

HEALTH NEWS *from*

FALL 2017

texoma

MEDICAL CENTER

Neuro-interventional Suite *is saving lives*

Advanced diagnosis and
treatment of stroke,
aneurysms and more

The hospital-based ER
*Comprehensive, critical care
when minutes matter*

Seniors:
medication safety
*Do you know what's in
your medicine cabinet?*

*Interventional Neurologist
Vivek Tank, MD, is the first
doctor in the region trained
to treat strokes and other
brain conditions with TMC's
new bi-plane system.*



COMPLIMENTS OF
**TEXOMA
MEDICAL
CENTER**



Our continued focus on quality healthcare and delivering exceptional service have earned Texoma Medical Center “Best Hospital” in the *Herald Democrat’s* Best of Texoma Poll for the 10th year in a row. We are grateful to the physicians, nurses and staff who give of themselves every day so that our patients can have the “best” experience possible. At TMC, we make it a priority to add new services, new physician specialties, and to grow our medical staff to ensure that the healthcare needs of the Texoma region are being met.

IN THIS ISSUE

- 4** **WEIGHT-LOSS SURGERY CHANGED HIS LIFE**
Colten Kumler shares his success story
- 6** **WHEN MINUTES MATTER – THE HOSPITAL-BASED ER**
A “perfect storm” of care saved Buddy Durbin’s life
- 9** **CREED MATTINGLY’S CARE COMES FULL CIRCLE**
Pediatric nurses make life-changing treatment possible
- 14** **ASK THE DOCTOR**
Advanced treatment for diabetic wounds

The recent addition of our advanced neuro-interventional suite with bi-plane angiography is just one example of TMC’s commitment to enhancing services to better meet patient needs. The neuro suite is the first of its kind in the Texoma region, and is the next step toward TMC becoming a comprehensive stroke center. I encourage you to read Buddy Durbin’s story on page 8, whose life was saved by Interventional Neurologist Vivek Tank, MD, using this advanced technology. Dr. Tank is the only physician between the Dallas-Fort Worth Metroplex and Oklahoma City trained to use the bi-plane system to diagnose and treat strokes, blood clots, brain aneurysms, and other neurological conditions.

In this issue, you will also read a heartwarming story about a child who needed a life-changing treatment and how the staff at TMC came together to provide him with a much-needed service. And you will learn about a young man who became a weight-loss success story thanks to the help of a skilled Texoma surgeon and our accredited bariatric program.

I hope that you enjoy this issue of *Health News* and I wish you the best this fall season!



Ronald T. Seal
Chief Executive Officer
Texoma Medical Center



Here’s to your **GOOD HEALTH!**

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

To learn more, visit www.texomamedicalcenter.net/healthyliving.

The region's leading healthcare provider

Focused on quality, growth, stability

Our commitment is to your good health!

Advanced Services Include:

- Behavioral Health Center
- Breast Care Center
- Cardiology/Cardiovascular Surgery
- CentRx® Pharmacy
- Diabetes LifeCenter
- Home Health
- Medical Supply & Scrubs
- Neurosurgery
- Orthopedic Surgery
- Radiology: Inpatient & Outpatient
- Rehabilitation: Inpatient & Outpatient
- Robotic Surgery*
- Sleep Lab
- Stroke Services
- Trauma Center - Level III
- Urgent Care
- Weight-loss Surgery*
- Wound Care and Hyperbaric Medicine
- Women's Services

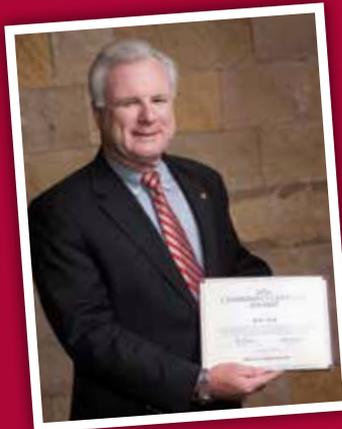
*Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if surgery is right for you.

Texoma Medical Center is honored to be recognized "Best Hospital"

Thank you to the readers of the *Herald Democrat's* Best of Texoma Poll. For the last decade, you have voted TMC as a "Best Medical Facility."



