

HEALTH NEWS from

south texas

HEALTH SYSTEM

SUMMER 2017

McAllen Medical Center refreshed *for the community*

TAKING THE PATIENT EXPERIENCE
TO A WHOLE NEW LEVEL

Cardiac Risk Assessment

Get personalized
actionable advice to
improve heart health

Pediatric Comprehensive Care Clinic

Providing complex
care for children with
special medical needs

Standing proudly in front of the newly painted façade of McAllen Medical Center are, from left: Todd Mann, CEO, McAllen Medical Center; Suresh Ratnam, MD, President of Medical Staff; and Humberto Rodriguez, STHS Board Member.

COMPLIMENTS OF
 SOUTH TEXAS
HEALTH SYSTEM
DEFINING Healthcare®

SOUTH TEXAS HEALTH SYSTEM®

FROM THE CEOs

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longer has to travel
hours to receive care

The winds of change have been blowing through the Rio Grande Valley, and there have been many good things occurring within South Texas Health System. We have new services, new clinics and new upgrades, which reflect our priority to provide quality healthcare and service to our community.

The renovation at McAllen Medical Center, our largest acute care facility location, is moving along quite nicely. We look forward to its completion and welcoming you to see the beautiful upgrades in the patient rooms and throughout the facility. You can read more about the project beginning on page 5. In heart matters, we have enhanced our Cardiac Risk Assessment to include a bloodwork and an online component. You can also update your profile as you track your progress.

New to the community is the Pediatric Comprehensive Care Clinic, a resource for high-risk children with chronic illness or those needing care after a hospital stay. Learn more on page 9. Throughout this publication, we also share stories about preventive care guidelines, a minimally invasive procedure to eliminate chronic acid reflux, wound care, the importance of quality sleep and the new STHS Women's Center.

We continue to expand our services based on our growing community's needs and feedback. As always, we look forward to your suggestions on how we can provide a great patient experience at all of our hospitals, medical centers, behavioral health center and satellite emergency rooms.

Thank you for entrusting us with the opportunity to care for you and your family.

JENNIFER C. GARZA
CEO, Edinburg Regional Medical Center/
Edinburg Children's Hospital

TODD MANN
CEO, McAllen Medical Center

DANIEL CALDWELL
CEO, McAllen Heart Hospital

JOE RODRIGUEZ
CEO, South Texas Behavioral Health Center

ROXANNA GODINEZ
CEO, Cornerstone Regional Hospital

We are South Texas Health System



EDINBURG
CHILDREN'S
HOSPITAL



EDINBURG REGIONAL
MEDICAL CENTER
EDINBURG REGIONAL
REHAB CENTER



McALLEN HEART
HOSPITAL



McALLEN
MEDICAL CENTER



SOUTH TEXAS
BEHAVIORAL
HEALTH CENTER



CORNERSTONE
REGIONAL HOSPITAL



STHS ER
AT WESLACO



STHS ER
AT MISSION

This hospital is directly or indirectly owned by a partnership that includes physician owners, including certain members of the hospital medical staff.

Enhanced Cardiac Risk Assessment *helps you track your heart health*

Did you know that heart disease is still the No. 1 killer of Americans*? Are you at risk for it? McAllen Heart Hospital has a new and improved risk assessment tool that can help you understand your risk of heart disease and manage your heart health.

Knowing your level of risk

The Cardiac Risk Assessment is an easy way to find out the clinical age of your heart. Daniel Caldwell, CEO of McAllen Heart Hospital, explains that the new assessment now combines results from a CT Calcium Score – a simple imaging test done at the hospital that measures the calcium build up in your arteries – with the patient's blood work and answers from a lifestyle questionnaire into an easy-to-interpret guide. After the assessment, patients have private access to this information through an online portal. Patients can even track lifestyle changes, such as weight, following their assessment and watch their heart's clinical age, and risk of heart disease, go down.

"The screening is a quick, noninvasive assessment that takes less than 60 minutes, and the great thing is that the patient leaves with a detailed report containing lifestyle recommendations and results they can act on immediately," says Mr. Caldwell.

How it works

Erika Martinez, RN, administers the program, and explains that patients make an appointment, and a nurse guides them through the risk assessment and creates their profile. Blood is drawn and sent to the lab, while the patient is taken for the CT scan. The person's health history and results are entered into the program. Erika says, "Depending on the results, we encourage patients to go to a cardiologist and we can book an appointment for them right there." Screenings are recommended for individuals 50 years and older. "The test results give doctors your Coronary Artery Calcium Score, an indication of heart disease risk or progression of heart disease. You can also learn if you have high cholesterol or are at risk for diabetes, based on your blood test results," says Erika.

