options for cardiac patients.

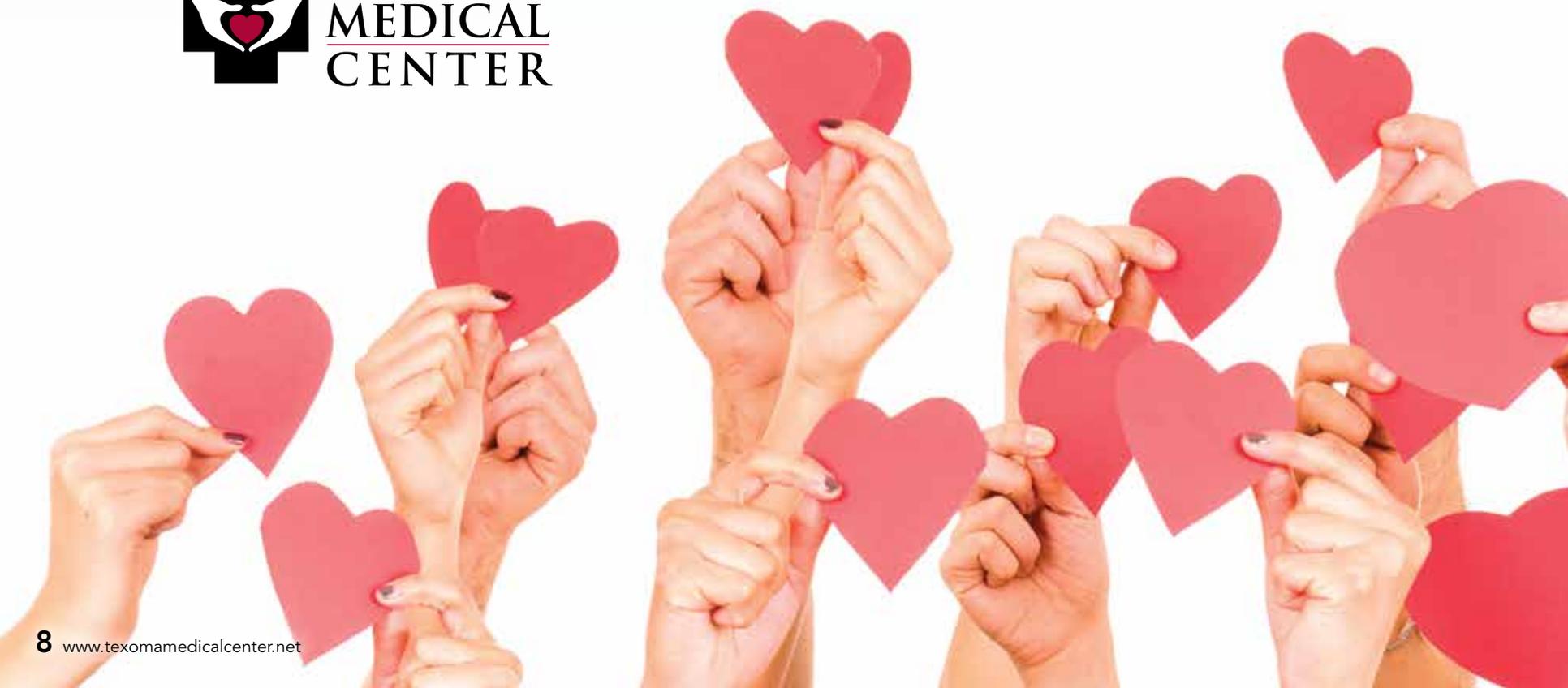
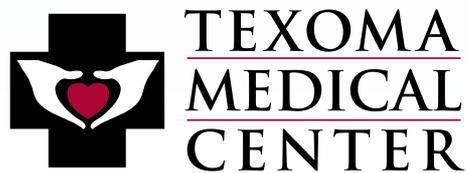


Heart Mender Volunteers

Former open-heart surgery patients, coronary angioplasty patients, family members and spouses volunteer their time to help others who are facing open-heart surgery. Meetings feature seminars on heart-healthy lifestyles and medical issues, as well as fellowship, support and encouragement from others who have undergone heart procedures. **For more information on how to volunteer, contact Volunteer Services at 903.416.4056.**