Recognitions & Accreditations



Congratulations to Ron Seal, TMC CEO on receiving the Chairman's Council Award from Universal Health Services, Inc. for outstanding performance in 2016. This award is presented to individuals who inspire and build exceptional teams that are dedicated to advancing their facilities through strong financial performance and achieving the highest patient satisfaction and outcomes.



Minimally invasive weight-loss surgery

LEADS TO AMAZING RESULTS

“I feel great and I am on top of my game.” – Colten Kumler

As a child, Colten Kumler, 23, was teased about his weight. As he got older, he struggled with diets as he tried to lose weight and get healthy. In 2015, Colten’s family gave him the idea of having weight-loss surgery after seeing a television show, and he decided to look into it. ➤



Immediate left: Colten before his weight-loss surgery, and far left, after. “I feel so much more confident now than I did before,” he says.



Ikram Kureshi, MD
General and Bariatric
Surgeon

Colten found Ikram Kureshi, MD, a general and bariatric surgeon with Texoma Medical Center, and he made an appointment. "I was a bit apprehensive about the whole idea, but once I talked to Dr. Kureshi, I felt confident and went with it," says Colten.

Dr. Kureshi says he determines if the patient is a candidate for weight-loss surgery at the initial appointment. "I ask them what else they have tried to lose weight, look at their medical history and BMI," he says. "I also ask them if they are mentally prepared to make the lifestyle changes necessary to be successful. If the patient meets all the criteria, we move forward with the process."

Colten's next step was to see the dietitian to learn what dietary changes he would need to make after surgery. He also needed to see a psychologist, to make sure he was ready for the physical changes, as well as his level of motivation. "Going to these appointments made the upcoming surgery all the more real to me, and I was getting excited for the positive changes to come," Colten says.

On July 14, 2016, Dr. Kureshi performed a sleeve gastrectomy, which removes 60 to 85 percent of the stomach and leaves a pouch the size of a banana.

Colten stayed overnight at Texoma Medical Center and went home the next day. "It took me a few days to get used to my new way of eating and living, but then I started noticing the weight loss," says Colten. "I continued with my monthly support and now I go every six months. I have lost more than 120 pounds and feel much more healthy and comfortable."

Colten also sang the praises of the medical staff at Texoma Medical Center. "Dr. Kureshi and all the nurses took great care of me. They made sure I had everything I needed and they were very supportive. The hospital is nice, and I would recommend it to anyone. Everyone here showed genuine caring for all patients."

Dr. Kureshi says Colten was motivated and focused on doing the right things before, during and after. "This is a life-altering change, and we stress mental preparation. Those who are prepared and stay focused are generally more successful in losing the weight and keeping it off," he says.

Colten continues to do well by watching what he eats and being physically active. "I walk regularly now and use exercise equipment. I feel like I left an entire person behind me, and from an energy and focus standpoint, I have never been more on top of my game than I am now," he says. ■

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.

Listen or download the informational podcast, "Obesity Can Be A Matter of Life and Death: Weight-loss Surgery at TMC," by Dr. Kureshi. Visit www.texomamedicalcenter.net/podcasts and select his name in the drop down box.

Weight-loss support groups

You've just had weight-loss surgery and are adjusting to a new life – and you are not alone! Join this group and share your success and learn from others how to manage nutrition, create a workable eating plan, adjust to new foods and portion sizes, and stick to an exercise program.

For more information, contact our Weight-loss Surgery Coordinator at **903.416.4180**, or visit www.texomamedicalcenter.net/weightlosssupport to register for the next group session.



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).

New neuro-interventional suite is a first in the Texoma region



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.

Advanced technology can diagnose and treat complex vascular brain issues and strokes, saving precious time – and lives.

Texoma Medical Center furthered its life-saving capabilities when it opened a neuro-interventional suite in the summer of 2017.



Vivek H. Tank, MD
Interventional
Neurologist

Vivek H. Tank, MD, the first interventional neurologist at the hospital and in the Texoma region, explains that the heart of the new suite is an angiography imaging system and procedure table.

