

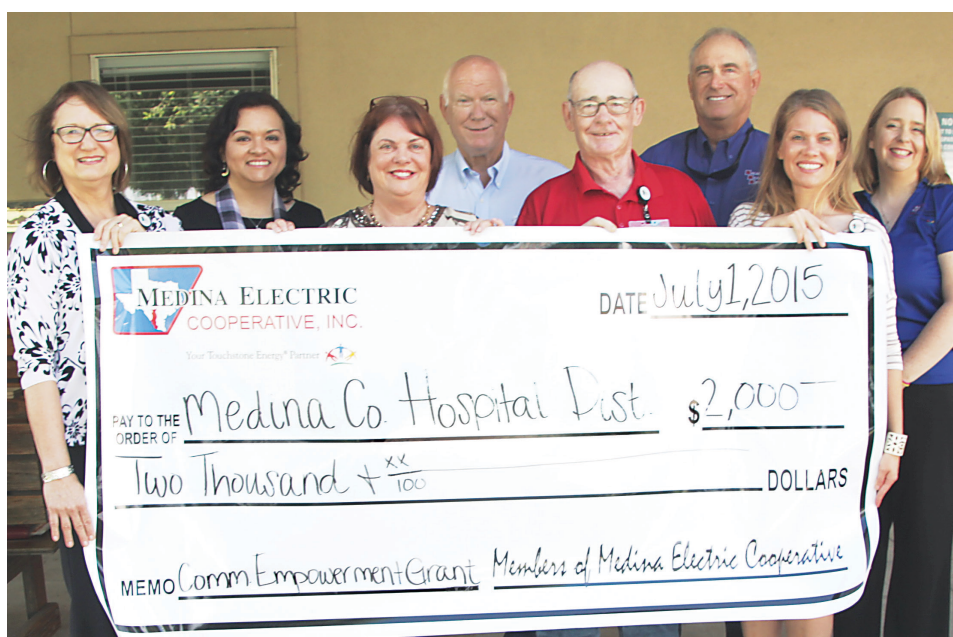
MEDINA HEALTH NEWS

YOUR BEST SHOT AT STAYING WELL

Five good reasons why you and your family should get the flu vaccine—this year and every year.

SEE PAGE 2 ►

M E D I N A H O S P I T A L . N E T • F A L L 2 0 1 5



THANK YOU!
Medina Electric Cooperative, Inc., awarded a Community Empowerment Grant of \$2,000 to Medina Healthcare System to help furnish the newly expanded Medical Clinic of Devine.

WELCOME, DR. HAYS!

MEDINA HEALTHCARE SYSTEM is excited to welcome Robert F. Hays Jr., MD, to its stellar team of Rural Health Clinic providers. Dr. Hays will join the medical staff in the fall and will see patients at the Medical Clinic of Castroville, where he will provide both family medicine and obstetrical care.

“He brings a passion for patient-centered care—including a love of delivering babies, a track record of patient satisfaction and proven leadership,” says Matt Windrow, MD, Chief of Staff for Medina Healthcare System. “The physicians at Medina Regional love delivering babies and watching them grow into wonderful residents of Medina County. What is even better is the ability to stay with these families for generations to come. I know we are excited to include Dr. Hays in this wonderful experience.”

CAREER AND FAMILY Dr. Hays joins Medina Healthcare System from Baylor Scott & White—Hill Country in Marble Falls, Texas, where he treated patients for over six years. He received his medical degree from the University of Texas Medical School at Houston in 2006 and is board-certified in Family Medicine.

“I look forward to working closely with the talented group of providers, staff and leadership at Medina Healthcare System to provide quality, consistent and reliable care for the patients of this district,” Dr. Hays says. “More importantly, my wife, Katie, and two daughters, Zoe (3) and Emily (2), are thrilled to call Medina County our home.”



MEET THE FAMILY: Robert F. Hays Jr., MD, and his wife, Katie, hold their daughters, Zoe and Emily.

BUILT WITH YOUR NEEDS IN MIND

The finishing touches have been made, and as soon as you set foot inside, you’ll notice the difference. ♦ After almost a year

of planning, design and construction, we’re pleased to announce the completion of our expanded Medical Clinic of Devine at 1250 State Highway 173 N. The clinic is located across from the Devine High School campus.

