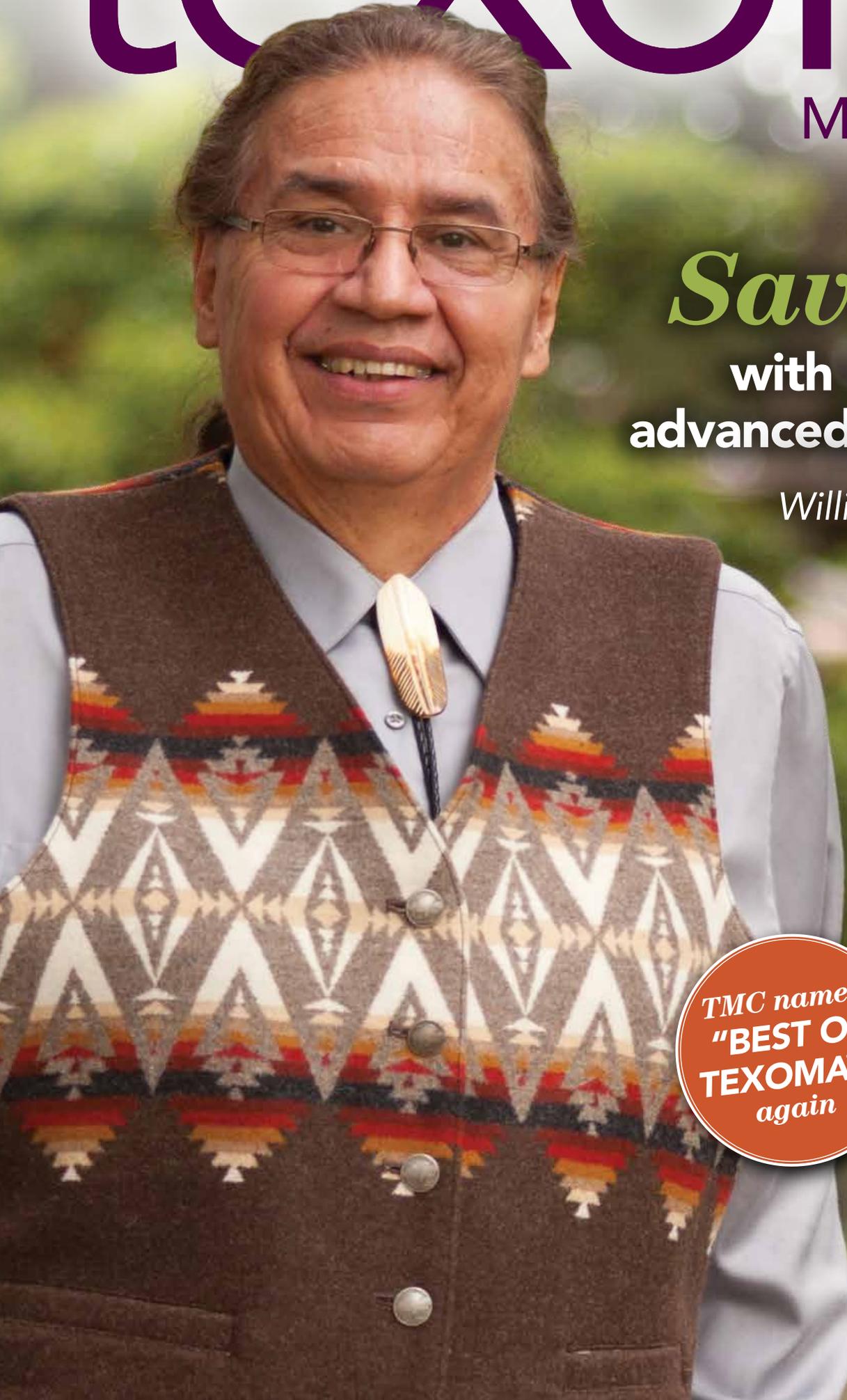


HEALTH NEWS from

FALL 2016

texoma

MEDICAL CENTER



Saving lives with minimally invasive advanced heart technology

*William Takes Horse survived
cardiogenic shock*

**TMC performs its first
total ankle replacement**
Sandra Stapp's story of hope

1,000 and counting!
*TMC hits robot-assisted
surgery milestone*

*TMC named
"BEST OF
TEXOMA™"
again*



COMPLIMENTS OF
**TEXOMA
MEDICAL
CENTER**



**TEXOMA
MEDICAL
CENTER**
**FROM THE
CEO**



Hard work, dedication, talent and skill are just some of the attributes needed to be considered the best. It's one thing to know that your hospital employees are bringing these qualities to the table, but to be voted "Best Hospital" for the ninth year in a row by our community is quite a humbling experience. We are grateful to the physicians, nurses and staff who continue to give of themselves every day so that our patients can have the "best" experience possible.

