

HEALTH NEWS from

South Texas

HEALTH SYSTEM

WINTER 2016



TIME is muscle

*How 17 minutes
made the difference
for Rafael Chacon*

**TWO LIFE-CHANGING
SURGERIES, ONE
GRATEFUL MAN**

Thanks to two surgeons,
Rigoberto Ramirez is
standing tall

**EDUCATING CHILDREN
LIVING WITH DIABETES**

at The Pediatric Endocrinology
and Diabetes Institute

COMPLIMENTS OF

 **SOUTH TEXAS
HEALTH SYSTEM**

DEFINING Healthcare®

Cardiologist Luis Padula, MD, (left) removed a blockage in Rafael Chacon's heart, saving his life.

FROM THE CEOs

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"The team at McAllen Heart Hospital saved my life!"

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Eneyda Gonzalez's robotic surgery – with just one incision

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How outpatient rehabilitation got him moving again

It's hard to believe that another year is just about over! We've been busy providing high-quality healthcare and offering more options for your health. We pride ourselves on taking patient-centered care to the next level to ensure the best possible outcomes for everyone.

Our community is growing by leaps and bounds, and we're expanding to meet the healthcare needs of our community. In this issue, we highlight how the Edinburg Regional Rehab Center underwent a total transformation and the hospital will soon have another 26 medical/surgical beds. The Wound Healing Center, which opened this summer, is helping people like Ezekiel Ramos, and our recently opened Outpatient Rehabilitation Center allowed Ricardo Garcia to gain more mobility.

You'll read how the Pediatric Endocrinology and Diabetes Institute at Edinburg Children's Hospital helped teen Anthony Ortiz learn how to manage his type 1 diabetes. When Rafael Chacon was having a heart attack, doctors at McAllen Heart Hospital saved his life by clearing his blocked arteries just 17 minutes after he arrived. Youth pastor Rigoberto Ramirez, who suffered for years with debilitating back pain, is finally able to walk, play with his kids, enjoy life, and stand tall at the pulpit, thanks to lumbar surgery. And when Eneyda Gonzalez needed her gall bladder removed, single-incision robotic surgery helped her recover faster than traditional surgery.

As we continually work to improve your experience and exceed your expectations, we look forward to caring for you in 2017 and beyond.

We wish you a wonderful holiday season and a happy, healthy New Year!

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

JOE RODRIGUEZ
CEO, South Texas Behavioral Health Center

TODD MANN
CEO, McAllen Medical Center

ROXANNA GODINEZ
CEO, Cornerstone Regional Hospital

DANIEL CALDWELL
CEO, McAllen Heart 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.

Pediatric Endocrinology and Diabetes Institute – helping children with diabetes

“I've learned how to eat better and manage my diabetes.”

– Anthony Ortiz



Anthony Ortiz keeps his diabetes in check by eating healthy and monitoring his sugar levels throughout the day.

In April 2014, Rosalinda Trevino's son, Anthony Ortiz, was losing weight and suffering from fatigue. Blood tests showed his sugar level was in the 500s and the doctor sent Anthony to the hospital, where he was diagnosed with type 1 diabetes.



JOSE DAVID GAMEZ, MD
Pediatric Endocrinologist
Edinburg Children's Hospital

Rosalinda started gathering information, learning as much as she could. She heard Pediatric Endocrinologist Jose David Gamez, MD, speak at a forum and liked his philosophy and felt he would be good for her son. Their first appointment at the Edinburg Children's Hospital

Pediatric Endocrinology and Diabetes Institute was in December 2014.

“Dr. Gamez helped us with Anthony's diabetes by educating us about his diet and how to monitor his sugar levels. He also guided us to support groups,” says Rosalinda. “Anthony wears two devices, one for insulin and one to check his sugar levels. Dr. Gamez can monitor them remotely and make changes to the insulin if necessary.”

Jose David Gamez, MD, is accepting new patients.
4302 S. Sugar Road, Suite 205, Edinburg, Texas 78539.
For appointments, call 956-287-0459.

EATING CLEAN AND HEALTHY

Rosalinda says diabetes has drastically changed the way her family lives. “I am very conscious about what we eat. When we travel, I pack all his supplies and make sure he eats throughout the day,” she says. “Before, Anthony never ate salads, but now he has them for dinner. He has cut down on junk food and drinks mostly water.”

What sets this clinic apart for Rosalinda is its diabetes management services. “This was all new to us, and we were very nervous. Dr. Gamez and the medical staff treated us with care and respect, and we felt very supported,” says Rosalinda. “We are so glad we found this facility, and I recommend it to others.”