“Through this addition, it is our hope to further expand the primary and specialty care provided through this clinic.”

—Janice Simons, CEO

“This project will help us meet the growing needs of Devine-area residents we serve,” says Janice Simons, CEO. “We look forward to offering expanded medical services close to home and enhancing the excellent level of care our experts provide.”

NEW FEATURES From patient comforts to more convenient parking spaces, the new features of the expanded facility bring many benefits for patients, their families and the medical staff. Among them:

- Additional space in the waiting room.
- Four new exam rooms—providing the clinic with 10 total exam rooms.
- A new laboratory.
- Additional storage space for patient health records.
- Easy parking near the main entrance with more spaces for patients and visitors.

The Devine clinic expansion also features renovations to the existing clinic spaces, an expanded lobby with aesthetically pleasing decor, and other comforts and amenities.

“Through this addition, it is our hope to further expand the primary and specialty care provided through this clinic. It wouldn’t be possible without the generous financial contributions and input we received from our community,” says Simons, adding, “Thank you!”

FUNDING THE PROJECT In June 2014, a grant for \$75,000 was approved by the Texas Department of Agriculture to expand the space. This grant was augmented by a \$25,000 donation from the Medina Healthcare Fund, a 501(c)(3) that supports the mission of the Medina Healthcare System.

Medina Healthcare System secured the remaining funds to begin construction. Then on July 1, 2015, Medina Electric Cooperative awarded a \$2,000 grant to Medina Healthcare System to provide four patient exam tables for the new exam rooms.

HEALTH TALK NEWS, VIEWS & TIPS

Make a promise

Don't delay your next mammogram

Here's a pledge that's well worth making: "I'll call for an appointment to talk with my healthcare provider about breast cancer screening."

You might be too busy to get to it today. That's OK. So how does tomorrow look?

Why the urgency?

When it comes to breast cancer, early detection offers women the best chance of surviving the disease, according to the American Cancer Society (ACS).

There are some things that increase your risk for breast cancer, such as your age or having close relatives with the disease.

But at the same time, most women who get breast cancer don't have any risk factors, reports the ACS.

That's why talking with your provider is so important. You can discuss your personal risk and decide what's best for you.

Is your 40th birthday around the corner?

If so, ask your provider about beginning regular mammograms to screen for breast cancer. If you're overdue for one, schedule it as soon as possible.

Advice for younger women Even if you're in your 20s or 30s, you can take steps to help protect yourself.

Become familiar with how your breasts look and feel, and report any changes to your provider.

And be sure to have regular medical visits that include breast exams by your provider.

Make an appointment Screening can bring peace of mind. To schedule an appointment for a mammogram, give us a call at 830-426-7722. Our imaging department requires a doctor's order for screening mammograms to ensure that our patients receive appropriate follow up if necessary.



Easy does it

A coronary calcium scan can reveal a lot about your heart

As medical tests go, a coronary calcium scan is a breeze for many patients. There's no special pre-exam preparation, no injections, no pain and it's over in about 15 minutes.

Even so, this test provides plenty of hard data for your doctor. It uses a computed tomography (CT) scanner—a high-tech, computer-assisted x-ray machine—to make detailed pictures of blood vessels that feed the heart.

The scan looks for tiny bits of calcium in coronary artery walls. Calcium can be an early sign of plaque buildup, which can cause heart disease and lead to heart attack, heart failure or unhealthy heart rhythms.

Your doctor may suggest a coronary calcium scan if you're at moderate risk for heart disease. That may mean you have risk factors for the disease but no outward signs of anything wrong. Risk factors may include: ● Unhealthy cholesterol levels. ● High blood pressure. ● Diabetes. ● Obesity. ● A family history of heart attack.

How it's done Before the scan, sticky patches are placed on your chest. The patches are attached to wires that lead to an electrocardiogram (EKG) machine. The EKG monitors heart activity and times the scanner to take images when your heart rests between beats. That's when the clearest pictures are possible.

3-D ULTRASOUND

Picture-perfect images

If you've ever put on 3-D glasses to watch a movie, you know the power of seeing images in their three-dimensional glory—the images pop off the screen. A similar thing happens when doctors look at images of the body with 3-D ultrasound rather than conventional 2-D ultrasound.