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Topics to discuss at your next doctor's appointment
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TMC's first total ankle replacement patient shares her story
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William Takes Horse shares his survival story
- 14** **ASK THE DOCTOR**
Finding and treating the cause of back pain

We have much to celebrate. Along with our new emergency department at TMC Bonham Hospital, we recently met a milestone with our 1,000th robot-assisted surgery, as well as TMC's first total ankle replacement. The TMC Heart Institute also enhanced its technology with the use of a heart pump that does all the work so the heart can rest and heal.

On page 6, you'll meet Sandra Stapp, who could not walk due to severe arthritis in her ankle resulting from an old injury. After her surgery, she is walking pain-free and enjoying her grandchildren. And on page 10, you'll hear from William Takes Horse, who arrived at TMC in cardiogenic shock. Thanks to the capable hands of our cardiac physicians and a little help from technology, William is lucky enough to count himself among the 10 percent of people who survive this almost-always fatal heart condition.

Wishing you an enjoyable fall as we continue to do our best for you!



Ronald T. Seal
Chief Executive Officer
Texoma Medical Center

NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH

"Happy Healthy You" Lecture Series



Thursday, November 3
Understanding and Treating Diabetes
5 p.m. - Free foot checks and glucose screening
6-7 p.m. - Lecture
TMC Conference Rooms 1 & 2
Speaker: Larry Whitfield, MD, FACE
TexomaCare Endocrinologist



Space is limited. To reserve your place, call Direct Doctors Plus® at **903.416.DOCS (3627)** or register online at **www.texomamedicalcenter.net**.

Experience is the Best Medicine

More Than **1,000 Robotic Procedures** and Counting ...

The TMC Center for Robotic Surgery offers the following robotic-assisted procedures using the da Vinci® Si HD Surgical System:

- Gynecologic surgery
- Urologic surgery
- General surgery
- Single-Site® surgery

TMC was the first to offer robotic Single-Site® surgery for gallbladder removal and remains the only local hospital performing Single-Site hysterectomy.

Robotic-assisted surgery provides a number of potential patient benefits, including:

- Smaller incisions
- Shorter hospital stay
- Less pain and scarring
- Quicker recovery

To learn more about the TMC Center for Robotic Surgery, visit www.texomamedicalcenter.net.



Meet the Robotically Trained Surgeons

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



**Anthony C. Abrantes,
MD, FACOG**
Obstetrics/Gynecology



**Thomas E. Boothe, Jr.,
MD, FACOG**
Obstetrics/Gynecology



Aaron Cernero, DO
General Surgery



Todd D. Cutler, MD
Obstetrics/Gynecology



Autumn Hensley, MD
Obstetrics/Gynecology



Timothy J. Ruddell, MD
Urology



**Stacey L. Thornton,
MD, FACOG**
Obstetrics/Gynecology



Kinion Whittington, DO
Obstetrics/Gynecology

NewER-BiggER

The New TMC Bonham Hospital ER *is Open!*

TMC Bonham Hospital is proud to unveil the new, 4,200-square foot Emergency Room — that's more than twice as large! The facility includes:

- A trauma room
- Three patient treatment rooms
- Three private, spacious triage rooms

The Texas Department of State Health Services has designated TMC Bonham Hospital as a Level IV Trauma Center and a Level III Stroke Center.



To learn more about TMC Bonham Hospital, visit www.tmcbonham.com or call **903.583.8585**.



