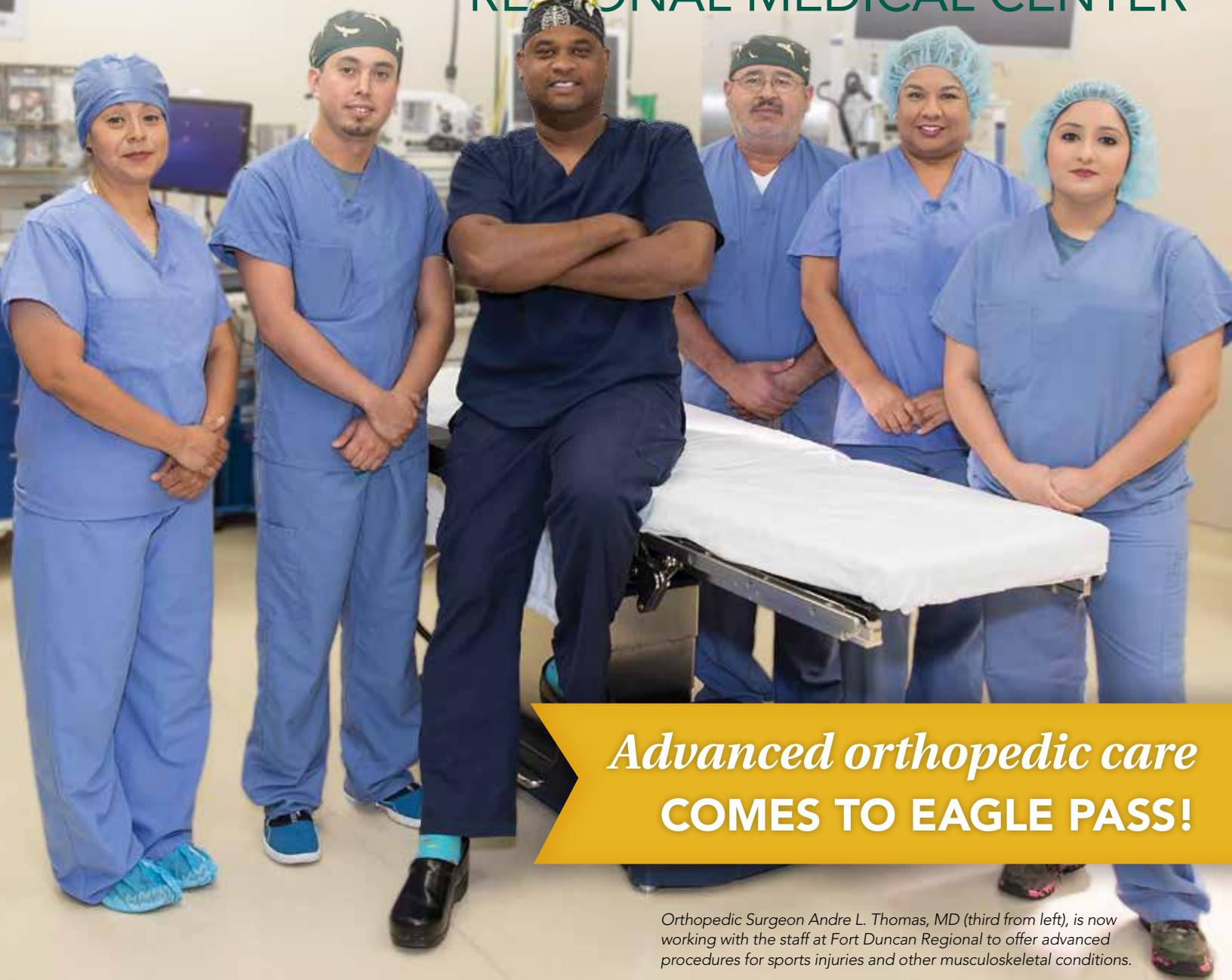


HEALTH NEWS *from*

FALL 2017

# fort duncan

REGIONAL MEDICAL CENTER



*Advanced orthopedic care  
COMES TO EAGLE PASS!*

Orthopedic Surgeon Andre L. Thomas, MD (third from left), is now working with the staff at Fort Duncan Regional to offer advanced procedures for sports injuries and other musculoskeletal conditions.

## Family focus

Learn about our new services for kids

## What is sepsis?

Important information you need to know



*Compliments of*

**FORT DUNCAN**  
REGIONAL MEDICAL CENTER

# FROM THE CEO

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In this issue of *Health News*, we're excited to tell you about new services to enhance care for you and your family.