Open Heart Surgery Support Group

Life after open-heart surgery may mean changes in your lifestyle, avoiding certain foods or taking medication. Our Open Heart Surgery Support Group meets quarterly and provides an opportunity to learn from others and share your experiences. **For more information or to register, go to www.texomamedicalcenter.net/heartsupportgroup, or call Direct Doctors Plus® at 903.416.3627.**



HOW WEIGHT-LOSS SURGERY CHANGED CHRISTY AVERY'S LIFE

Christy Avery, 38, had been struggling with her weight since seventh grade. When she could not fit on an amusement park ride with her children, she knew she needed a lifestyle change. She had already been diagnosed with sleep apnea, high cholesterol and prediabetes, and she longed to enjoy life with her kids and be healthy.



Aaron Cernero, DO
Bariatric Surgeon

Christy met with Aaron Cernero, DO, Bariatric Surgeon with Texoma Medical Center's Weight-loss Surgery Program. He recommended the sleeve gastrectomy, which removes 60 to 85 percent of the stomach and leaves a pouch the size of a banana. Christy says Dr. Cernero thoroughly explained the process and went the extra mile to ensure she was ready for surgery. "The whole concept was scary at first. You have to be willing to make changes in your life. There is no easy fix when it comes to losing weight," she says.

Christy underwent a series of evaluations, along with nutritional counseling before surgery. "Having this surgery means making a commitment to lead a healthier lifestyle," says Dr. Cernero.

It's been two years since her surgery and Christy couldn't be happier. She's lost 150 pounds and wears regular-sized clothes, can run a mile and no longer has sleep apnea, prediabetes and high cholesterol. "I eat a lot of clean foods, smaller, more frequent meals, and I stay away from processed and fried food. I followed Dr. Cernero's recommendations and attended the support groups, and it made the difference for me," Christy says. She continues to refer people to the program because of her experience. "Dr. Cernero and the staff took such great care of me before, during and after my surgery. I am so glad I chose TMC on this journey to a new me!" ■



Inset photo: Christy Avery before losing 150 pounds. "I wanted to be healthy so I could be here for my family. Weight-loss surgery changed my life!"

IS WEIGHT-LOSS SURGERY RIGHT FOR YOU?

Attend an educational seminar at Texoma Medical Center
Visit www.texomamedicalcenter.net/weightloss for more information, dates, times and to register.



Texoma Medical Center's Weight-loss Surgery Program is the region's only fully accredited bariatric program as designated by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP).

Onward and upward ...

Our nearly \$50 million, four-story expansion begins!

The expansion project at Texoma Medical Center (TMC) will add nearly 110,000 square feet to the hospital, furthering TMC's commitment to quality, growth, stability – and your good health. Here are the plans for our new four-story tower:

Floor 1 – A bigger Emergency Department, with 20 additional ED rooms to total 48, as well as: two additional Trauma rooms; a 16-bed Chest Pain Unit; a dedicated Computed Tomography (CT) room, part of a dedicated imaging suite.

Floor 2 – An additional 20 Intensive Care Unit (ICU) patient rooms, bringing the hospital's total to 52 ICU rooms.

Floor 3 – Twelve private rooms dedicated to Neonatal Intensive Care Unit (NICU), a new service for TMC, and 20 Medical/Surgical beds.

Floor 4 – Extra room to grow, with space for 36 beds to accommodate the community's future needs.

PLUS ... TMC plans to add a new hangar for emergency medical helicopters. Look for updates in the coming months, as we continue to build on our commitment to provide safe, quality care for you.



TMC anticipates hiring an additional 200 employees over the next 12-18 months. For information about our hospital and career opportunities, visit www.texomamedicalcenter.net.

It was all shovels on deck December 6, 2016, when several dignitaries and others gathered at Texoma Medical Center to break ground on a new tower anticipated for completion January 2018.





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

SENIORS AND THE WINTER BLUES

The cold winter weather can sometimes lead to social isolation, less activity and seasonal depression for many seniors. Here are some ideas to chase the winter blues away!

Stay connected to people.

Gather with friends, family or neighbors at their home, a restaurant or invite them over.

Find a hobby.

Many senior centers or support groups offer indoor activities. TMC's Senior Advantage offers seminars, workshops, discounts, Game Day and more!

Exercise.