Anthony, now 14, sees Dr. Gamez every two months and is doing very well. “He is active in his school's band and is enjoying his teen years. I am very happy and proud he is taking control of his diabetes, thanks to Dr. Gamez and the Pediatric Endocrinology and Diabetes Institute,” says Rosalinda. ■



Pediatric Endocrinology
and Diabetes Institute

What is type 1 diabetes?

Type 1 diabetes occurs when the pancreas no longer produces insulin. It's also known as juvenile diabetes, and is usually diagnosed in children and young adults.* This form of diabetes can develop quickly, in as little as a few weeks. Symptoms include increased thirst and urination, extreme hunger, unexplained weight loss, fatigue, blurred vision and irritability. If you notice any of these signs in your child, check with your doctor.

*diabetes.org



Making a difference and saving lives are members of the Cardiac Catheterization Team at McAllen Heart Hospital. From left, Gaby Garza, RN; Denise Herndon, RN; Luis Padula, MD; and Luis Pena, Radiology Technician.

CATH LAB TEAM'S 17-MINUTE *door-to-balloon time*

MAKES A DIFFERENCE FOR RIO GRANDE CITY RESIDENT

Rafael Chacon was at work when he had a heavy feeling in his chest. He thought it was heartburn, but decided to leave work early anyway. He woke the next morning with an uncomfortable feeling in his chest, but went back to work. He called his wife to make an appointment to see the family doctor. But the pain got worse and he couldn't wait. >



The Chacon family is so grateful for the care Rafael received at McAllen Heart Hospital. Pictured with Rafael (center) are his daughters, Jocelyn (front left), Stephanie (top left), Emily (top center) and wife, Bertha (top right).

At the local hospital, doctors decided he needed a higher level of care and transferred him to McAllen Heart Hospital, where a cardiac team was ready at the door waiting for him to arrive. Rafael recalls the flurry of activity and within 17 minutes, he was in the cardiac catheterization lab, where Cardiologist Luis Padula, MD, inserted a catheter into the artery of his heart and inflated the tiny balloon to restore blood flow.

"I remember Dr. Padula asking if I could handle pain," Rafael says. "I told him yes, the only pain I can't take is the one in my chest. Then he told me, 'You'll be fine, here we go!'"

Rafael spent three days in the hospital, and his wife, Bertha, never left his side. He and his family are grateful for the team at McAllen Heart Hospital. They were amazed at how quickly everyone mobilized and expressed genuine concern for Rafael. "I understand that's their job, but they just made us feel like we were special," says Bertha.

Ten days after his heart attack, Rafael celebrated his 49th birthday. He is healthier and back at work, following a conservative treatment of medication and diet management. His daughter, Jocelyn, is so glad her father is back home. "He is my everything!" she says. ■

To schedule an appointment with a cardiologist at The Heart Clinic, call 956-630-5522. For more information on cardiac care, visit www.mcallenhearthospital.com.



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Chest Pain Center
with PCI



CareChex[®]
A Division of COMPARION[®]

WHAT IS *Door-to-balloon* TIME?



Door-to-balloon (D2B) time is the time it takes to get a cardiac patient from the hospital entrance to artery-clearing balloon percutaneous coronary intervention, such as an angioplasty.

The national standard for D2B times set by the American Heart Association is 90 minutes, but at McAllen Heart Hospital, we consistently strive for and achieve D2B times at or below the national standard.

The McAllen Heart Hospital focuses on short D2B times, because in saving time, we can save heart muscle. Mr. Chacon's 17-minute D2B time is one of the fastest; however, the McAllen Heart Hospital routinely clocks D2B times that are under 30 minutes.

"Fast D2B times are tough to achieve," says Dr. Padula. "There has to be a synergy between the doctors, nurses, techs and even the EMS providers. But our goal is to do it better every time, without compromising safety and quality. We strike a balance," he says. "We challenge ourselves to do it better in the least amount of time."

