

HEALTH NEWS from

south texas

HEALTH SYSTEM

SPRING 2018

Welcome **STHS ER**
Monte Cristo!

New design, more streamlined care



Weight-loss surgery success

Losing weight and gaining good health

Are you expecting?

A new, fresh look for
The Birthing Center and
The Women's Corner

 **SOUTH TEXAS
HEALTH SYSTEM**
DEFINING Healthcare®

SOUTH TEXAS HEALTH SYSTEM®

FROM THE CEOs

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A new ER opens and another is on the way

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What to look for and how to help

We started this year off with the opening of a brand new facility, STHS ER Monte Cristo, and construction is in progress on yet another freestanding facility, STHS ER Ware Rd. We expect it to be completed some time in the fall, and are excited to continually offer new locations for our community to access care and services.

In addition to this new construction comes the renovation of The Birthing Center at McAllen Medical Center and expansion of The Women's Corner at Edinburg Regional Medical Center. The Birthing Center now offers 24/7 neonatologist coverage, outpatient obstetrical assessment and treatment unit and a pregnancy outreach program through STHS Women's Center in San Juan. The Women's Corner is adding more labor and delivery suites and welcomed new physicians to accommodate the increase in births.

We are proud of the recent recognition McAllen Medical Center received from The Leapfrog Group, scoring an "A" for keeping patients safe and meeting the highest safety standards in the U.S. Our hospital system was also recognized in the Pioneers in Quality™ program, for our measurement and sharing of hospital care data to improve patient care.

In this issue you will also read stories of second chances. Karen Gonzalez and Nancy Weist share their results following weight-loss surgery and how it gave them a new lease on life. Alicia Layton came close to losing her leg, until wound care specialists at McAllen Heart Hospital and Edinburg Regional Medical Center became involved. These are just some of the examples of great patient experiences happening at our facilities, and we look forward to an 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



STHS ER Monte Cristo



STHS ER Weslaco



STHS ER Mission



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.



recognized in
**PIONEERS
IN QUALITY™
PROGRAM**

Measuring and sharing
hospital care data
to improve care

In its mission to assist hospitals in moving toward electronic quality measure adoption, The Joint Commission's Pioneers in Quality program has distinguished South Texas Health System as "Data Contributor" for electronic clinical quality measure (eCQM) data.

The system is among only 480 out of 3,200 healthcare organizations that The Joint Commission has recognized for embracing new technology to submit data about the care it provides to patients. Voluntarily sharing that information helps the entire industry move forward in utilizing electronic clinical quality measurement for healthcare. ■



An "A" for patient safety

McAllen Medical Center receives award from The Leapfrog Group

Providing the most complete picture of patient safety in the U.S. by analyzing 30 measures of hospital safety data, The Leapfrog Group awarded an "A" to McAllen Medical Center for its commitment to keeping patients safe and meeting the highest safety standards in the U.S.

The Safety Grade assigns letter grades of A, B, C, D and F to hospitals nationwide based on their performance in preventing medical errors, infections and other harms. "We do our very best to ensure each patient is protected from harm while in our care. In fact, we prioritize our patients' safety above all else in order to get them back to good health," says Todd Mann, CEO of McAllen Medical Center.

The Leapfrog Hospital Safety Grade uses 27 measures of publicly available hospital safety data and is calculated by top patient safety experts, peer reviewed, fully transparent and free to the public. ■

To see the hospital's full grade, and to access patient tips for staying safe in the hospital, visit hospitalsafetygrade.org and follow the Leapfrog Hospital Safety Grade on Twitter and Facebook.



From chronic health issues *to*

Nancy Weist and Karen Gonzalez were exhausted and struggling with health problems made worse by their extra weight. But at the Valley Care Clinics Weight Loss Surgery Center, they found a solution that worked for them. **HERE ARE THEIR STORIES.**



“I did this for myself and nobody else!”

