

HEALTH NEWS *from*

SPRING 2017

doctors hospital OF LAREDO

Wound Healing Center NOW OPEN!



INSIDE:

Victor Canales talks about his open-heart surgery
Learn more about care at our two ER facilities



Compliments of
**DOCTORS
HOSPITAL**



From the CEO



Welcome to our first *Health News* of 2017! We're excited to tell you about the latest happenings at Doctors Hospital of Laredo, starting with the opening of our new Wound Healing Center. Located on the hospital campus, the new Center provides help for chronic wounds associated with diabetes, cardiovascular disease and other conditions.

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Pictured on the front cover: CEO James Resendez does the honors at a ribbon cutting ceremony held January 31 at Doctors Hospital of Laredo to celebrate the opening of the new Wound Healing Center.

Another new service is our educational podcast series, which is featured on the next page. This provides an easy and interesting way to learn about different health topics that may affect you and your family.

In other stories, we provide a question-and answer article about our emergency services to help you be prepared when unexpected medical situations arise. We also introduce you to Victor Canales, who describes his experience with open-heart surgery.

Through all of our hospital services, we take pride in providing quality, personalized care, and we want you to feel reassured knowing you are in good hands. As we begin a new year, we'd like to recognize our new Board of Governors and Medical Executive Committee for the important role they play in supporting our hospital and patients. Together, we look forward to serving you in 2017.

Sincerely,

James Resendez, FACHE
Chief Executive Officer

We're building on our commitment to the community

Doctors Hospital of Laredo is proud to announce the start of the ICU and Cardiac Rehab Expansion Project. This \$13 million-plus investment includes the addition of eight ICU beds and the construction of 4,000 square feet for a cardiac rehabilitation unit. Completion by December 2017 is expected. Additionally, the existing Emergency Department (ED) will undergo a \$1 million facelift starting in May. ED services will not be affected and will continue to operate as usual.

Please pardon our appearance and any inconvenience as we expand to meet our community's needs. Also, be sure to check our website, www.ichoosedoctorshospital.com, and Facebook page for pictures and updates!



LINK, LISTEN AND LEARN!



Doctors Hospital of Laredo is pleased to offer a new series of podcasts on its website as an educational service to the community. The brief and informative audio sessions feature candid conversations with physicians and staff members about their areas of expertise. Who is a candidate for weight-loss surgery? What's the best way to support a healthy pregnancy? And how can you help your child make better food choices? These are just some of the questions addressed in the first podcasts offered.

You can listen to the interviews directly on the hospital website or download the podcasts and listen on-the-go via your smartphone, tablet or other digital device. The podcasts are also available on iTunes® and through the free iHeartRadio app. They are hosted by professional radio talk host Melanie Cole.

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You can hear the podcasts by clicking on the "Resources" tab at www.ichoosedoctorshospital.com. Podcasts are also available through iHeartRadio, or by subscribing to iTunes.

Jim Resendez, CEO of Doctors Hospital, believes that the audio podcast series is important to the community. "The interviews are conducted in such a casual, conversational manner that they are a pleasure to listen to and we hope that people will download and share this vital information with others," he says. "We are excited to be bringing this unique audio content series to our community." ■



Now available

Current podcasts feature conversations with:

- **OB/GYN physician David Benavides, MD, on the importance of prenatal care**
- **Pediatrician Francisco Cervantes, MD, discussing the epidemic of childhood obesity**
- **Michael Morris, MD, talking about treatment of obesity through bariatric surgery**
- **Cardiologist Ralph Nimchan, MD, on taking care of your heart**
- **Eduardo Miranda, MD, covering facts about colorectal cancer**
- **Rafael Deliz, MD, providing information about sepsis**

New podcasts will continue to be added to the audio library.

Help for healing chronic wounds

NEW CENTER OFFERS ADVANCED CARE CLOSE TO HOME

“We want to make sure that we provide our patients with the most effective treatments available.”

– Rudy E. Vasquez, Program Director

At a ribbon-cutting ceremony on January 31, Doctors Hospital of Laredo celebrated the opening of a brand new Wound Healing Center on the hospital campus near the Doctors Regional Cancer Treatment Center. Through a partnership with Healogics™, the nation’s leading wound care management company, the new Wound Healing Center has access to a vast network of resources and advanced healing technologies. This includes two hyperbaric oxygen therapy chambers, which are brand new to Doctors Hospital. ►



From left are: Cindy Beattie, RN, Clinical Nurse Manager; Valerie Gonzalez, Administrative Assistant; Rudy E. Vasquez, Director; Marissa Gonzalez, MD, Panel Physician; Jason Orr, Healogics Area Vice President; Chanda Fulgium, Healogics Senior Vice President; and Manuel J. Gonzalez, MD, Medical Director.