“This equipment is used for the

advanced treatment of complex vascular brain pathology, such as aneurysm repair, arteriovenous malformations, carotid artery blockages, brain and neck tumors, intracranial hemorrhages, clot removal and strokes,” he says. “The system has two rotating X-ray cameras that allow us to see the blood vessels in the head and neck in 3-D. We can quickly identify blockages and remove them.”

Life-saving treatment

Dr. Tank says patients will no longer need to travel hours for treatment. “In cases of clots, blockages and stroke, time is of the essence. Stroke has a six-hour treatment window. For every minute the brain is deprived of blood flow and oxygen, brain cells die. The sooner the clot is removed, the better the chance of a good outcome for the patient,” he says. “The other advantage is that the procedures are minimally invasive, which can mean quicker treatment, less bleeding and less risk of infection.”

TMC Stroke Program Coordinator Jenny Reeves, RN, SCRNP, PCCN, says acquiring the new equipment means more lives can be saved in less time. “Before the suite was finished, we were only able to treat stroke patients with clot-busting medication. If the patient had a large blood vessel clot, we would have to transfer them 60-90 minutes away. But now, the interventional care they need can be done in a short amount of time right here in our facility,” she says.

Jenny explains that the neuro-interventional suite is being used for both diagnostic and treatment procedures. “If a patient is referred for a possible aneurysm or blockage in the carotid arteries, we can test them for that, and if necessary, treat them at the same time. Or, in the case of a possible stroke patient coming in through the ER, we can start them on clot-busting medication and run tests to determine if a large clot needs to be retrieved,” she says. If a large clot is located, Dr. Tank and his team are notified and they prepare for the procedure.

With the addition of the suite, TMC is pursuing designation as the region’s first comprehensive stroke center. Jenny has also been reaching out to local and regional EMS and helicopter companies about the hospital’s new capabilities. “We can now receive patients with large clots via ambulance or helicopter. The more people who know about what we can do, the more lives we can help save,” says Jenny. ■

To learn more about the Stroke Services offered at Texoma Medical Center, go to www.texomamedicalcenter.net/stroke.

DO YOU KNOW THE SYMPTOMS OF A POSSIBLE STROKE?

Recognizing the symptoms can help save your life or someone else’s life. Just think **F.A.S.T.**



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is it slurred or strange?



TIME: is critical! If you see any of these signs, call 9-1-1 immediately.

If these symptoms appear, DON'T WAIT! Call 9-1-1 right away because first responders can begin treatment and stabilize the patient as soon as they arrive. "Time equals brain function, and the quicker you get help, the better your chance for a good outcome," says Jenny Reeves, RN, SCRNP, PCCN, TMC Stroke Program Coordinator.



The “*perfect storm*” of emergency care saves a stroke patient’s life

HOW OUR HOSPITAL-BASED ER, NEW NEURO-INTERVENTIONAL SUITE AND COMMUNITY OUTREACH SAVED BUDDY DURBIN’S LIFE



Lloyd “Buddy” Durbin

In medical emergencies, it’s important to get the right level of care as quickly as possible. And going to an ER that’s part of an acute care hospital has many advantages, especially when a higher level of care is needed. Just ask Lloyd “Buddy” Durbin and his wife, Malinda.

The couple lives on a large ranch in Atoka, OK. While preparing dinner on the evening of June 11, Malinda

noticed that Buddy’s arm was limp and he was having difficulty speaking. She recognized these as possible stroke symptoms and her daughter called 9-1-1.

When Atoka EMS arrived, they realized Buddy’s condition was critical and called for Air Evac, who flew him to TMC instead of taking him to the local hospital. They made their decision based on a presentation by TMC’s Stroke Program Coordinator Jenny Reeves, RN, SCRNP, PCCN, just three days before. It was there that Jenny spoke about TMC’s accredited stroke program and new neuro-interventional suite with bi-plane angiography.

The ER staff and neuro-interventional team were waiting when Buddy arrived at TMC, and his whole left side was paralyzed. After a CT scan, CT angiogram and receiving clot-busting medication, Interventional Neurologist Vivek H. Tank, MD, explained that Buddy had a large clot in his brain that needed to be removed. “I told Dr. Tank to do what he needed to do, even though it was a risk. If he did nothing, we would have lost Buddy for sure,” says Malinda.

