

HEALTH NEWS from

SPRING/SUMMER 2018

fort duncan

REGIONAL MEDICAL CENTER



In good HANDS

Matias Rivera Acosta
shares his health
screening experience

STAY COOL!

Tips to prevent
heat-related illness
this summer

ASK THE DOCTOR

How a podiatrist
can treat your foot
& ankle issues

Compliments of



FORT DUNCAN
REGIONAL MEDICAL CENTER



In this issue of *Health News*, we highlight the surgical team at Fort Duncan who utilize advanced, minimally-invasive technology for the treatment of a variety of conditions and for preventive care. Matias Rivera Acosta, featured on our cover, shares his experience having a procedure done at the hospital by General Surgeon Judith Birungi, MD, one of the newest additions to the team. You can read his story and learn more about the surgery program on page 4.

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Tips to stay cool this summer

We're pleased to announce that we've invested in a new CT scanner to provide a better and safer imaging experience for patients, along with the new cardiac catheterization lab that we are building. Director of Radiology Jeffrey Otto describes the enhancements offered by the new technology in our radiology department.

In this issue you'll also learn what treatments a podiatrist can provide with insight from Michael Cannon, DPM, on page 6, and just in time for summer, ER Medical Director Vincent Scoccia, DO, shares tips for preventing heat-related illnesses as temperatures peak.

Patient-centered care is our priority at Fort Duncan, which is why your insights are valuable. When you share stories about your experiences at our hospital, it allows us to see what we are doing well and aspects we can fix in order to continually improve the quality of healthcare services we offer the community here in Eagle Pass.

We wish you and your family a healthy, fun-filled summer!

Eladio Montalvo

Chief Executive Officer/Managing Director

Meet Chief Nursing Officer Margie Lieck, DNP, CNML



Margie Lieck has had a 28-year nursing career with experience as a high-risk labor and delivery nurse, childbirth educator, doula and lactation consultant. She has spent the past 15 years in leadership roles as Maternity Service Director, Director of Nursing, traveling OB consultant and international educator in the Philippines and worked in quality and education. She returned to Texas in 2016, serving as Assistant Chief Nursing Officer at Fort Duncan Regional Medical Center before becoming Chief Nursing Officer in 2017. Her career successes have been made possible with the support of her loving family.

Improved imaging experience

A NEW CT SCANNER OFFERS PATIENTS FASTER AND MORE ACCURATE CT SCANS.

The radiology department at Fort Duncan Regional Medical Center invested in a new CT scanner that will provide faster, lower-dose, high resolution imaging for patients. Director of Radiology Jeffrey Otto says that the new technology means an improved imaging experience for patients and more accurate scans for radiologists and physicians to use in diagnosis and treatment assessments.

Computed tomography (CT) uses a low dose of radiation to capture X-ray scans with multiple rotating sensors that produce detailed cross-sectional images of organs, bones and tissues to assess possible fractures, internal injuries, tumors, blood clots and conditions like heart disease, lung nodules and cancer.

Otto explains that the new CT machine has 10 times more sensors to produce higher quality scans in less time. "The new machine has reduced the amount of time a scan takes. It's double the speed of our previous machine, so we are much faster."

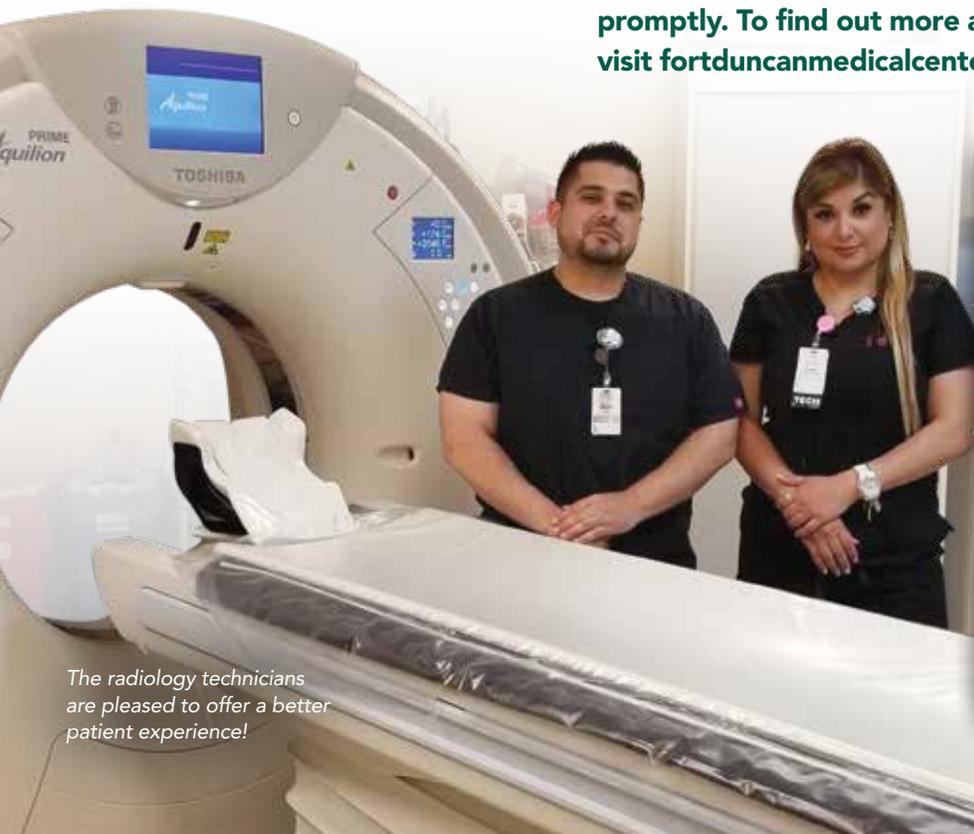
Faster CT scanning translates to shorter radiology visits and less radiation exposure for patients. Another feature is the lateral assist button that allows radiology technicians to easily adjust the position of patients in the scanner without having to physically push or pull them into place. This is important not just for patient comfort but also because the technicians are able

