

HEALTH NEWS from

WINTER 2018

# texoma

MEDICAL CENTER

## *Have you had your colonoscopy?*

Cherry Cunningham  
shares her story about  
learning the importance  
of scheduling screenings

**Advanced stroke care  
that is saving lives**

*Time is of the essence*

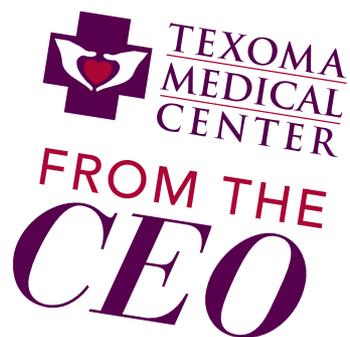
**Seniors: Did you get your  
shingles vaccine?**

*Recommended immunizations*



COMPLIMENTS OF

**TEXOMA  
MEDICAL  
CENTER**



Our continual focus on delivering quality healthcare and commitment to creating an exceptional experience for each person who walks through our doors is what sets Texoma Medical Center apart from other healthcare providers. In this issue, we feature several stories of patients whose lives have been changed for the better because of the exceptional care they received from our medical providers.

Freddie Walker's story of wound healing on page 4 speaks of the difficulty he encountered due to a rare abscess he developed from radiation treatment for prostate cancer. Once he started hyperbaric oxygen therapy, he quickly rebounded and is active once again.

John Bowman received streamlined treatment when he suffered a stroke and was flown to TMC from Wapanucka, Oklahoma. The TMC ER and stroke team were able to start treating him within minutes of his arrival. Read his story on page 6.

Virginia Carter was looking for help managing her diabetes, and drove from Paris, Texas, to attend classes at TMC's Diabetes LifeCenter. Her success story is on page 9. And Cherry Cunningham shares on page 12 the valuable lesson she learned about colonoscopies, and why you should keep up with preventive healthcare screenings. We also feature stories on hernias, arthritis, vaccines for seniors, and therapy for those with Parkinson's disease.

Our updated website is a great resource for information on services, testimonials, ways to stay healthy and community events. Visit us at [texomamedicalcenter.net](http://texomamedicalcenter.net). If you have any questions, please email us at [texomamedicalcenter.net/about/contact-us](mailto:texomamedicalcenter.net/about/contact-us). We look forward to making your visit with us exceptional, and I thank you for allowing us to care for you and your family..

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

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## 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 [texomamedicalcenter.net/healthyliving](http://texomamedicalcenter.net/healthyliving).



# DIAGNOSING AND TREATING *arthritis*



**Chirag Mehta, MD**  
Plastic and  
Reconstructive  
Surgeon

**A**rthritis is the country's number one cause of disability and it affects more than 50 million Americans according to the Arthritis Foundation. Chirag Mehta, MD, a plastic and reconstructive surgeon with fellowship training in hand and microvascular surgery, explains what arthritis is and the treatments available.

Arthritis is a degenerative disease of the cartilage and lining of the bone. The cartilage wears down, causing the bones to rub against each other and create friction. As a result, the bone generates calcium buildup that can prevent movement and cause pain at the joint.

"Some people who have arthritis have no pain, but some do. That determines the best way to treat their condition," says Dr. Mehta. "The way they describe the pain, where it is, and a physical exam is where we start. X-rays in multiple views help put the picture together, and you can definitely see what the person is dealing with," he says.

Dr. Mehta says the most common location for arthritis is the first finger joint closest to the base of the fingernail. This happens more frequently in patients older than 60. "The symptoms include pain in the joint and changes to the shape and size of the joint," he says. Contributing factors can include family history, doing heavy manual labor for a long time, smoking, age and being overweight.

## **IS SURGERY AN OPTION?**

Dr. Mehta explains conservative therapy is recommended first, and pain can sometimes be managed with over-the-counter medications, steroid injections or hand therapy. "If the person can still function and have minimal or no pain, then that is the best outcome. It is when the person is having pain despite conservative treatment, surgery may be an option," he says. A common procedure for thumb arthritis takes about an hour and the patient goes home that day. "We remove some of the joint and use the patient's own tendons and ligaments as a replacement. This helps stabilize the joint and keeps it in a functional position, as well as relieves the pain," says Dr. Mehta.