Ultrasound imaging—also known as ultrasound scanning or sonography—uses high-frequency sound waves to produce pictures of the inside of the body. It is safe and painless, and it poses no risk from radiation. Doctors use it to diagnose a variety of medical conditions, including heart disease and cancer, and to determine damage to organs after an illness.

With 2-D ultrasound, images of the body appear flat. A 3-D picture can give doctors a better view of



Thanks to a \$250,000 grant from the Baptist Health Foundation of San Antonio and local matching funds from the Medina Healthcare Fund and the Hospital Auxiliary, Medina Healthcare System purchased a 64-slice CT scanner in March 2015 for just under half a million dollars. In addition to improving the quality and speed of scans performed at Medina Regional Hospital, the new equipment has the capability to perform coronary calcium scans.

You lie still on a table that glides into the CT scanner. Whirring and clicking sounds indicate pictures are being taken. If the scan shows signs of heart disease, your doctor will discuss strategies to reduce your risk. These often include a better diet, weight loss and more exercise. Medications may also be recommended.

Ask your doctor if a coronary calcium scan is necessary. If you don't have a family doctor, you can schedule an appointment with one of our board-certified docs at 830-426-7444. For a list of cardiologists, view our provider directory at medinahospital.net.

Sources: National Institutes of Health; Radiological Society of North America

organs—including the gallbladder, heart, liver and uterus—and glands, such as the thyroid. It can also provide a clearer picture of tumors in places such as the breast, brain or prostate. That may make it easier to do needle biopsies and to determine the size of a tumor.

A special view Perhaps the most well-known—and cherished—use of 3-D ultrasound is for viewing babies in the womb. Parents who opt for a 3-D ultrasound get to see images of their child that are almost as clear as a photograph.

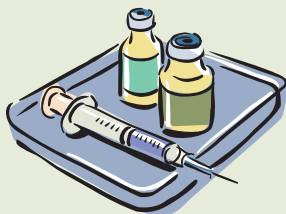
While those images are precious, they're also practical: They allow doctors to closely monitor a baby's health and development and to better spot any birth defects, such as cleft lip or clubfoot.

To learn more about 3-D ultrasound, visit our website at medinahospital.net.

Sources: March of Dimes; National Cancer Institute; Radiological Society of North America

5

reasons to get a flu shot



Every year there's a flu season. And every year people come up with reasons not to get a flu shot. But here are five reasons why you should get vaccinated against the flu this year (and every year):

① The vaccine offers protection from the flu viruses deemed most likely to circulate this year.

② A flu vaccine is recommended for everyone age 6 months and older. It's almost universal. Talk to your doctor if you have concerns.

③ The flu can make you very sick. Symptoms include fever, sore throat, headache and fatigue. It can also lead to more serious illnesses, such as

pneumonia.

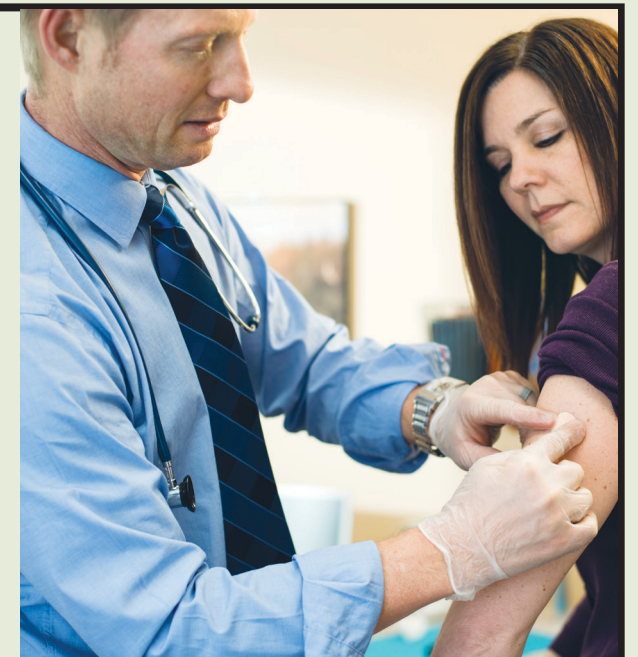
④ The flu vaccine won't give you the flu. Neither the flu shot nor the nasal-spray vaccine can give you influenza. The sooner you get vaccinated, the sooner you're protected.