Walking is one of the best exercises you can do, indoors at a mall, or outside if the weather warrants. But check with your doctor before starting any new fitness routine.

Let the sunshine in.

Decreased exposure to sunlight can impact your mood. Open the curtains and bask in the warmth of the sun for 15-20 minutes, or consider purchasing an artificial sunlight lamp.

Bring spring inside.

Winter can be dreary, but spring blossoms can brighten things up. Visit a garden store or nursery for flowering plants or bulbs that can be grown indoors, such as tulips or daffodils.

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

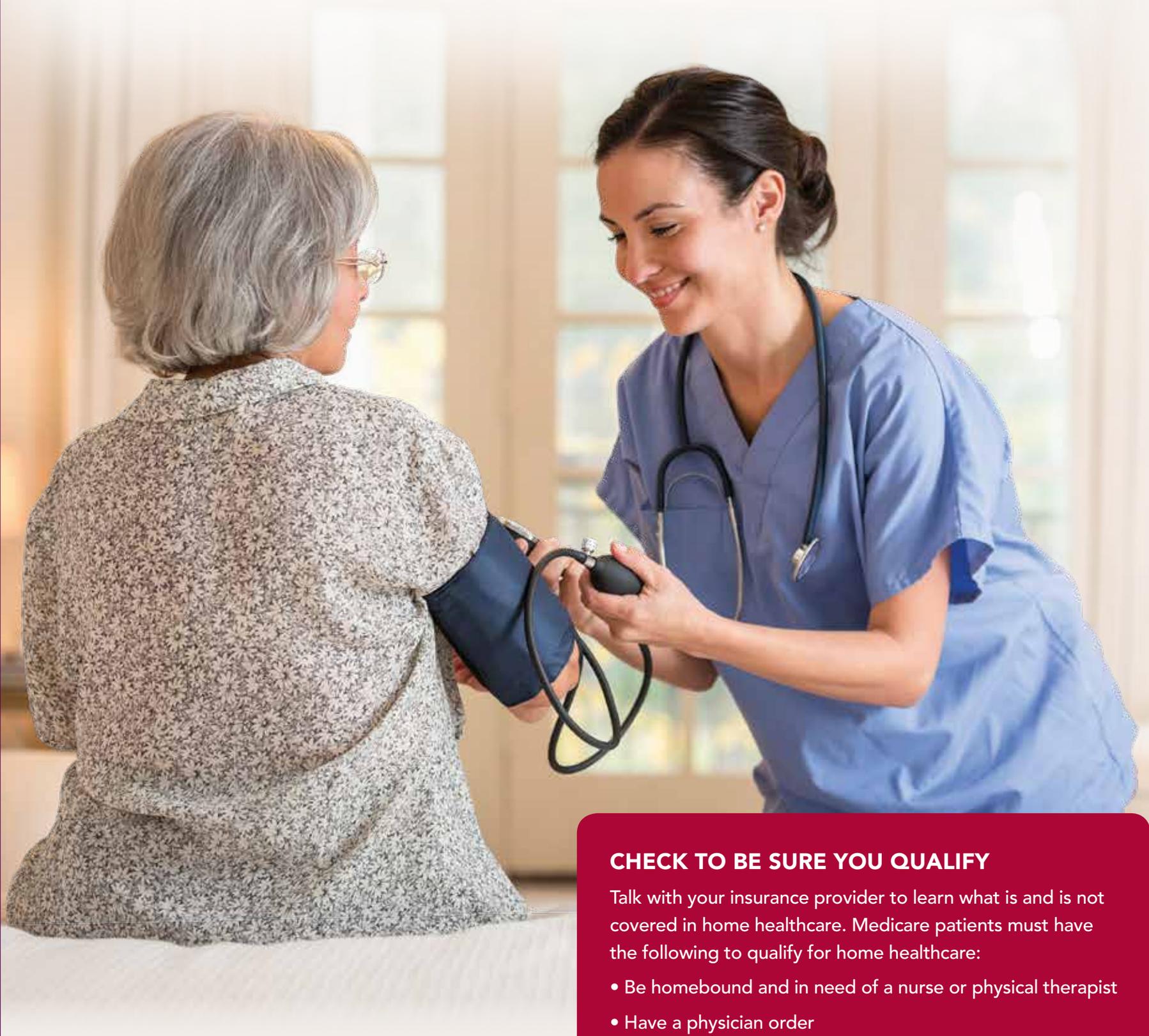
For more information on Senior Advantage, call 903.416.55GO (5546).



