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REGIONAL MEDICAL CENTER



Dr. Lon Walder and his team

HEALING HEARTS

right in our community

New cath lab
and expanded
cardiology services

Notable nurses

Introducing our DAISY
Award winners

Ask the doctor

What to know about
concussions and TBIs



Compliments of

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REGIONAL MEDICAL CENTER



As CEO of Fort Duncan Regional Medical Center, my goal is to ensure our clinicians and staff deliver patient-centered care that addresses the needs of the Eagle Pass community. After much research and planning, I'm delighted to share with the community that we recently expanded our cardiology program and opened a new cardiac catheterization lab. In addition, Lon Walder, DO is a new cardiologist

now practicing at Fort Duncan, enabling us to deliver heart and vascular care to more patients with greater efficiency.

When it comes to cardiac care, seconds matter. In the new cardiac cath lab, the updated tools and technology will enable our clinicians to quickly assess and deliver catheterization and clot-busting drugs to patients with life-threatening cardiac conditions. They'll also be able to open up blocked vessels with stents, helping improve quality of life for patients with chronic heart conditions. And we've invested in a new 160-slice CT scanner that delivers high-definition cardiac images.

Of course, all the advanced equipment and technology in the cath lab doesn't mean anything without the professionals who operate it and treat our patients. So in this issue we're also introducing you to Cesar M. Garza, RN, BSN of the cardiac catheterization lab. He and his colleagues in the cath lab work every day to ensure you and your loved ones are cared for skillfully and compassionately.

