

Health Connection

BROUGHT TO YOU BY SOUTH TEXAS REGIONAL MEDICAL CENTER

**Digital
mammography
comes to STRMC**

**We care for
your family**
Meet our family
practice physicians

**Improving our
emergency care**

**Visit
Healthy Woman
Online!**
See page 3



**SOUTH TEXAS REGIONAL
MEDICAL CENTER**
Quality Care. Right Here.

www.strmc.com

Dear neighbors,

Welcome to the fall issue of *Health Connection*, South Texas Regional Medical Center's (STRMC) community health newsletter. Your family's health care needs are the priority of our hospital. For this reason, this issue includes the latest health and wellness news to help you make important decisions for your loved ones—now and throughout the year. You need to know of our expanding health care options available at STRMC, including local and specialty physicians, services, programs and free resources to keep you healthy!

RECENT ADDITIONS

We'd also like to take this opportunity to share news of two exciting developments to our medical community. First, we now have a new emergency department medical director and physician group within our hospital. These medical staff members are experienced in

working with Texas hospitals and are board certified in emergency medicine. Best of all, they're prepared for you, when you're in need because of life's critical emergencies.

Secondly, STRMC now offers digital mammography right here at home. We're proud to be the first health care provider in town to offer the advantages and advancements of digital mammography to women of Jourdanton and surrounding areas.

As always, I wish you and yours good health and happiness!

Best wishes,

JIM RESENDEZ, FACHE
Chief Executive Officer
South Texas Regional Medical Center



Jim Resendez, FACHE
Chief Executive Officer



Visit Healthy Woman Online!

Healthy Woman Online is a free resource to empower women ages 25–65 to make informed health and well-being decisions. Join today to:

- be the first to learn about and sign up for events
 - connect with other Healthy Woman members
 - receive information about your health, relationships and life issues
- To confirm that you want to remain or to become a member of the Healthy Woman program, you must sign up at www.healthywomanonline.com

FOR QUESTIONS, E-MAIL US AT HEALTHY_WOMAN@CHS.NET

Family care is a family affair!

Meet your neighborhood family practice physicians

At South Texas Regional Medical Center (STRMC), we want to help you find the perfect fit for your family's unique health care needs. We've designed this reference guide to help you select any of the quality physicians on medical staff at STRMC, throughout Jourdanton, Pleasanton and Poteet. You can also reference this list by going online to www.strmc.com/familydoctor.



ABIMBOLA M. BANJO, M.D.
Family Medicine

220 W. Goodwin
Pleasanton
(830) 569-2440



WALTER LEE CHESSHIR, M.D.
Board-Certified Family Medicine

Lone Star Medicine
110 Preston St.
Pleasanton
(830) 569-5552



ENRIQUE ALVAREZ GARCIA, M.D.
Family Medicine

130 Water St.
Pleasanton
(830) 569-5030



MICHAEL MCFARLAND, M.D.
Board-Certified Family Medicine/
Hospice and Palliative Medicine

1105-A Oak St.
Jourdanton
(830) 769-2181



ALEJANDRA M. MORENO, M.D.
Board-Certified Pediatrics

1901 Hwy. 97E, Suite 120
Jourdanton
(830) 769-1045



LANA KAY MORGAN, M.D.
Board-Certified Pediatrics

1901 Hwy. 97E, Suite 120
Jourdanton
(830) 769-1045



MARIO PEREZ, D.O.
Board-Certified Family Medicine/
Osteopathic Medicine

8555 N. State Hwy. 16 S.
Poteet
(830) 742-3637



**ALL PHYSICIANS LISTED ARE
ACCEPTING NEW PATIENTS.**



GERALD BRUCE PHILLIPS, M.D.
Family Medicine

218 W. Goodwin
Pleasanton
(830) 569-2070



ARMANDO VILLARREAL, M.D.
Board-Certified Family Medicine

1540 Goodwin
Pleasanton
(830) 569-6340



THOMAS THANG VUONG, D.O.
Board-Certified Family Medicine/
Osteopathic Medicine

1240 W. Oaklawn, Suite 106
Pleasanton
(830) 569-3553



BENJAMIN ZERTUCHE, M.D.
Family Medicine

310 W. Oaklawn
Pleasanton
(830) 569-2527

About family practice

Family practice physicians diagnose primary illnesses or diseases and treat patients with nonsurgical and surgical methods. They encourage preventive medical care by providing physicals and checkups for the maintenance of good health. Some of these physicians also perform obstetric and gynecologic procedures and care for newborns as well as older children and adults.