TURN THE PAGE FOR MORE SENIOR ADVANTAGE NEWS

There's no
place like
home

Count on TMC Home
Health clinicians to
help you recover
where you feel best. ►



CHECK TO BE SURE YOU QUALIFY

Talk with your insurance provider to learn what is and is not covered in home healthcare. Medicare patients must have the following to qualify for home healthcare:

- Be homebound and in need of a nurse or physical therapist
- Have a physician order

TMC Home Health works closely with your physician and family to ensure you receive the individualized care you need to manage a medical condition at home. Support is available 24/7 and may include help from:

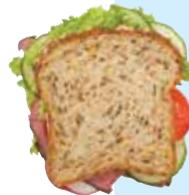
- Specialty-trained nurses who teach you how to manage your condition and better care for yourself, which will reduce your risk for re-hospitalizations. They will assess home and medication safety, and ensure you are taking your medications as prescribed by your doctor. Nurses may also provide services like wound care, IV therapy, injections and lab work.
- Physical therapists to help you regain functional mobility and recover from cardiac, neurological or orthopedic conditions, as well as from traumatic injuries.
- Occupational therapists to help improve your ability to perform daily tasks such as eating, dressing and personal hygiene.
- Speech therapists to provide comprehensive evaluation of and treatment for a variety of speech, language and swallowing disorders resulting from head injury, stroke and viral disease.
- Medical social workers to counsel you and your family, link you with a support group, explain community resources and apply for assistance.
- Home health aides to provide assistance and support with daily activities such as walking, dressing and personal care.

"Our staff is exclusive to TMC Home Health and is not contracted from outside sources, so you can feel confident knowing you'll receive safe, consistent, quality care," says Delinda White, RN, BAS, Supervisor of Home Health Services. ■

TMC Home Health has passed rigorous evaluation and is accredited by The Joint Commission, certified by Medicare and licensed by the state of Texas. Visit www.texomamedicalcenter.net/homehealth for more information or call 903.416.5500 or toll-free at 1.800.436.7577.

Senior Advantage

NEWS AND EVENTS



Lunch & Learn Seminars

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

February 17, 11:30 a.m.
Heart Health As We Age
Scott Turner, DO, FACC

March 17, 11:30 a.m.
Detecting and Dealing with Hearing Loss
Terry Yeung, DO

Reserve your spot today. Call Direct Doctors Plus® at 903.416.DOCS (3627) or register online at www.texomamedicalcenter.net/lunchandlearn.

Game Day

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

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

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



TMC Medical Supply & Scrubs voted "Best Medical Supply!"

- 24-hour emergency service
- Prompt, free delivery
- Equipment set-up and education
- Insurance coverage verification

Two convenient locations:

TMC Medical Supply and Scrubs
Texoma Medical Plaza
5012 S. US Hwy 75, Suite 135
903.416.5555

Downtown Denison
619 W. Main Street
903.416.5555

30% OFF SCRUBS EVERY DAY
at the Downtown Denison location.

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

One coupon per customer.

Are you listening to your **EARS?**



Terry Yeung, DO, of TexomaCare-ENT and Cosmetic Surgery says

if you notice yourself regularly turning up the volume on the TV, or asking people to repeat themselves, you may need to see a doctor. Approximately 37.5 million American adults aged 18 and over report some trouble hearing,* but many people put off treatment, thinking it's a condition they can manage on their own. Dr. Yeung explains how treatment can help.

Q: What causes hearing loss?

Age and exposure to loud noises can damage the parts of your ear that send sound signals to the brain, causing hearing loss. Ear wax, ear infections and heredity can also affect hearing. Approximately three out of every 1,000 children in the U.S. are born with a detectable level of hearing loss in one or both ears.*

Q: Should I be screened for hearing loss?

If you have concerns about your hearing, ask your doctor about screening. The American Speech-Language-Hearing Association recommends that adults be screened at least every decade through age 50 and at 3-year intervals thereafter. Children often get screened at school or during doctor visits.

Q: What treatments are available?