~ NANCY WEIST



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

Ask Nancy Weist, 62, what a difference a year makes and she may tell you 112 pounds. That’s how much she lost in one year following laparoscopic gastric bypass surgery. Prior to weight-loss surgery, Weist had high blood pressure, high cholesterol, arthritis, two knee replacements, a shoulder replacement, and was taking many medications for her arthritis and pain.

“I was in a lot pain and it was difficult to get around. I had no energy and I finally decided that I was going to get as healthy as I could,” says Weist. “So I started gathering information on bariatric surgery and learned about Valley Care Clinics Weight Loss Surgery Center. I thought this could help me achieve my goal.”

Weist says education is part of the program and makes a big difference. “Do your homework and don’t be afraid to ask questions. There was great support from office staff - they always had time for me,” she says.

Bariatric and General Surgeon Luis Reyes, MD, FASMBS, FACS, performed Weist’s procedure at McAllen Heart Hospital. One week after her surgery, she went off all prescriptions except for her thyroid medication. “I have more energy and am able to care for my mother. I can bend down and do my gardening, and no longer have days with pain where I can’t move,” says Weist. “I had to do this for me – not my children, my husband or anyone else. When you’re doing it for you, you’re more inclined to stay with it because you want it. Many people make light of bariatric surgery because they think it is an easy fix, but it’s not. It was an aid for me, and I had to work hard at it and learn a new way of healthy eating.”

Weist takes advantage of the monthly support groups and finds them extremely valuable. “This is a journey and it is great to be supported by others on the same journey. We all help each other along the way,” she says. “And Dr. Reyes is never too busy to speak with me. He takes the time to be with his patients. If you are considering bariatric surgery, I highly recommend him and the program here at VCC. Before I had surgery, my mind would say, ‘Yes, I want to go to the mall,’ but my body said ‘No.’ Now, my body says ‘Go!,’ and I go!” ■

FIT AND HEALTHY

“Before weight-loss surgery, I wasn’t as pleasant a person. This was the best decision I ever made – I am always happy now.”

~ KAREN GONZALEZ



ERNESTO GARZA, JR., MD, FACS
Chief of Surgery
South Texas Health System

Karen Gonzalez, 36, had struggled with her weight for years, and then developed sleep apnea and borderline diabetes. She had no energy, her knees bothered her and she could not fit into some amusement park rides. The turning point came while she was at a concert. Gonzalez was invited up on the stage, but could not get over the barrier. She was mortified. “It was then that I knew I had to do something about my weight,” says Gonzalez.

Her primary doctor recommended Valley Care Clinics Weight Loss Surgery Center (VCC), and Gonzalez made an appointment. She also evaluated other weight-loss surgery programs in the area, but really liked what VCC offered, especially the support before, during and after the procedure.

Bariatric and General Surgeon Ernesto Garza, Jr., MD, FACS, performed a laparoscopic gastric bypass on Gonzalez at McAllen

Heart Hospital. “I had minimal pain and scarring, and I was excited to start the next phase of getting healthy. I followed the program exactly, lost 90 pounds, and my BMI went from 40 percent to 22 percent,” says Gonzalez. “I focused on good, positive things. Paula Kilgore ran the support group at VCC and she went above and beyond to be there for me and helped me stay positive. This was a big life change, and I am so glad I did it!”

