

HEALTH NEWS from

WINTER 2019

South Texas

HEALTH SYSTEM

DOCTORS SAVED *his life!*

RUTH CANTU SHARES HER
SON'S MIRACLE STORY

**PEDIATRIC
ORTHOPEDICS – BEYOND
BROKEN BONES**

Treating scoliosis,
stress fractures and more

**EMERGENCY CARE FOR
GROWING COMMUNITIES**

Two new ER locations now open -
McColl and Ware Rd.

Endovascular Neurologist
Wondwossen Tekle, MD (L),
and Neurosurgeon Syed
Hussein, MD (R), enjoy a visit
from their patient, Aristeo
Cantu, whose life they saved.

COMPLIMENTS OF
 **SOUTH TEXAS
HEALTH SYSTEM**

DEFINING Healthcare®

SOUTH TEXAS HEALTH SYSTEM®

FROM THE CEOs

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As we round out 2018 and get ready for 2019, there have been many great things happening and even better things to come. We opened South Texas Health System ER Monte Cristo, South Texas Health System ER McColl and South Texas Health System ER Ware Road this year, and South Texas Health System ER Alamo will be opening in January. These are examples of how we are bringing healthcare services closer to you, right where you live.

New at South Texas Health System McAllen is life-saving technology in the form of a neurointerventional suite. One of the many lives saved is a 14-year old who made an incredible recovery after his emergency treatment. From ER to rehab, he was able to receive all of his care within the South Texas Health System.

South Texas Health System Edinburg earned a gold seal in stroke rehabilitation from The Joint Commission, as well as accreditation as a Center of Excellence in Robotic Surgery. South Texas Health System Weslaco and Mission EDs were recognized for their ability to perform rapid diagnostic testing and administer clot-busting medications to eligible patients, earning advanced certification as Acute Stroke Ready Hospitals.

We are also pleased to announce that Lance Ames has been promoted to Chief Executive Officer (CEO) of South Texas Health System Edinburg and South Texas Health System Children's. Most recently, Lance served as the interim CEO at our facilities in Edinburg and prior to that, Chief Operating Officer at that location. We also welcome Brenda Ivory, MSN, as the CEO of South Texas Health System Heart. Most recently, she served as President and CEO of Harlingen Medical Center and brings over 25 years of experience in the healthcare industry to our health system.

As we continue focusing on growing our services and locations, we thank you for entrusting us to care for your family in 2018. We look forward to caring for you and your family in 2019 and beyond.

LANCE AMES

CEO, South Texas Health System Edinburg/
South Texas Health System Children's

TODD MANN

CEO, South Texas Health System McAllen

JOE RODRIGUEZ

CEO, South Texas Health System Behavioral

ROXANNA GODINEZ

CEO, Cornerstone Regional Hospital

BRENDA IVORY, MSN

CEO, South Texas Health System Heart

We are South Texas Health System



South Texas Health System
Children's



South Texas Health System
Edinburg
Edinburg Regional
Rehab Center



South Texas Health System
Heart



South Texas Health System
McAllen



South Texas Health System
Behavioral



Cornerstone Regional
Hospital

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



South Texas Health System
ER Ware Road



South Texas Health System
ER McColl



South Texas Health System
ER Monte Cristo



South Texas Health System
ER Weslaco



South Texas Health System
ER Mission

Pediatric Endocrinology & Diabetic Institute *helps fight obesity*

New **G.O.A.L.** program helps kids
lose weight and gain health



DORA ZAMORA-FLORES,
DNP, CPNP, CSOWM
South Texas Health System
Children's

Rates of childhood obesity have increased* in the Rio Grande Valley, and South Texas Health System Children's has a new initiative to help children from ages 18 months to 21 years old reach a healthy weight. The program began in April and is called Get rid of Overweight with Appropriate Lifestyle choices, or **G.O.A.L.**

Dora Zamora-Flores, DNP, CPNP, CSOWM, says childhood obesity is becoming the "norm." "The National Institutes of Health statistics are alarming, especially among Latinos, with 47 percent of boys and 38 percent of girls ages six to 11 falling into the 'overweight' or 'obese' category," she says. "These children are going to become adults with comorbidities such as diabetes, high blood pressure and high cholesterol. If we can catch it now, we can help prevent these long-term chronic problems."