TMC BONHAM HOSPITAL

504 Lipscomb Blvd., Bonham, TX 75418



5 HEALTH CONCERNS *for women*



Did you know that many of women's top health concerns have a preventive component? TexomaCare-Sherman Family Medicine Specialist Alejandra Vallejo-Nieto, MD, says being proactive about your health and keeping up with routine screenings is always a good idea. Here are five topics to discuss at your next doctor's appointment.

Alejandra Vallejo-Nieto, MD
TexomaCare-Sherman Family Medicine Specialist

1. NUTRITION



Improving your food choices can lead to a healthier life. But even foods labeled as "healthy" can sometimes have a lot of sugar, fat and sodium. Check labels and try to avoid processed foods, since many contain high amounts of sodium, fat and sugar. Whole foods, such as grains, fruits and vegetables, pack a more nutritious punch.

4. DEPRESSION



Everyone has ups and downs in life, but if you have feelings of despair and hopelessness for more than two weeks, you could have depression. If you are sleeping too much or not able to sleep, have no appetite or are eating too much, or having difficulty concentrating, see your doctor. He or she can refer you to an appropriate mental health professional.

2. HEART DISEASE



According to the American Heart Association, heart disease is the number one killer of women, even more than all cancers combined. And 90 percent of women have more than one risk factor for getting heart disease.* Eat a heart-healthy diet, exercise regularly, minimize stress and see your doctor, especially if you have a family history.

5. OSTEOPOROSIS



Osteoporosis causes bones to become weak and brittle, most commonly in the wrist, hip or spine. A bone densitometry test measures bone density and strength and may be recommended, especially for post-menopausal women, who are at higher risk.

3. BREAST CANCER



About 1 in 8 women will find out she has breast cancer at some point in her life.** Doing a breast self-exam and getting a yearly mammogram is a good way to be proactive. It is a good idea to know your risk factors for developing breast cancer, such as having a family history, and talk with your doctor about how to possibly lower your risk.

*heart.org

**breastcancer.org

The TMC Breast Care Center offers advanced care and diagnostics that include two digital mammography units, stereotactic breast biopsy, ultrasound services and bone density screening. Appointments for bone density screening (with a physician's referral) and a mammogram may be scheduled for the same visit. For women who have been diagnosed with breast cancer, a dedicated nurse navigator helps guide women through each stage of their care. To schedule an appointment, call 903.41.MAMMO (903.416.2666).

Looking for a new physician? Call Direct Doctors Plus®, our free physician referral line, at 903.416.DOCS (3627).



**“I am a
walking
miracle!”**

***Texoma Medical Center’s
first total ankle replacement
surgery patient is back
on her feet***



**C. Craig Cranford,
DPM, AACFAS**
Foot and Ankle
Surgeon

When Sandra Stapp fractured her ankle 30 years ago, it was surgically repaired using pins and screws. But over time, she developed post-traumatic arthritis. When her pain became unbearable and she could barely walk, she was referred to Foot and Ankle Surgeon, C. Craig Cranford, DPM, AACFAS, in October 2015. ►

"Other doctors told me to have my ankle fused, but if I did that, I would not be able to move it. I didn't want to settle for that," says Sandra. After meeting with Dr. Cranford, he felt she would be a good candidate for a total ankle replacement. "Dr. Cranford discussed everything he was going to do, showed me a model and asked me if I wanted to go through with it. I answered with a resounding, 'Yes!' and we scheduled the surgery," says Sandra.

"When Sandra came to see me, she was in extreme pain because the cartilage was gone and she had bone-on-bone contact," says Dr. Cranford. "She was a good candidate for a total ankle replacement, and I am proud to say she was the first patient to have this procedure at TMC, and the first in the Texoma region."

Dr. Cranford explains the total ankle replacement is similar to a knee replacement, except the ankle is more complicated because it is load-bearing. "We use an implant with a CT scan-driven software program. It helps to create an anatomically aligned and customized implant for each patient. This also increases the lifespan of the implant," says Dr. Cranford. He adds that if a patient had an ankle fusion in the past,

If you are experiencing a foot or ankle problem, either from a past or current injury, Texoma Medical Center may be able to help. For more information, visit www.texomamedicalcenter.net/footanklesurgery.

the software guides him to remove it before the ankle replacement. "It's pretty remarkable," he says.