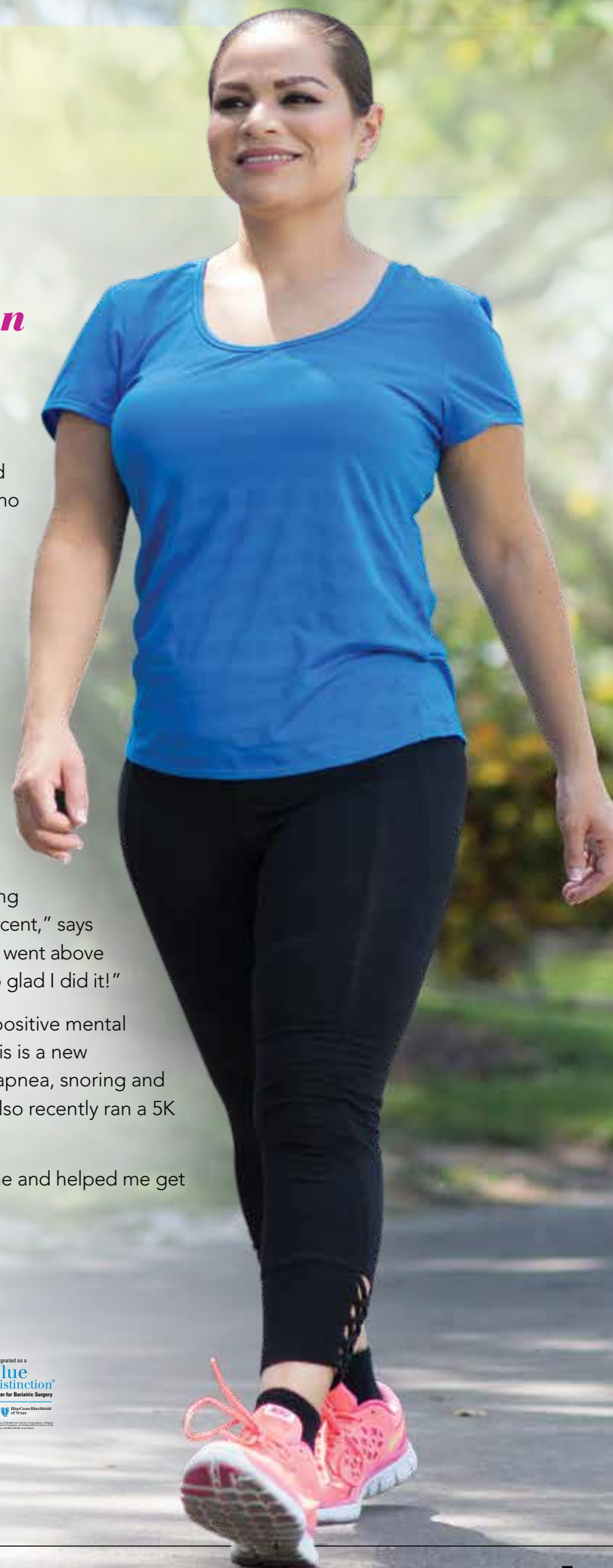
For those considering weight-loss surgery, Gonzalez says to approach it with an open mind and positive mental attitude. “If you’re not ready, don’t do it. Surround yourself with people who will build you up. This is a new lifestyle, not a fad, and it will work if you work it,” she says. Now free of the excess weight, sleep apnea, snoring and pre-diabetes, Gonzalez is active all day and she has lots of energy to keep up with her son. She also recently ran a 5K race, something she couldn’t do before.

Gonzalez is forever grateful for Dr. Garza and the weight-loss support staff. “They were there for me and helped me get my life back!” she says. “I recommend them to anyone who is considering weight-loss surgery.” ■

To learn more about weight-loss surgery, sign up for a free seminar at vccweightloss.com/WLS.



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



Expanding ER services *to more communities*

STHS ER MONTE CRISTO OPENS,
WITH MORE ON THE WAY

With the recent grand opening of STHS ER Monte Cristo, people who live in more rural parts of the county now have access to emergency care. The ER at the South Texas Health System provides 24-hour emergency care every day of the year. The ER 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. ➤



To streamline patient care, the STHS ER Monte Cristo was built with a separate entrance for ambulances.





