

HEALTH NEWS *from*

WINTER 2017

fort duncan

REGIONAL MEDICAL CENTER



Back on *course*

Joe J. Cruz shares
his unexpected
cardiac story

RECOVERY CLOSE TO HOME

How our rehab
services can help

SIDEWALK TALK

Tips for smart
pedestrian safety

Cycling enthusiast
Joe J. Cruz stays
mindful of his
heart health.



Compliments of

FORT DUNCAN
REGIONAL MEDICAL CENTER



We're proud to be the hospital that you rely on when you need safe, dependable care. Our Emergency Department, which is featured on the next page, continues to play a crucial role in meeting the urgent health needs of our community. We also provide many other vital services right here in Eagle Pass, close to home.

In our cover story, we introduce you to Joe J. Cruz, who came to Fort Duncan

Regional Medical Center for cardiac testing, following concerns he had about his heart. Fitness enthusiasts and others will surely appreciate hearing about Joe's experience and knowing that our hospital team is here if they need support.

We also bring you a story about our rehabilitation services, which help individuals who are recovering from a surgery, illness or injury. Many people may not realize that we have the only inpatient rehabilitation unit in Eagle Pass. We also offer comprehensive outpatient rehabilitation to support our patients' optimal health and recovery.

In addition to providing specialized care, we work hard to keep area residents healthy through educational programs like "Senior Salud," which is featured on the back cover. Together we are accomplishing great things. We appreciate the opportunity to support you as patients, employees and fellow community members, and we look forward to serving you in the new year.

Eladio Montalvo

Chief Executive Officer/Managing Director

IN THIS ISSUE

4 REHAB CLOSE TO HOME

See what makes our care special

6 HEEDING HIS HEART'S WARNING

Joe J. Cruz shares his story

7 STEP UP YOUR SAFETY

Pedestrian tips for all ages



General Surgeon Judith Birungi, MD, joins the community

We are pleased to introduce Board-certified General Surgeon Judith Birungi, MD, as an admitting physician with privileges at Fort Duncan Regional Medical Center. Dr. Birungi, of the Physician Specialty Group at the Maverick County Hospital District, performs various surgeries including inguinal and abdominal hernias, breast lumpectomies and mastectomies, and gall bladder surgery. We welcome Dr. Birungi to the community!

When to seek EMERGENCY CARE



To help you be prepared in the event of an emergency medical situation, Chief Nursing Officer Scott Lethi, RN, MHA, FACHE, of Fort Duncan Regional Medical Center, provides some guidance.

When should I go to the emergency department?

If you believe a person's life or health is seriously at risk, you need to get to the nearest emergency department (ED) right away. Examples of a serious condition include a possible heart attack or stroke, severe bleeding, sudden or extreme difficulty breathing, major burns and suspected poisoning. Minor illnesses and injuries – such as coughs, sore throat, respiratory infections and sprains – can generally be treated in an after-hours or urgent care clinic.

What if I need hospital admission?

One of the advantages of a hospital-based ED, like the one at Fort Duncan Regional Medical Center, is that you can be admitted directly to the hospital, if needed. This can save time and prevent delays in treatment. The Centers for Disease Control and Prevention reports that 11.9% of U.S. emergency department visits result in hospital admission.

Can I use my Medicare or Medicaid coverage?

Fort Duncan Regional Medical Center is accredited by The Joint Commission and certified by the Centers for Medicare and Medicaid Services (CMS) as a Medicare and Medicaid Hospital Provider; it also accepts many other insurance plans. It's important to be aware of your insurance plan benefits. ■

**IF YOU ARE EXPERIENCING A MEDICAL
EMERGENCY, CALL 9-1-1 IMMEDIATELY.**

Proven, hospital-backed ER care near you

Fort Duncan Regional Medical Center's Level IV Trauma Center is the only hospital-based ED in Eagle Pass. It offers:

- Advanced teleneurology services for possible stroke patients
- Doctors and nurses specially trained for trauma and medical emergencies
- A full-service, on-site lab and radiology
- An on-site blood bank
- An on-site helicopter landing base for medical transfers
- Direct hospital admission, if needed



ONE STEP *at a time*

Our comprehensive rehabilitation services can help you recover from a surgery, illness or injury in a comforting setting close to home. Whether you need professional outpatient support or more intensive, 24/7 inpatient care, we've got the dedicated staff and expertise you need.