Blood work includes a lipid panel, glucose and hemoglobin A1C, so you will need to come to the appointment fasting. Reports are available in English and Spanish. ■

Be proactive about your heart health. Call 956-388-2190 to schedule your assessment. The screening costs only \$99! APPOINTMENTS REQUIRED.

For more information, visit www.myintervent.com/mcallen or call Erika at 956-994-2265.



*Centers for Disease Control and Prevention

HYPERBARIC *oxygen therapy*

A specialized treatment for wounds that won't heal



According to the National Institutes of Health, chronic wounds affect more than 6.5 million people per year, and the numbers are expected to grow due to the rise in diabetes. For people in the Rio Grande Valley, South Texas Health System has two locations that offer a specialized wound treatment known as hyperbaric oxygen therapy (HBOT), which can help heal complex wounds.



JOSE FARIAS, MD
Medical Director, Wound Care
and Hyperbaric Services,
McAllen Medical Center

Jose Farias, MD, Medical Director of the Wound Care and Hyperbaric Services at McAllen Medical Center, says this type of therapy can also be used to treat certain diabetic wounds, carbon monoxide poisoning, decompression sickness, and bone or soft tissue infections.

PURE OXYGEN SPEEDS HEALING

Hyperbaric oxygen therapy is a treatment in which a person breathes 100 percent oxygen while relaxing in a pressurized chamber. To compare, the air we breathe contains about 21 percent oxygen. The pure oxygen is absorbed into the bloodstream and wound bed, which rapidly accelerates the healing process and enhances the body's ability to fight infection and promote new blood vessel growth. Dr. Farias states, "As we increase the pressure, the oxygen goes to a deeper, cellular level. Many of our patients have poor circulation, and HBOT is good to get the blood flowing to the wound site so it can heal."

Patients can go to the wound healing center on their own for less severe wounds, or be referred by their physician for HBOT after meeting certain criteria. Treatments typically last about two hours per session, and are monitored by a hyperbaric-trained physician, nurse and technician. "We thoroughly explain the wound healing process and preventive measures needed. Our goal is to have every patient successfully healed," says Dr. Farias. ■

Warning signs of a chronic wound

A wound is considered chronic if healing does not occur in six weeks. Open sores, infected cuts, post-surgical incisions and large burns are examples. Signs and symptoms of chronic wounds include:

- Infection in the wound
- Swelling, bleeding or pain
- Fever
- Darkened or black skin around the perimeter of the wound
- The wound has grown larger

If you have a wound that has not healed and you have these symptoms, you should see your doctor, who may refer you for specialized wound care.

Do you have a wound that is not healing? South Texas Health System has two locations to serve you:

Wound Care and Hyperbaric Services at McAllen Medical Center
4th Floor West, 301 W Expressway 83 • McAllen, TX 78503
Office: 956-632-4464 • www.mcallenmedicalcenter.com/wound

Wound Healing Center at Edinburg Regional Medical Center
4302 S. Sugar Rd, Ste. 101 • Edinburg, TX 78539
Office: 956-388-2700 • www.edinburgregional.com/wound