STHS Director for Ambulatory Services, Conrad Brown, MS, RN, says the new ER will make a difference for people who live further away from the hospital and need care. "We are an actual ER and take care of all conditions the hospital-based ERs handle, but our turnaround time can be quicker because we do not have inpatients," says Brown. "A laboratory is onsite, as are a CT scanner and X-ray so tests can be completed fairly quickly. All medical documentation is on the same system as our hospitals, so if a patient is admitted, the hospital already has the information on record."

Another plus is that the laboratory and radiology services are available to the public on a walk-in basis. "For example, if someone's doctor orders an X-ray, CT scan or blood test, the person can come here with their doctor's note and we can do it for them. The results will be available in the system so the doctor can access it from any of the hospitals," says Brown.

Updated design for efficiency

The STHS ER Monte Cristo had a successful opening, and in its first two weeks took care of 176 patients. Brown states there is no facility in that area like this, so it is great to be able to accommodate the community by providing this type of care. "Our staff sees people with all kinds of ailments and conditions, and most of them we can treat here. For those who have more serious injuries, we can start the treatment here and transfer them to Edinburg Regional Medical Center or a hospital of their choice for further inpatient care."

Brown states the Monte Cristo location is the first one built with an updated floor plan. "We wanted to have more visibility of our patients, more open space and a more efficient design," he says. "All future freestanding ERs will be modeled after this location. We looked at our current models and determined what changes could be made to improve the functionality and patient flow, and this design is an example of that. We were able to streamline the entire patient process, so people spend less time here and more time recuperating at home."

The building continues

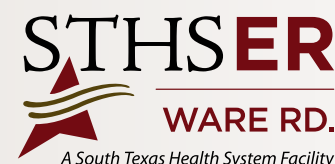
Not long after the Monte Cristo location opened, a groundbreaking ceremony was held for the new STHS ER Ware Rd., located at 3700 W. Nolana, in McAllen. Construction began in February, and it is expected to be open in the fall. It will be the eighth ER for South Texas Health System. This ER will serve the community living closer to the west side of McAllen. Plans are currently in the works for other locations, including Alamo. ■

"We are honored and excited to continue providing accessible care to the growing communities across Hidalgo County," says Brown.



STHS administration and local dignitaries participate in the groundbreaking ceremony for the new freestanding emergency department, STHS ER Ware Rd.

For more information, visit sthsermontecristo.com and sthserwareroad.com.



The Birthing Center is *expecting* in McAllen

Increased patient volume + an exciting renovation = more coverage and new services for mothers and babies

Scheduled for completion in the next several months, The Birthing Center's renovation will mean additional services for women and babies in the Rio Grande Valley. McAllen Medical Center's Chief Operating Officer Jerome Brooks says so far, the Neonatal Intensive Care Unit (NICU) is completed, as well as the 21 private mother/baby postpartum rooms. "Our patient base is growing and we have more physicians here. Our NICU has 26 bassinets and we have expanded our neonatologist coverage to 24/7," says Brooks. "Now there will be a doctor onsite for any complicated deliveries and care needed for newborns."

He also adds that a free pregnancy outreach program through the STHS Women's Center in San Juan, TX, is available. "At this outpatient clinic, women have access to free pregnancy exams. If they learn they are pregnant, they can be referred for care, financial counseling and insurance coverage," Brooks says. "They can even fill out online forms there if they don't have Internet at home. We have various resources for women of all ages and stages of life." ■



For more information about The Birthing Center, visit mcallenmedicalcenter.com/birth.

THE BIRTHING CENTER
SOUTH TEXAS HEALTH SYSTEM McALLEN



OB/GYN Ebenezer Nii-Moi, MD, helped parents Bertha Solis and Leonardo Veliz deliver their baby boy, Leonardo Veliz Jr., the first baby born at our newly renovated birthing center.



The hospital administration and medical teams at The Birthing Center welcome you to the newly renovated facility.



The medical and administrative staff at The Women's Corner - caring for generations of women in the Valley.