An individualized inpatient experience



Lydia Sosa, RN, BSN, MSN

"It's good to be close to friends and family when you're recovering from a serious medical condition," notes Inpatient Rehabilitation

Director Lydia Sosa, RN, BSN, MSN. "Patients come to our facility to recover, even if they've had a procedure or surgery outside of the area," she says.

Fort Duncan Regional Medical Center provides the only acute, inpatient rehabilitation unit in Eagle Pass. It features 21 private rooms designed for patient comfort and safety, each with its own TV and bathroom. Patients may be recovering from a variety of conditions, including stroke, joint replacement, cardiac conditions and many others.

Each patient receives an individualized care plan, including up to three hours

of intensive daily therapy with rest periods in between. The unit is staffed by a highly trained team, including rehabilitation nurses; physical, occupational and speech therapists; social workers and dietitians.

"Our primary goal is to help patients achieve their highest possible level of independence," Sosa says. "We want to make sure our patients' experience is the best."

Outpatient support on your schedule

The day starts bright and early at our Outpatient Rehabilitation Services Center, which is located just behind the main hospital in an easily accessible, first-floor location. The Center is open weekdays from 7:30 a.m. to 6:30 p.m. to accommodate patients' schedules. Among the many conditions treated are: arthritis; chronic pain; neurological conditions; sports injuries; balance problems; recovery from stroke or orthopedic surgery; language/cognitive problems; pediatric development issues; and diabetic nerve injury.



Individualized, one-on-one treatment is provided by licensed personnel only, which sets the care at Fort Duncan Regional apart, notes Elena Angus, PT, Director of Outpatient Rehabilitation Services.

"A lot of people worry it will be painful," Angus notes. "We're very sensitive to that. We have different modalities we can use, such as therapeutic ultrasound, which can improve flexibility and help patients feel more comfortable. We always want to provide the highest professional level of care possible." ■



“They made my day”

Robert Flores is a former patient who utilized a number of services at Fort Duncan Regional Medical Center, including care in our inpatient rehabilitation unit. Below are excerpts from a letter he wrote to the hospital, describing his stay.

To Whom It May Concern,

I have been in the hospital for about 19 days, and now I get to go home. Exciting as it is, I have to say that my experience at this hospital has been my “home away from home,” sort of. It has been a great experience that I have never encountered before anywhere else.

The nurses, nurses’ assistant, therapist and even personnel from Maintenance ... gave me the tranquility someone such as me needs. I want to thank everyone here that I got to meet. They made my day every day that I was here. The respect, care, professionalism and interest ... gave me more energy to get better and lift my hopes and spirits.

Everyone here is exceptional in what they do ... I know that they will continue to help others as they did me.



Thank you,
Robert Flores

Patients of all ages, including children, may be referred to our Outpatient Rehabilitation Services Center by their physician.

Patients in our Inpatient Rehabilitation unit must meet certain admission criteria, such as requiring 24/7 care and being able to follow instructions. For other admission criteria, please call us or visit our website using the contact information below.

For more information about our rehabilitation services, visit us at www.fortduncanmedicalcenter.com/rehab, or you may call 830-872-2990 for inpatient rehabilitation, or 830-872-2811 for outpatient rehabilitation.

“It’s really good to know we have people like *the team at Fort Duncan Regional*”

Cycling enthusiast Joe J. Cruz was training for a bike race when he noticed something didn’t feel right. “I felt really heavy palpitations that wouldn’t go away,” he recalls. He was 40 at the time, and was concerned that there might be a problem with his heart. He went to see his doctor, who referred him to Interventional Cardiologist James J. Galizia, MD, at Fort Duncan Regional Medical Center.

To assess his condition, Joe was given a stress test, administered by Armando Perez, Nuclear Medicine Tech. For the test, Joe was asked to walk on a treadmill, while equipment monitoring his heart measured how he responded to physical activity. He was also given an echocardiogram, which created pictures of his heart using high-frequency sound waves (ultrasound).

“Joe’s results were normal and ruled out a serious impending heart problem,” notes Dr. Galizia. The underlying cause of his symptoms was determined to be caffeine intoxication from consuming coffee and energy drinks. “A lot of non-cardiac issues can mimic symptoms of a heart problem,” notes Dr. Galizia. “Our job is to decipher between the two and ensure that patients get the care they need.”