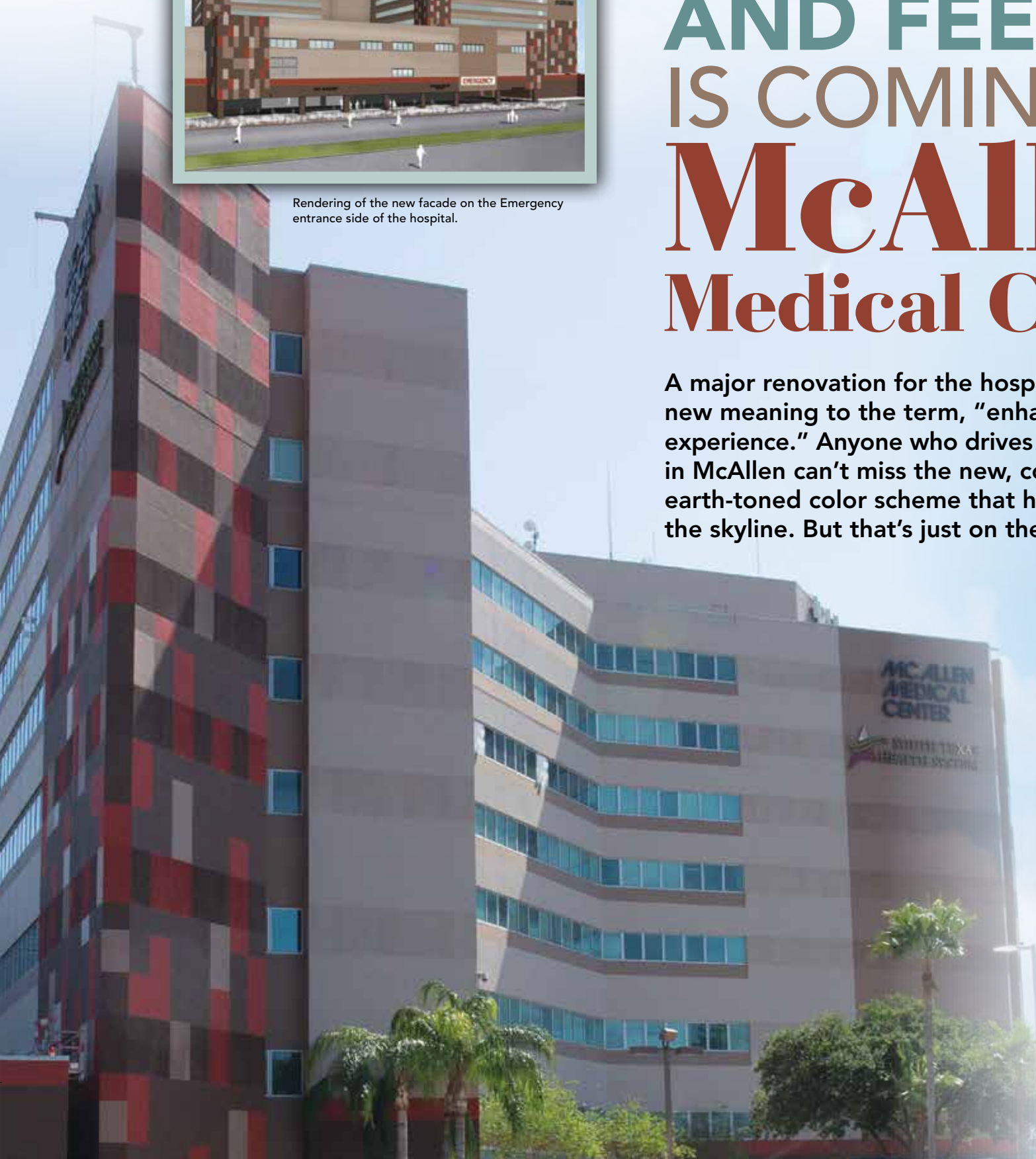




Rendering of the new facade on the Emergency entrance side of the hospital.

A NEW LOOK AND FEEL IS COMING TO **McAllen** Medical Center

A major renovation for the hospital gives new meaning to the term, "enhanced patient experience." Anyone who drives on the expressway in McAllen can't miss the new, contemporary earth-toned color scheme that has unveiled on the skyline. But that's just on the outside. ➤





On the inside, patient rooms, nurses' stations as well as the lobbies and dining areas are undergoing a total transformation. The 1980s-era building infrastructure will be updated, too, including the installation of more than 3,000 LED light bulbs, new elevators throughout, plumbing upgrades, and mechanical equipment. Crews are resurfacing the entire parking lot in stages, and color-coded wayfinding and illuminated building signage will guide patients to where they need to go. The multi-million dollar project began this February and is expected to last about two years.

McAllen Medical Center, where it sits today, first opened to the public in 1985. It is South Texas Health System's largest acute care facility and one of the tallest buildings in McAllen – then and now. The last major infrastructure upgrade to the hospital occurred in 1993 with the addition of the seventh and eighth floors. ➤

Photos from top to bottom:
CEO Todd Mann shows off photos of the renovation in progress. From L to R, William Brock, MD, and Candi Constantine, CNO, join in on adding color to the building. Bottom three photos: renderings of the new lobby space, updated cafeteria and a patient room.

Photos on opposite page:
Renderings of the new patient rooms in the maternity area and the entrance to The Birthing Center.

EMBRACING CHANGE

McAllen Medical Center was the first in the area to offer services such as open-heart surgery, one-day cardiac catheterization and magnetic resonance imaging. It is home to the Valley's first neonatal intensive care unit and neonatal surgery center, and it is a designated Level III Trauma Center for Hidalgo County. "For decades, we continue to set the bar high for emergency care, new programs and technology," says Chief Executive Officer, Todd Mann.



"These physical changes will influence the way employees, physicians and the community think about McAllen Medical Center. It's just like when someone loses weight and gets a makeover. Their outward appearance makes them feel great on the inside, and in turn, it inspires confidence. This renovation says to the community – 'be confident and trust us with your care.' It says, 'McAllen Medical will not stay stuck in a period of time.' Just like the city that surrounds it, McAllen Medical Center is embracing change," he says.

Mr. Mann explains that the project team wanted to get away from a traditional, stark hospital atmosphere and make it more comfortable and hotel-like for patients and their families. "The quality of the physical building will now match the quality and culture of the healthcare provided by our staff," says Mr. Mann.