As more women choose *The Women's Corner*, an expansion is underway to *meet demand in Edinburg*

In the wake of recognition for excellence in quality by Healthgrades™ at both Edinburg and McAllen, the addition of new OB/GYNs to the Edinburg campus, the reputation of great patient experiences and strong market growth, The Women's Corner is expanding by adding four more labor/delivery/recovery suites for a total of 10 suites. The unit also has a nursery and 13 postpartum rooms.

Chief Operating Officer Lance Ames says deliveries have increased from 393 in 2014 to 800 in 2017, up 103 percent during the past three years. "We are fortunate to have a strong team of physicians who helped pave the way for us to have the high quality outcomes that we have," he says. "We are honored to have been recognized by Healthgrades for the past few years."

Ames says he frequently receives feedback from patients who speak very highly of their birthing experience at The Women's Corner. "We are dedicated to the health and well-being of mothers and babies, and a great patient experience is all part of that," he says.

Also contributing to the high quality ratings is the robotic surgery program at Edinburg Regional Medical Center. "Minimally invasive women's surgery is becoming the standard of care. We've added advanced technology and training for the physicians to continue to be on the cutting edge of patient care," says Ames.

The Women's Corner offers many benefits for mothers and babies. Childbirth classes are offered in English and Spanish. The medical staff includes physicians, trained labor and delivery nurses, midwives, as well as full-time International Board Certified Lactation Consultants (IBCLC). In addition, both Edinburg Regional Medical Center and McAllen Medical Center have received designation from the Texas Department of State Health Services as "Texas Ten Step" programs, which encourages breastfeeding as the preferred method of feeding for newborns and infants. "Our hospitals support breastfeeding mothers and help with resources once mothers are discharged. In addition, we are Texas Mother-Friendly Worksites. This means we are registered to provide employees or visitors to our hospitals with a comfortable breastfeeding/pumping room at any time," Ames says. ■



Meet **Giannina Guardia-Rullan, MD, OB/GYN**

Giannina Guardia-Rullan, MD, is part of the obstetrics and gynecological team at Valley Care Clinics. She earned her Doctorate in Medicine from the Ponce School of Medicine, then completed her residency in obstetrics and gynecology at the University of Puerto Rico – Medical Sciences Campus. She will start performing robotic gynecology procedures in 2018 with the da Vinci® robot.

Dr. Guardia-Rullan holds memberships with the American Association of Gynecologic Laparoscopists (AAGL); Society of Laparoendoscopic Surgeons (SLS); American Congress of Obstetricians and Gynecologists (ACOG); American Medical Association (AMA); and American College of Physicians (ACP). She speaks English, Spanish and French.



THE WOMEN'S CORNER
SOUTH TEXAS HEALTH SYSTEM EDINBURG

To learn more about **The Women's Corner**, visit
thewomenscorner.com/HN.

Working together to **save limbs**

“Dr. Quintana and April cared enough to not give up on me. They were determined to save my foot, and they did.”

– ALICIA LAYTON



Board-certified Wound Specialist
April Lopez examines Alicia Layton's
foot after her wound treatment,
while Dr. Ofsman Quintana discusses
the next steps in Layton's care.



Alicia Layton received news she didn't want to hear. Confined to a wheelchair, her right lower leg and foot was compromised by poor blood flow and wounds related to diabetes, and she was facing an amputation. But then she was referred to Cardiologist Ofsmán Quintana, MD, Medical Director at The Wound Healing Center at Edinburg Regional Medical Center, for a second opinion.

Layton says Dr. Quintana checked her legs and feet and found a strong pulse. "He felt that he could restore blood flow into the area where my wounds had difficulty in healing, and wouldn't recommend amputation unless all treatments have been exhausted to save my leg. I was so relieved - that gave me great hope," she says.

Working along with Dr. Quintana was Certified Nurse Practitioner and Board-Certified Wound Specialist April E. Lopez, who treats patients at The Wound Healing Center. "Dr. Quintana performed the procedure to restore Alicia's blood flow and supervised the wound care, and I was responsible for the wound care treatments," says Lopez.

