

HEALTH NEWS *from*

fort duncan

REGIONAL MEDICAL CENTER

SUMMER 2015

HEALTH RECORDS ONLINE *is here!*

View your hospital records
24/7

A NEW PHYSICIAN WITH A MESSAGE:

"You may be able to slow the
progression of kidney disease"

NOT JUST PICTURE-TAKERS

Fort Duncan adds a team of
interventional radiologists

Compliments of



FORT DUNCAN
REGIONAL MEDICAL CENTER



Adding services at Fort Duncan Regional Medical Center is good news for our patients. It means you can find more of what you need close to home. Two new developments are providing another step ahead in this kind of accessibility.

First, a team of interventional radiologists has joined the staff at Fort Duncan Regional Medical Center. These doctors can treat a variety of conditions through

minimally invasive techniques, which in the past, would have been treated with open surgery. Now, patients can find solutions to heart, vascular, fibroid-related and many other conditions with treatments that can cause less pain and offer faster recovery than they ever have before. See more on page 7.

Second, Iliana Cardona, MD, has joined Fort Duncan's medical staff. A nephrologist, Dr. Cardona specializes in kidney disease. In particular, she helps people understand that taking care of conditions such as high blood pressure and diabetes – two big causes of kidney disease – can actually slow its progression. Dr. Cardona, who also manages dialysis and transplants for those with chronic kidney disease, is featured in our story on page 6.

Finally, we're happy to spread the news about Health Records Online, the new service at Fort Duncan that gives patients access to their hospital records 24 hours a day, seven days a week. Learn more on page 4 and find out how to sign up at www.fortduncanmedicalcenter.com/hro.



Richard Prati, FACHE, CPA
Chief Executive Officer

IN THIS ISSUE

4 HEALTH RECORDS ONLINE IS HERE

Get access to your hospital records 24 hours a day, seven days a week

6 YOUR KIDNEYS ARE HER CONCERN

A new physician helps slow kidney disease in Eagle Pass

7 NOT JUST PICTURE-TAKERS

Interventional radiologists help reduce pain and recovery time



June is National Safety Month

Are your friends and neighbors at risk?

The staff at Fort Duncan Regional Medical Center, in partnership with local emergency services personnel, encourages residents in our community to be aware of possible safety risks to themselves, their family members and neighbors. Some of the top safety concerns include prescription drug abuse; slips, trips and falls; being aware of your surroundings; distracted driving; and staying safe in the summer heat. For more on the last topic, see the facing page.

Keeping your cool when it's **HOT, HOT, HOT**



When the body cannot deal with the heat coming from the environment because its heat-regulating mechanisms are not working, hyperthermia can occur. "Heat stroke, when the body's temperature rises above 103 degrees, is the most severe form of hyperthermia and can be life threatening," says **Raul Casares, RN, BSN**, and Emergency Department Director at Fort Duncan Regional Medical Center. Here, he relays facts and offers tips for prevention and treatment.

Preventing heat illness in *young athletes*

- Schedule sports activities and practices early in the morning or late in the day.
- Start activities slow and pick up the speed gradually.
- Don't wait until you're thirsty to drink water, and drink more than usual.
- Wear loose, lightweight clothing.

Never leave *children (or pets)* alone in the car

- Half of heat stroke deaths occur because a caregiver forgot the child in a car.*
- Cars can heat up 20 degrees in 10 minutes.*
- Cracking the windows or parking in shade does not make the car much cooler.
- Children's body temperatures can increase up to five times faster than adults.*

The *elderly* may need help when it's hot

- Those with chronic medical conditions should stay indoors in extreme weather.
- Those without air conditioners should visit malls, movie theaters and libraries.
- Some medications cause reduced sweating – a risk for hyperthermia.
- Age-related conditions such as impaired blood circulation can increase risk.

IF OVERHEATING OCCURS:

Stop all activity and move the person to a shaded or air-conditioned location. For heat exhaustion, have him or her lie down, loosen clothing and sip tepid water. Apply ice packs or cold towels to the neck, armpits and groin. If you suspect heat stroke (body temperature above 103° F), do not let the person drink liquids and call 9-1-1.

*www.safekids.org

HEALTH RECORDS ONLINE *is here!*

ARCHIVOS MÉDICOS EN LÍNEA *están aquí!*

Information that used to be kept only in your hospital chart is now available to you.

Información que anteriormente estaba solamente en los archivos del hospital esta ahora disponible para usted.