Sandra attended TMC's Joint Camp before the procedure to help prepare physically, mentally and emotionally for her ankle replacement on December 4, 2015. She stayed one day in the hospital following her surgery before being discharged. "It is such a feeling of freedom to be able to walk without debilitating pain."

Sandra is grateful to Dr. Cranford and the medical staff who cared for her before, during and after her surgery.

"I had a great experience, but I knew I would because TMC is my hospital and I have been there several times before. I have come to expect great service, and they did not disappoint. The nurses and doctors listened to learn what my needs were, and that is important. There are other hospitals nearby, but I choose TMC," she says.

Dr. Cranford says it can take six months to a year to adjust with the new joint, and Sandra is doing well. "Total ankle replacement is an option that can give the patient functionality and allow them to get back to enjoying life," he says. ■



JOINT AND SPINE CAMPS at Texoma Medical Center

You've met with your doctor and agreed to surgery. What's next? TMC's Joint and Spine Camp!

Learn what to expect before, during and after surgery in this pre-op class two weeks before your surgery. Patients are taught pre- and post-op exercises and options available for pain control. They can also ask questions regarding rehabilitation.

Your doctor can give you a referral to the camp, which covers the following topics:

- Pain management
- SCDs (Sequential Compression Device)
- Polar ice machines
- Pulse oximetry
- Therapy
- Daily plan of events

For more information, visit www.texomamedicalcenter.net/joint-spine-camp or call 903.416.4676.

From stitches to X-rays, **URGENT CARE** **IS HERE FOR YOU**

Voted Best of Texoma™ for four years running!



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- Infections
- Fractures
- Sore throats
- Cuts
- Sprains
- Tetanus shots
- Contusions
- Allergic reactions
- DOT physicals
- Burns
- Sports/school physicals

X-ray is available, as is a laboratory for drug tests and some blood tests. Physicians, physician assistants and nurse practitioners are available at the three TMC Urgent Care locations, and no appointment is necessary. The clinics also offer extended hours and accept Medicare and most insurance plans.* ■

Urgent Care centers cannot treat life-threatening conditions such as heart attack or stroke. If you are experiencing a serious health issue, CALL 9-1-1 IMMEDIATELY.

*Insurance plans differ. Check with your carrier to determine your benefits for urgent care.

**Quality care,
conveniently located!**

Urgent Care-Denison

3126 FM 120, Denison, TX
(Highway 75 and Morton Street)
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HOURS: M – F: 8 a.m. – 7 p.m.
Saturday: 9 a.m. – 3 p.m.
Closed Sundays

Urgent Care-Durant

1807 W. University Blvd.,
Durant, OK
580.920.2273

HOURS: M – F: 8 a.m. – 7 p.m.
Saturday: 9 a.m. – 3 p.m.
Sunday: 1 p.m. – 5 p.m.

Urgent Care-Pottsboro

111 E. FM 120, Suite 104,
Pottsboro, TX
903.786.3911

HOURS: M – F: 8:30 a.m. – 5:30 p.m.
Saturday: 9 a.m. – 1 p.m.
Closed Sundays

 **URGENT CARE**
www.texomacare.com

We are HONORED!

Texoma Medical Center says *"Thank you!"* to everyone who voted for us in the *Herald Democrat's* 2016 Best of Texoma Readers' Survey. This recognition confirms we are achieving our goal: To deliver innovative services and exceed expectations in meeting the healthcare needs of our community.

"Best Hospital"

(Nine times over!)

Texoma Medical Center

"Best Inpatient Rehabilitation Center"

(Four years in a row!)

Reba McEntire Center for Rehabilitation

"Best Radiology/Imaging Center"

(Seven consecutive years!)

TMC Advanced Medical Imaging

"Best Medical Supply"

(Six years running!)

TMC Medical Supply and Scrubs

"Best Sleep Center"

TMC Sleep Lab

"Best Minor Emergency Care"

(Four consecutive years!)