In less than two hours from the time he arrived at the ER, the clot was removed and blood flow restored. After a hospital stay, Buddy spent a week at the TMC Reba McEntire® Center for Rehabilitation and improved much faster than anticipated. He has gotten back to his daily activities and has almost no side effects from the stroke.

“So many miracles happened that day! Without the care Buddy received from EMS, the ER staff, Dr. Tank and his team, and Jenny, he would not be here today. The therapists at Reba Rehab were incredible, and Buddy made amazing progress every day. We are forever grateful and we just love TMC,” says Malinda. ■

If you are experiencing an emergency and need urgent medical care, dial 9-1-1 immediately. For more information about our emergency services, visit www.texomamedicalcenter.net/emergency.

“Reba® and Reba McEntire® are registered trademarks licensed by “Reba’s Business, Inc.”

A child's care comes full circle

“TMC was with us in the darkest days, and now they are helping to improve Creed's life.” - Jenae Mattingly



Timothy Brumit, MD
Pediatrician,
TexomaCare

Jenae Mattingly had noticed something was wrong with her son, Creed. He seemed to have low muscle tone and chronic respiratory problems. In January and February of 2016, he was admitted to Texoma Medical Center straight from the office of TexomaCare Pediatrician Timothy Brumit, MD. He was suffering from respiratory complications and very low oxygen levels.

During Creed's hospital stay in February, Jenae says tests were done to see if Creed had pneumonia. "Doctors discovered he had an enlarged heart, and his cardiologist told us it appeared Creed had a disorder known as Infantile Pompe disease," says Jenae. "He transferred Creed to a children's hospital in the Dallas area for specialty care and further testing, where he was diagnosed with Pompe disease, a rare genetic condition with no cure. He was 10 months old at the time."

Special treatment, close to home

After Creed was discharged, he had to return to Dallas every other week to receive a special enzyme replacement therapy. Jenae says the round trip was four hours and tough on Creed, but after six months of successful treatment, a collaborative solution was found. Dr. Brumit and the pediatric nurses at TMC worked with Creed's doctors in Dallas so he could receive his treatments here, close to home. "We were thrilled when this was approved, because this special infusion therapy is vital to fight his condition, and it is not something we could get anywhere else in the region," says Jenae. "TMC and Dr. Brumit are close by, and the pediatric nurses were absolutely amazing – they became like family to us."

In May, Creed was approved to receive his infusions at home. His treatment had allowed him to gain strength, grow and improve his quality of life. "We could not be more grateful to everyone at TMC for genuinely caring for Creed and our whole family while we were working through his treatment," says Jenae. "We have never seen such compassion like we did here, and it is great to have a top-notch hospital right in our community!" ■

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

During one of Creed's last treatments at TMC, pediatric nurses surprised him with a birthday party and gifts.



Healing, recovery and support for adolescents *begins here*



**M. Rehan Puri,
MD, MPH**
Medical Director of
Adolescent Services

The adolescent years can be a challenging time, both for teenagers and their parents. But a new program now available at TMC Behavioral Health Center (BHC) can support teens suffering from emotional stress, depression, substance use disorder and other conditions.

M. Rehan Puri, MD, MPH, Medical Director of Adolescent Services, says teens can be exposed to many outside influences that can interfere with psychological, social and cognitive development. Without proper support, teens can be at higher risk for depression or considering suicide as a way out.

"This program provides acute care, professional evaluation and treatment services for 13 to 17-year-olds. We have in and outpatient services available, and after a comprehensive evaluation, we can determine what level of care they need," says Dr. Puri. "The earlier they receive treatment, the lesser the likelihood of more serious issues developing," he says.

BHC Chief Executive Officer Jeanne Wypyski says there is a lot of unmet need in the area for this age group, both in mental health and substance use. "The closest facility that treats teenagers is an hour away. Now, local families in crisis don't have to travel to be there for their child," she says.

Patients can be referred by their family, school or child protective services. Dr. Puri says a multidisciplinary approach helps bring the teenager, their family and therapists together so that everyone is on the same page.