Dr. Mehta says TMC's certified hand therapists are experienced with arthritis, and patients opting for surgery are referred to them for post-operative therapy. Recovery time depends on the patient, but usually the person has full range of motion back in about six to eight weeks. ■

**To learn more about hand surgery, visit [texomamedicalcenter.net/arthritis](http://texomamedicalcenter.net/arthritis).**



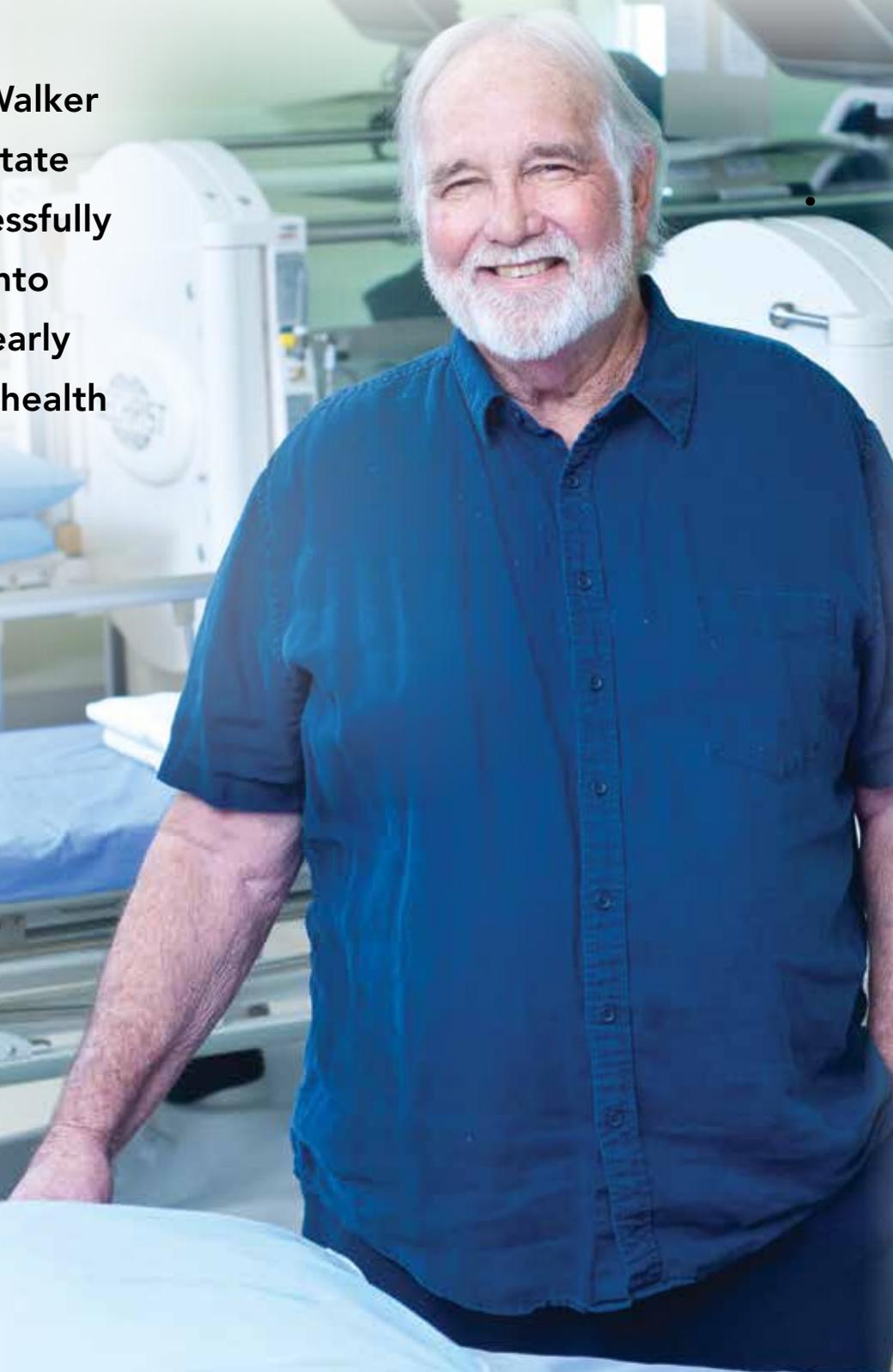
## **About Dr. Mehta**

Chirag Mehta, MD, is a plastic and reconstructive surgeon with fellowship training in hand and microvascular surgery. He can perform all aspects of aesthetic, reconstructive, and hand surgery. Dr. Mehta's specialty training allows him to care for patients with various upper extremity problems, including fractures, arthritis, neuropathies, cancer, tendinitis, traumatic injuries, amputations, burns, and deformities.

Dr. Mehta earned his medical degree from St. George's University School of Medicine, Grenada, in 2008. In 2013, Dr. Mehta completed his surgery residency from York Hospital, York, Pennsylvania. He completed his fellowship in orthopaedic hand and microvascular surgery at York Hospital in 2014. From 2014 to 2017, he trained in plastic and reconstructive surgery at Temple University Hospital in Philadelphia, PA. He is board-certified by the American Board of Surgery.

“Hyperbaric oxygen therapy  
*worked like a miracle  
for me!*” – FREDDIE WALKER

**A** few years ago, Freddie Walker was diagnosed with prostate cancer. After being successfully treated with radiation, he went into remission, and felt great. But in early 2017, he noticed a change in his health and thought the worst. ►





**J. Patrick McGrael, MD, FACS**  
Urologist

Walker saw his urologist, J. Patrick McGrael, MD, FACS, who discovered an abscess on Walker's prostate. Dr. McGrael removed some of the tissue which had been damaged from Walker's previous radiation treatment. "The doctor said damaged tissue can be difficult to heal and that an abscess was rare," says Walker. "But it was enough to interfere with my health, so Dr. McGrael recommended

hyperbaric oxygen therapy (HBOT) because other patients had great results from it."