Health Records Online, a new service from Fort Duncan Regional Medical Center, allows you to view your hospital records 24 hours a day, seven days a week, from your home computer, tablet or smart phone. Health Records Online provides current records as well as a history of your hospital care. You can download certain records to take to your personal physician or to specialists, and in some cases, you can forward information directly to your healthcare provider.*

Archivos Médicos En Línea, un nuevo servicio de Fort Duncan Regional Medical Center, permite que usted mire sus archivos del hospital 24 horas al día, siete días a la semana, de su computadora en casa, tableta, o teléfono celular. Archivos Médicos En Línea permite ver sus archivos al corriente al igual que historial del hospital de su cuidado. Usted puede bajar y imprimir ciertos archivos para llevar a su doctor o especialistas y en algunos casos puede mandar directamente archivos directamente a su proveedor medico.*

*The patient's doctor must have agreed to receive records through his or her email address. The doctor's name must be entered in the Primary Care Provider field when you enroll.

*El doctor del paciente tiene que estar de acuerdo en recibir archivos médicos a su correo electrónico. Es necesario incluir el nombre del doctor en el lugar donde pide el nombre de su doctor cuando se registre.

Health Records Online lets you see:

- Laboratory results
- Medications
- Immunizations
- Summary of Care documents
- Transition of Care documents
- Procedures
- Radiology and pathology coming soon

Archivos Médicos En Línea deja que usted mire:

- Resultados de laboratorio
- Medicamentos
- Inmunización
- Documentos de Resumen de Cuidado
- Documentos de Transición de Cuidado
- Procedimientos
- Radiología y patología vienen pronto



In addition, you can download:

- Reason for hospitalization
- Names of your care team
- Your vital signs
- Your care plan
- Discharge instructions
- Summary of care record

También puede bajar:

- Razón de hospitalización
- Nombres de los proveedores de cuidado
- Su señales vitales
- Su plan de cuidado
- Instrucciones al dar de alta
- Resumen de historial de cuidado

IT'S EASY TO GET STARTED

To enroll in Health Records Online, provide your email address the next time you are at the hospital and we'll email you an invitation to join. Follow the simple steps and you'll have personal access to your records.

YOUR HOSPITAL RECORDS ARE SECURE ... AND FREE

Health Records Online is a free service provided to patients. It's located on a secure website, and Fort Duncan Regional Medical Center does not share the information with anyone. Read our Privacy Policy at www.fortduncanmedicalcenter.com.

ES FÁCIL COMENZAR

Para subscribirse a Archivos Médicos En Línea, simplemente denos su correo electrónico la próxima vez que venga al hospital y le enviaremos un correo invitándola a subscribirse. Siga los pasos indicados en el correo y tendrá acceso personal a sus archivos.

SUS ARCHIVOS DEL HOSPITAL ESTÁN SEGUROS Y SON GRATIS

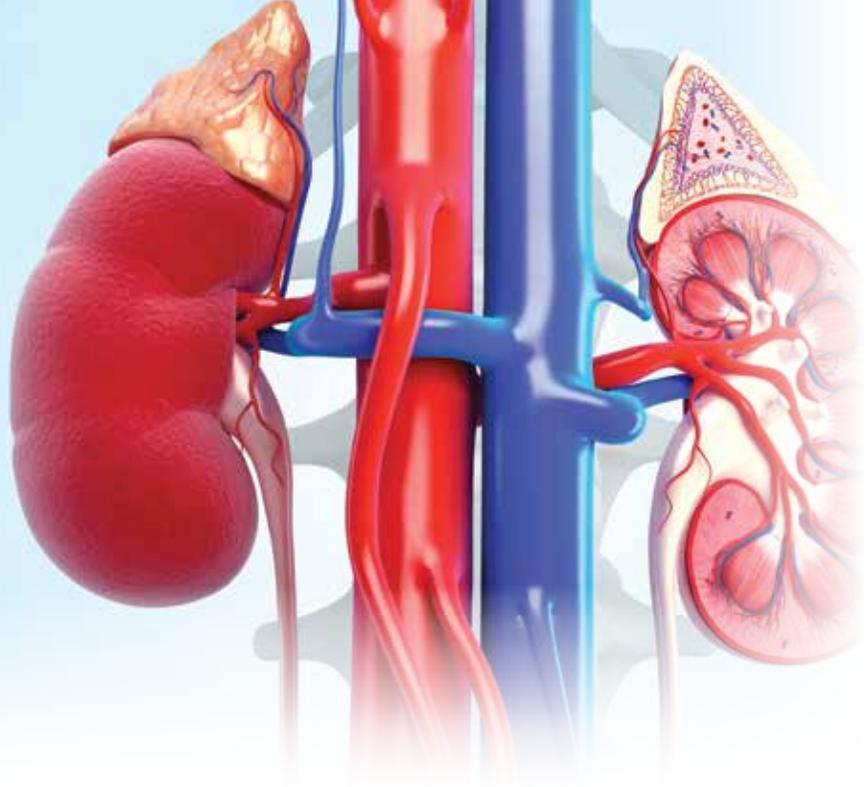
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Health Records Online is expanding We'll soon be offering even more convenience and service for patients. Stay tuned at www.fortduncanmedicalcenter.com/hro.