"Our staff is specifically trained to work with adolescents in all areas, including substance abuse," he says. "The goal is to resolve the immediate crisis; develop effective coping and regulation skills; and create an aftercare plan to help the patient and their family heal together and stay on track once they are discharged." ■

DOES YOUR TEEN NEED HELP?

Here are some behaviors to watch for that could mean your child needs help:

- Withdrawal
- Loss of interest
- Difficulty concentrating
- Neglecting personal appearance
- Changes in personality, eating or sleep patterns
- General lethargy or lack of energy
- Violent actions, rebellion or running away
- Drug and alcohol use
- Headaches or stomachaches
- Loss of ability to tolerate praise or rewards

If you notice any of these or other changes in your child, contact their pediatrician or the TMC Behavioral Health Center.



For questions or to schedule a patient for a free assessment, please call the TMC Behavioral Health Center's Intake Department at 903.416.3000. For more information, visit www.tmcbehavioralhealth.com.

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**

ALZHEIMER'S AND MEMORY LOSS

As people get older, they realize their brain doesn't function the way it used to and they start to forget things, all of which is considered normal. However, to some, it can be alarming. But many factors can contribute to memory loss, including Alzheimer's disease or dementia, lack of sleep, depression, anxiety, or medication side effects that have accumulated over time.

Alzheimer's disease is the most common form of dementia, affecting approximately 5.1 million Americans older than age 65,* and is not a normal part of growing old. Noted symptoms include memory loss, personality changes, repeating things and disorientation. But these symptoms can be caused by certain medications or be related to other medical conditions, so it's a good idea to check with your doctor if you experience any of these.

There currently is no cure for Alzheimer's disease. If this or other dementia disorders affect you or a loved one, visit Alzheimers.gov or The National Institute on Aging (www.nia.nih.gov) for free resources that provide education, treatment options and support. ■

If you are caring for someone who has memory loss or other signs of Alzheimer's disease, join the local caregivers support group. They meet the third Tuesday monthly from October through May, at 7 p.m. in Conference Room 1. For more information, call Texoma Council of Governments at 903.813.3575.