During HBOT, the patient breathes 100 percent oxygen while relaxing in a pressurized chamber. The high concentrations of oxygen accelerate the healing process by repairing damage at the cellular level. By his fifth treatment, his urinary and GI issues were improving. "Dr. McGrael told me tests indicated the abscess was getting smaller and the treatment was working! My oncologist also checked my PSA levels and said things could not be better," says Walker.

Walker says it was hard to believe that something so simple and painless could do so much. He received a total of 40 treatments, going five days a week, spread out over eight weeks. "Along with my abscess healing, I noticed that a skin issue I had on my foot also resolved. This therapy is truly amazing, and I am so glad I went through with it," Walker says.

Walker has returned to the job he loves, running bulldozers and other heavy equipment for construction projects. "I was impressed with everything, from the people who cared for me, to the atmosphere in general. It is hard to believe you can just go lay down and breathe some oxygen for a while and see these results. To me, it is a miracle!" ■

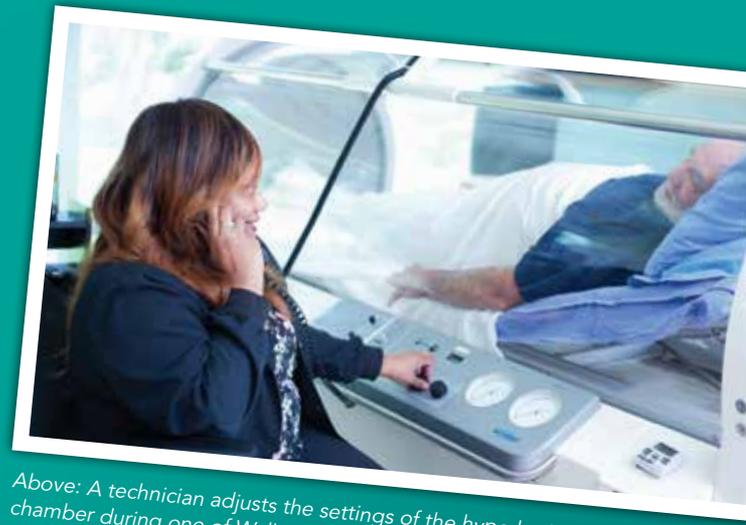
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**To learn more about hyperbaric oxygen therapy, visit [texomamedicalcenter.net/hyperbaric](http://texomamedicalcenter.net/hyperbaric).**  
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**TEXOMA  
MEDICAL  
CENTER**

**TMC Center for  
Wound Healing and  
Hyperbaric Medicine**

Left: Freddie Walker following his hyperbaric oxygen treatments. "This treatment was amazing!" he says.



Above: A technician adjusts the settings of the hyperbaric oxygen chamber during one of Walker's treatments.

## Advanced care for HARD-TO-HEAL WOUNDS

If a non-healing wound is causing concern, the Center for Wound Healing and Hyperbaric Medicine at Texoma Medical Center can help. The center offers the most advanced wound care therapies and is recognized as a Robert A. Warriner, III, MD, Center of Excellence and a Center of Distinction by Healogics™. These designations recognize a high level of commitment towards wound healing rates, patient satisfaction and other quality outcomes.

### Treating non-healing wounds

If a wound doesn't improve after four weeks, or does not heal within eight weeks, it is considered a non-healing wound. Non-healing wounds can cause deeper skin erosion, infection and complications which can be damaging to organs and limbs, and even be life threatening — especially for those with diabetes and heart conditions.

The professional staff includes physicians, nurses and technicians trained in wound care and management. They work closely with your primary care physician to create an individualized plan to treat a variety of wounds, including:

- Lower extremity diabetic wounds
- Ulcers from poor circulation
- Venous stasis ulcers
- Surgical wounds
- Pressure sores
- Resistant bone infections
- Radiation injury

Depending on the type of wound, treatments may include medication, surgery, podiatric care and hyperbaric oxygen therapy (HBOT).

**For more information, contact the TMC Center for Wound Healing and Hyperbaric Medicine at 903.416.3650 or 877.696.7758.**



*Life-saving, advanced*  
**STROKE CARE**  
*for the community and the surrounding area*

**Minutes matter when treating patients suffering from a possible stroke, so it's good to know that Texoma Medical Center has the advanced technology and medical staff to diagnose and treat strokes quickly. This can save time and lives. ►**

**John Bowman is a testament to the importance of being treated at a certified primary stroke center, like the one at Texoma Medical Center.**

Bowman, who lives about an hour away from Denison, was relaxing at his home in Wapanucka, OK, on August 27 of last year. His speech became slurred and his friend noticed Bowman's face looked odd, so his friend called 9-1-1. Because of the outreach and education by TMC Stroke Program Coordinator Jenny Reeves, RN, SCRNP, PCCN, the EMS providers are familiar with TMC's certified stroke program and advanced neuro-interventional capabilities. They contacted Atoka Air Evac to fly Bowman to TMC.