Eladio Montalvo

Chief Executive Officer/Managing Director

IN THIS ISSUE

3 CARDIAC CATHETERIZATION

New lab adds time-sensitive capabilities

4 HEART CARE AT FORT DUNCAN

Advanced testing closer to home

6 ASK THE DOCTOR

Recognizing the signs of a possible concussion

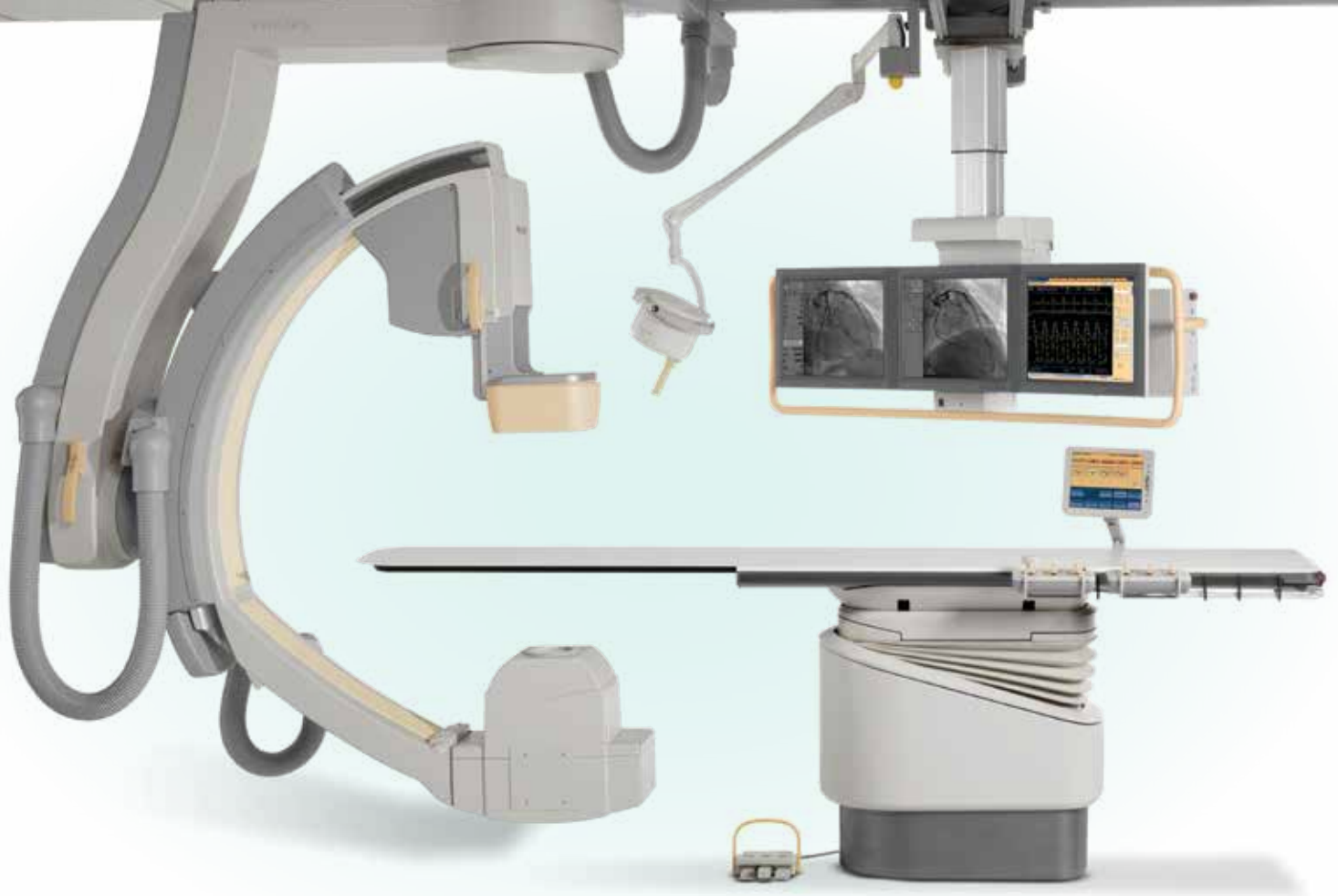


Meet our 2018 DAISY Award winners

In November, we were proud to announce the nominees and recipients of our annual DAISY Awards, an international recognition program that honors and celebrates extraordinary nurses. Nominated by patients, visitors, nurses, physicians and employees, the winners were recognized as nursing professionals who go above and beyond to deliver skilled, compassionate patient care.

The 2018 Fort Duncan Regional Medical Center DAISY Award winners are Rebecca Loyola, RN, left and Lilia Sotelo, RN, both nurses in the Intensive Care Unit. They are pictured with Interim Chief Nursing Officer Marco Alvarado, right.





HOME IS WHERE THE HEART IS: *Cardiac care at Fort Duncan*

When it comes to a heart-related health crisis, minutes count. Opened in mid-November, the clinicians of the new cardiac catheterization lab at Fort Duncan Regional Medical Center are ready to assess and treat patients right in the Eagle Pass community.

The new cardiac catheterization lab is just one way we're showing how much we care for our residents. Thanks to a variety of new capabilities, our healthcare professionals and technicians can complete many cardiac tests right here.

This lab adds treatment capabilities previously only available in San Antonio, hours away by car or ambulance. For critical or acute patients, the goal is to meet the national standard of 90-minute door-to-balloon time to open blocked arteries. Cardiologists Lon Walder, DO and James Galizia, MD see patients in the new cath lab, and the lab staff is prepared to perform cardiac catheterizations in minutes during an emergency.