*alzheimers.gov

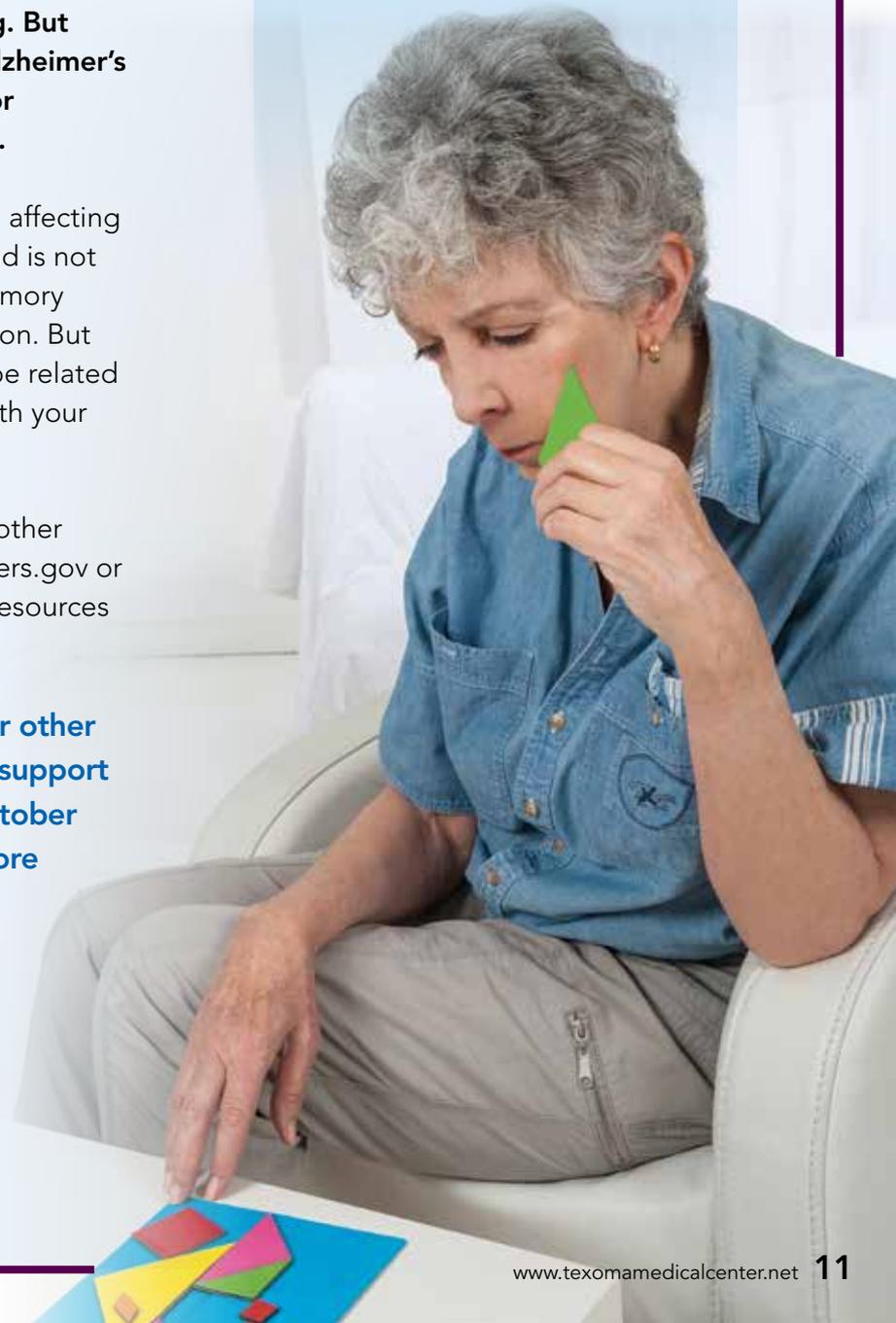
Join Senior Advantage –

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).





Medication STORAGE AND SAFETY

.....

Properly caring for your medication so it can take care of you

.....



Steven Gordon, R. Ph.
Pharmacist
CentRx Pharmacy

Keeping track of prescription medications can be a challenge, especially if other family members are taking multiple medications and storing their prescriptions in the same spot as yours. CentRx® pharmacist Steven Gordon, R. Ph., says if you are keeping bottles in multiple places, such as on your bedside table, in the kitchen and in the bathroom, it's time to take inventory.

GETTING ORGANIZED

Steven suggests gathering all your prescriptions together to make a list of what you are currently taking. "Check the expiration date on the bottle and look at the contents for signs of crumbling or discoloration. If it is expired, you should not use it," says Steven. "Old eye drops and ear drops can harbor bacteria, so they should be not be kept, either." He also cautions that leftover medication from a past illness or condition should be disposed of properly, since the dosage may not be what you currently need. ►

Senior Advantage

NEWS AND EVENTS

STORING YOUR PRESCRIPTIONS

Medications should be stored in a cool, dry area, as heat and humidity can damage them. "If you are keeping your pills in the bathroom, you should probably relocate them," says Steven. "If there are small children or teenagers living in the home, make sure you put your medications in one place, preferably one that is not accessible to them and can be locked, especially if you are taking controlled substances such as painkillers or anti-depressants."

PLAYING IT SAFE

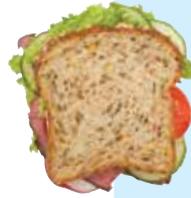
To prevent mixing your medications up with another family member, each person should have their own storage area. Make the sure the area is well lit, so you can easily see which medication you need to take. Also, keep drugs in their original containers – never mix different medications in the same bottle. "Residues from the different pills could affect how they work or cause an reaction," says Steve.