**Greg Hansen, DO**  
Emergency  
Physician

"We received information from the EMS flight team on Mr. Bowman's condition before he arrived, so we knew how to prepare. All the processes were in place, and this was the perfect collaborative effort of the multi-disciplinary teams

involved," says TMC Emergency Physician Greg Hansen, DO. "When the helicopter landed at the hospital, we began evaluating Mr. Bowman as he was transported right to the CT scan room."

As soon as Dr. Hansen got the test results, he authorized a dose of the clot-busting drug, tPA, to be given to Bowman while he was still in the CT scan room. Reeves says what is so impressive about Bowman's care

is that it only took seven minutes for him to receive tPA from the time he arrived at TMC. "According to 'Get With The Guidelines' 2017 data, approximately 0.5 percent of hospitals across the nation administer tPA in under 10 minutes. Additionally, they report that in 3.9 percent of cases, tPA is administered between 11-20 minutes," says Reeves. "In 2017, TMC administered tPA within the 11-20 minute time frame 30.4 percent of the time. The sooner someone receives treatment for a stroke, the better their outcome can be," she says. Bowman was discharged to the TMC Reba McEntire® Center for Rehabilitation a few days later for therapy to address his remaining facial palsy and speech changes.

Dr. Hansen says they have made changes to the processes that streamline the patient's care. "Instead of observing the patient in a room first, we now meet the patient in the CT scan room and evaluate them there. Depending upon the results of the CT scan, an order is given, and trained nurses can mix the tPA and administer it to the patient," he says. "This speeds up the process for the patient to be treated appropriately, because you only have a specific window of time to give tPA."

Dr. Hansen adds that Reeves also trains local, long-distance and air evac EMS teams about TMC's capabilities and how to evaluate and start treatment for possible stroke symptoms while en route to the hospital. "We are constantly reviewing our protocols with the entire team to see how we can provide the most efficient stroke care to help give our patients the best outcome possible." ■

## *Do you know the symptoms of a possible STROKE?*

Recognizing the symptoms can help save your life or someone else's life. Just **B.E. F.A.S.T.**



**BALANCE:** Does the person have a sudden loss of balance or coordination?



**EYES:** Has the person lost vision in one or both eyes or have they had sudden double vision?



**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.

**Do not wait to get help – call 9-1-1 immediately.**

First responders are trained to stabilize and treat the patient upon arrival. The sooner you get help, the better your chances for a good outcome.

**To learn more about stroke services, visit [texomamedicalcenter.net/strokecare](http://texomamedicalcenter.net/strokecare).**

# What you need to know about hernias



**Brandon Sumner, DO**  
General Surgeon

Learn about the different types, causes and treatments for hernias.

**General Surgeon Brandon Sumner, DO, provides helpful information about this very common ailment.**

## **Hernias defined**

What exactly is a hernia? Dr. Sumner says it is a hole in the muscle wall known as the fascia. "It can be caused by weakness in the fascia, and when there is pressure on that area, an opening can form, allowing fatty tissue or organs to squeeze through," he says. "Everyone is susceptible, even babies, especially if there is a congenital weakness present."

## **Different types of hernias**

Dr. Sumner says the five common hernias are known as inguinal, incisional, femoral, umbilical and hiatal. With inguinal hernias, the bladder or intestines can push through into the groin area. It is more common in men. Incisional hernias can occur when the intestines press against an abdominal surgical incision. Femoral hernias most commonly affect pregnant or obese women, and the intestines push into the canal in the upper thigh near the femoral artery. Umbilical hernias happen near the navel, and are frequently seen in newborns. And hiatal hernias happen when the upper stomach pushes through the hiatus in the diaphragm, the same place as the esophagus.

## **Treatment options**

For newborns with umbilical hernias, there is a good chance it may heal on its own and surgery can be avoided. "However, for the other types of hernias, surgery is recommended because of the risk of the intestines or other organs getting caught in the opening and becoming strangled," says Dr. Sumner. "This can cause loss of blood supply, which can result in infection, gangrene, further perforation and even death." Surgery is typically an outpatient procedure and performed using a laparoscope. Dr. Sumner says normal activity can resume in a few weeks, with a full recovery in three to four weeks. ■

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

# Keeping your **DIABETES IN CHECK**



Roylyn Selvey, RD/LD, CDE, (left) meets with Virginia Carter to discuss diabetes management.

## **Specialists at the TMC Diabetes LifeCenter provide those with diabetes the resources and support they need to manage their disease.**

Virginia Carter was looking to learn more about her diabetes and ways to improve her diet to help keep her sugar levels normal. She could not find any formal diabetic education courses in her town, about an hour away from TMC. So she looked online and found the Diabetes LifeCenter. "I saw what TMC offered and I wanted to check it out," she says.