First in our cover story, we introduce you to the community's new Orthopedic Surgeon, Andre L. Thomas, MD, who provides advanced treatments for bone fractures, sports injuries and other musculoskeletal issues. Dr. Thomas is now making minimally invasive orthopedic procedures available right here, close to home. We're proud to support him in this effort, and we look forward to building on these services in the coming weeks and months.

We're also pleased to announce that Fort Duncan Regional has begun providing hospital care for common pediatric issues, such as asthma and upper respiratory infections. This will be especially helpful as we approach cold and flu season. You can read about our services for children on page 6.

In other stories, we bring you important information about sepsis on the next page, and we share a reminder about car heat safety later in this issue. We also recognize our staff on page 7 for their dedicated service to the community.

Here at Fort Duncan Regional, we're truly honored to serve our patients. We thank you for entrusting us with your care, and we wish you a happy, healthy autumn season.

**Eladio Montalvo**

Chief Executive Officer/Managing Director



## *Welcoming* a new medical specialist

We are pleased to introduce **Eduardo Miranda, MD, FACP**, to our community. Dr. Miranda is board-certified in medical oncology, hematology and internal medicine. He brings additional specialty services to the community, providing comprehensive care and treatment for patients with cancer and blood disorders. Dr. Miranda is located at the Maverick County Hospital District.

# Did you *know*...

**More than a million Americans\* are stricken every year by severe sepsis, a potentially life-threatening complication that can result from an infection.**



It's important that people in the community be aware of sepsis and how they can best protect themselves, says **Wilma Carbonel-Mason, RN, CCRN, BSN, MSN/ED, MSHCA,** Quality Assessment and

Performance Improvement Director at Fort Duncan Regional Medical Center. Sepsis can affect anyone, but older people, infants and people with weakened immune systems are more at risk.

## WHAT IS SEPSIS?

Sepsis occurs when the body has an inappropriate response to an infection. It may be associated with pneumonia, a wound, a urinary tract infection or various other infections. Sepsis is a medical emergency that can lead to tissue damage, organ failure and death. Getting it diagnosed and treated right away is critical, Carbonel-Mason says.

\*National Institute of General Medical Sciences

**If you think you may have an infection or sepsis, call your doctor or go to the nearest emergency room right away and say you are concerned about sepsis. If you believe you are having a medical emergency, call 9-1-1.**

## WHAT ARE THE SYMPTOMS?

The Centers for Disease Control and Prevention (CDC) notes that sepsis can involve a combination of symptoms, including: diarrhea or vomiting; sore throat; shivering, fever or being very cold; extreme pain or discomfort; clammy or sweaty skin; confusion or disorientation; shortness of breath; and high heart rate.

People sometimes wait or mistake the symptoms of sepsis for something else, and by the time they get to the emergency room they are in septic shock, notes Carbonel-Mason. This is a severe condition where the body's blood pressure drops to a dangerously low level.

Treatment for sepsis may involve antibiotics, intravenous fluids and other therapies. Getting immediate care is vital to support the best possible outcomes. ■



# Bringing advanced *orthopedic care* close to home



Patients who experience  
bone fractures, sports  
injuries and other  
orthopedic issues can  
now find specialized  
treatment right here in  
Eagle Pass from  
Board-certified  
Orthopedic Surgeon  
Andre L. Thomas, MD. ▶

*Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.*



**Andre L. Thomas,  
MD**

Dr. Thomas moved to the community earlier this year from East Texas to give patients access to services they haven't had, he says. His goal is to offer advanced treatment that is more consistent with care in larger cities, so patients don't have to travel out of the area to get the support they need.

Since arriving in Eagle Pass, he's performed a number of orthopedic procedures at Fort Duncan Regional Medical Center. "The hospital and hospital district have been outstanding in terms of helping me and making sure that we provide a good experience for patients with excellent outcomes," he says.

## **NEW "FIRSTS" AT FORT DUNCAN REGIONAL**

In just his first few months in Eagle Pass, Dr. Thomas performed Fort Duncan Regional's first-ever endoscopic carpal tunnel release surgery. With this procedure, the surgeon uses a tiny camera and surgical tools inserted into the wrist to treat patients with carpal tunnel syndrome, a condition that can cause pain and numbness in the hand and fingers.

He also conducted the hospital's first-ever arthroscopic (minimally invasive) rotator cuff and labral

repairs to treat conditions of the shoulder. And he's working with Fort Duncan Regional to bring additional orthopedic procedures to the community.

He notes that non-surgical options are considered first in caring for patients. When surgery is necessary, he uses minimally invasive techniques, if possible, which involve smaller incisions and can support faster recovery (see sidebar). The goal is to ensure safe, effective care and help patients get back to their daily activities as soon as possible.