⑤ Getting the flu vaccine helps protect you and those around you. Do you live with an infant, grandparent or someone with a chronic health issue? Skipping the vaccine puts their health at risk too.

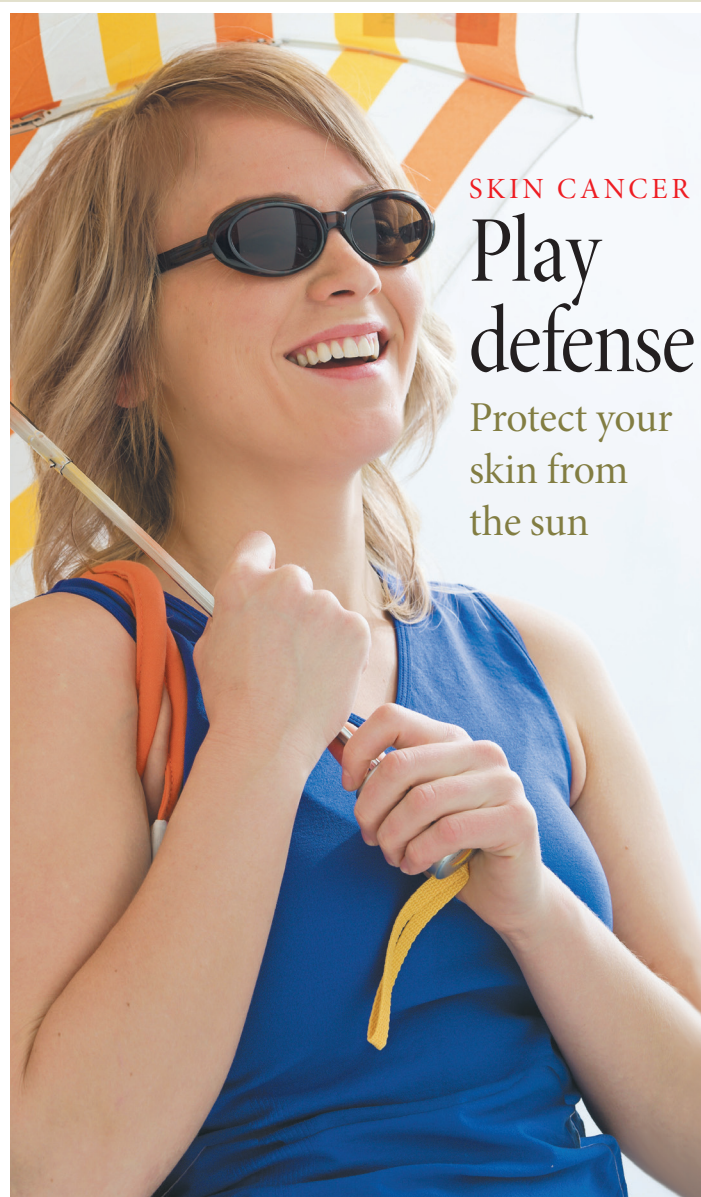
Check in with a doctor about getting your flu vaccine. For an appointment with one of our healthcare providers, call 830-426-7444.



Source: Centers for Disease Control and Prevention



HEALTH TALK NEWS, VIEWS & TIPS



SKIN CANCER

Play defense

Protect your skin from the sun

Being outdoors is often a choice and at other times a necessity, whether you're enjoying a walk in the neighborhood or doing yard work.

If you spend time outside, consider this a must-do: Defend yourself against the sun's dangerous rays.

Skin cancer is the most common type of cancer. But the good news is that there are simple things you can do to help prevent skin cancer or detect it early enough so that it can be effectively treated.

To help protect your skin, the American Academy of Dermatology and other experts advise that you:

- Make sunscreen a habit. Choose a broad-spectrum one with a sun protection factor (SPF) of 30 or higher. Apply it generously and often.
- Try to seek shade between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- Avoid tanning beds and deliberately tanning.
- Wear wide-brimmed hats, long-sleeved shirts, pants and sunglasses when outdoors.
- Examine your skin from head to toe at least once a month. Report any suspicious or problem spots to your doctor.
- Ask your doctor how often you should have a skin exam.

By taking these steps, you can enjoy the outdoors and lower your risk of getting skin cancer.

