

HEALTH NEWS *from*

SUMMER 2017

doctors hospital OF LAREDO

A healthy OUTLOOK

*Claudia Coates tells how treatment
at the Wound Healing Center
helped restore her peace of mind*

Inside:

Faster CT scans

Learn about our
new equipment

We're growing!

Our ICU and
cardiac rehab
expansion begins

Compliments of



DOCTORS
HOSPITAL



As we approach the mid-year mark, many exciting things are happening at Doctors Hospital of Laredo. We are pleased to report that construction on our new ICU and cardiac rehab expansion is well underway. You can read more about this project and see pictures from our groundbreaking ceremony on page 6.

Also, our new Wound Healing Center has gotten off to a strong start and is already making a difference for patients in the community. We thank Claudia Coates, who is featured on our cover, for sharing how advanced wound healing therapy has helped her achieve better health.

In other news, we tell you on the next page about a radiology upgrade that enhances care for patients who need CT scans; and on page 7 we discuss how representatives from Doctors Hospital are supporting an educational community initiative on advance directives.

Finally, in the announcement below, it is an honor and privilege to report that Doctors Hospital recently received three distinct awards recognizing the performance and dedication of our staff. We look forward to building on this success and continuing this tradition of excellence for our community.

Sincerely,

James Resendez, FACHE
Chief Executive Officer

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CEO James Resendez shares the news about the Service Excellence Award with hospital employees.

Celebrating A TRIO OF HONORS

Doctors Hospital of Laredo recently received the Service Excellence Award for 2016 from Universal Health Services, Inc., for the Acute Care Division. This prestigious honor recognizes teamwork, professionalism and positive interactions across all levels of the organization to ensure positive outcomes and a "WOW" experience for patients, families and employees.

Doctors Hospital was also recognized for high employee engagement and best supply chain management performance. Congratulations to all of the physicians and staff at Doctors Hospital who work hard to ensure service excellence every day.

To learn more about care and services at Doctors Hospital of Laredo, visit www.ichoosedoctorshospital.com.



IMAGING *upgrade*

New radiology equipment makes getting a high-quality CT scan faster, safer and more patient-friendly.

Doctors Hospital of Laredo now offers high-resolution, low-radiation-dose technology for patients needing a computed tomography or CT scan. The new Philips Ingenuity CT equipment is available at both the main hospital campus at 10700 McPherson Road and the Providence Health Center at 230 Calle Del Norte.

A number of advantages are offered with this new equipment, explains Director of Radiology Carlos Farias, RT(R)(CT). First, it supports a safer patient experience because of the lower radiation dose. Also, the equipment delivers more detailed results and enables faster scanning, which means patients spend less time in the imaging procedure, Farias says.

Other enhanced capabilities include higher weight limits, up to 650 pounds, to accommodate bariatric patients, and sophisticated technology to help correct imaging for patients with large metal implants. Also, the equipment's many

special features include a cardiac package that can be used to diagnose conditions such as narrowing of cardiac arteries. For patients who have suffered a stroke, a special perfusion CT feature can assess damage to the brain to support optimal care and treatment.

Farias says his team is excited about the new equipment and plans to announce other radiology upgrades in the coming months. "Our focus is to continue enhancing the services and technology we provide to support the best patient experience," he says. ■

What is a CT scan?

A CT scan is a low-dose radiation X-ray that takes detailed pictures of organs, bones and tissues. During the procedure, a patient lies in the scanner while images of the body are taken from different angles. CT scans can help to diagnose a wide number of conditions, from cancer and chest abnormalities to abdominal issues and conditions of the spine.

A doctor's order is needed for a CT scan, and results are provided promptly. To find out more about radiology services at Doctors Hospital, visit www.ichoosedoctorshospital.com/radiology or call 956-523-2088. To schedule an appointment, please call 1-800-465-5585.

Reclaiming her health

WITH CARE FROM THE WOUND HEALING CENTER

For Claudia Coates, coping with a wound that could not be seen was affecting her physically and emotionally. She was experiencing pain regularly and was nervous and afraid about what was happening. After suffering on her own, she talked with her doctor who referred her to the Wound Healing Center at Doctors Hospital of Laredo. ►

Claudia has more peace of mind since getting treatment for a painful wound.

"Many patients can suffer from the lasting effects of radiation injury and may not even be able to see any physical signs, but it's important for people to know that they're not alone and that effective medical treatments are available," says Manuel Gonzalez, MD, Vascular Surgeon and Medical Director of the new Wound Healing Center.