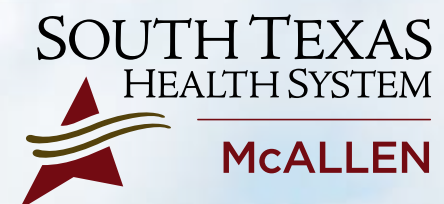


J. Humberto Rodriguez, a longtime member of the STHS Board of Governors, says it is important that patients have a good experience when they are receiving care at the hospital. "We have taken seriously the feedback our patients and visitors have provided, and we realized we needed to do more to enhance the environment," he says. "These improvements will definitely make their stay more comfortable."

"In the Valley, when someone gets sick, the entire family gets involved," says Suresh Ratnam, MD, an oncologist and Chief of the Medical Staff for South Texas Health System. "When patients and their families come to a hospital, they are nervous, because they don't know what is wrong. It is a time when every little thing matters. The light that flickers or the crack on the ceiling – when a patient is confined to one room, these can have an effect on healing just like the friendly smile of a nurse can. The environment should soothe, not be another cause for worry."

Mr. Mann says most people tend to choose one hospital for their care. "People get to know the location, the doctors and the nurses who care for them. We have a lot of tenured and loyal physicians who have built relationships with entire generations of families. That warm feeling, familiarity with the medical staff, and knowing that this hospital has continuously thrived throughout the years keeps our patients coming back, and for that we are so grateful. We feel these upgrades will certainly be a nice complement to that care." ■

Keep up to date with the progress at McAllen Medical Center by visiting www.mcallenmedicalcenter.com or linking up with us on the McAllen Medical Center Facebook page.



Making the most of preventive health screenings



ANNA ATENCIO, DO
Board-certified Family Medicine
Practitioner, Valley Care Clinics

Did you know that many of today's health concerns have a preventive component? Anna Atencio, DO, a family medicine physician with Valley Care Clinics, says being proactive about your health and keeping up with routine screenings is always a good idea.

Dr. Atencio cares for patients of all ages and also performs minor outpatient procedures and well-woman exams. "Many of my patients come in as a multi-generational family - grandparents, parents and children. This gives me a better picture of their health as a whole," says Dr. Atencio. "The family works together to stay healthy by having their preventive health screenings and following up on recommendations."

One topic Dr. Atencio frequently educates her patients about is the prevention of obesity. She explains that it can lead to so many other health issues, including diabetes and heart conditions. "We encourage everyone to try to exercise more, and to fill their plates with healthy foods and limit treats to once in a while. I see so many patients in their 20s who already have diabetes or are on the path toward it, and they're not always compliant with their medications and diet. I advise them on the importance of prevention before the issue becomes a burden in their lives," she says.

Dr. Atencio says trying to get through to the patients is a major part of her job as a family practitioner. "We talk about nutrition, exercise and their goals, and I direct patients to phone applications and websites, such as www.choosemyplate.gov, where they can track their food and exercise." She says it's important to teach people about tracking their progress. She also encourages people to join support groups so they don't feel like they are alone in their journey to good health.

Dr. Atencio encourages everyone to see their doctor once a year for preventive screenings. "You don't need to wait until you are sick to reach out for help. The annual physical is an opportunity for me to check blood pressure, weight and height, discuss the person's current health and remind them of any immunizations or preventive screenings appropriate for them," says Dr. Atencio. "Children especially need annual visits to ensure they are growing properly and getting their immunizations." ■

The Valley Care Clinics network has more than 100 physicians in various specialties serving the Rio Grande Valley.

To find a doctor, call the Valley Care Clinics at 1-855-VCC-APPT (855-822-2778) or visit www.valleycareclinics.com.



Stay healthy with preventive guidelines

Get information on age-appropriate recommended health screenings from these trusted sources so you can discuss them further with your doctor.

Preventive Health Services through Healthcare.gov:
www.healthcare.gov/coverage/preventive-care-benefits

United States Preventive Services Task Force:
www.uspreventiveservicestaskforce.org/BrowseRec/Index

American Academy of Family Physicians: www.aafp.org

NEW CLINIC

coordinates complex care
for children



Baby Jose Manuel Lopez is held by his mother, Yvette, during a visit with Dr. Camacho.

If your child has a chronic illness or special medical needs, it can mean that more than one physician may be involved in their care. For parents, coordinating that care, treatment and the child's needs as a whole can be a challenge.

The Pediatric Comprehensive Care Clinic (PCCC), an Edinburg Children's Hospital-based outpatient clinic of South Texas Health System, is a new resource that acts as one central point in obtaining and managing the best possible care for children.