PROPER DISPOSAL

According to the National Council on Patient Information and Education, there are certain federal guidelines that should be followed when tossing your unused medication. For starters, remove the drugs from their original containers and take the labels off. Instead of just throwing in the trash, mix with used coffee grounds, other scraps or cat litter, add a small amount of water and place in a plastic bag to dispose. Do not flush medicine down the toilet unless the label specifically indicates it is okay to do so. Steven says if your community has a pharmaceutical return program, that is a good place to return expired or unused medications. ■

Need a prescription filled? The CentRx pharmacy is located on the first floor of the Texoma Medical Plaza, adjacent to Texoma Medical Center, in suite 104 and is open Monday through Friday, from 8:30 a.m. to 5:30 p.m. To refill a prescription online, visit www.texomamedicalcenter.net/centrx.

CentRx Pharmacy



Lunch & Learn Seminar

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

Friday, October 20, 11:30 am

Home Safety Tips

Emily Johnson, MSN, RN, CEN, NREMT-P,
TMC Trauma Program Manager

Friday, November 17, 11:30 am

Topic: Living with Type 2 Diabetes

Larry Whitfield, MD, FACE, TexomaCare-Endocrinology

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.



TMC Medical Supply & Scrubs

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

Two convenient locations in Denison:

Texoma Medical Plaza
5012 S. US Hwy 75, Suite 135

Downtown Denison
619 W. Main Street

Call 903.416.5555 for more information.

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.

Advanced treatment for *diabetic wounds*



If you are living with diabetes, taking proper care of your feet is very

important. **Brock Lutz, MD, FAPWCA**, says diabetics that experience numbness in their extremities may not be aware of injuries. These injuries can develop into chronic wounds with severe consequences. Here, he shares important information on wound care.

Q. How does having diabetes complicate wound healing?

Diabetes interferes with the generation of new cells. High blood sugars can put you at increased risk for infection, blunting the response to bacteria. Diabetes can also cause decreased blood circulation in the feet and legs, which can lead to ulcers and slow healing. And finally, diabetes can impair the nervous system so wounds are not noticed until they are advanced.

Q. What do I do if a wound isn't healing?

Make sure wounds are kept clean and protected. Wounds should be bandaged with clean materials and not left open to air. Taking pressure off the wound is important. The less walking on the wound, the quicker it can heal. If a wound hasn't healed in three weeks, it's considered chronic. At that point, you should seek care. We can coordinate further care, investigate the barriers to healing, and organize an advanced approach.

Q. Is there anything I can do to help speed up the healing process?

Proper nutrition is a big factor in managing your diabetes and in healing wounds. Follow the ADA diet guidelines; limit the amount of sugar in your diet. Make sure to incorporate protein in all your meals; such as meat, dairy products, and nuts. All new tissue is made from protein, and wounds heal quicker when enough protein is consumed.

Q. What treatments are available for complex or hard-to-heal wounds?

In certain problem wounds, hyperbaric oxygen therapy may be considered as a treatment. Patients are placed in a chamber at an increased atmospheric pressure filled with pure oxygen. This dramatically increases the blood's ability to carry oxygen. Hyperbaric oxygen therapy decreases inflammation, kills bacteria, makes antibiotics work better, releases new cells and growth factors to repair tissue, and speeds healing. ■



To learn more about non-healing wounds and how hyperbaric oxygen therapy can help speed healing, listen to Dr. Lutz's podcast at www.texomamedicalcenter.net/podcasts.

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

Please join us in welcoming these new physicians!



Pain Medicine specialist **TRUNG HA, MD**, graduated from St. George's University School of Medicine in Grenada, West Indies. He did an internal medicine internship at Mount Sinai School of Medicine/Queens Hospital Center in New York, NY and a Physical Medicine and Rehabilitation residency at Baylor College of Medicine in Houston, TX. Dr. Ha is fellowship-trained in Anesthesia Interventional Pain Medicine from the Cleveland Clinic Foundation in Cleveland, OH.



BRANDON SUMNER, DO, is a General Surgeon with TexomaCare. Dr. Sumner graduated from Oklahoma State University College of Osteopathic Medicine, Tulsa, OK and completed his residency requirements at Mercy Medical Center, Des Moines, IA. He is a member of the American College of Osteopathic Surgeons, American College of Surgeons and American Osteopathic Association.