Urgent Care

Best Pediatrician

Timothy Brumit, MD, FAAP,
TexomaCare

Best Cardiologist

Winston S. Marshall, MD, FACC,
TexomaCare Specialty Physicians



"I SURVIVED A HEART ATTACK, *thanks to Texoma Medical Center!*"

Physicians and technology work together to save lives



Srinvasa Reddy
MD, FACC
Cardiologist

In March 2016, William Takes Horse, 63, was having what he thought was bad heartburn. He took an antacid but it didn't help. He also experienced pain in his left shoulder and arm, and took baby aspirin and went to bed. In the morning, his wife checked his blood pressure and took him to Texoma Medical Center's ER. "When they learned I was having chest pain, they started doing tests immediately. I knew something was wrong when they rushed me into surgery," says William.

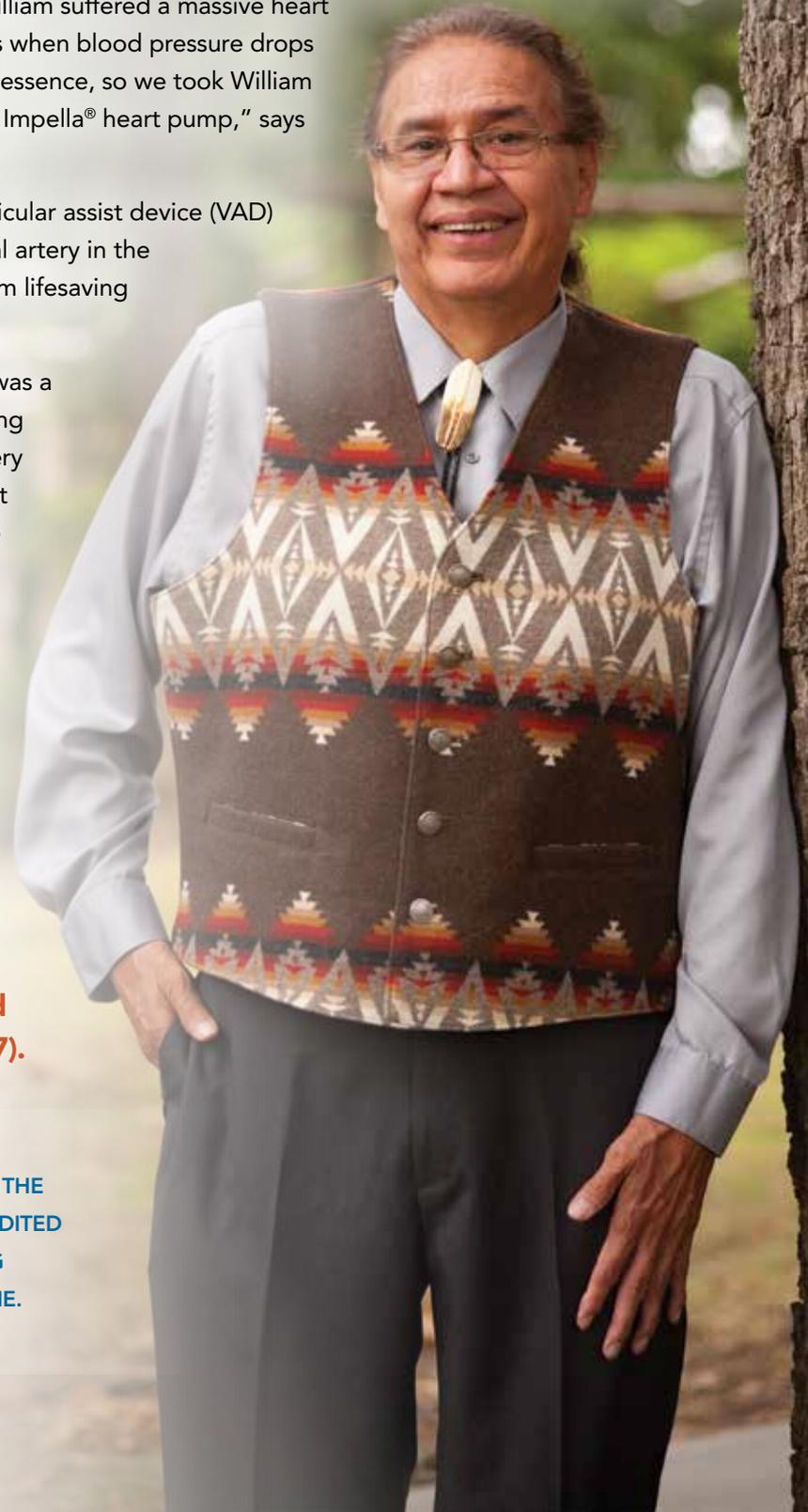
Cardiologist Srinvasa Reddy, MD, FACC, says William suffered a massive heart attack and was in cardiogenic shock. That occurs when blood pressure drops and the heart does not pump. "Time was of the essence, so we took William to the heart catheterization lab and inserted the Impella® heart pump," says Dr. Reddy.