to move patients who may be immobile because of a trauma injury.

For CT angiography scans of the heart and coronary arteries, the new machine has advanced technologies for capturing detailed images between heartbeats while diminishing the amount of time, IV contrast and radiation exposure necessary to evaluate which cardiac or vascular intervention a patient may require.

These enhancements offer patients at Fort Duncan a more comfortable imaging experience and provide more detailed results for diagnosis, which is the top priority for the radiology department. ■

A doctor's order is required for a CT scan, and results are provided promptly. To find out more about imaging services at Fort Duncan, visit fortduncanmedicalcenter.com/radiology.



The radiology technicians are pleased to offer a better patient experience!

New cardiac catheterization lab coming to Fort Duncan!

Fort Duncan is building a cardiac catheterization lab in a 1400 square foot space beside the Emergency Department. The lab will house a ceiling mounted imaging machine that allows the cardiologist to move freely while taking X-ray scans or performing minimally invasive procedures to diagnose and treat heart disease. The upgrade will vastly improve patient experience with an anticipated opening later this year.

HIGH QUALITY *preventive and surgical care close to home*



Judith Birungi,
MD
General Surgeon

When Matias Rivera Acosta's primary care provider in Del Rio, Texas referred him to a hospital in San Antonio for a colonoscopy, he was reluctant to drive two or three hours away for it. However, with a family history of cancer, Rivera Acosta knows the importance of health screenings and wanted to have the procedure. A friend recommended he look into seeing General Surgeon Judith Birungi, MD, an admitting physician with privileges at Fort Duncan Regional Medical Center, which is closer to his home. ►

Matias Rivera Acosta wanted to have his procedure done closer to his home in Del Rio, Texas. Fort Duncan Regional Medical Center was an easy choice!

Rivera Acosta had lab work done at Fort Duncan in 2016 and recalled how CEO Eladio Montalvo had personally walked him through the hospital to register when he couldn't find the right department. That experience on his first visit impressed him and made it a simple decision to return for his colonoscopy.

He met Dr. Birungi in December 2017 for a consultation and left the hospital feeling confident. "I just felt comfortable after meeting her. She explained the procedure and gave me a little about her background. I felt like I was in really good hands."

When he came back a week later for the colonoscopy, everything went smoothly. He got to the hospital early for procedure preparations and was ready for discharge just a few hours later with Dr. Birungi's reassurance that everything looked fine and that she'd be in touch in

a week with the final results. Based on his experience, Rivera Acosta says, "I highly recommend having the procedure done at Fort Duncan. Everything was really nice—the hospital and Dr. Birungi. And you don't have to drive two or three hours away."

High-quality, compassionate preventive and surgical care is available close to home in Eagle Pass, Texas through the Fort Duncan surgical team made up of surgeons like Dr. Birungi, who began offering her services at the hospital last year.

In addition to preventive care procedures like colonoscopies, Dr. Birungi performs surgeries to treat various conditions including inguinal and abdominal hernias, breast lumpectomies and mastectomies and gall bladder surgery. ■

If you need a referral to a physician at Fort Duncan Regional Medical Center, call our free Direct Doctors Plus® referral service at 866-341-3362.

PATIENTS CAN ALSO RECEIVE PREVENTIVE AND SURGICAL CARE FROM ANY OF THE OTHER EXPERIENCED SURGEONS WHO PROVIDE SERVICES AT FORT DUNCAN INCLUDING:



Luis Gutierrez-Perry, MD
General and Vascular Surgeon



Alfonso Aguirre-Treviño, MD
General Surgeon



Michael Crone, MD
Urologist



Andre L. Thomas, MD
Orthopedic Surgeon



Surgical care at Fort Duncan

The experienced surgical team at Fort Duncan utilizes advanced tools and minimally invasive techniques to promote faster recovery after surgery. General surgery can be a treatment option for a variety of conditions and common ailments like peptic ulcer disease, swallowing disorders and endocrine problems.