Hospitalist **MANOHAR YEDULAPURAM, MD**, graduated from Osmania Medical College, Hyderabad, India. He did an Internal Medicine internship at Cook County Hospital in Chicago, IL and completed his residency at Methodist University Hospital, University of Tennessee in Memphis, TN. He is certified by the American Board of Internal Medicine and the American Board of Wound Management and is a member of the American College of Physicians, American Society of Internal Medicine and Society of Hospital Medicine.



Adolescent Psychiatrist **M. REHAN PURI, MD**, is heading up the new Adolescent Recovery Services program at TMC Behavioral Health Center. Dr. Puri graduated from Dow Medical College in Pakistan and completed a Psychiatry residency at Bergen Regional Medical Center in Paramus, NJ. He is fellowship-trained in Child and Adolescent Psychiatry from the Institute of Living in Hartford, CT.



General Surgeon **MATTHEW BURRESS, MD**, has joined TexomaCare. Dr. Burress graduated from St. George's University School of Medicine in Grenada, West Indies. He completed his general surgery residency requirements and a Fellowship in minimally invasive surgery at East Carolina University/Vidant Medical Center in Greenville, NC.



RANDAL F. UNSELL, MD, is a Psychiatrist and is a graduate of University of Texas Southwestern Medical School in Dallas, TX. He did an internship in Internal Medicine at St. Paul Medical Center in Dallas, TX. He completed residencies in both Anesthesiology and Psychiatry at University of Texas Southwestern Medical Center/Parkland Memorial Hospital in Dallas, TX.



DAVID C. LOFTICE, DO, is a Family Medicine physician who has joined TexomaCare-Bonham. Dr. Loftice graduated from Arizona College of Osteopathic Medicine in Glendale, AZ. He did his residency at Conroe Regional Medical Center/Medical Education Foundation/Lone Star Family Health Center in Conroe, TX. He is a member of the American Academy of Family Physicians, American College of Osteopathic Family Medicine Physicians, American Osteopathic Association, Texas Academy of Family Physicians and the Texas Medical Association.



Hospitalist **SUDHAMAYI MOLAKALAPALLI, MD**, graduated from Siddhartha Medical College in Vijayawada, India. She completed her internal medicine residency at Howard University Hospital in Washington, DC. Dr. Molakalapalli is certified by the American Board of Internal Medicine and is a member of the American Association for Physician Leadership.

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

Brian Rose, MD, FAAOS
Orthopedic/Spine Surgeon



Service Excellence Award

Winston S. Marshall, MD, FACC
Cardiology



Documentation Excellence Award

Timothy J. Ruddell, MD
Urology





Providing *quality* care.
Delivering *innovative* services.
Exceeding *expectations*.

EMPLOYMENT OPPORTUNITIES

As one of the largest employers in Texoma, TMC is committed to hiring dedicated, compassionate professionals to complete our mission of caring for our patients. We offer an excellent salary and benefits package. Come join us.

A name you can trust. Quality you can count on.

When you join the TMC team, you won't have to endure a long commute and stress-inducing traffic to get to work. Our main campus is conveniently located at the intersection of US Highway 75 and State Road 691 in Denison.

- A 326-bed facility (245 acute, 60 behavioral, 21 rehabilitation) with a 12-room operating suite and eight floors
- An array of innovative technologies, including 64-slice CT scanners, advanced cardiac catheterization equipment, da Vinci® Si HD Robotic Surgical System, digital mammography and much more
- Adjacent medical office building
- Largest employer in Grayson County

Recruitment Team

Our recruitment team will be your partner in assisting you with considering our employment opportunities. Please call our Human Resources Department at 903.416.4050.

Texoma Medical Center • US Highway 75 and State Road 691 • Denison

For a listing of job opportunities and an online application, visit us on the web at www.texomamedicalcenter.net.

Benefits include:

- Health coverage
- Prescription Plan
- Dental coverage
- Vision coverage
- 401K
- Employee Stock Purchase Plan
- Tuition reimbursement
- Basic/supplemental life insurance
- Long/short term disability
- Credit union membership
- Paid Time Off (PTO)
- Sick leave
- Cafeteria discount

**Connect
WITH US!**







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. For language assistance, disability accommodations and the non-discrimination notice, visit our website. ©2017. All rights reserved. Printed in the U.S.A.