Zamora-Flores says **G.O.A.L.** is a multidisciplinary program that involves working with patients to change nutritional habits and encourage physical activity. She says the first visit includes a full assessment checking the patient's

weight, blood pressure, and any lab work. A psychosocial evaluation is also done, and patients are given a questionnaire that asks about their daily habits around eating, sleeping, exercise, watching TV and other activities. "A nutritionist meets with the child and their family and tailors a food plan for them, educating them on the nutritional value of food and how to eat healthy, whole foods. It changes their grocery shopping habits for the better," she says. The next steps incorporate fitness routines and encouraging patients to get physically active.

Patients return every two weeks or once a month for follow-up visits. Zamora-Flores says a number of patients have already seen results. "We have had many patients losing weight at a sustainable rate, about one to two pounds per week. Once they are at their goal weight, we have them check in to make sure they stay on track," she says. "Our hope is that we can greatly reduce childhood obesity to help kids lead healthier lives into adulthood." ■

To learn more about the **G.O.A.L.** program, visit edinburgchildrenshospital.com/goal, or to schedule an appointment at the Pediatric Endocrinology & Diabetes Institute, visit edinburgchildrenshospital.com/pwm.



You are *what you eat!*

One of the biggest challenges when creating healthy new eating habits is to cut down or eliminate foods that contribute to obesity. Dora Zamora-Flores, DNP, CPNP, CSOWM, says many children are consuming excessive amounts of soda, pasta, bread and rice. "These foods are fine to have once in a while, and soda should be replaced with water," she says.

Processed convenience foods should be minimized, as well as sweets like cookies, cakes and candy. "We encourage our patients to eat fresh-prepared food, and include more beans, low-fat meats, and fruits and vegetables in their diet. The less processed food, the better."

*Centers for Disease Control and Prevention

When your *child* needs an

Michael Lago, MD, specializes in fractures, breaks and many other issues related to the spine, bones and joints



Dr. Lago examines a pediatric patient in his office.

orthopedic specialist

If you've ever broken or fractured a bone, you know it is important to get it treated quickly. For children, prompt and appropriate treatment of fractures and breaks is even more important because they are still growing, and if not addressed quickly and properly, could cause problems down the road.

Pediatric Orthopedic Surgeon and Scoliosis Specialist Michael T. Lago, MD, treats a wide range of orthopedic conditions, including scoliosis evaluation and surgery, spinal disorders and pain in the back, hips and lower extremities; ankle instability; bowed legs, knock knees, flat/club foot; dislocations, fractures and breaks; among others.

He says the usual injuries he sees in children are fractures of the upper and lower extremities. "About 50 percent of the time, we can cast it, but the other 50 percent of injuries will require surgery," he says. "The X-ray shows us what we are dealing with. Wrist and forearm fractures can be treated with a cast, but ankles, elbows and femurs, which is the thigh bone, usually need surgery to repair the break or fracture."

Beyond breaks and fractures

Dr. Lago says there is more to orthopedics than breaks and fractures. Scoliosis is a common condition he treats. "It is a curvature in the spine that can happen during a growth spurt around the ages of 10-12. For the most part, having the child wear braces to straighten the spine usually works, but there are a few cases that require surgery," he says. There are several different types, so treatment is dependent upon what Dr. Lago finds during testing.

Another problem Dr. Lago treats is "knock knees" or "bow legs." He says this condition is related to a growth plate issue in younger children, and they either outgrow it or he can treat it with an outpatient procedure.