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MENDING HEARTS

right in our community

Critical heart care now available in Eagle Pass



Cesar M. Garza,
RN, BSN

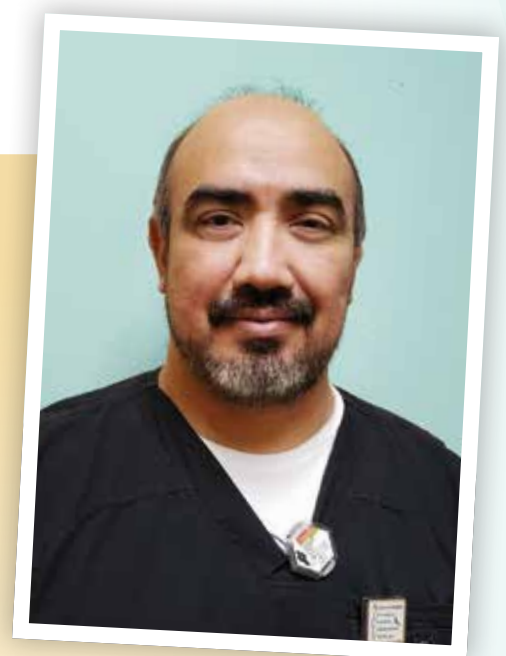
Charge Nurse Cesar M. Garza, RN, BSN says of the new lab, "This is a totally new department. We had a mobile unit that only performed diagnostic tests, but now we can perform diagnostic and interventional procedures." He continued, "We also have all new equipment, imaging equipment and software, and we can share results with other facilities if needed."

The cath lab addresses a need driven by the residents of the Eagle Pass area. "Helping prevent cardiac disease is a very, very important service based on the population here," Garza says. "It's a calling to care for this population." He also acknowledges how the new cath lab will help area residents avoid a long trip to San Antonio for advanced treatment. "Patients are expecting to stay a few days in San Antonio and it becomes a social burden because they don't have the family and resources nearby."

Garza is passionate about the patient experience, especially because a visit to the cath lab can be frightening or stressful. When a patient arrives at the lab, it may be on an emergency or critical basis—to rule out or diagnose a heart attack, for example. For him, empathy is vital to a positive patient experience, saying "Being comfortable in your treatment is so important. All the cath lab staff is bilingual so they will be able to communicate in Spanish or English as patients prefer." ►

A new facility benefits the entire community – even FDRMC staff

Even members of the Fort Duncan staff welcome the new cath lab: Recently, Nuclear Medicine Technician Armando Perez was transferred to San Antonio for his own cardiac catheterization. His treatment was successful, but the long ride to and from another city added stress to the procedure. Now, Perez is excited that others will be able to avoid traveling out of town for treatment. "The community will be more comfortable receiving these services here at home," he said.



Cardiac cath lab services: More than just stents

The staff of the new cath lab at Fort Duncan Regional Medical Center performs catheterizations to diagnose heart attacks, but that's not all they can do.



STRESS TEST: Your physician may want to determine how well your heart handles exertion, so he or she may prescribe a stress test. A stress test shows if you have an irregular heartbeat, if symptoms like chest pain or difficulty breathing are related to your heart, how challenging your workouts should be, if any previous treatments for heart disease are working or to determine if you need additional tests like an angiogram.

For the stress test, you'll walk on a treadmill while hooked up to equipment that monitors your heart. You may also be asked to breathe into a special mouthpiece. Medical staff will be there to monitor you throughout the test, and you may stop the test at any time if you feel unwell.



CARDIAC NUCLEAR MEDICINE: During a nuclear medicine scan, a positron emission tomography (PET) scanner will take images of the energy from a radioactive tracer injected into a vein in your arm. These images can reveal if blood is not flowing to parts of the heart, or if heart muscle tissue is damaged or dead. You'll be scanned for two sets of images; the first set of images needs to be taken after the heart is pumping hard, so you'll walk on a treadmill before the scan begins. After you complete the stress test, you'll receive an injection of a low-energy radioactive substance that travels through your circulatory system and be scanned again.



CARDIAC ECHO/ECHOCARDIOGRAM: If you've ever had an ultrasound, you'll be familiar with an echocardiogram, or a cardiac echo. This painless test uses ultrasound to take images of your heart's chambers, valves, walls and major vessels. A cardiac echo helps diagnose how well your heart moves, its pumping strength, if the valves are working correctly or if there are clots or abnormal holes within your heart. During the test, a technician will place electrodes on your chest, then apply gel and move an ultrasound wand over your chest to take images of the heart as it beats.