MARIA CAMACHO, MD, FAAP, FCCM, ACCP

Medical Director and
Pediatric Intensivist, Edinburg
Children's Hospital

Medical Director and Pediatric Intensivist Maria Camacho, MD, FAAP, FCCM, ACCP, says it makes parents' lives a little easier and helps keep children healthier. "We can provide comprehensive care for high-risk children right here," says Dr. Camacho. "Our goal is to coordinate complex care among all of the Valley's pediatric specialists and make our clinic a resource for families. This can help reduce emergency room visits and admissions to the hospital and intensive care unit."

The clinic's medical team consists of two pediatric intensivists, one nurse practitioner and one physician assistant, with experience in treating children with special needs. "We essentially become the primary care providers for children who require more advanced healthcare than a traditional pediatrician may be able to provide," says Dr. Camacho. "If children are in an acute phase of their illness, or are not responding to treatment, they can be admitted right to

Edinburg Children's Hospital. We also provide follow-up care when children are discharged from the hospital to make sure they are improving or managing their condition well."

Baby Jose "Manu" Lopez was the first patient to visit Dr. Camacho at the clinic. He was born prematurely at 33 weeks at McAllen Medical Center, and spent a little over a week in the neonatal intensive care unit before being discharged. His parents brought him to see Dr. Camacho for his first pediatrician visit. "Manu is doing very well these days. He is thriving and growing quickly," says Dr. Camacho. ■

The clinic accepts direct referrals and most services are covered by insurances. The clinic is open Monday through Friday from 8 a.m. to 5 p.m. To make an appointment, call 956-381-0932.

For more information, visit www.edinburgchildrenshospital.com/pedclinic.

The Pediatric Comprehensive Care Clinic provides pediatric primary care services for a variety of conditions and children, including:

- Post-NICU infants
- Children with multisystem problems
- Congenital heart disease
- Chronic respiratory problems
- Tracheostomy/ventilator dependent
- Bronchopulmonary dysplasia
- Oxygen dependent
- Failure to thrive infants and children
- Gastrostomy dependent
- Colostomy
- Feeding problems
- Diabetes



**Pediatric Comprehensive
Care Clinic**

4302 S. Sugar Rd., Ste. 205, Edinburg

FREQUENT, PAINFUL heartburn?