New to TMC, the pump is a percutaneous ventricular assist device (VAD) that is surgically placed into the left heart ventricle through the femoral artery in the leg. It helps the heart pump more blood. This allows doctors to perform lifesaving interventions such as angioplasty or placing stents.

Dr. Reddy says William's heart function was only 10 percent and there was a complete blockage in the top of his heart. "Once the heart was pumping stronger, we were able to clear the blockage and insert a stent. He's very lucky, because 90 percent of patients we see in cardiogenic shock don't make it," he says. "By using the Impella® heart pump, we can help save more lives."

William, a Crow Indian, says he feels great and is thrilled about the care he received at TMC. "When I finally saw Dr. Reddy after the procedure, he was amazed that I survived my heart attack. Even my nurse at cardiac rehab could not believe it," he says. "I am so grateful to Dr. Reddy, his team and all of the nurses. They went above and beyond in taking care of me and giving me a second chance to do what I love – visiting schools in the community and educating them about Native Americans and their way of life." ■

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).



TEXOMA MEDICAL CENTER IS NATIONALLY RECOGNIZED BY THE SOCIETY OF CARDIOVASCULAR PATIENT CARE AS AN ACCREDITED CHEST PAIN CENTER WITH PCI FOR MEETING OR EXCEEDING NATIONAL CARE STANDARDS FOR ACUTE CARDIAC MEDICINE.



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

LIVING WITH DIABETES?

Proper foot care is important!

If you are one of the millions of people living with diabetes, taking proper care of your feet is one of the most important things you can do. Diabetics may experience numbness in their extremities and not be aware of a foot injury that can develop into a wound with severe consequences.



Amandeep Kaur, MD
Director of Wound
Care Services

“When an injury occurs, the normal healing process begins with inflammation around the wound that triggers cellular repair of blood vessels. But for diabetics, high levels of sugar in the blood can impair healing and cause chronic inflammation,” says Amandeep Kaur, MD, Director of Wound Care Services at TMC Center for Wound Care and Hyperbaric Medicine.

Infected wounds may need to be treated by a wound care specialist. “We have many different wound-healing options to help patients,” says Dr. Kaur. “The important thing is to get medical attention as soon as you notice a wound isn’t healing properly. That can prevent the need for more specialized treatment.” ■

If you have a sore or wound that has taken four or more weeks to heal, the TMC Center for Wound Healing and Hyperbaric Medicine can help. For more information or to make an appointment, call 903.416.3650 or visit www.texomamedicalcenter.net.

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).





Having trouble getting enough *quality sleep?*

An underlying health issue may be the culprit

A hhhh, sleep. For some, it comes easy. But for many, a good night's sleep is something they only dream about. Jason Metcalfe, RPSGT, Director of Sleep Services at Texoma Medical Center, says it's important for everyone to get quality sleep and enough of it.

THE RHYTHM OF THE NIGHT

Jason explains there are four stages of sleep that repeat throughout the night. For people with sleep issues, they may never fully experience all stages. "The body gets certain benefits from each stage of sleep, and when you don't reach them, or don't stay there long enough, it can have a negative impact on health," says Jason. Stage three and REM sleep are the more important stages. "They are when the body is in deep sleep, resting and re-energizing itself, dreaming takes place and the brain is active, improving its function," he says. ►



Did you know that Texoma Medical Center's Sleep Lab was voted "Best Sleep Lab" in the Herald Democrat's 2016 Best of Texoma Readers' Survey?

Senior Advantage

NEWS AND EVENTS

If you experience bouts of sleeplessness, there may be underlying conditions, such as high blood pressure, obstructive sleep apnea, gastroesophageal reflux disease (GERD), chronic pain and restless leg syndrome, causing what's known as "fragmented sleep." Sleep can also be interrupted by anxiety, stress and some medications.