He also takes care of athletes such as gymnasts, dancers, football players and teen weightlifters, who can put repeated stress on their lower backs. Sometimes a stress fracture develops in one of the vertebrae, causing it to shift out of place in the spine. "In mild cases, I recommend physical therapy. But sometimes surgery is needed in more severe cases," he says.

The importance of a children's hospital in the Valley

Dr. Lago says the specialty services offered at South Texas Health System Children's are a big advantage to the Rio Grande Valley community. He explains he gets referrals from primary care physicians, pediatricians and the emergency room. "Since I have been here, I have seen the positive impact made in the lives of children," he says. "Whether it be treating a child in the ER, fixing a growth plate issue or casting a fracture or break, they are getting the care they need in a prompt and efficient manner."

Dr. Lago says that he specialized in pediatric orthopedics because he has a soft spot for kids and is passionate about caring for them. He says his job is very rewarding. "I love it when the kids come back and see me with smiles on their faces, and they give me high-fives," he says. "I am grateful to have the opportunity to give them a chance at a more normal life." ■



Michael T. Lago, MD

Dr. Lago is an orthopedic surgeon who treats various disorders of the musculoskeletal system in children and adults, with a focus on pediatric skeletal deformities and interest in general orthopedic trauma.

He received his undergraduate degree from Florida State University, and his medical degree from The University of Texas at Houston. His orthopedic residency training was at the University of South Florida. Dr. Lago completed a pediatric orthopedic fellowship at The University of Utah and Shriners Hospital, where he received specialized training in surgery of the pediatric spine and hip. He is a board-eligible orthopedic surgeon, and is fluent in English and Spanish.

Office: 4302 South Sugar Road, Suite 102, Edinburg

Make an appointment at valleycareclinics.com/lago.

To learn more about orthopedic treatment, visit edinburgchildrenshospital.com/ortho.



NEW TECHNOLOGY *makes a life-saving difference*



TIME IS OF THE ESSENCE WITH STROKE, ANEURYSM OR BRAIN BLEEDS

South Texas Health System McAllen's updated technology and advanced treatment options make it possible for neurologists to provide critical care to patients 24/7 for complex disorders affecting the brain, neck and spine. ➤



Meet the specialists treating patients



WONDWOSSEN TEKLE, MD
Endovascular Neurologist



AMEER E. HASSAN, DO
Endovascular Neurologist



ALEXANDROS GEORGIADIS, MD
Endovascular Neurologist

Since the neurointerventional suite opened earlier this year, there have been more than 180 procedures performed, says System Stroke Program Coordinator Shenna Gonzales, RN, BSN. "Many of those procedures involved clot removal, aneurysm repair, or other neurological treatment," she says. "We are helping to make a difference in the lives of many, and patients don't have to travel outside the area. They can be diagnosed and treated right here." She also adds that the physicians are specially trained in stroke and neurocritical care, which enables them to provide a higher level of care for patients.

A MATTER OF MINUTES

The sooner a neurological issue is addressed, the better the chance the patient has for a good neurological recovery. For patients suffering from a possible stroke, there is usually a six-hour window to address it, but recent stroke guidelines have allowed the extension of treatment from six hours to up to 24 hours from onset of symptoms in qualified stroke patients. "If you believe you or someone is having a stroke, you should call 911 immediately and get to the closest emergency room," says Endovascular Neurologist Ameer E. Hassan, DO.

The new biplane catheterization lab cameras allow doctors to quickly see the blood vessels in the head and neck in 3-D, identify the problem and correct it.

Endovascular Neurologist Alexandros Georgiadis, MD, says that another plus is that the procedures are minimally invasive. "For the patient, that can mean less risk of infection, less bleeding and less pain after," he says.

Patients can be referred for testing of a possible aneurysm or blockage in the carotid arteries and if something of an urgent nature is found, it can be treated at the same time. Along with stroke and aneurysm, doctors can also place stents and repair brain and spinal artery and venous malformations. For those who come into the ER with a possible stroke, clot-busting medication can be administered in the suite while checking to see if there are any large clots that need to be retrieved. "If you know someone who is permanently disabled from stroke, then you must know how critical it is to get the right help and get it fast," says Endovascular Neurologist Wondwossen Tekle, MD. ■

Go to mcallenmedicalcenter.com/stroketx to learn more.