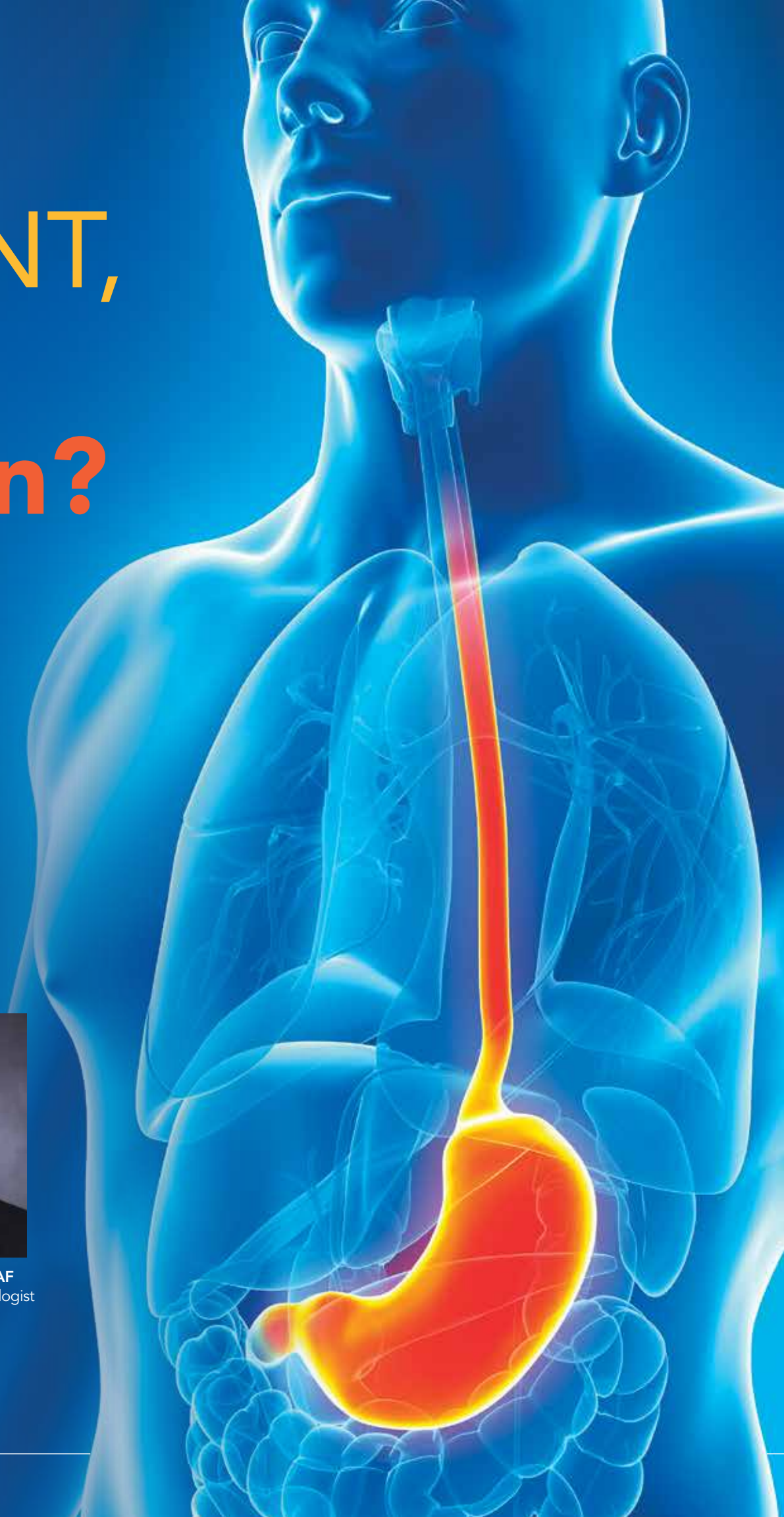
*AN INCISIONLESS
SOLUTION TO
CHRONIC ACID
REFLUX IS HERE*



LUIS REYES, MD, FASMBS, FACC
General Surgeon, board
certified in Obesity Medicine
and Bariatric Surgery



RALPH ALHALEL, MD, AGAF
Board-certified Gastroenterologist
and specialist in advanced
therapeutic endoscopy



If you are one of the millions of Americans who suffer from chronic acid reflux, also known as gastroesophageal reflux disease (GERD), you know how painful it can be. Now, a minimally invasive treatment known as Transoral Incisionless Fundoplication (TIF) is available only at McAllen Medical Center to treat severe cases of GERD. Both General Surgeon Luis Reyes, MD, FASMBS, FACC, and Gastroenterologist Ralph Alhalel, MD, AGAF, are certified to perform the procedure.

Identifying and treating GERD

GERD occurs when the one-way valve between the esophagus and stomach loosens and stops functioning properly, allowing stomach contents back into the esophagus. Heartburn is the most common symptom, but others can include belching, sore throat from regurgitation of stomach acid, hoarseness and chest pain. While occasional reflux is nothing to be concerned about, GERD can be a precursor to esophageal cancer if not treated.

Medications and lifestyle changes can help relieve symptoms. However, some medications simply neutralize the stomach acid, while others shut down acid production. Neither type of medication is intended for long-term use because it can have an effect on digestion and absorption of vitamins and minerals. If you are experiencing acid reflux more than three times a week and have increased your intake of medications, you may have moderate to severe GERD.

What is TIF?

TIF is a minimally invasive procedure that takes less than an hour and typically requires a one-night hospital stay. Unlike laparoscopic surgery, TIF does not require incisions. "The patient is given general anesthesia, and a device equipped with a tiny camera is lowered toward the stomach through the mouth. A new valve is created by folding and suturing tissue where the stomach meets the esophagus," says Dr. Reyes. "This prevents the stomach acid from going up into the esophagus."

For more information on McAllen Medical Center's Heartburn and Acid Reflux Program, visit www.mcallenmedicalcenter.com/tif.

Many patients return to normal activities in a few days and stop experiencing heartburn completely in about four weeks. Dr. Reyes recommends that his patients continue on their GERD medications for 14 days following the procedure. He also suggests that patients refrain from eating spicy foods and enjoy a lighter diet during that time. "Most patients no longer have to take medication and can return to eating foods they couldn't previously tolerate," he says.

Repairing hiatal hernias

In addition to treating GERD with the TIF procedure, small hiatal hernias can also be repaired. Hiatal hernias occur when the stomach and part of the esophagus that joins the stomach bulge through the opening in the diaphragm called the hiatus. This type of hernia may contribute to GERD. Dr. Reyes says if the hernia is less than two centimeters, they can correct it while performing the TIF procedure. But if they are larger than three centimeters, they can use a combination laparoscopic/TIF technique.

Benefits of the TIF procedure can include no scars and faster recovery, since there are no incisions. The patient may also save money since they no longer need prescription medications for their heartburn. If you are experiencing symptoms of chronic acid reflux, see your doctor to find out if TIF may be a solution for you. ■



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.



AHMAD ABO KAYASS, MD
Board-certified, Adult and
Pediatric Sleep Medicine Specialist

Are you getting enough *quality sleep?*

Sleep is an essential component to our health and quality of life. During sleep, our body replenishes itself and our cells undergo repair. When people don't get enough sleep or don't sleep well, they can develop serious health issues and even an increased risk of premature death. Adult and Pediatric Sleep Medicine Specialist Ahmad Abo Kayass, MD, shares his advice about some commonly asked questions on this very important topic.