Through a partnership with Healogics™, the nation's leading wound care management company, the Wound Healing Center has access to a vast network of resources and advanced healing technologies, including two hyperbaric oxygen therapy chambers, which were instrumental in Claudia's care.

"Hyperbaric oxygen therapy supports healing by allowing patients to use the body's own natural healing mechanisms," explains Dr. Gonzalez. During the procedure, patients lie in a clear acrylic chamber that is pressurized to enable the lungs to take in more oxygen than they would under normal atmospheric conditions. This can promote the flow of oxygen-rich blood to areas of the body that the oxygen might not otherwise reach, and help not only speed, but complete the healing process. Other benefits may include decreased swelling, the formation of new micro blood vessels and increased protection against infection.

This type of treatment is not recommended in all cases, but for certain patients, it can be beneficial, Dr. Gonzalez notes.

By the second week of hyperbaric oxygen therapy, Claudia noticed a difference. Her pain lessened, and just as importantly, she felt more confident and assured about her health. "I had more peace of mind," she recalls.

Since having the treatment, Claudia says she has been able to get back to exercising without pain, and the worry she used to feel has been relieved.

Today, she thanks God for the opportunity to go to the Wound Healing Center. She is also grateful to the staff at the center for their "professionalism, care and unity." They went out of their way to make sure that she felt comfortable and secure, she notes. "I was in good hands," she says. ■

For more information or to schedule an appointment at the Wound Healing Center, call 956-523-3480 or 956-523-3481. To learn more about the wound healing center, visit www.ichoosedoctorshospital.com/heal.

Wound care tips

• **Clean, clean, clean.**

Wash your hands and wear protective gloves (latex or vinyl) when dealing with your wound. Keep or change those dressings just as you've been instructed. Keep surfaces where you'll be changing wound bandages and/or applying topical ointments clean and disinfected.

• **Sleep.**

Your body does most of its healing while you sleep. The average adult needs seven to nine hours of sleep each night.

• **Nutrition.**

Ask a nutritionist about the benefits of vitamins such as C, B and E, calcium and zinc, and the importance of a diet high in protein. Amino acids in protein help build muscles, skin, hormones and your immune system.

If you have a wound that is not getting better after four weeks or does not heal within eight weeks, it is considered a chronic or non-healing wound. Wounds treated at the Wound Healing Center include pressure sores (stages 1, 2, 3, and 4); ulcers (neuropathic and others); surgical incisions; burns; and ischemic wounds (caused by poor blood flow).



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



The sun was shining and the shovels were set as Doctors Hospital celebrated the start of its expansion project at a special ceremony.



Francis Atwell (left), from the Office of U.S. Congressman Henry Cuellar, presents a Congressional Certificate of Recognition from Congressman Cuellar to Doug Matney, Regional VP of the UHS Acute Care Division and Doctors Hospital CEO Jim Resendez. Also pictured (right) is Webb County Judge Tano Tijerina.

Our ICU and cardiac rehab **EXPANSION IS UNDERWAY!**

In a groundbreaking ceremony attended by local dignitaries, physicians, hospital representatives and other community members, Doctors Hospital of Laredo recently kicked off a \$13 million-plus project to add eight ICU beds and construct 4,000 square feet for a cardiac rehabilitation unit. Completion is expected by December 2017.

"The expansion of Doctors Hospital's ICU and Cardiac Rehabilitation is a result of the community's support for our cardiovascular services," states CEO James Resendez. "With hundreds of cardiac-related procedures a year, Doctors Hospital is leading the way in providing quality care right here at home."

The highly skilled team at the hospital's Heart and Vascular Center provides diagnosis and treatment for heart attacks, heart disease and other cardiac conditions. An advanced cardiac surgical suite is dedicated exclusively to open-heart procedures. The current project will further enhance care by providing a new cardiac rehabilitation unit to support patients recovering from heart attacks, heart surgery and interventional procedures.

The Cardiac Rehabilitation program at Doctors Hospital offers initial patient assessment, individualized exercise programs, nutrition counseling, risk factor management (blood pressure, cholesterol, weight, smoking), heart health education, behavioral counseling and stress management. The goal is to help patients achieve their best possible recovery and optimal quality of life. ■

**Want to stay up to date on our expansion and other hospital developments?
Follow us on Facebook or on our website at www.ichoosedoctorshospital.com.**

As we expand our heart care facilities, we're also expanding our outreach to the community with a new Laredo Cardiac Support Group open to anyone who is affected by heart disease. To register online, visit www.ichoosedoctorshospital.com/support.