ADDITIONAL PROCEDURES: The staff of the new cardiac cath lab can also complete the following procedures: angiography (x-ray imaging of the heart and vascular system); placing stents to open blocked arteries; pacemaker implantation; interventional radiology; lower extremity interventions for patients with poor circulation in their legs and feet; and placing filters to prevent deep vein thromboses. ■

To learn the warning signs of a possible heart attack, visit fortduncanmedicalcenter.com/cardiac.

Recognizing the signs of a possible CONCUSSION



You've likely heard about concussions in the news lately. Unfortunately, traumatic brain

injuries (TBI) aren't limited to professional sports: Concussions can occur after even a mild bump or jolt to the head on a soccer field or basketball court, or in a workplace injury. Here, **Vincent Scoccia, DO**, ER medical director at Fort Duncan Regional Medical Center, shares important information about brain injuries.

Q: What is a traumatic brain injury?

According to the CDC, a TBI is caused by a bump, blow or jolt to the head that disrupts the normal function of the brain. Fortunately, not all blows or jolts to the head result in a TBI: Most are mild and are what we know of as concussions. These kinds of injuries range from mild, with only a brief change in mental status or consciousness, to severe, with the injured experiencing unconsciousness or memory loss for an extended period.

Q: How do TBIs happen?

Most TBIs happen in a fall, or being struck by or against an object. Common ways someone can sustain a concussion can include during motor vehicle accidents, while playing sports, in a workplace accident or an assault.

Q: What should I do if I suspect someone has a concussion or TBI?

Seek medical attention right away if the injured person loses consciousness for an extended time, but even less serious bumps or jolts may cause signs of concussion that don't appear until hours or days after the injury. Secondary concussions that occur before the injured person has recovered fully can be very serious. Don't allow young athletes to play with a known or suspected concussion until evaluated and given permission by a health care professional: A quick concussion test on the sideline is not sufficient.* ■

*Source: Protectthebrain.org



SIGNS OF POSSIBLE CONCUSSION

- Difficulty thinking clearly
- Feeling slowed down
- Difficulty concentrating
- Difficulty remembering new information
- Nausea or vomiting (soon after the injury)
- Balance problems
- Dizziness
- Fuzzy or blurry vision
- Feeling tired, having no energy
- Sensitivity to noise or light
- Irritability
- Headache
- Sadness/emotional
- Nervousness or anxiety
- Sleeping more or less than usual
- Trouble falling asleep
- Just not "feeling right"

If you suspect you or a loved one has a concussion, don't wait! Have your symptoms checked immediately.



Caring and Commitment

Fort Duncan Regional Medical Center provides the *care* you and your family need most ... and the *commitment* you deserve.

When you need urgent care, our 24-hour Emergency Department is there for you with trained medical staff and equipment at the ready. When you choose Fort Duncan Regional Medical Center, you choose a level IV trauma center, advanced teleneurology services and on-site lab and radiology.

We also have you covered with comprehensive care that includes the following:

- Anesthesiology
- Breast imaging center
- Cardiac catheterization
- Inpatient dialysis
- Inpatient rehabilitation
- Internal medicine
- Nuclear medicine
- Obstetrics/Gynecology
- Orthopedics
- Outpatient diagnostic services
- Outpatient physical therapy
- Pediatrics
- Pharmacy
- Pulmonary/lung disease
- Surgery
- Urology
- Wound care/hyperbaric medicine

For a physician referral, visit fortduncanmedicalcenter.com/docfind or call our free physician referral service at 866-341-3362.



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3333 North Foster Maldonado Blvd.
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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 receive information regarding topics of interest to them.

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

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FORT DUNCAN REGIONAL MEDICAL CENTER**

Eladio Montalvo
Chief Executive Officer/
Managing Director

Joel Morales
Chief Financial Officer

Alan Gonzalez
Chief Operating Officer

Lourdes M. Perez
Marketing Director

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