Layton, who was in a wheelchair when she began her treatment, received wound care for six months, which included weekly debridement, medications,

vascular studies, hyperbaric oxygen therapy and occasional revascularization treatments. Not long after, she was able to slowly start walking and using her leg again. Lopez says patients are followed very closely and nurses can be sent to the patient's home to change bandages and alert her of any potential issue. She is thrilled with Layton's progress and healing.



Layton is grateful to Dr. Quintana, April and the rest of the medical staff for saving her leg and foot. "I say 'thank you' a million times over because they did not give up. They were determined to heal my wounds and now I am able to walk again," says Layton. "I highly recommend this facility to anyone with a wound problem. They know what they are doing and they do a beautiful job!" ■

For more information, visit edinburgregional.com/WHC or call 956-388-2700 to make an appointment.

Comprehensive wound care, close to home

The Wound Healing Center is a service offered by Edinburg Regional Medical Center. It provides various treatments for chronic wounds and specialty care for those with diabetes.

"We have a large population of diabetics, and many of them suffer from chronic wounds because diabetes interferes with the healing process. So we evaluate the whole patient to ensure compliance in managing their diabetes. It really can make a difference in closing a wound quicker," says Dr. Quintana.

A comprehensive approach to wound care is taken, including nutritional assessment and intervention, infection assessment and intervention, pain assessment and medication. Each patient receives an individualized treatment plan and physicians collaborate with other healthcare professionals to determine the best course of action for each patient.



The Wound Healing Center achieved patient satisfaction higher than 92 percent, and a minimum wound healing rate of at least 91 percent within 30 median days to heal.



BOB SAGGI, MD
General Surgeon

HERNIAS

and how to treat them

Hernias are more common than people think, and can happen in men, women, children and babies. General Surgeon Bob Saggi, MD, explains everything you need to know, including what a hernia is and what can cause it, how it is diagnosed and possible treatments.



Q

What is a hernia and how does it happen?

A: A hernia happens when an organ, usually the intestines, or fatty tissue pushes through a weak spot in the muscle wall or tissue, known as fascia. Things that we tend to associate with hernias include heavy lifting, chronic coughing or sneezing, and diarrhea or constipation because they can cause the strain necessary for a hernia to occur. Everyone is susceptible, even babies, especially if there is a congenital weakness.

Q

How do you know if you have a hernia?

A: Often there are no symptoms of a hernia, but if you feel pain when you lift heavy objects or while doing exercise, check to see if there is a bulge or swelling. If you suspect you may have a possible hernia, a doctor can perform a physical exam to determine what is wrong. In certain cases, an ultrasound or endoscopy may be necessary to diagnose a hernia.

Q

Are there different types of hernias?

A: Some of the different types of hernias include: inguinal, incisional, femoral, hiatal and umbilical. An inguinal hernia occurs when the bladder or intestines pass through the abdominal wall into the groin. An incisional hernia involves the intestines pushing against a surgical incision in the abdomen. Femoral hernias happen if the intestines press into the upper thigh. With hiatal hernias, the stomach pushes into the hiatus, or the opening in the diaphragm, through which the esophagus passes. Umbilical hernias usually occur in newborns, where the small intestines push into the navel.

Q

What are treatment options for a hernia?

A: For newborns with umbilical hernias, there is a good chance it may heal on its own and surgery can be avoided. For other hernias, a doctor may be able to massage the hernia into place. But if a hernia is stuck in the hole where it pushed through, surgery may be necessary to prevent strangulation of the organ or tissue, which could lead to serious complications and could even be life threatening. Laparoscopic or robotic surgery may be performed to repair the muscle wall to treat a hernia. Both are minimally invasive and require a smaller incision, which can mean less pain, blood loss and a shorter recovery time. ■

**DR. SAGGI'S OFFICE IS LOCATED AT 416 LINDBERG AVENUE,
MCALLEN, TX. PHONE: 956-630-4161**
Schedule your appointment online at valleycareclinics.com/GS.