The center offers individual and three hour in-depth group courses every month. A follow-up session is held three months following the initial session. Nationally recognized by the ADA for the last 19 years, the educational programs focus on nutrition, medication and self-care. Certified Diabetes Educator Mary Utley, RN, and Licensed Dietitian Roylyn Selvey, RD/LD, CDE, teach patients about nutrition, proper diabetic medication, exercise and making behavioral changes. "When patients engage themselves in this program, we consistently see reductions in A1C levels," says Utley. "It is no longer just going to one class and you are done. The education and self-management is ongoing."

After getting her doctor's referral, Carter started the program in January 2017. "The first class was an overview of the nutritional value of food. The next class was about diabetic medication - I was taking two different medications to manage my diabetes," says Carter. "I learned what can happen if you don't take care of it."

Even after her sessions ended, Carter kept going back to the program to learn about updates in keeping her diabetes under control. Her dedication speaks for itself. Since starting the program, Carter's blood glucose dropped from 134 to 106; her A1C went from 7.9 to 6.6; and she has lost 40 pounds. "I tell everyone I know about this program. Even though it is an hour from where I live, it was worth it for me to make the drive. Mary and Roylyn are amazing and have been so helpful," she says. "If you have diabetes or pre-diabetes, please take it seriously. Do your testing religiously, watch your diet and get your exercise. It doesn't take much for diabetes to get out of control," says Carter. ■

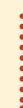
## **NEW FOR 2018 - PRE-DIABETES SEMINARS**

Join Mary Utley, RN CDE, and Roylyn Selvey, RD/LD, CDE, for a session about pre-diabetes. Sessions will be held April 11, August 29 and December 12, 2018, at 2 p.m. in TMC Conference Rooms 1 and 2. The focus will be on diabetes prevention, the nutritional and activity component of managing pre-diabetes, and making the necessary behavioral changes.

**To learn more about the Diabetes LifeCenter, visit [texomamedicalcenter.net/DLC](http://texomamedicalcenter.net/DLC).**

***TMC Diabetes LifeCenter  
services and classes are available  
at two locations:***

**Texoma Medical Center**  
5016 South US Highway 75  
Denison, TX 75020



**TexomaCare—Bonham**  
2201 North Highway 121  
Bonham, TX 75418

**To make an appointment at either location, call 903.416.4112 or email Mary Utley at [mutley@thcs.org](mailto:mutley@thcs.org).**

# Special therapies can help improve the quality of life

**Parkinson's disease is a neurological disorder that causes tremors, muscle stiffness and difficulty with movement. But at Texoma Medical Center, two programs use intensive therapy that can help patients improve their balance and speed, and voice and speech.**

## ***Promoting strength and balance with LSVT® BIG***

The LSVT BIG program offers specialized treatment that can help improve the motor functioning of patients with Parkinson's disease and other neurological conditions. Therapy Department Manager Jennifer Hamons, BS, PTA, MBA, RPSFCA in NDT, says LSVT BIG treatment incorporates exercise to promote strength and motor learning. "Patients work with an LSVT-certified occupational or physical therapist to gain strength and coordination in performing activities of daily living, which improves their quality of life," she says.

The four-week program focuses on movements that retrain the nervous system and body. Physical Therapist Tony Sterba, who works at TMC Outpatient Therapy Services, says patients do a set of eight standard exercises to promote and sustain mobility. "We start adding functional goals and help them work on increasing the size of the movements," he says. "Some of the outcomes you see with this program are faster walking with bigger steps, improved balance and range of motion."

## ***Speak Out!®***

"Patients with Parkinson's disease have a tendency to speak very softly, to a point where you can't hear what they are saying. They think they are loud, but they are not," says Kay Brewer, MS, CCC/SLP. "This program includes one hour of individual therapy, three times a week for four weeks, as well as training family members to work with patients at home. There are also weekly LOUD CROWD®\* group sessions for ongoing practice and support." Refresher sessions are available if needed after an evaluation.

LSVT BIG is offered at the TMC Reba McEntire® Center for Rehabilitation for inpatient therapy at TMC Outpatient Therapy Services and through TMC Home Health. Speak Out! is offered at the TMC Reba McEntire® Center for Rehabilitation. ■

**For more information, visit [texomamedicalcenter.net/LSVT](http://texomamedicalcenter.net/LSVT).**

\*LOUD CROWD is a program designed by the Parkinson Voice Project. Reba® and Reba McEntire® are registered trademarks licensed by "Reba's Business, Inc."



## Parkinson's voice therapy group

The LOUD CROWD is a weekly group therapy session to help patients maintain their voice and speech skills. Run by Kay Brewer, MS, CCC/SLP, it also provides an opportunity to socialize with others that are experiencing the same difficulty and to share information.