WONDWOSSEN TEKLE, MD: Dr. Tekle received his medical degree from Addis Ababa University School of Medicine in Ethiopia. His neurology residency was completed at the George Washington University, Washington, DC. He completed fellowships in both endovascular surgical neuroradiology as well as stroke and neurocritical care at the University of Minnesota in Minneapolis, MN. Dr. Tekle is current Chair of the TRAC-V stroke committee. He is a member of the American Medical Association, the American Academy of Neurology, the American Heart and Stroke Association and the Society of Vascular and Interventional Neurology.

AMEER E. HASSAN, DO: Dr. Hassan received his medical degree from the University of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine (now Rowan University) in Stratford, NJ. He completed his residency in neurology at the University Hospital in Newark, NJ. He completed fellowships in both stroke and neurocritical care as well as endovascular surgical neuroradiology at the University of Minnesota in Minneapolis, MN. Dr. Hassan is the Chair of the American Academy of Neurology Endovascular Section. He is a board member of the Society of Vascular and Interventional Neurology and the American Heart/American Stroke Association – Southwest Affiliate.

ALEXANDROS GEORGIADIS, MD: Dr. Georgiadis received his medical degree from the University of Wurzburg Faculty of Medicine in Germany. He completed residencies at both Case Western Reserve University in Cleveland and Drexel University in Philadelphia, PA. He completed fellowships at Case Western Reserve University, the University of Minnesota in Minneapolis, and the University of Medicine and Dentistry of New Jersey, School of Osteopathic Medicine (now Rowan University), Stratford, NJ.

Do you know the symptoms of a possible STROKE?

Recognizing the symptoms can help save your life or someone else's life. Just **B.E. F.A.S.T.**



BALANCE: Does the person have a sudden loss of balance or coordination?



EYES: Has the person lost vision in one or both eyes or have they had sudden double vision?



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is it slurred or strange?



TIME: is critical! If you see any of these signs, call 9-1-1 immediately.

Do not wait to get help – call 9-1-1 immediately.

First responders are trained to stabilize and treat the patient upon arrival. The sooner you get help, the better your chances for a good outcome.

A young life saved

"MY SON IS A LIVING MIRACLE!" – RUTH CANTU

"Perfect doctors and hospitals healed my son. Because of their beautiful teamwork and the technology available at the hospital, my son is alive," says Ruth Cantu.

Cantu's son, Aristeo, 14, wasn't feeling well and went to tell his mother. As he sat on the bed, he collapsed in her arms. EMS arrived and transported him to South Texas Health System Children's, the Valley's only dedicated children's hospital.

A CT scan revealed a life-threatening condition – a ruptured artery at the base of his brain. Cantu needed surgery immediately, and he was transported to South Texas Health System McAllen's new neurointerventional suite. There, doctors performed the delicate procedures to save him, using advanced, minimally invasive technology. "We are fortunate to have this new neurological suite of equipment here at South Texas Health System McAllen. It is helping us save many lives," says Endovascular Neurologist Wondwossen Tekle, MD.



From left, Dr. Tekle, Aristeo Cantu and Neurosurgeon Syed Hussein, MD.



Cantu worked with Occupational Therapist Dickson Rodriguez, to regain his strength and learn to walk again.

The treatment was successful, and Cantu remained in the ICU for 27 days before transferring to the rehab center at South Texas Health System Edinburg. Cantu spent the next 34 days receiving a minimum of three hours of intense physical, occupational and speech therapy a day to help him regain his strength. He is currently doing well with home schooling and is also back at Sunday school, helping to teach the Pre-K class.