Other surgical specialties offered include:

- Colon and rectal surgeries to treat diseases that affect the lower intestinal tract, such as colonic polyps, colon cancer, inflammatory bowel disease, hemorrhoids and rectal cancer.
- Vascular surgery can treat disorders of the circulatory system.
- Orthopedic surgery can treat conditions that affect the musculoskeletal system, such as fractures, carpal tunnel syndrome and osteoarthritis.
- Ambulatory surgery is provided for same-day surgical treatments for preventive and diagnostic procedures.

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.

What do *podiatrists* treat?



You may have heard of podiatry and know it relates to the foot, but do you

know the many conditions a podiatrist can treat?

Michael Cannon, DPM, clarifies what exactly a podiatrist does and problems that they specialize in treating.

Q: What is a podiatrist?

Podiatrists are doctors of podiatric medicine (DPM) that specialize in conditions affecting the feet and ankles. The foot is a complicated structure with over one hundred tendons, ligaments and muscles supported by 33 joints and 26 bones that allow you to balance, stand, walk, climb and run.

Q: What are common foot and ankle conditions?

Bunions, corns, hammer toes, heel spurs, plantar fasciitis, flat feet, fungal infections and ingrown toenails are all common conditions that podiatrists can treat. In addition, they may address foot complications related to diabetes, as well as foot or ankle fractures and tendon issues like Achilles tendonitis. A podiatrist may also address leg, hip and lower back pain that could be related to or aggravated by problems in the feet that require special footwear.

Q: How do podiatrists treat these conditions?

It depends on the podiatrist's training how and what they can treat. Often, they can provide both non-surgical and surgical treatments for foot and ankle conditions. Common procedures include bunionectomies to remove bunions or hammer toe surgeries that might involve redirecting tendons, joint resection or fusion. For flat feet, high arches or other similar conditions, a treatment option may be to create custom orthotics that fit in shoes to alleviate associated pain or discomfort.

Q: Why should I see a podiatrist?

While a primary care provider will have general knowledge of foot and ankle conditions, podiatrists specialize in these issues, which means they can offer an evaluation and treatment for your problem based on our extensive training in everything relating to feet and ankles. When any condition causes undue discomfort while wearing normal shoes or walking, it may be worthwhile to consult a podiatrist to find a treatment solution that works for you. ■

To schedule a podiatry appointment, call 830-872-3460.

Summer smarts

Prevent *heat-related illness*



During extreme heat, there are precautions you should take to prevent heat-related illness explains **Vincent Scoccia, DO**, ER Medical Director at Fort Duncan Regional Medical Center. This is especially important for vulnerable groups like adults over 65, young children and those without access to air conditioning.

These are hot weather tips from the Centers for Disease Control and Prevention.



KEEP COOL INSIDE

Keep cool inside with air conditioning—don't depend on fans for cooling in extreme heat. Wear light clothing and take cold showers or baths to bring down body temperature. If you don't have air conditioning, spend time in public places that are air-conditioned, or contact your local health department to learn about heat-relief shelters.



LIMIT EXPOSURE DURING PEAK HEAT HOURS

Avoid or limit outdoor activity during peak heat hours. Try to schedule activities in the early morning or evening when the weather isn't as intense. If you are outside or exercising, rest in shade often, drink water and stop if you feel dizzy or lightheaded.



WEAR SUNSCREEN

Sunburn is painful and can put you at risk for other heat-related conditions like dehydration. Apply sunscreen with SPF 15 or higher before you will be outside exposed to sun. If you can, wear a hat with a wide brim and sunglasses to protect your head, neck and eyes.



DRINK FLUIDS FOR HYDRATION

Drink frequently to stay hydrated and replenish salt and minerals lost through sweat with a sports drink, coconut water or other supplement with electrolytes.



STAY INFORMED ABOUT CONDITIONS

Stay updated on extreme heat advisories, so you can take necessary precautions. Learn the symptoms of heat-related illnesses like heat cramps, heat exhaustion and heat stroke, so you can seek help if someone is showing signs. ■

If you or someone you know is displaying signs of a serious heat-related illness, call 9-1-1 immediately.

Do not leave children or pets in the car during extreme heat, and check on elderly neighbors, friends and relatives to make sure they are staying cool and getting enough fluids!



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Celebrating our employees

In March we celebrated National Doctor's Day to honor our physicians for their contributions to patient care. We also recognized the hard work of our staff during National Hospital Week and Nurses Week from May 6 - 12 with acts of appreciation all week, including the presentation of service awards and The DAISY Award® For Extraordinary Nurses in recognition of their outstanding, compassionate care. The dedication of our staff make our hospital and community thrive!



Top left: Staff presented The DAISY Award to nurse Asenath Olivas, RN, and Francisco Solis, RN, who is pictured receiving his award. Top right: Rosa Salinas, EVS Supervisor, was recognized for 50 years of service at our hospital. Center: Physicians at Fort Duncan who were honored with a card signed by all the staff. Pictured from left: Michael Cannon, DPM; CEO Eladio Montalvo; Andre Thomas, MD; Suresh Seth, MD; Sergio Zamora, DO; Alfonso Aguirre-Treviño, MD. Bottom right: Our service award recipients dedicated 5 years all the way up to 50 years serving patients and the community at Fort Duncan.

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