**When:** Every Wednesday,  
10 – 11:00 a.m.

**Where:** TMC Reba McEntire® Center  
for Rehabilitation

**Call:** 903.416.1075



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

## HAVE YOU HAD YOUR VACCINES?



**David C. Loftice, DO**  
Family Practice  
Physician

As you age, staying up to date on vaccines is important and can protect your health. Family Practice Physician David C. Loftice, DO, shares his recommendations on staying healthy for seniors.

**THE FLU SHOT:** Dr. Loftice says the flu is rough even on those who are young and healthy. "But if you are 65 and older, your immune system may be weaker and it could be more difficult to fight it, so make sure to get your flu shot," he says. Also, contracting influenza predisposes you to developing bacterial pneumonia, which is usually much more serious.

**PNEUMONIA VACCINE:** There are two different pneumonia vaccines for bacterial pneumonia. "The first pneumonia vaccine is given because it helps produce a better immune response to different strains of pneumonia. The second is given six months to one year later to protect against additional strains," he says. You only need to get each vaccine once in your lifetime.

**SHINGLES:** If you had chickenpox as a child, the virus can reactivate later as shingles. "Shingles is a painful rash that spreads along the nerves and opens up into sores in the skin, which can become infected. It can also cause long-term nerve pain and affect your vision if the rash appears on your face," he says. If you've had shingles, you can still get it again, so he recommends seniors get the vaccine.

**STAY UP TO DATE ON YOUR HEALTH:** Dr. Loftice also advises that you get a tetanus shot every 10 years. "If you step on a rusty nail, or are injured by a contaminated object, it can be risky." He also suggests that you get an annual physical, your recommended screenings, stay active, eat right and keep your mind sharp. ■

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

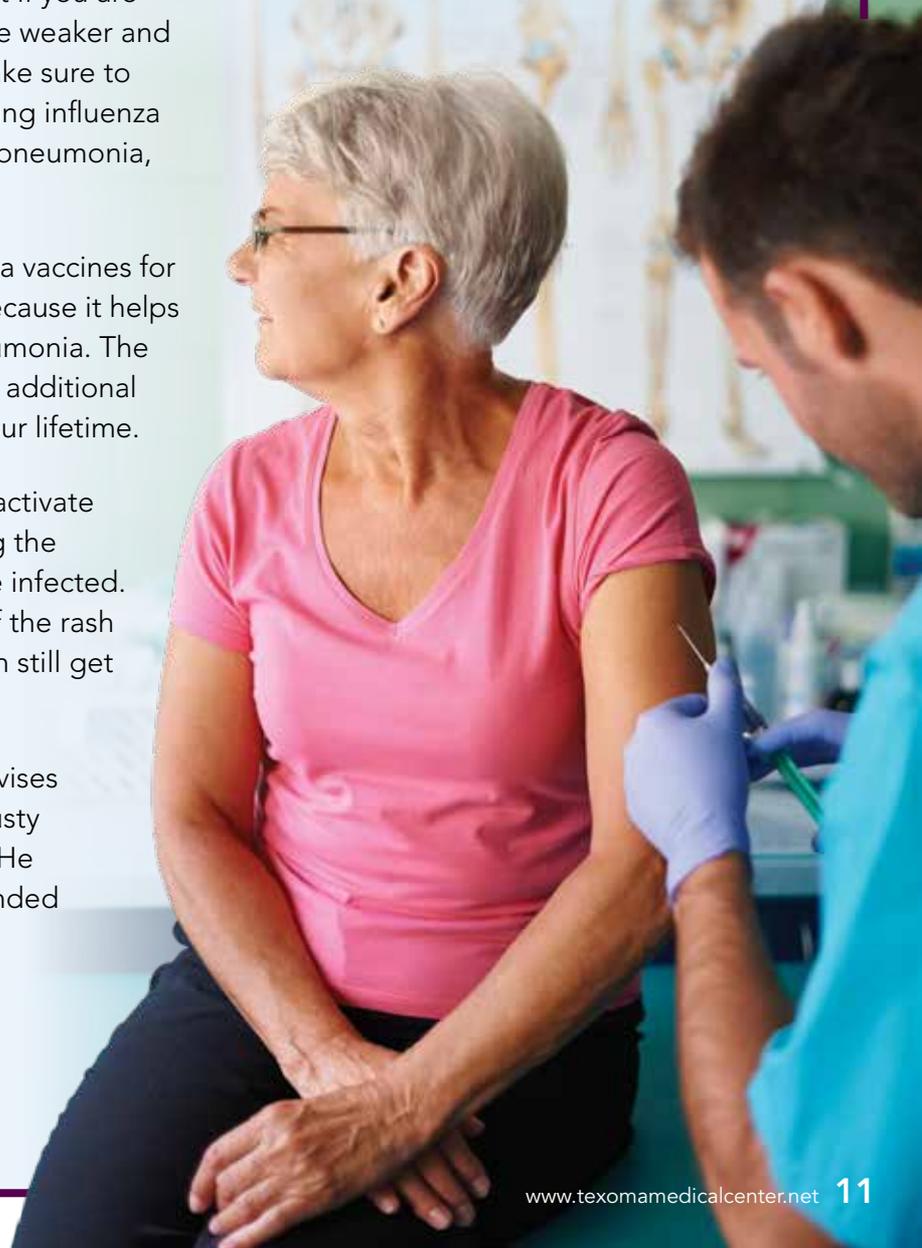
## Join Senior Advantage –

*It's Free!*

The TMC Senior Advantage Program is open to those age 55 and older. As a member, you get access to:

- Health screenings
- Seminars and workshops
- Cafeteria and gift shop discounts
- Health News newsletter and more

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



# “The thought of having *colon cancer* never crossed my mind.”

– CHERRY CUNNINGHAM

One of the most important screenings recommended when people turn 50 is a colonoscopy. The lining of your colon is checked for polyps or cancer. By finding and removing polyps early, colon cancer may be prevented.



**Richard Saltz, MD**  
Gastroenterologist

Cherry Cunningham had her first colonoscopy in 2004 and everything was fine. In 2014, she was due for her next one. But she wasn't having any symptoms, and was busy with living life and running her counseling practice. Then her mother became ill and passed away in October 2016. When Cunningham began to feel sick shortly after, she believed it was from the stress of recently losing her mother. She had relief for several weeks but became ill again and was referred to Gastroenterologist Richard Saltz, MD, in December 2016.

Dr. Saltz ordered a colonoscopy right away and found some areas of concern – he could not get past a narrow part of Cunningham's sigmoid colon. “Dr. Saltz contacted me three days before New Year's and told me the pathology report came back as an adenoma (pre-cancerous polyp) with 'moderate dysplasia.' He immediately contacted General Surgeon Aaron Cernero, DO, ▶

# Senior Advantage

## NEWS AND EVENTS

who scheduled me for surgery on New Year's Eve," says Cunningham. "Dr. Cernero removed the affected areas and additional lymph nodes in that area as a precaution. The final pathology report indicated colon cancer."

Oncologist Alex Ehsan, MD, prescribed a rigorous six-month treatment beginning in February 2017. "He gave me hope that I could beat this," says Cunningham, who finished her treatment in August 2017. A licensed professional counselor with a Master's degree in nursing, Cunningham is a monthly guest on a local TV show, and she thought it would be beneficial for others to follow her on her journey to beat cancer. "So many people contacted me and told me how helpful it was for them to follow me. It gave them hope for their own battle," she says.

Cunningham had follow-up tests in September, and got the good news she was in remission and everything was fine. She has to have a colonoscopy within a year of the surgery, then every three years, in addition to a PET scan once a year and blood tests four times a year, but she is grateful to have her life back. "I was the first female vice president at TMC, so I know what goes into running a hospital. I had the most incredible care while I was here. Everyone tended to my every need, from dietary staff, to housekeeping, to the business office – they were just fabulous. I have so much respect for how this hospital is run," Cunningham says.

She has a message for everyone who is of age to get a colonoscopy. "No matter what external things are going on in your life, do not ignore getting your screening colonoscopy. If I had had mine when I was supposed to, things would be quite different for me. My doctor kept reminding me, but I was too busy and feeling okay, until I wasn't feeling okay. There is no excuse to not get one," she says. ■

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**For more information on screening colonoscopies, visit [texomamedicalcenter.net/gastro](http://texomamedicalcenter.net/gastro).**



### Lunch & Learn Seminar

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

Friday, March 16, 11:30 a.m.

**How Sleep Affects Your Health**

Jason Metcalf, BA, RPSGT  
TMC Sleep Lab

Friday, April 20, 11:30 a.m.

**Liver Health**

Hesham Elgouhari, MD, FACP, Hepatologist

**Reserve your spot today. Call Direct Doctors Plus® at 903.416.DOCS (3627) or register online at [www.texomamedicalcenter.net/lunchandlearn](http://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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at the Downtown Denison location.

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

*One coupon per customer.*

# THE ROLE OF THE INTENSIVIST AT THE HOSPITAL



Patients in the hospital may be seen by a variety of physicians, including

residents and specialists.

But Intensivist Physician

**Utkal Patel, MD, MHA**, says for those patients with critical illness in the Intensive Care Unit (ICU), he is the doctor who provides patient care, leads a team of clinical providers and coordinates with specialists and the patient's family. Here, he shares more about his role.

## Q. What does an intensivist do?

An intensivist is a hospital-based physician who specializes in the care of patients in the ICU and leads a team of multi-disciplinary providers from different fields. Patients in the ICU often suffer from multi-organ or multi-system failure, which can be complications from pneumonia, sepsis, trauma injuries, general or heart surgery and massive stroke. The intensivist has an advanced level of training and understanding of the disease process, so they can act as a coach of the team and are able to direct appropriate care of the patient.