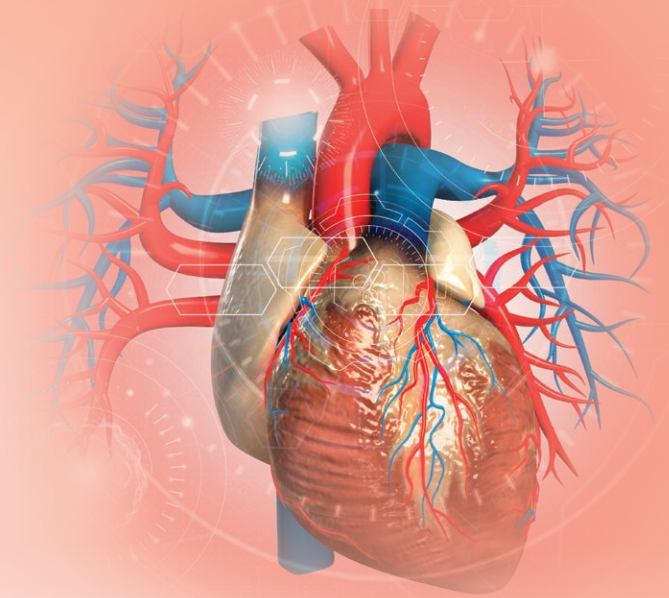
His mother, Ruth, is beyond grateful, especially because her son was able to receive all of his treatment within one hospital system. "All the doctors and nurses have done an amazing job. Because this treatment was available here, we did not have to travel out of the area," she says. "I'm very thankful because we're close to home and they have excellent staff here. My son has made amazing progress and is walking again!" ■

**For more information about
Edinburg Regional Rehab Center,
visit edinburgregional.com/rehab.**



THIS IS MY STORY:

Agustin Acosta



LUIS PADULA, MD
Cardiologist

After working all day, Agustin Acosta, 40, was at home when he broke out into a cold sweat, was unable to move, and began experiencing chest pain. He called out to his wife, who dialed 9-1-1. Within a half hour, he was in the hands of Cardiologist Luis Padula, MD, and the team at South Texas Health System Heart.

"I never thought it would happen to me. I didn't pay attention to it," says Acosta. "I should have seen the signs. I thought I was going to die. Thank God I'm still here. When I arrived at the hospital, the doctors and nurses were waiting for me. I was scared because they were moving very fast, doing everything possible to save me," he says.

A RECORD "DOOR-TO-BALLOON" PROCEDURE

Dr. Padula says Acosta arrived at the hospital in the midst of a heart attack. "We took Mr. Acosta to the cardiac catheterization suite for a diagnostic angiogram. This allowed us to identify which of the three arteries was closed, and we immediately

proceeded with a balloon angioplasty to open the blockage and reestablish blood flow," he says. As a result of their efforts, the team completed the procedure in 16 minutes – a record time for the hospital.

Dr. Padula explains that as a team, their work has to be synchronized. "Every person on the team knows what they have to do," he says. "I look at every case when we are finished to see if there was anything more we could have done to decrease the time it takes. The short door-to-balloon times means more lives saved, and a better quality of life after a heart attack. It makes all the difference in the world."

The next day, Acosta shared his advice about surviving a heart attack. "People need to educate themselves on the signs and symptoms of a heart attack. It happened to me and then everything went so fast. I'm so grateful for everything the doctors and nurses did to save me!" ■

To learn more about cardiac catheterizations, visit mcallenhearthospital.com/cardiaccath.



Agustin Acosta relaxes after his life-saving procedure.

Speakers' bureau raises awareness of behavioral health issues

Panel of professionals educates the community on behavioral health diagnoses and treatments

A newly created Speakers' Bureau at South Texas Health System Behavioral is making behavioral health professionals available to the community. "The purpose of the panel is to send specialists who can present and provide training to medical practices, non-profits, schools, police departments and other organizations," says Executive Representative Audrey Munoz. "We are also able to offer continuing education units (CEUs) for health professionals who need them for certification." ■

To request a mental health speaker, visit
southtexasbehavioralhealthcenter.com/request.