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

IS BACK PAIN *interfering with your life?*

EXPLORING THE OPTIONS TO FIND THE RIGHT TREATMENT FOR YOU



ALEJANDRO BETANCOURT, MD
Neurosurgeon,
Cornerstone Regional Hospital

By the time he sees his patients, Dr. Betancourt says many of them have tried basic conservative treatments, such as over-the-counter anti-inflammatory medications, without success. "But if it is warranted, I sometimes send patients to physical therapy to see if there can be any improvement with their issue before we explore other options," he says.

Back pain can come from many different sources, such as herniated discs, strained muscles, arthritis and pinched nerves. But treating the pain is not a "one-size-fits-all" solution, says Neurosurgeon Alejandro Betancourt, MD.

Dr. Betancourt says there are multiple types of injections that can help with different types of back pain. "Certain agents help us figure out the source of the pain, such as nerve pain. If we find it is nerve pain, that helps us determine the treatment, such as considering radio frequency ablation, which burns the nerve and eliminates the pain," he says.

If all else fails, surgery can be an option, but should be considered a last resort, he says. "The good news is that with the advanced technology available today, surgery can often be minimally invasive. Many of my patients go home the same day. We do spinal surgery using microscopes and the smallest possible incision," he says. "Our goal is for the patient to have a successful procedure and relieve the discomfort they were having, as quickly and as safely as possible. We have a great team here and our goal is that each patient has the best possible outcome." ■



To learn more about neurosurgery, visit
cornerstoneregional.com/NS.

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.

Treating more than back pain

**Dr. Betancourt also treats
other conditions involving
the nerves and the brain.**

BRAIN

Gliomas and glioblastomas
Meningiomas
Pituitary tumors
Acoustic neuromas

NERVE

Carpal tunnel release
Ulnar nerve release
Peroneal neuropathy
Peripheral nerve tumors

VASCULAR

Aneurysms
Artery/vein malformations
Carotid stenosis
Acute stroke

FUNCTIONAL

Deep brain stimulator for
Parkinson's disease
Intractable epilepsy
Essential tremor
Trigeminal neuralgia

PAIN

Spinal cord stimulators
Intrathecal pumps
Motor cortex stimulation

Teen depression AND SUICIDE IDEATION

WHAT TO LOOK FOR TO KEEP YOUR CHILD SAFE

The adolescent years can be a challenging time, both for teenagers and their parents. Teens can be exposed to many outside influences that can interfere with psychological, social and cognitive development. Without proper support, they can be at higher risk for depression or considering suicide as a way out. Suicide is the second leading cause of death in people ages 10 to 24* and also for ages 12 to 18.**



RUBEN PINERO, MD
Psychiatrist

Psychiatrist Ruben Pinero, MD, says it's important for parents to be aware and know what to look for so they can be proactive in getting help for their child. "Depression is different in teenagers because everything throws them off. They can be more irritable, aggressive and unpredictable," he says. "Any behavior that is not normal for your child needs to be taken seriously."

COULD YOUR CHILD BE DEPRESSED?

Dr. Pinero says if you notice changes in your child's eating habits, overall appearance, behavior, moodiness, sleeping, lack of concentration and lower grades, isolation, or loss of friends, your child may be suffering from depression. "Teens can have a tough time learning effective regulation and coping skills, so the earlier the issues are addressed, the less likely they are to become more serious," he says.

WARNING SIGNS OF SUICIDAL IDEATION

Sometimes depression and lack of coping skills can lead to thoughts of suicide. If you notice your child is making statements such as, "I wish I wasn't here," drawing or writing about death, or putting posts on social media that indicate suicide, Dr. Pinero suggests calling 9-1-1 or the National Alliance of Mental Illness hotline at 800-950-6264. "Calling 9-1-1 gets you an immediate response, and police are the first responders. They have intervention training on suicide prevention, so do not hesitate to call 9-1-1 in a crisis situation," says Dr. Pinero.