According to the American Academy of Sleep Medicine, sleep deprivation can lead to anxiety and impact the immune system. Jason states that symptoms of sleep apnea and sleep deprivation can mimic depression. "If you are having sleep issues and feeling depressed, you may want to consider having a sleep study," he says.

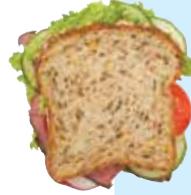
Jason says there are several things to help get better quality sleep: Practice good sleep hygiene – don't eat food in your bed; keep your room cool; stick to a regular sleep schedule; don't go to bed with a full stomach; limit alcohol and caffeine before bed; create an evening ritual and keep physically active. If you have not noticed any improvement after making these changes, talk with your doctor about having a sleep study.

BENEFITS OF A SLEEP STUDY

One of the best ways to diagnose and treat a sleep disorder is to have an overnight study, where registered technicians monitor your sleep. The Sleep Lab at Texoma Medical Center has rooms set up like a guest room to help you feel comfortable, and they include wireless Internet and cable access. TMC also offers at-home sleep studies. Patients receive a portable unit, which conveniently fits in the palm of their hand and can be used while sleeping in the comfort of the patient's own bed.

"We provide preliminary results the same day and a detailed report is completed within 48 hours of the study," says Jason. "If you are experiencing disrupted sleep, we can help find the cause so you can get appropriate treatment and a good night's rest." ■

For more information about Texoma Medical Center's Sleep Lab, visit www.texomamedicalcenter.net/sleep or call 903.416.4020.



Lunch & Learn Seminars

October 21, 11:30 a.m.

The Importance of Knowing your Medications

Cindy Riffe, Pharmacist, CentRx Pharmacy at TMC

November 18, 11:30 a.m.

The Benefits of Diagnostic Imaging

Radiologists Alicia Starr, MD, and Charles Phelps II, MD

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 third Tuesday of every month!

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



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Finding and treating the cause of *back pain*



Mention back pain, and chances are, someone you know

suffers from it. "Pinpointing the source of pain takes thorough examination, imaging or nerve conduction studies to adequately determine the cause and address it," says Neurosurgeon **Michael C. Molleston, MD**. Here, he shares his thoughts on handling this common affliction.

Q: What are some causes of back pain?

Low back pain can result from a wide range of problems, from ruptured or slipped disks to injuries from falls or accidents. Arthritis, fibromyalgia, spinal stenosis and aging can also cause pain. Repeated lifting of heavy items, bending or stretching the wrong way, as well as being sedentary and overweight, can also cause pain. However, ankylosing spondylitis, a type of arthritis that causes spinal joints to fuse together, is related to genetics, and may not be easily preventable.

Q: How is it treated?

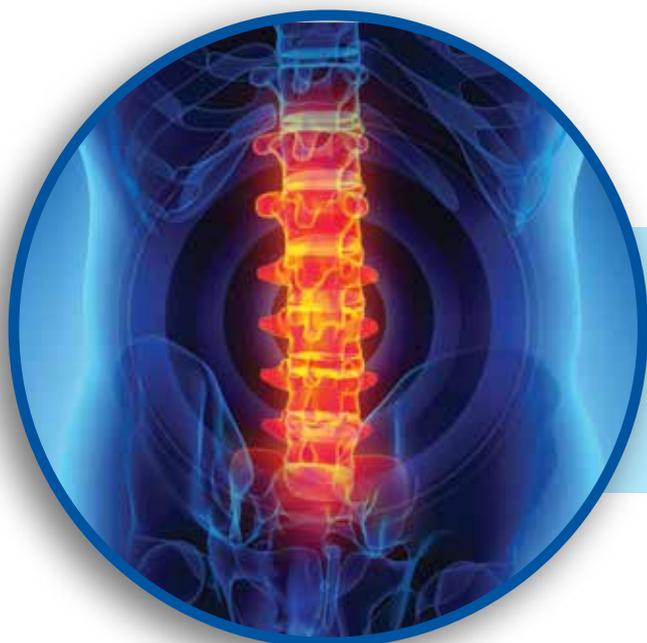
Depending on the type and cause of back pain, many doctors start out with conservative and non-invasive treatment, such as anti-inflammatories, muscle relaxers, massage or physical therapy. If they prove unsuccessful, other treatments can include nerve blocks, minimally invasive surgery or even artificial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

Q: What is the difference between acute and chronic pain?