The panel and their specialty topics

Ricardo Irizarry, MD

Designer drugs; Love and other psychiatric illnesses

Dr. Irizarry is the medical director for the Teen Discovery Program. He treats adolescents and adults in the inpatient and outpatient treatment settings.

Robert Mosqueda, MD

Psychiatric hospitalization for children

Dr. Mosqueda is the medical director for the Early Discovery inpatient program where he treats children.

Ruben Piñero, MD

Diabetes and depression

Dr. Piñero is a psychiatrist who treats patients in the Adult Better Living, Geriatric Care Plus and Teen Discovery programs.

José Alvarado-Méndez, PhD

Managing emotions

Dr. Alvarado-Méndez is the clinical director at the facility.

Cecilia Ramos, LPC-S

Resiliency for first responders

Ms. Ramos is a Licensed Professional Counselor and lead therapist in the Outpatient Program and provides therapy in the inpatient setting.

Yvonne T. Quintanilla, PhD, LPC

Crisis management - preventing suicide; Prevention of crisis escalation; Behavioral wellness – how do we get there?

Dr. Quintanilla is a Licensed Professional Counselor in the Assessment and Referral Department.



José Alvarado-
Méndez, PhD

Cecilia Ramos,
LPC-S

Ruben Piñero,
MD

Robert Mosqueda,
MD

Yvonne T. Quintanilla,
PhD, LPC

Ricardo
Irizarry, MD



Luz Pettie, MD, FACOG
OB/GYN



OB/GYN

welcomes new doctors

*Your partners at
every stage of life.*



Kristy Morales, MD, FACOG
OB/GYN

Obstetrician/Gynecologist Luz Pettie, MD, FACOG, earned her doctorate in medicine at St. Matthews University School of Medicine in Orlando, FL. She completed her residency at State University of New York at Buffalo. She is board certified in obstetrics and gynecology, and fluent in English and Spanish.

Professional Memberships:

Fellow of American College of Obstetrics and Gynecology
Member of the American Institute of Ultrasound in Medicine

Services:

- Certified and specializing in da Vinci® robotic surgery
- Annual exams and wellness screenings
- Adolescent and adult gynecology
- Family planning
- Polycystic ovary syndrome (PCOS)
- Prenatal wellness and exercise
- Pregnancy induced hypertension
- Infertility
- C-sections and delivery after prior C-sections
- Abnormal vaginal bleeding
- Breast disorders
- High-risk pregnancies
- High-risk gynecologic patients
- Pelvic organ prolapse repairs
- Ultrasounds
- Colposcopy
- Menopause and post menopausal disorders
- Hormone replacement therapy

LOCATION: 1800 S. 5th St., McAllen, TX 78539

HOURS: Monday through Friday, 8 a.m. – 5 p.m.

CONTACT US: Book an appointment online at valleycareclinics.com

Medicare, Medicaid and most medical insurance plans accepted

Obstetrician/Gynecologist Kristy Morales, MD, FACOG, earned her doctorate of medicine at Creighton University School of Medicine in Omaha. She completed her residency in obstetrics and gynecology at Saint Louis University and is board certified in obstetrics and gynecology.

Professional Memberships:

Fellow of the American College of Obstetricians and Gynecologists
American Institute of Ultrasound in Medicine
National Hispanic Medical Association
Texas Medical Association
Academy of Breastfeeding Medicine

Services:

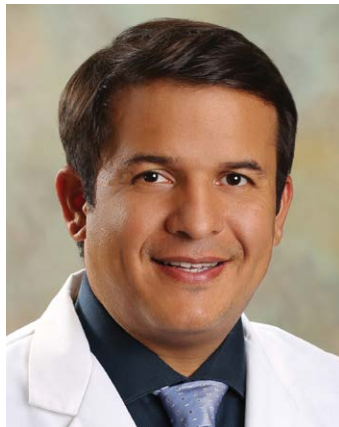
- Annual physicals and wellness screenings
- Adolescent and adult gynecology
- Family planning
- Prenatal care
- Infertility
- Minimally invasive surgery
- High-risk pregnancies and gynecologic patients
- Pelvic organ prolapse repairs
- Ultrasounds
- Colposcopy
- Menopause/hormone replacement therapy

LOCATION: 4302 S. Sugar Road, Suite 206, Edinburg, TX 78539

HOURS: Monday through Friday, 8 a.m. – 5 p.m.