## Q. What kind of training is required?

Once out of medical school, the intensivist chooses a residency in internal medicine, anesthesia or emergency medicine. And then a further two-year advanced level fellowship training for certification in critical care medicine. The intensivist also receives advanced training on the technical procedures and devices used in the ICU, such as ventilators, central lines, intubations, dialysis machines and ECMO equipment.

## Q. How is the role of an intensivist different from other specialists?

Intensivists have one focus – to take care of most seriously ill patients in the hospital. Because their patients are only in the ICU, they can devote more time to creating a care plan for ICU patients and coordinating care with other team members including nurses, pharmacists, respiratory therapists and other physicians. They are also able to perform bedside procedures to help take care of patients.

## Q. How does an intensivist improve care in the ICU?

Because the care in the ICU is complex, there are numerous members of the ICU provider team. The intensivist leads the team to ensure the safe, effective, efficient, timely and evidence-based care to help patients and families in the stressful ICU environment. This can improve patient outcomes and survival rates; it can help lessen complications; and it can result in shorter stays in the ICU. ■

**Did you know that TMC's new patient tower is due to open soon? The expansion project includes 20 additional ICU rooms on the second floor of the hospital. Follow us on social media for updates.**

## Please join us in welcoming these new physicians!



Cardiologist **MAZIAR MAHJOOBI, DO, FACC, FSCAI**, has joined TexomaCare's Texoma Cardiovascular Care Associates. He graduated from New York College of Osteopathic Medicine. He did an Internal Medicine residency and fellowships in Cardiovascular Disease and Interventional

Cardiology from Scott & White Memorial Hospital/Texas A&M Health Science Center in Temple, TX. He is board certified by the American Board of Internal Medicine in Internal Medicine, Cardiovascular Disease and Interventional Cardiology. He is a fellow of the American College of Cardiology and the Society of Cardiovascular Angiography and Interventions, and is a member of the Texas Medical Association, American Osteopathic Association and Texas Osteopathic Medical Association.



Hepatologist **HESHAM M. ELGOUHARI, MD, FACP**, graduated from the Faculty of Medicine of Mansoura University in Egypt. He did an Internal Medicine residency at Texas Tech University Health Science Center in Odessa, TX. He completed a Fellowship in Infectious Disease at the University of New Mexico in

Albuquerque, NM, and a Fellowship in Hepatology/Transplant Hepatology at the Cleveland Clinic Foundation in Cleveland, OH. He is board certified by the American Board of Internal Medicine in Internal Medicine and Infectious Disease. He is a member of the American College of Physicians, American Medical Association, Infectious Diseases Society of America, American Association for the Study of Liver Diseases, American College of Gastroenterology, American Gastroenterology Association and the American Society of Transplantation.



Hospitalist **UMESH KUMAR, MD**, graduated from Sind Medical College in Karachi, Pakistan. He completed his Family Medicine residency requirements from the University of Buffalo-State University of New York in Buffalo, NY. In addition, he is board certified by the American Board of Family Medicine.

He is also a member of the American Association of Family Practice and the Urgent Care Association of America.



**GREGORY MATTER, MD** is a Cardiovascular and Thoracic Surgeon who has joined TexomaCare's Texoma Cardiovascular Surgeons. Dr. Matter graduated from Baylor College of Medicine in Houston, TX. While at the University of Alabama at Birmingham, he completed his General Surgery residency

requirements as well as a residency and fellowship in Cardiothoracic Surgery. Dr. Matter is board certified by the American Board of Surgery and the American Board of Thoracic Surgery and is a member of the Texas Medical Association and the Society of Thoracic Surgeons.



**SRILATHA VELLANKI, MD**, is a Hospitalist who graduated from Gandhi Medical College/University of Health Sciences in Hyderabad, India. She completed her residency in Internal Medicine from the University of Medicine and Dentistry of New Jersey Medical School in Newark, NJ. In

addition, she is board certified by the American Board of Internal Medicine.



### “Happy Healthy You” Lecture Series



**Thursday, March 1**  
**Colorectal Cancer**  
**5:30 p.m. – Physician presentation**  
**TMC Conference Rooms 1 & 2**

**Speaker:** Richard K. Saltz, MD, FACP, Gastroenterologist, TexomaCare Colonoscopy and GI Diagnostic Center. Dr. Saltz will discuss the warning signs, prevention and treatment of colorectal cancer.



**Refreshments will be served. Call Direct Doctors Plus® at 903.416.DOCS (3627) or register online at [texomamedicalcenter.net/HHYColon](http://texomamedicalcenter.net/HHYColon).**



# heart Health Event

**Saturday, February 17 | 8 – 11 a.m.  
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

### 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.

**GET A REMINDER WHEN YOU REGISTER TODAY AT  
TMCHeartHealth.com.**



**Connect  
WITH US!**



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

#### HEALTH NEWS FROM TEXOMA MEDICAL CENTER

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