Archivos Médicos En Línea está creciendo Pronto ofreceremos más servicios convenientes para el paciente. Estese al tanto en www.fortduncanmedicalcenter.com/hro.

Your kidneys are her concern

A new physician at Fort Duncan Regional Medical Center wants Eagle Pass to know: "You may be able to slow the progression of kidney disease."



According to the National Kidney Foundation, the two main causes of chronic kidney disease (CKD) are diabetes and high blood pressure, and account for up to two-thirds of cases. High blood sugar levels can damage organs, and the pressure of blood against the walls of the blood vessels, brought about by high blood pressure, can hurt organs as well.

The result can be development of kidney disease, which often happens gradually over time, and causes the kidneys to lose their ability to remove waste products, salt and extra water from the blood. If the disease progresses, it can lead to kidney failure, and dialysis – where a machine is used to do the work of the kidneys – or a transplant is required to keep the patient alive.

"Typically, a person is not a candidate for dialysis until he or she loses from 85 to 90 percent of kidney function," says Nephrologist Iliana Cardona, MD, new to the medical staff at Fort Duncan Regional Medical Center. "I like to start seeing a patient way before he or she gets to that point."

Dr. Cardona, who is specially trained in nephrology and transplant medicine, says the community is just getting used to the idea that specialized kidney care is available in Eagle Pass. "I like to take the time to explain the condition to patients and options we have for improving health," she says. "Patients come to my office nervous because they think they need dialysis. I let them know if we work on diet, exercise and medication, dialysis may not be necessary." ■

SYMPTOMS OF POSSIBLE CHRONIC KIDNEY DISEASE

- Feeling tired with little energy
- Trouble concentrating
- Poor appetite
- Trouble sleeping and muscle cramping at night
- Swollen feet and ankles
- Dry, itchy skin and puffiness around the eyes
- Needing to urinate often, especially at night



Iliana Cardona, MD, a native of El Salvador, completed training in internal medicine at Morristown Medical Center, Morristown, NJ, and a nephrology and transplant medicine residency at St. Barnabas Medical Center in Livingston, NJ.

NEED A DOCTOR?
Call our free physician referral service at 866-341-3362.

"We're not just PICTURE-TAKERS"

A new team of interventional radiologists at Fort Duncan Regional Medical Center is dedicated to reducing pain and recovery time for patients.

With the development of image-guided technology that allows physicians to see inside the body during medical procedures, radiology now encompasses minimally invasive treatment as well as diagnosis. Minimally invasive radiologic treatments are used to alleviate symptoms and treat conditions from vascular disease to cancer. In many cases, interventional radiology has become the preferred method of care by offering patients less pain, less risk and less recovery time compared to open surgery.

Interventional radiologists use X-rays, ultrasounds, Magnetic Resonance Imaging (MRI) and computed tomography (CT) scans to guide small instruments, such as catheters, inside the body for testing or to treat patients nonsurgically. An example of a diagnostic intervention is a needle biopsy, where, after locating a suspicious area in a solid organ, the radiologist takes a small tissue sample to be evaluated for cancer. Nonsurgical treatments include radiofrequency ablation and high-intensity focused ultrasound to treat cancerous tissue.

New to Fort Duncan Regional Medical Center since December 2014, the interventional radiology team provides medical evaluation and management of a patient's care, communicating closely with other physicians for collaborative solutions to problems. "We're pleased to get to know the people of Eagle Pass," says radiologist Barry G. Cook, MD. "We'd like to encourage understanding of how an interventional radiologist can help reverse a condition and re-establish the lifestyle a patient may have thought was a thing of the past." ■

To learn more about radiology at Fort Duncan Regional Medical Center, go to www.fortduncanmedicalcenter.com.



Image-guiding us TO GOOD HEALTH

Echocardiograms are available at Fort Duncan

When **Randy Beaubrun, RCS, RVS**, an echocardiographer at Fort Duncan Regional Medical Center, saw a mass on a patient's echocardiogram, he immediately alerted the nurse in charge and they located the patient's doctor. As a result of Randy's precision, the patient was sent to surgery and a life was saved.

Randy says because of his experience – in general and cardiovascular medicine, and in interventional procedures – he can meet a variety of patient needs. "I'm their advocate," says Randy. "If a test reveals something suspicious, my varied capabilities allow me to address concerns right away."



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Expecting?

Get Prepared – FREE!

Join Fort Duncan Regional Medical Center for a FREE, informative Prenatal Class. Pregnant/breastfeeding mothers and their guests are invited to learn about what to expect during labor and delivery and the early weeks of motherhood.

Learn about:

- The benefits of breastfeeding vs. formula
- What to expect as you learn to breastfeed
- Pain relief
- Labor positions
- Signs and symptoms of possible labor (Know when to go to the hospital!)
- When to call the doctor ... and more!

For more information, call 830-872-2690.



*Connect
WITH US!*

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