CONTACT US: Book an appointment online at valleycareclinics.com

Medicare, Medicaid and most medical insurance plans accepted.



JOSE VALLEJO-MANZUR, MD
Pulmonologist

Should you get a lung cancer screening?

According to the American Lung Association, lung cancer kills more people than breast, prostate and colon cancer combined, and smoking is linked to 90 percent of lung cancers. Pulmonologist Jose Vallejo-Manzur, MD, talks about why early detection is so important, how to get screened and who may be a candidate for screening.

Q

Why is it important to get screened?

A: Like some cancers, lung cancer may not show symptoms in the early stages. If a person waits until they have symptoms, the cancer may already be too advanced and treatment may not be as effective. Screenings can save lives. If you meet the criteria, it is highly recommended that you have a low-dose CT scan. If nodules are found, your doctor can determine next steps.

Q

What is a low-dose CT scan?

A: With a low-dose CT screening, cancer may be detected in its earliest, most-treatable stage, before symptoms develop.

The CT works by using X-rays to make cross-sectional images of your chest. The test takes a few minutes, and uses one quarter of the radiation as compared to a standard CT. A pulmonologist, who is a lung specialist, will read the scans and determine if there is anything suspicious that would require further evaluation.

Q

Who is eligible for screening?

A: If you or someone you know is a current or former smoker, you may be at risk for lung cancer and are eligible for screening. Specific criteria includes smokers who are 55-77 years old; persons who have smoked a pack or more of cigarettes a day for at least 30 years; current smokers or those who quit less than 15 years ago; those with a family history of lung cancer; and those with no symptoms of lung cancer such as cough, shortness of breath, coughing up blood, unexplained significant weight loss or chest pain.

Q

Where can I get a screening?

A: South Texas Health System McAllen has a comprehensive Lung Cancer Early Detection and Treatment program. The screening is covered in full by Medicare Part B if you meet all of the criteria. If you require further treatment, a team of pulmonologists, oncologists, thoracic surgeons, pathologists and radiologists at the hospital will be involved in interventions and follow-up treatment options. ■

To register for a lung cancer screening, visit mcallenmedicalcenter.com/lungscreening.

South Texas Health System ER McColl provides emergency care when you need it most

Here for the community, 24 hours a day, seven days a week, 365 days a year

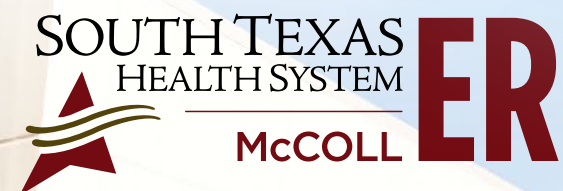
Divisional Director, FED Clinical Operations, Conrad Brown, PhD, RN, is on a mission to help bring quality healthcare to communities in the Rio Grande Valley. "As the local communities continue to expand, these freestanding facilities are important because people who live far away from a hospital can receive appropriate care quickly," says Brown. "The facilities operate as a true ER, and are equipped with an on-site laboratory, a CT scanner, X-ray machines, and staffed with the same medical and nursing personnel as the hospital."

In addition to providing emergency care, 24-hour laboratory and radiology services are available to anyone, without an appointment. If your doctor orders an X-ray or bloodwork, simply bring the doctor's note to any of the South Texas Health System freestanding ER locations and your test can be completed right there. Brown says the results will be made available in the South Texas Health System and can be accessed from any of their hospitals.