## **SUPPORTING ATHLETES AND OTHERS IN THE COMMUNITY**

On the way to earning his medical degree, Dr. Thomas played football at Howard University in Washington, DC, where he learned firsthand about the challenges and injuries athletes often face. Since becoming a doctor, he has spent a lot of time supporting teams on the sidelines. He plans to continue that kind of support here in the community, he says.

Already feeling at home in Eagle Pass, Dr. Thomas is excited about the opportunity to enhance medical services for area residents. "I'm committed to that, to providing excellence and care to the patient," he says. ■

**For help finding a doctor for yourself or your family, call our free Direct Doctors Plus® referral service at 866-341-3362.**



## **Finding relief from knee pain**

Local resident and business owner Rodolfo L. Barrera (pictured above) spends a lot of time on his feet. When knee pain was causing him trouble earlier this year, his primary care doctor, Sergio Zamora, MD, DO, referred him to Dr. Thomas for specialized orthopedic care.

After ordering an imaging test, Dr. Thomas diagnosed a meniscus tear, which is a tear in the cartilage between the shinbone and thighbone. He recommended that Barrera have a meniscectomy to remove the damaged cartilage.

Barrera had the minimally invasive procedure at Fort Duncan Regional and was released the same day. He recalls that it involved just a small incision and he had relief from his pain right away.

Today he is up on his feet and continues to be pain-free. "I would recommend Dr. Thomas to everyone," he says. "There is no need to go to San Antonio when you can be taken care of here at home."

# LEARN ABOUT OUR ***new services for kids***

Fort Duncan Regional Medical Center is pleased to announce that it is now providing hospital care for pediatric patients who need treatment for common conditions such as asthma, upper respiratory infections, fever and abdominal pain. This means that families in the community no longer need to travel outside of the area if their children need to be admitted to the hospital for certain medical conditions. If more specialized care is needed, however, a transfer to another facility will be arranged.

Staff at Fort Duncan Regional have undergone special pediatric training as part of this new offering. Also, the hospital has designated four separate rooms for young patients, as well as a procedure room with kid-friendly decals, a TV and DVD player. The goal is to help children get the quality care they need close to their families and loved ones, and get back to good health as soon as possible.

**For more information about pediatric services at Fort Duncan Regional, or to find a doctor, please visit [www.fortduncanmedicalcenter.com/kids](http://www.fortduncanmedicalcenter.com/kids).**

## MEET THE ***doctors***

We are proud to be working with these pediatricians in the community, who have privileges to admit patients to the hospital if inpatient care is needed. All three doctors have held officer posts on the hospital's Medical Executive/Credentials Committee, and have also previously served as Chief of Pediatrics.



**Ricardo De Los Santos, MD**  
Owner/Medical Director  
of Eagle Pass Pediatric  
Health Clinic



**Eliezer Hernandez, MD**  
Yeled Shalom Pediatric Clinic  
*Current member of the  
FDRMC Board of Governors*



**Gaston Zylberg, MD**  
United Medical Centers -  
Eagle Pass, Veterans Boulevard  
*Secretary of the FDRMC Medical  
Staff for 2017, Certified by the  
American Board of Pediatrics*



## KEEPING YOUR *kids safe*



Even though summer has ended, the warm temperatures continue right into fall here in Eagle Pass, notes **Raul Casares, RN, BSN**, Emergency Department Director at Fort Duncan Regional Medical Center. As you head out with your kids, remember that the inside of your car can get much hotter than the temperature outside. Never leave a child in the car in the heat, and always check the back seats of your vehicle before you lock it and walk away.

Here are important reminders from the National Highway Traffic Safety Administration (NHTSA):

- In 10 minutes, a car's temperature can rise over 20 degrees.
- Even at an outside temperature of 60 degrees, the temperature inside your car can reach 110 degrees.
- A child dies when his/her body temperature reaches 107 degrees. ■



A car and thermometer set up at Fort Duncan Regional Medical Center in June showed how hot it can get inside a vehicle compared to the outside.



## Celebrating our staff

A number of celebrations have been held at Fort Duncan Regional to observe special occasions and recognize the staff for their hard work and dedication. As part of the Hospital Week events, a Service Award Ceremony took place to honor employees for anniversary milestones. Here are some memorable highlights and pictures!



Employees are honored for years of service.



FDRMC staff celebrates Cinco de Mayo.



Employees enjoy a fashion flashback for "70s Day."



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# 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.**

- Level IV Trauma Center
- Advanced Teleneurology Services
- On-Site Lab and Radiology

**And, 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



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