The “gift” of creating AN ADVANCE DIRECTIVE

August 12, 2005, was a day that changed Rachel Rodriguez’s life forever. That was when she gave her okay for doctors to remove her husband’s breathing tube. “It wasn’t a decision I had to make. It was a decision my husband had made,” she says. “I followed his wishes, and I was at peace.”

Rodriguez is a Patient Advocate at Doctors Hospital of Laredo and now shares her story in hopes of helping others. Along with JoAnne DeHoyos, RN, CCM/Case Management Director at Doctors Hospital, she is involved in the Laredo of Tomorrow Coalition Health Task Force that is working to educate the community about advance directives. An advance directive is a legal document that tells the kind of healthcare you wish to receive if you are unable to decide for yourself due to incapacity or serious injury or illness.

The initiative is called “Advance Directives: A Gift of Love.” DeHoyos explains that documenting your end-of-life wishes can be one of the most meaningful gifts you can give to your family. It can help to avoid confusion if difficult decisions need to be made about your care, she explains. “Your loved ones can know they made the choice you would want.”

DeHoyos emphasizes that you should talk with your doctor and loved ones about your end-of-life wishes while you are still healthy, rather than waiting until you are seriously ill or hospitalized. Resources and free forms are available online (see box below). Once you create an advance directive, you should give a copy to your family, physician, hospital and close relatives and friends who could be involved in your care, she says.

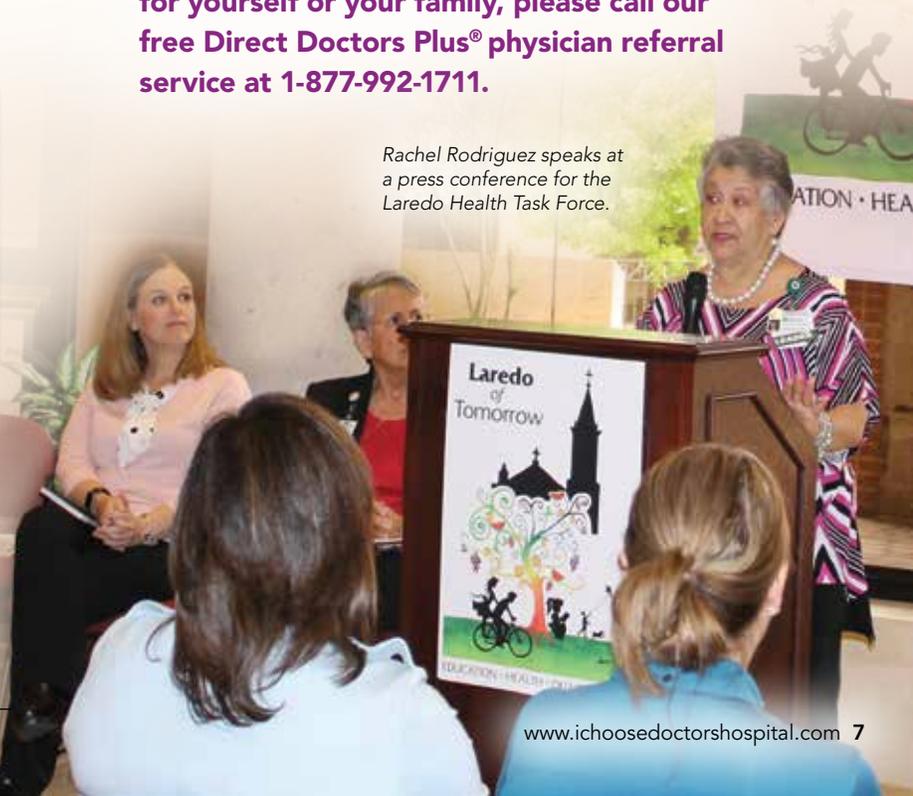
DeHoyos got involved with the task force because she sees firsthand how difficult it can be for families to make decisions for their loved ones. It’s not an easy subject to talk about, she says, but being prepared can be a great comfort to your family. ■

Your doctor can be a helpful resource for advance directives. To find a doctor for yourself or your family, please call our free Direct Doctors Plus® physician referral service at 1-877-992-1711.

Helpful online resource

For more information about advance directives or to obtain forms, visit the Texas Department of Aging and Disability Services website at www.dads.state.tx.us and search for advance directives.

Rachel Rodriguez speaks at a press conference for the Laredo Health Task Force.



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.

- July 11
- August 1, 8
- September 5, 12

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.

- June 29: "Meet and Read" at Laredo Public Library
- July 27: North Central Park Photography Lessons
- August 31: 5th Annual Bake Off
- September 28: Tai Chi Lesson



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**HEALTH NEWS FROM
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