Get that mole checked Medina Healthcare System welcomes Nicole Owens, MD, a board-certified Dermatologist, to its Specialty Clinic 2 at 610 31st St. in Hondo. Dr. Owens is available for appointments in Hondo on the first Thursday of each month. To schedule your visit, please call 210-836-7586.



Nicole Owens, MD

What is a gastroenterologist?

A gastroenterologist is a doctor who specializes in preventing, diagnosing and treating disorders of the gastrointestinal tract.

When you eat, food is broken down and nutrients are absorbed. Problems with any one of your digestive organs can interfere with this process. Conditions gastroenterologists address include gastroesophageal reflux disease (GERD), hepatitis, stomach ulcers, celiac disease, diverticulitis, nutritional problems, inflammatory bowel disease, cirrhosis, pancreatitis and cancer.

Some of these conditions may require surgery, which gastroenterologists don't perform. Procedures gastroenterologists commonly perform include:

Colonoscopy. This involves a long flexible tube with a light and camera (see "Don't skip this test," at right).

Endoscopy. This procedure involves instruments similar to those used for colonoscopy. But they're used to examine and treat the esophagus, stomach and other organs.

If your doctor has referred you to a gastroenterologist, the doctors of Digestive Diseases Center of South Texas are available for appointments at Specialty Clinic 2 every Wednesday afternoon. Digestive Diseases Center of South Texas has provided 30 years of superior quality gastroenterology services to San Antonio, Jourdanton, Floresville and the South Texas region and are thrilled to add Hondo to their list of service areas.

Medina Healthcare CEO Janice Simons says, "We are pleased to offer the services of these highly skilled specialists to our community. Dr. Ravi Botla and Dr. Amit Goyal have extensive training and experience in digestive diseases and disorders, and they will be an asset to the services we can provide at Medina Regional Hospital."

Ravi Botla, MD, did his Internal Medicine residency at Grant Hospital, Chicago, a Rush-Presbyterian University affiliate. He

did two years of research and training in hepatology at the Mayo Clinic and the University of Southern California. He completed his gastroenterology fellowship at the University of Texas Health Sciences Center at San Antonio (UTHSCSA) in 1997 and then received further training in advanced endoscopy and liver transplant.

Dr. Botla is a part-time faculty at the UTHSCSA Gastroenterology/Nutrition Department. He is board-certified in internal medicine and gastroenterology and enjoys practicing in South Texas.

Amit Goyal, MD, graduated from All India Institute of Medical Sciences in New Delhi. He did his internal medicine residency at Albert Einstein Medical Center in New York and his fellowship in gastroenterology at the University of Arkansas. He held academic positions at the University of Colorado, Denver, for six years before moving to private practice in San Antonio.

Dr. Goyal was the acting chief of gastroenterology and director of motility disorders at the Denver VA medical center. He was closely involved in teaching all aspects of gastroenterology and endoscopic procedures. He focused on gastroesophageal reflux and motility disorders during his tenure in addition to general gastroenterology. He is skilled at elective and emergent endoscopic procedures. Dr. Goyal is board-certified in gastroenterology.

To schedule an appointment with one of our gastroenterologists, please call 210-253-3422.



Ravi Botla, MD



Amit Goyal, MD

Fall into fitness

Get ready, get set for Medina Healthcare System's 5K run/walk

When: Wednesday, Oct. 21, at 6 p.m.

Where: Medina Regional Hospital

Learn more: For information about registration or to volunteer, please contact Jennifer at 830-426-7483 or jgomez@medinahospital.net.



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Ravi Botla, MD



Amit Goyal, MD

COLONOSCOPY

Don't skip this test

It's a test many people dread, but it has the potential to save lives. We're talking about a colonoscopy, which is used to screen for colorectal cancer, one of the top causes of cancer deaths in the U.S.

If you've been avoiding this test, here are some things to know that may convince you to give it a try:

● Colonoscopy can find cancer—or the polyps (abnormal growths) that may become cancer—early, when treatment is often most successful. It also gives your doctor immediate access to polyps so they can be removed right away. That's not true with other colon cancer screening methods, which all require a follow-up colonoscopy if polyps or other problems are found.

● Screening for people at average risk of colorectal cancer starts at age 50. People at higher risk, including people with ulcerative colitis, Crohn's disease or a strong family history of colon cancer, should start earlier. Talk with your doctor about your individual screening plan.