HOW PARENTS CAN HELP

Dr. Pinero advises that parents should not be afraid to ask their child how they are feeling and how they can help. "It's important to be supportive of the child's feelings and suggest going with them to get help. Parents should also talk to their child's teachers because the teachers are the eyes and ears away from home. One teacher noticed that a student was writing about death and asked the student about it, and the student felt compelled to talk about it. We must overcome the stigma of talking about suicide," he says. ■

**The South Texas Behavioral Health Center
Assessment & Referral team is available 24/7 to
answer your questions at 888-977-1400. In the event
of a medical emergency, DIAL 9-1-1 IMMEDIATELY.**



*Centers for Disease Control and Prevention **Jasonfoundation.com
Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.

Celebrating *our* 1,000th robotic-assisted knee replacement



RAUL MARQUEZ, MD
Orthopedic Surgeon

Cornerstone Regional Hospital congratulates Orthopedic Surgeon **RAUL MARQUEZ, MD**, on the completion of his 1,000th robotic partial knee replacement. He is the first surgeon globally to reach this milestone with this robotic equipment.

The system combines intraoperative planning software with robotics for increased precision and accuracy during total and partial knee replacement. Dr. Marquez has been performing partial knee replacements with this system since 2014, and in June 2017, did the first total knee replacement in Texas without the need of a CT scan.



JAIME GASCO, MD, Recently joined the ranks of very few neurosurgeons worldwide to become board-certified on two continents! Dr. Gasco is now certified by the American Board of Neurological Surgery (ABNS) and the European Board of Neurological Surgery (EBNS).

“I chose to pursue both certifications as a landmark professional accomplishment, but I also owe it to my patients to continue and further my education to highest level possible.”

– Neurosurgeon Jaime Gasco, MD

CONGRATULATIONS DR. GASCO, WE ARE SO VERY PROUD!



JAIME GASCO, MD
Neurosurgeon



DEFINING Healthcare®

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

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PONTIAC, IL



This special South Texas Health System event encourages women to schedule their annual screening mammogram, which is the best method to detect breast cancer early.



McAllen Medical Center
301 W. Expressway 83 • McAllen, TX 78503

Edinburg Regional Medical Center
1102 W. Trenton Road • Edinburg, TX 78539

STHS ER Weslaco
330 W. Expressway 83 • Weslaco, TX 78596

STHS ER Mission
900 E. Expressway 83 • Mission, TX 78572

Pre-register at any South Texas Health System facility by calling
956-388-2190 or visit: **CincoDeMammo.com**

#CincoDeMammo

**If an annual screening mammogram is not covered by your insurance plan, then please bring the online coupon with you to receive our special discounted rate available through May 31, 2018. If an annual screening mammogram is covered by your insurance plan, bring your physician referral and we will bill your insurance accordingly.*

South Texas Health System hospitals 2017 and 2018 Healthgrades™ awards

MCALLEN HEART HOSPITAL



MCALLEN MEDICAL CENTER AND EDINBURG REGIONAL MEDICAL CENTER



English: southtexashealthsystem.com
Spanish: southtexashealthsystem.com/es

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HEALTH NEWS FROM SOUTH TEXAS HEALTH SYSTEM

Jennifer C. Garza
Chief Executive Officer,
Edinburg Regional Medical Center
and Edinburg Children's Hospital

Daniel Caldwell
Chief Executive Officer,
McAllen Heart Hospital

Joe Rodriguez
Chief Executive Officer,
South Texas Behavioral Health Center

Roxanna Godinez
Chief Executive Officer,
Cornerstone Regional Hospital

Todd Mann
Chief Executive Officer,
McAllen Medical Center

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