Q Some nights I have trouble falling asleep or staying asleep. Could I have insomnia?

A: It's very possible. Many people have episodes of temporary insomnia, but if it happens at least three times a week for more than three months, you may have chronic insomnia. Before taking over-the-counter sleep aids, you should check with your doctor. You may have an underlying health issue that could be causing the insomnia.

Q My partner tells me I snore loudly and sound like I am gasping for air. Is that a symptom of sleep apnea?

A: Those are classic signs of obstructive sleep apnea. During sleep apnea, a person can stop breathing, and it may sound like they are choking or gasping for air due to partial or complete obstruction of the upper airway. If left untreated, it can lead to cardiac problems, stroke and other major health concerns. Sleep apnea can cause excessive daytime sleepiness, which can interfere with quality of life. Sleep apnea is treatable, so do not delay consulting with your primary care physician for an evaluation and treatment.

Q Is there anything I can do to improve my sleep?

A: Absolutely! For starters, practice good sleep habits. Keep your room cool, create an evening ritual and stick to a regular sleep schedule. Do not go to bed with a full stomach and limit alcohol and caffeine. Staying physically active during the day can help your body relax later in the evening, but do not exercise three hours before bedtime. If you still have trouble with sleep, talk with your doctor about further evaluation.

Q How much sleep does my child need?

A: According to the American Academy of Pediatrics, children's need for sleep varies based on their age. For example, a 10 year-old child requires 10 hours of sleep. Not enough sleep can cause hormonal imbalances, weight gain, short attention spans, moodiness and other issues. Parents should help their child establish a consistent bedtime routine, and turn off all electronic devices at least one hour before bed. The screen's blue light is known to send alerting signals to the brain, which disturbs sleep cycles. ■



**SOUTH TEXAS
DIABETIC AND METABOLIC INSTITUTE**

A South Texas Health System Facility

For more information about sleep disorders or to set up a sleep study at the South Texas Diabetic and Metabolic Institute, an outpatient clinic of Edinburg Regional Medical Center, call 956-213-0400, or visit www.edinburgregional.com/sleep.

Comprehensive care for advanced heart failure patients, *close to home*

Ruben Mendoza's heart has been beating strong for Rosa for more than half a century. But, after 50 years of marriage, 20 years of migrating for work, five children, 16 grandchildren, 14 great grandchildren and three heart attacks, the last one nearly fatal, it's had a little help along the way. "I spent nine weeks in the ICU. I didn't know what was happening," Ruben says.

At the time, the Mendozas were living in rural Iowa, where Ruben was an agricultural worker. When traditional heart failure management was unsuccessful following his last heart attack, doctors implanted a Left Ventricular Assist Device (LVAD), a small pump that helps a weak heart pump blood. An LVAD may be used when a patient is not eligible for a heart transplant, is waiting for a transplant or as a bridge to a transplant.

Ruben's follow up care required lengthy trips to the hospital, which put a strain on his family. The Mendozas decided to move back to the Rio Grande Valley, where there was more family support. For about a year, an LVAD implant center in Houston was the closest site for Ruben's care. But in 2016, Ruben was able to start receiving his follow-up care closer to home at the South Texas Advanced Cardiac Care Clinic.

"As a member of the nationwide network, we work with specialists at implant sites to provide the highest quality of care for LVAD patients," says Carol Meija, RN, the program's coordinator. "The hospital and clinic can offer patients accessible, collaborative care, right here at home."

Because Ruben has to carry the external unit and batteries with him wherever he goes, Rosa designed and made a vest so Ruben can safely put the components in the vest pockets. Then she designed another vest that allows her husband to place the equipment under his clothes so they can take part in one of their favorite activities - dancing. Rosa also made the custom vest for two other local patients with LVADs.

"We have a big family here," Rosa says. "There's always a quinceñera or a party." Ruben is thrilled he can dance, knowing the unit keeping his heart pumping is safely tucked at his side, thanks to his wife. "We're a team," Ruben says. "It was hard to get where we are, but we got through it. And I am so grateful for the attention available to meet our needs!" ■

McAllen Heart Hospital and the South Texas Advanced Cardiac Care Clinic provide comprehensive care for advanced heart failure patients. For more information, call 956-994-2000 or visit www.mcallenhearthospital.com/chf.



Ruben Mendoza and his wife, Rosa, enjoy spending time together at home.





Administration from South Texas Health System, McAllen Medical Center and the STHS Women's Center celebrate with a ribbon cutting ceremony.