Joe did the right thing by having his symptoms checked, Dr. Galizia adds. “It’s important for people to know that if they’re having any concerns at all, they can come to us,” he says, noting that a cardiovascular screening unit in the Emergency Department at Fort Duncan Regional can provide quick turnaround of cardiac testing results.

Joe never made it to the bike race, but he’s still enjoying cycling and is more closely monitoring his caffeine intake. He knows just where to go if he has any cardiac concerns in the future.

“It’s really good to know we have people like the team at Fort Duncan Regional,” he says, commenting on the cordial and welcoming attitude of Perez and everyone he encountered. “From 1 to 5 stars, I give it a 5+,” he says of his experience. ■



Fort Duncan Regional Medical Center offers comprehensive heart care including assessment, diagnosis, planning, intervention and evaluation of a wide range of cardiovascular diseases. Learn more at www.fortduncanmedicalcenter.com/cardiology.

Step up your **PEDESTRIAN SAFETY** *with these tips*



RAUL CASARES,
RN, BSN,
Emergency
Department
Director at Fort

Duncan Regional Medical Center, says you're never too old or too young to think about pedestrian safety. In 2013, there was an average of one traffic crash-related pedestrian death every two hours, according to the Centers for Disease Control and Prevention (CDC). More than 150,000 pedestrians were treated in emergency departments for non-fatal, crash-related injuries that same year, the CDC says. Many accidents can be prevented by following basic safety rules.

Here are tips from the National Highway Traffic Safety Administration (NHTSA) and National Safety Council (NSC) for children and adults of all ages:

- Look left, right and left again before crossing the street; looking left a second time is necessary because a car can cover a lot of distance in a short amount of time
- Make eye contact with drivers of oncoming vehicles to make sure they see you
- Be aware of drivers even when you're in a crosswalk; vehicles have blind spots
- Don't wear headphones while walking
- Never use a cell phone or other electronic device while walking (see below)
- If your view is blocked, move to a place where you can see oncoming traffic
- Never rely on a car to stop
- Children younger than 10 should cross the street with an adult
- Only cross at designated crosswalks
- Wear bright and/or reflective clothing
- Walk in groups

Hold that call ...

Did you know that walking and talking on your cell phone can put you at risk for injury? Distracted walking incidents involving cell phones accounted for more than 11,100 injuries between 2000 and 2011, according to a statistic cited by the National Safety Council (NSC). The best way to avoid this problem is to put your cell phone away until you safely reach your destination.





FORT DUNCAN
REGIONAL MEDICAL CENTER

3333 North Foster Maldonado Blvd.
Eagle Pass, TX 78852

PRSR STD
U.S. POSTAGE
PAID
PERMIT NO. 322
PONTIAC, IL

Join us at our next *Senior Salud* event!

The members of Senior Salud get together regularly at Fort Duncan Regional Medical Center to learn about health topics of interest to seniors. These events are held each quarter at the hospital, with guest speakers, information about new physicians and services – plus music, prizes, dinner and fun activities. Membership requires just a one-time, \$10 fee and includes discounts in the hospital cafeteria and gift shop.



Members of Senior Salud gather to discuss health issues with Dietary Director Magdalena Cantu (third from right).

For more information, please call
**Lourdes Perez, Senior Salud
Coordinator, at 830-872-2710.**

*Connect
WITH US!*

 Like our page on
Facebook



www.fortduncanmedicalcenter.com
830-773-5321

HEALTH NEWS FROM
FORT DUNCAN REGIONAL MEDICAL CENTER

Eladio Montalvo
Chief Executive Officer/
Managing Director

Joel Morales
Chief Financial Officer

Lourdes M. Perez
Marketing Director

Alan Gonzalez
Chief Operating Officer

**Scott Lethi, RN, BA,
BSN, MHA, FACHE**
Chief Nursing Officer

Information in *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. Models may be used in photos or illustrations. Any opinion expressed by an author whose article appears in this publication is solely the opinion of the author and does not necessarily reflect the views of Fort Duncan Regional Medical Center or Universal Health Services, Inc. Physicians mentioned in this publication are independent practitioners who are not employees or agents of Fort Duncan Regional Medical Center. The hospital shall not be liable for actions or treatments provided by physicians. ©2017. All rights reserved. Printed in the U.S.A.