HONOR ROLL

MEDINA HEALTHCARE SYSTEM CEO Janice Simons is the recipient of the Texas Hospital Association's (THA) 2015 Pioneer Award. Simons was chosen because of her dedication to the people of Medina County and her skill in guiding the hospital from a financially dire condition to a successful and secure one.



Pictured are: Dr. Corky Young, Director, Medina Healthcare System (MHS) Board; Ted Shaw, THA President/CEO; David Huffstutler, THA Chairman; Steve Hackebeil, Chairman, MHS; Geoffrey Crabtree, VP, MHS; Judy Winkler, Director, MHS; and Janice Simons, CEO.



Medina Regional Hospital was named one of the Top 20 Critical Access Hospitals (CAHs) for Quality in the country. The Top 20 CAHs, including Medina, scored best among CAHs in iVantage Health Analytics' Hospital Strength Index for quality. An awards ceremony will be held during the National Rural Health Association's Critical Access Hospital Conference in October in Kansas City, Missouri.

Medical questions after hours

Got a question when your doctor's office is closed? Call our Nurse Advice Line at 830-426-7400 and talk to a live person. Can the problem be treated at home? Should you go to the emergency room (ER)? Our Nurse Advice Line is open Friday, Saturday and Sunday from 3 to 11 p.m. For a true emergency, do not hesitate to call 911 or go to the nearest ER.



Join our team! Visit our Career Center at medinahospital.net to view our employment opportunities.

HOSPITAL SAFETY

WHY WE DO WHAT WE DO

Steps we take to help protect you

YOUR HEALTH AND SAFETY are our highest priorities. That's why we strive to meet and maintain national goals and standards for patient safety. Medina Healthcare System uses Critical Access Hospital National Patient Safety Goals to focus our efforts on a variety of important issues. We take steps to:

- Communicate with your safety in mind. This includes repeating and verifying orders concerning your care. Your test results are communicated as soon as possible to the appropriate doctor or care provider.
- Respond to alarms on medical equipment promptly.
- Conduct multiple checks throughout the surgery process to prevent mistakes.

process to prevent mistakes.

- Verify your identity. We double-check your name and birth date to make sure you receive the appropriate care.
- Make sure medications are given correctly and safely.
- Prevent the spread of infections by emphasizing handwashing and the use of hand sanitizers.

A HEALTHY PARTNERSHIP One of the best ways to stay safe is by taking an active role in your healthcare. You can:

Communicate. Ask questions, and keep asking, until you fully understand the answers. Talk to your doctor or nurses to learn more about your condition and treatments. Tell your doctor, pharmacist and other healthcare providers about all the medications you take and any allergies or reactions you have to medicines.

Take charge. Find out the results of any tests and procedures you have. If you don't get the results in a timely manner, call your doctor. Discuss the results and what they mean for your health and your care. Keep a current list of all medications you take.

Working together will ensure that your healthcare is of the highest quality and as safe as possible.

MEDINA HEALTHCARE SYSTEM

Whether you need a family doctor or a specialist, find the right care with our **Provider Directory** at medinahospital.net/providers.

CLINIC HOURS

Medical Clinic of Hondo

Monday through Friday, 8 a.m. to 5 p.m.; Saturday, beginning at 9 a.m.

Medical Clinic of Devine

Monday, Tuesday, Wednesday, Friday, 9 a.m. to noon and 2 to 5 p.m.; Thursday, 9 a.m. to noon, 2 to 6 p.m.; Saturday, 9 a.m. to noon

Medical Clinic of Castroville

Monday through Friday, 9 a.m. to noon and 2 to 5 p.m.



NUMBERS TO KNOW

Toll-free	800-895-7851	Rehabilitation . .	830-426-7888
Medical Clinics . . .	830-426-7444	Swing Bed	830-426-7821 or
Specialty Clinic 1 . .	830-426-7855		830-426-0897
Specialty Clinic 2 . .	830-426-7816	Billing Inquiries . .	830-426-7890

MEDINA HEALTH NEWS is published as a community service for the friends and patrons of Medina Regional Hospital, 3100 Ave. E, Hondo, TX 78861. Telephone 830-426-7700.

Steve Hackebeil
President, Board of Directors

Janice Simons
Chief Executive Officer

Christina Garcia
Marketing/Fund Development Director

Ashley Lowe
Business Development Director

Information in MEDINA 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.

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