Hearing aids continue to offer effective treatment for hearing loss. Also, assistive devices, such as amplifiers to better hear the telephone or TV, can help. Certain children and adults with severe to profound nerve deafness may be candidates for cochlear implants, which can be surgically implanted under the skin.

Q: Are hearing aids different than they used to be?

Hearing aid design continues to evolve and improve. With some devices, you can even stream music and other signals wirelessly to your hearing aid. If you are prescribed a hearing aid, you can choose a design that matches your taste and lifestyle. ■



If you are having a problem with your ears, nose or throat and need to find a doctor, call Direct Doctors Plus® at 903.416.DOCS (3627).

*National Institute on Deafness and Other Communication Disorders (NIDCD)

Please join us in welcoming these new physicians!



Emergency Medicine physician **AARON GUESS, DO** graduated from Texas College of Osteopathic Medicine in Fort Worth, TX. He did an internship and his emergency medicine residency at Wake Forest University Baptist Medical Center in Winston Salem, NC. Dr. Guess is certified by the American Board of Emergency Medicine and is a member of the American College of Emergency Physicians, American Medical Association and American Osteopathic Association.



Ophthalmologist **CLINT LONG, MD** has joined the active medical staff at TMC. Certified by the American Board of Ophthalmology, Dr. Long is a graduate of the University of Texas Health Science Center in Houston, TX and did an internship and residency in Ophthalmology at Scott & White Hospital in Temple, TX.



TMC welcomes **BROCK LUTZ, MD** as Medical Director of the TMC Center for Wound Healing and Hyperbaric Medicine. Dr. Lutz is a graduate of the University of Oklahoma Health Sciences Center College of Medicine in Oklahoma City, OK, where he also completed his Internal Medicine Residency and did a Fellowship in Infectious Disease. He is Board Certified in Undersea Hyperbaric Medicine by the American Board of Preventive Medicine and is a Fellow of the American Professional Wound Care Association.



Emergency Medicine physician **JOEL WUSSOW, MD** is a medical school graduate of Jefferson Medical College/Thomas Jefferson University in Philadelphia, PA and did emergency medicine residency at New York Presbyterian Hospital in New York, NY and the Earl K. Long Medical Center/Louisiana State University in Baton Rouge, LA. He is a member of the Society for Academic Emergency Medicine.



TERRI PARKS, MD is a Hospitalist at Texoma Medical Center. Dr. Parks graduated from Stritch School of Medicine, Loyola University in Chicago, IL and completed her Internal Medicine residency requirements at the University of Texas at Houston in Houston, TX. She is certified by the American Board of Internal Medicine and a member of the American Medical Association.



MONICA WOODALL, DO is the Family Medicine Specialist at TexomaCare-Durant. Dr. Woodall is board certified by the American Osteopathic Board of Family Physicians. She earned her degree in osteopathic medicine from the Oklahoma State University for Health Sciences College of Osteopathic Medicine in Tulsa, OK. She is a member of the American Osteopathic Association, American College of Osteopathic Family Physicians, and the American Academy of Family Physicians.

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

Stephen D. Sandoval, MD
Orthopedic Surgeon



Service Excellence Award

Greg Hansen, DO
Emergency Medicine



Documentation Excellence Award

Tanvir Ahmad, MD
Hospitalist



heart HEALTH EVENT

SATURDAY, FEBRUARY 18
8 AM - 11 AM
TMC MAIN LOBBY

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.

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 dieticians

REGISTER TODAY AND GET A REMINDER AT
www.TMCHearHealth.com



DOES YOUR HEART NEED SOME TLC?

The Texoma Heart Institute at TMC offers comprehensive cardiovascular care. Call Direct Doctors Plus® at **903.416.DOCS (3627)** to find a heart health specialist.



**TEXOMA
MEDICAL
CENTER**



**Connect
WITH US!**



Like our page on
Facebook



www.texomamedicalcenter.net
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

Information in *Health News* comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos or illustrations. Any opinions expressed by an author whose article appears in this publication are solely the opinions of the author and do not necessarily reflect the views of Texoma Medical Center or Universal Health Services, Inc. Physicians mentioned in this publication are independent practitioners who are not employees or agents of Texoma Medical Center. The hospital shall not be liable for actions or treatments provided by physicians. ©2017. All rights reserved. Printed in the U.S.A.