"Hyperbaric oxygen treatment has been shown to be very effective when partnered with other conventional healing methods," says Medical Director and Vascular Surgeon Manuel Gonzalez, MD, who has been caring for patients in the community for many years. "It's completely pain-free and is an everyday regimen. It's not for everybody, but for certain patients it can speed up the healing process."

The hyperbaric oxygen chambers at Doctors Hospital are constructed of completely see-through acrylic, explains Program Director Rudy E. Vasquez. Inside the chambers, patients inhale 100 percent oxygen, which promotes healing. "Patients lie down during the treatment and can watch a TV mounted to the outside of the chambers, if they'd like," says Vasquez. They can bring a pillow or blanket into the chambers with them, and they're monitored the entire time by a trained technician, Vasquez notes.

This therapy is administered along with other treatment methods to support wound healing, Vasquez explains. "It's like a diet and exercise. Although either one is effective, if you have both together you experience faster results," he says.

"There is a thorough process we go through," Vasquez says of the treatment process. "This helps to ensure that proper treatments are administered to heal the wounds, even for persistent wounds."

For many patients, conditions like cardiovascular disease and diabetes can contribute to chronic wounds. For example, patients with diabetes may develop a condition called neuropathy, which can cause numbness in the feet, Vasquez says. If this happens, patients may have a pebble or other small object in their shoe, which could cause a small wound that they don't notice until it becomes a bigger problem.

Having enhanced access to advanced wound care will help many area residents, Vasquez believes. "We are very excited to be able to offer this service to our community and continue to provide the high level of care people expect at Doctors Hospital," he says. ■



Marissa Gonzalez, MD (left), and Cindy Beattie, RN, help to advance the healing process.



DOCTORS HOSPITAL
WOUND HEALING CENTER
A Service of Doctors Hospital of Laredo

Monday through Friday, 8 a.m. to 5 p.m.

To schedule an appointment, or if you have questions about treatment for a persistent wound, please call 956-523-3480 or 956-523-3481.

Patients can usually get an appointment promptly.

When should you see the doctor?

Any break in your skin is considered a wound. This could include cuts, splinters, blisters, incisions, punctures scrapes, pressure sores, ulcers and burns. If, after eight weeks, your wound hasn't healed or has gotten worse, it needs help.

Also, call your doctor right away if you have concerns related to a wound, including: increased pain; redness; bleeding; fever; signs of infection such as yellow or green pus; black edges around a wound, which can be a sign of dead tissue; and stitches or staples that have come out too soon.*

*National Institutes of Health

Questions and answers

ABOUT ER CARE

When you need emergency care, you can find us in two convenient locations and you get the full support of Doctors Hospital of Laredo.

Q: What services are available at Emergency Room (ER) South?

Conveniently located at 2901 Jaime Zapata Memorial Highway in Laredo, ER South offers the same quality 24-hour emergency care as Doctors Hospital. It is the only local freestanding emergency facility operated under a hospital license. If you need to be hospitalized, we can provide transfer and direct admission to Doctors Hospital or transport to any other hospital of your choice.

Q: What does hospital-backed care mean to me?

This means you'll get quality care from trained, experienced staff from a licensed, accredited hospital designated as a Level III Trauma Center by The Texas Department of Health Services. You'll also have the full resources and backup of Doctors Hospital if specialized care is needed.

Q: What if I need emergency care for a possible stroke or heart problem?

Doctors Hospital is designated as a Certified Primary Stroke Center by The Joint Commission and an Accredited Chest Pain Center by The Society of Cardiovascular Patient Care. We are committed to providing a high standard of care for our community.

Q: Is there anything else I should know?

Our ERs accept most insurance plans, including Medicare. We know how important your time is to you, and we have worked to streamline care so that you are treated as quickly as possible. Our special online service, ER Reserve*, lets you request a time at Doctors Hospital's main emergency department for non-life-threatening illnesses and injuries, such as flu, sore throat and muscle strains and sprains. To find out more about this and our other emergency services, visit www.doctorshosplaredo.com/ER. ■

If you're having a medical emergency, go to the nearest emergency department or call 9-1-1 immediately.