STHS *Women's Center* opens in San Juan

Bringing health, wellness and pregnancy resources closer to home

To further meet the needs of the community, a new addition has joined the South Texas Health System family. The STHS Women's Center offers pregnancy, gynecological, health and wellness information and resources. A comprehensive range of services offered at the San Juan center include:

- Free, confidential pregnancy testing
- Online registration for childbirth classes at McAllen Medical Center
- Physician referrals
- Information on financial resources, including CHIP and Medicaid
- Family planning information
- Onsite appointments with board-certified OB/GYNs should a follow-up appointment be necessary or requested
- Referrals to additional local women's resources, care centers and clinics

Ebenezer Nii-Moi, MD, FACOG, an OB/GYN with the Valley Care Clinics, says women can make an appointment at the STHS Women's Center for regular gynecologic care, annual PAP tests, birth control and pre-natal visits. "This facility makes it convenient for women in San Juan and the surrounding areas to get the care they need close to home. For further prenatal care and ultimately, the delivery of their child, we can accommodate them at The Birthing CenterSM at McAllen Medical Center, which also has a Level III Neonatal Intensive Care Unit to care for premature babies or babies with complex issues," he says. "I specialize in taking care of women experiencing complications or who are at high risk. It is so important for women to dedicate themselves to pre-natal care to ensure the health of their unborn child." ■



For more information, call 956-702-6867 or visit mcallenmedicalcenter.com/women.



STHS Women's Center

A South Texas Health System Facility

1110 South Stewart Road, Suite B • San Juan, TX 78589 • Hours: Monday - Friday, 8 a.m. - 5 p.m.



Meet Ebenezer Nii-Moi, MD, FACOG
Obstetrician/Gynecologist

Dr. Nii-Moi specializes in obstetrics and gynecology. He is a graduate of Ross University School of Medicine in Roseau, Dominica. He completed a residency in Obstetrics and Gynecology at Nassau University Medical Center in East Meadow, NY. He is passionate about helping women through high-risk pregnancies and is specially trained in minimally invasive surgical techniques. He sees patients at McAllen Medical Center and Edinburg Regional Medical Center.

Dr. Nii-Moi's primary office is located at 1800 S. 5th Street, McAllen, and he sees patients at the STHS Women's Center.

For more information or to make an appointment, call 956-682-4702.

*Walk-ins are welcome,
but feel free to call
ahead of time.*



caring for the COMMUNITY



5k raises funds for heart and stroke education

More than 200 people participated in the second annual Run F.A.S.T. 2 Beat Stroke 5k on May 13, which was held at Edinburg Regional Medical Center — one of two certified primary stroke centers for South Texas Health System! All proceeds totaling nearly \$10,000 will benefit RGV's Regional Advisory Council – V, which is an organization dedicated to reducing strokes, trauma, and heart attack through education.



STHS celebrates EMS Week

During EMS Week this May, South Texas Health System staff honored first responders with a week of treats at each of the six South Texas Health System emergency rooms. EMS professionals are on the front-line, caring for patients before they arrive at the hospital. We thank emergency services personnel for all they do to keep patients safe and cared for!



Cinco de Mammo tous annual mammograms

During the month of May, nearly 600 women received a screening mammogram at one of four STHS facilities. The Cinco de Mayo-inspired festivities kicked off with Girls Night Out, where Kim Brock, an STHS patient with Stage 1 breast cancer, talked about the importance of early detection with a yearly screening mammogram. Radiologist Rudy Alvarez, MD, and mammogram technologists answered questions from the guests. More than \$300 was raised for the American Cancer Society through ticket sales and donations.



McAllen Medical Center Foundation gives back to provide graduate education

The McAllen Medical Center Foundation recently presented the University of Texas – Rio Grande Valley with a check for \$49,000 as part of its planned giving. The Foundation donated the funds for the McAllen Family Medicine Residency Program, which provides graduate medical education to residents undergoing post-medical school training to become primary care physicians. The funds help the residents attend conferences and complete research.



RGV Moms Blog hosts "Bloom" event

On Saturday, May 13, the RGV Moms Blog hosted tours of The Women's Corner, maternity and child-focused vendors and organizations, and two panel discussions dedicated to pre-natal care and caring for baby during the first year. Pictured, from L to R, are Valley Care Clinic OB/GYNs Ebenezer Nii-Moi, MD, and Thiendella Diagne, MD, as well as certified nurse midwife Crystal Stewart and Bianca Garza, IBCLC, from The Women's Corner, participated in the pregnancy panel discussion. (Photo credit: Marisol Izaguirre, LLC)



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c/o Marketing Department
1400 W. Trenton Road
Edinburg, TX 78539

PRSR STD
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COMING SOON

STHS ER AT EDINBURG

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