Brown says they will soon be unveiling two more freestanding emergency departments, in Alamo and McAllen. "We've updated the floor plan to include a better patient flow and more efficient design," says Brown. "As a result, we are able to tend to the patients quicker and that can mean less wait time."

He explains that the freestanding emergency departments are making it easier for patients to receive the care they need, in close proximity to their home. "We want to make sure every patient has a great experience and that we meet their needs, whether it be an emergency situation or coming as a walk-in to get certain diagnostic tests." ■

For more information on this facility, visit sthsermccoll.com. To stay up to date on new developments, follow our social media channels.



Local law enforcement and emergency personnel help celebrate the grand opening of South Texas Health System ER McColl.



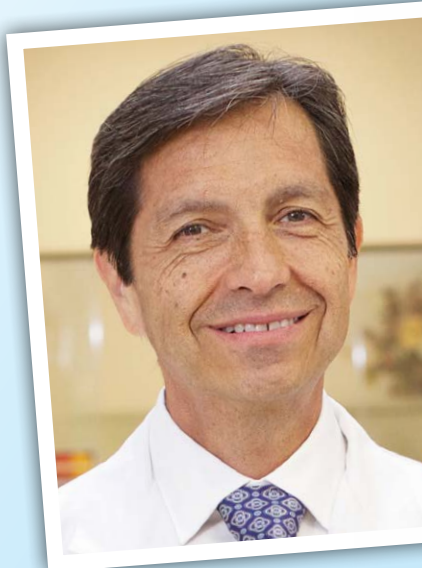
Robotic total knee replacement

Cornerstone Regional Hospital offers minimally invasive* robotic-assisted total knee replacement using the advanced technology that eliminates the need for a pre-operative CT scan. Raul Marquez, MD, is the first orthopedic surgeon to use this technology in the Rio Grande Valley.

During the procedure, a 3D model of the patient's knee is used to guide the robotic-assisted tool directed by the physician, which provides an extra layer of precision and accuracy.

Free educational seminars and live surgery events are coming soon. Seating is limited. Food and refreshments will be served. ■

Register for a seminar or live surgery at cornerstoneregional.com/tkr.



Begin your weight-loss journey now

A new alternative to surgical bypass is here

Cornerstone Regional Hospital now offers the AspireAssist® device, a minimally invasive* implantable—and reversible—solution for patients with a BMI of 35+ who have not been able to lose weight through diet and exercise alone. The AspireAssist is FDA-approved and does not alter your anatomy or permanently change your digestive tract. ■

ASPIRE
assist

Register to attend a free seminar at cornerstoneregional.com/aspirenow.



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

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

c^{aring} for the COMMUNITY

Trauma and injury prevention expo teaches emergency preparedness

South Texas Health System McAllen hosted the third annual Trauma and Injury Prevention Expo on Saturday, September 29, to educate the community about preventing and treating medical emergencies and trauma. Physicians, clinicians, first responders and other partner agencies presented information and showed demos of the Jaws of Life®, bee safety, hunting and fishing safety, water safety and more.



South Texas Health System ER Ware Road grand opening

On Saturday, September 29, we celebrated the opening with an open house. This facility provides emergency care 24 hours per day, 365 days per year, and is staffed with the same medical personnel and equipped with the same diagnostic technology available in South Texas Health System's hospital-based emergency rooms. Visit their website at sthserwareroad.com to learn more.





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Edinburg, TX 78539

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 **Learn more at**
mcallenhearthospital.com

South Texas Health System Heart is the Valley's **ONLY** freestanding cardiac hospital and heart emergency center, and is the **ONLY** hospital in Texas that was named as a recipient of **BOTH** the America's 100 Best Hospitals award for Cardiac Care and the America's 50 Best Hospitals award for Cardiac Surgery by Healthgrades.

- America's 50 Best Hospitals for Cardiac Surgery, 2017, 2019
- America's 100 Best in Overall Cardiac Care, 2017-2019
- Cardiac Surgery Excellence Award, 2017-2019 *And more!*

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