! We're here for you!

Find out more about STRMC services and physicians by visiting www.strmc.com.

Strengthening community emergency care

South Texas Regional Medical Center (STRMC) is continually working to strengthen the available emergency care for patients of this community. STRMC's most recent enhancements include the addition of a new emergency department (ED) director, medical director and physician group. These changes are part of a long-term plan to advance local emergency services.



Gillian Crabb, R.N.
ED Director

NEW DIRECTOR

STRMC proudly welcomes Gillian Crabb, R.N., ED director, to their team of emergency care professionals. The position of ED director is a critical part of hospital leadership. In 2009, the ED treated more than 19,000 patients. High patient volumes demand strong and experienced leadership.

A native of London, England, Crabb is a graduate of the Hedgecock School of Nursing in Barking, Essex, England. During the past 17 years of her career, she's called the United States her home. She's worked as a registered nurse for almost 30 years in various locations as far-reaching as Massachusetts, Georgia, Texas and London. Crabb's familiarity with ED medicine in Texas is substantial. Her previous in-state work

experience includes pediatric and adult emergency care in Austin, San Antonio, San Angelo and Iraan.

Throughout her career in health care, Crabb has served in other capacities, including ED trauma coordinator, ED relief supervisor and ED department educator. She credits each position with giving her new and fresh perspectives in health care.

NEW MEDICAL DIRECTOR

Working alongside Crabb in a leadership role is new ED medical director Richard L. Keiger, M.D. Dr. Keiger is part of the Schumacher Group, the independent group of physicians now providing emergency care coverage at STRMC.

Dr. Keiger has spent the past 13 years working in emergency care settings within San Antonio. His thorough experience caring for patients of this community and fluency in Spanish make him an excellent fit for our growing community.

STRMC also welcomes Dr. Keiger and the other members of the new ED physician group:

- Richard Aldridge, M.D.
- Robert Butter, D.O.
- Aulton Chisum, D.O.
- John Flanagan, M.D.
- Sumit Guha, M.D.
- Stephen Paulson, M.D.
- Paul Richter, D.O.
- Mark Szumilewicz, M.D.

These physicians will work alongside Patricio "Pat" Villarreal, M.D., former medical director of emergency services, to reinforce the continuity of patient care provided by the Schumacher Group.



Richard L. Keiger, M.D.
ED Medical Director



Here when you need us!

If you have an emergency, call 9-1-1 for immediate assistance or save our hospital's phone number, (830) 769-3515.

Health Connection is published as a community service of South Texas Regional Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

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SAVING LIVES

One digital mammogram at a time

Did you know that a woman's chance of developing breast cancer in her lifetime is one in eight? In fact, one person every 2.5 minutes is diagnosed with breast cancer. The good news is that mammography screenings are the best ways to detect breast cancer in its earliest stages and save lives. The better news is that South Texas Regional Medical Center (STRMC) is the first health care provider in town to feature the Selenia digital mammography system along with the MammoPad breast cushion.

Now, all women who undergo routine mammograms at STRMC have advanced diagnostic technology in digital mammography, available to them within their community.

THE DIGITAL DIFFERENCE

Digital mammography is different from conventional mammography in how the image of the breast is acquired and, more important, viewed. The radiologist can magnify the images, increase or decrease the contrast and invert the black-and-white values while reading the images. These features allow the radiologist to evaluate micro-calcifications and focus on areas of concern.

Although the breasts are still compressed with digital mammography, the MammoPad breast cushion dramatically



▲ STRMC's medical imaging staff at the Open House celebration included: (l-r) Charlene Ballard, Candace Mitchell, Irene Trevino, Irene Carrasco, Barbara Lewis, Carla Harlos, Gabriella Judkins and Cathy Black.

◀ Barbara Lewis, STRMC director medical imaging, received the Pink Facility Distinction Award from Gerardo Flores, STRMC's ACEO/CNO, at the event.

decreases the pain many women experience when they get a mammogram. The average exam time is now shorter and the use of special soft pads creates a warmer, softer exam.

By offering women the digital technology in mammography, STRMC hopes to increase the number of area women who follow recommendations for regular screenings. The American Cancer Society recommends that women age 40 and older have a screening mammogram every year and should continue to do so for as long as they are in good health. Digital mammography helps increase prevention and early detection of breast cancer.

! Don't delay your mammogram!

When detected early, breast cancer can be cured. So if it's time for your mammogram, choose a leader with digital mammogram technology. Call (830) 769-5345 to schedule your exam.