Acute pain is the most common back pain and comes on suddenly. It can last up to six weeks and is often caused by falls, trauma, rough sports or improper lifting. Pain is considered chronic when it lasts for more than three months. The cause of chronic pain is more difficult to pinpoint because the pain can vary, from a dull ache to tingling to burning, and is often not preceded by an abrupt event.

Q: At what point should you see a doctor for your back pain?

If you are experiencing severe pain, numbness or tingling, or pain accompanied by fever, trouble with urination, weakness or unexplained weight loss, you should see your doctor for an evaluation. ■



If you are experiencing low back pain, call 903.416.DOCS (3627) to find a doctor.

Please join us in welcoming these new physicians!



TERRY YEUNG, DO, is an Ear, Nose and Throat/Plastic Surgery specialist who has joined TexomaCare. He graduated from AT Still University of Health Sciences in Kirksville,

MO. He also completed an internship at Michigan State University/Detroit Medical Center, Detroit, MI and did his residency in Otolaryngology/Facial Plastic Surgery there. Dr. Yeung was Fellowship-trained in Full Body Cosmetic Surgery at Meadows Surgical Arts in Commerce, GA. He is board certified by the American Osteopathic College of Ophthalmology & Otolaryngology and Head and Neck Surgery.



Pain medicine specialist **KENNETH CHOI, MD**, has joined TexomaCare. Dr. Choi graduated from St. George's University School of Medicine in Grenada. He did his Anesthesiology residency

at University of Toledo Medical Center in Ohio and Pain Medicine Fellowship at Case Western University in Cleveland, Ohio.



Podiatrist **SVEND J. BJORN, DPM**, graduated from Rosalind Franklin University, Scholl College of Podiatric Medicine in Chicago, IL. Dr. Bjorn did his Podiatric Medicine and Surgery/Rearfoot

Ankle Surgery residency at Jesse Brown VA Center in Chicago, IL. He is a member of the American Podiatric Medical Association and the Texas Podiatric Medical Association.



JACK CHILDRESS, MD, FSHM, is a Hospitalist at Texoma Medical Center. Dr. Childress graduated from the University of Texas at Galveston and completed his Internal Medicine residency at

United States Air Force Medical Center at Wright-Patterson Air Force Base in Ohio. Dr. Childress is board certified by the American Board of Internal Medicine and is a Fellow of the Society of Hospital Medicine.

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

Mark Jenkins, MD
Trauma Surgery



Service Excellence Award

Bryan Kalil, MD, FAAP
Pediatrics



Documentation Excellence Award

Vinod Prasad, MD, MPH, FASN, FASH
Nephrology



Pictured from left are Sarah Branam, DO; Matthew Terhark, DO; Emily Graves, DO; and Nickolas Baker, DO.

Meet our *new* Family Medicine Residents

A White Coat Ceremony and Welcome Reception was held on Monday, June 27, 2016 to introduce four new family medicine residents. This is the second class to join the program. During the White Coat Ceremony, the new residents were presented with high-tech stethoscopes by the TMC Volunteers. The TMC Graduate Medical Education program launched in June 2015 with four family medicine residents. This year, we welcomed an additional four residents into the program and plan to expand to a total of 12 residents in 2017.

Help and Hope Are Here

Dual Diagnosis Care at TMC Behavioral Health Center

Are you or someone you love struggling with a mental illness compounded by substance use issues?

The Dual Diagnosis program at the TMC Behavioral Health Center can help. The program offers:

- A multidisciplinary team approach
- Individual, family and group therapy
- 12-step based chemical dependency treatment
- 24-hour medically managed detoxification



Accredited by
The Joint
Commission

**For an assessment or more
information, call 903.416.3900
or toll free at: 855.815.2417.**



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HEALTH CENTER**

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Sherman, TX 75092

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HEALTH NEWS FROM TEXOMA MEDICAL CENTER

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Jennifer Reed
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Amber Sweeney
Director of Marketing

Jo Johnson
Marketing Coordinator

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