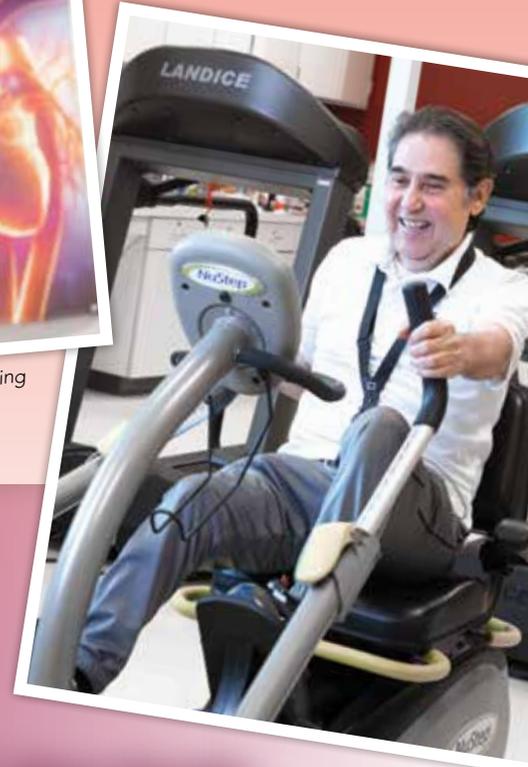
*ER Reserve should be used only if you decide your care can wait until the time you select. Do not wait if your symptoms or conditions worsen or if you need immediate care since delays may complicate your condition. If you are unsure of your condition or if your condition worsens, then please go to the nearest emergency room or call 9-1-1.

Some insurance plans may not cover an ER visit if it is deemed urgent care, or may apply a different copay. Please check your covered benefits with your insurance provider for details.





Victor Canales is enjoying a new lease on life since undergoing open-heart surgery and cardiac rehabilitation.



Stay heart-healthy at Doctors Hospital

“I HOPE MY STORY CAN HELP OTHERS” – Victor Canales



Arthur Santos, MD
Cardiothoracic Surgeon

Victor Canales was 63 when he found out he needed open-heart surgery. He was active and had been playing soccer just the week before, when he suddenly began to feel out-of-breath and weak. Testing revealed that he had three blockages in his arteries that were restricting blood flow to his heart. “It was hectic,” he recalls of

the worry and uncertainty he felt about the surgery. Then he met his cardiothoracic surgeon Arthur Santos, MD, and he knew everything would be okay.

“He gave me peace,” Victor says of Dr. Santos, who immediately put him at ease and told him what to expect each day he was in the hospital. “He is a great, great person,” Victor says. “He has been a blessing to my life.”

After the surgery was successfully completed, Victor remembers the attentive care he received from the nurses at Doctors Hospital, who were there for him day and night. His recovery also included about 12 weeks of outpatient rehabilitation at the hospital, where he spent an hour each day on exercises and other activities.

Looking back on it now, he says it’s important to have your symptoms checked out if something doesn’t feel right. “Don’t be afraid to see the doctor, that was the key for me,” he says.

Today, Victor tries to eat well and exercise to stay healthy. He has been back to Doctors Hospital to thank the people who cared for him. If there were an “Oscar” award for hospital teams, he says he’d give it to them. “They’re awesome people,” he says. ■

Come to our Heart Support Group!

The group is open to anyone in the community who is coping with heart-related illnesses and conditions; you do not need to be a patient to attend. Meetings are held the second Thursday of every month at 6 p.m. in the Doctors Hospital Community Center. For more information, please call Ana Sanchez at 956-523-2779. To register, visit www.doctorshosplaredo.com/heartgroup.

CALENDAR OF *events*



FREE

CHILDBIRTH EDUCATION

Prenatal classes cover information for your entire pregnancy, including labor, pain management, breastfeeding and newborn care. A tour will be included.

WHERE: Community Center

WHEN: Sessions are held the first two Tuesdays of the month, from 6 – 8 p.m.

- April 11
- May 2, 9
- June 6, 13

WHO: Instructors are Sharon Priest, RN, and Maria Noela Avila, RN, IBCLC, Lactation Consultant.

HOW: Call 1-877-992-1711 to sign up and confirm class dates.*

**We recommend that a mom and her support person register and attend as soon as she knows she is pregnant. Children are not permitted in this class.*

BREASTFEEDING CLASSES

Open to all moms, even if it is not your first baby. All mothers are encouraged to attend before and/or after they deliver. Our Lactation Consultant is ready to offer support and guidance.

WHERE: Postpartum Conference Room

WHEN: Last Thursday of every month, 1:30 – 2:30 p.m.

HOW: Register at 956-523-2530; if there is no answer, please leave a message.

**WEIGHT-LOSS SURGERY
ONLINE SEMINARS**

If you want to learn more about weight-loss surgery, you can now get the information you need in the comfort of your home. Find out more by watching a series of videos about weight-loss surgery at Doctors Hospital of Laredo. Go to www.ichoosedoctorshospital.com/videoseminar.

BARIATRIC SUPPORT GROUP

Thursdays at 5:30 p.m.

Providence Health Center (main lobby)
Open to anyone who has had bariatric surgery or is considering it.

- April 27: Drawing Lessons
- May 25: Standing Yoga Session
- June 29: "Meet and Read" at Laredo Public Library



*Connect
WITH US!*



Like our page on Facebook
www.ichoosedoctorshospital.com
956-523-2000

**HEALTH NEWS FROM
DOCTORS HOSPITAL OF LAREDO**

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