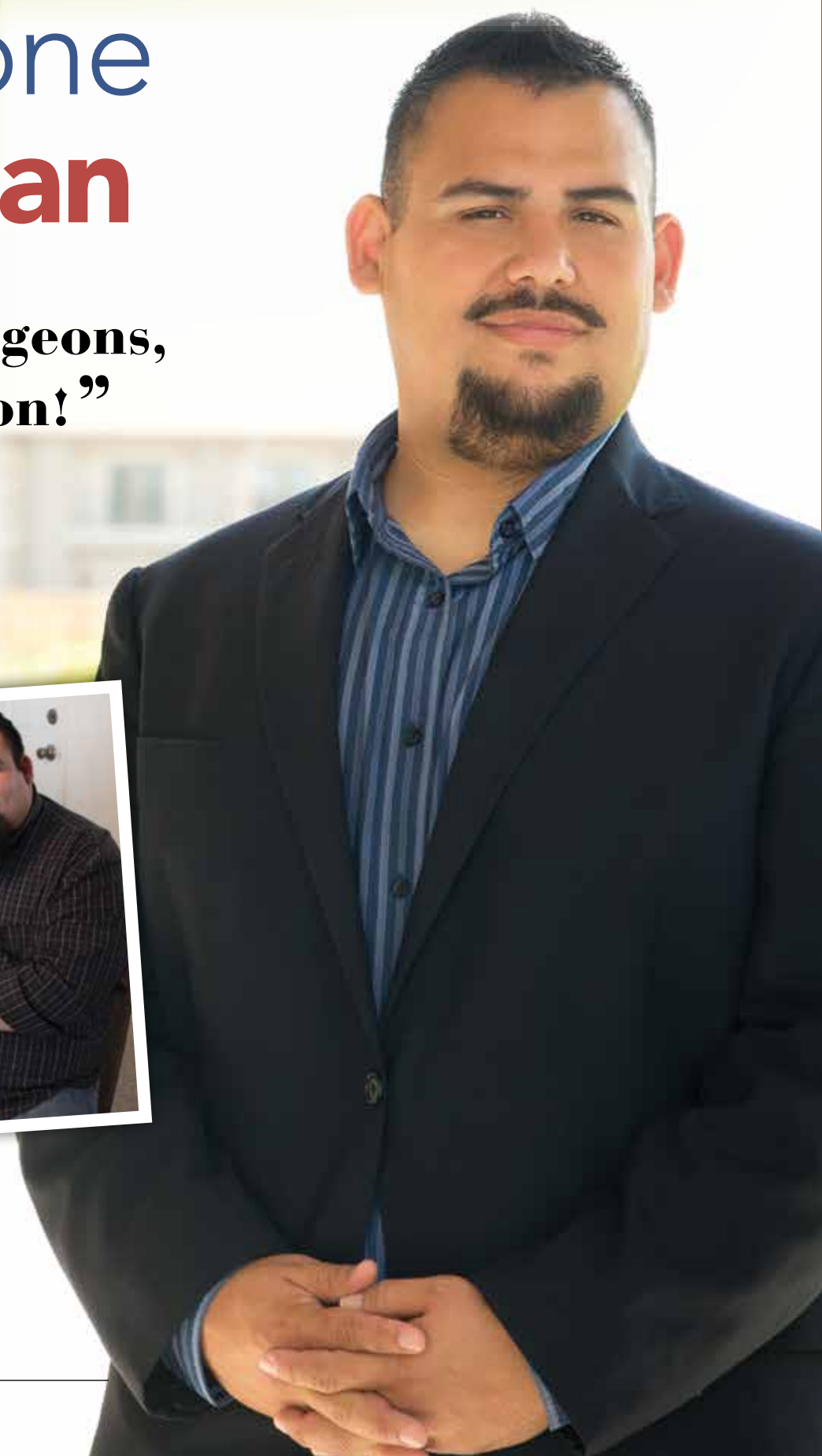
Two life-saving surgeries, one grateful man

“Thanks to my two surgeons, I feel like a new person!”

– RIGOBERTO RAMIREZ



Rigo Ramirez and his family, before his surgeries. From left, wife Elizabeth, and children, Savannah, Ryan, and Reagan.



It all started with broken discs and cracked vertebrae from football injuries in high school. Rigoberto "Rigo" Ramirez, 16 at the time, felt numb at times from the pain, but doctors told him surgery would not relieve the pain. Resorting to painkillers and alcohol, he became addicted. He reached a turning point at age 19 – he turned his life over to God and gave up the medicine and drinking.

As the years went on, Rigo became a minister, got married and started a family, all while enduring excruciating pain. His lumbar discs were rubbing together, and he developed sciatic nerve pain as well as upper back pain from compensating for the lower back. He could not stand for more than 15 minutes, and his ministry work suffered. As a result, his weight ballooned to 410 pounds and he began to feel like a burden to his family.

He finally decided to see a doctor for his back pain, and was referred to Neurosurgeon Jaime Gasco, MD. "I immediately felt comfortable with his expertise and his recommendation for surgery, and he encouraged me to get a second opinion to see if surgery was warranted," says Rigo. "Both doctors agreed that I needed to have surgery, and I went with Dr. Gasco."

On October 6, 2015, Rigo had his back surgery at McAllen Medical Center. Dr. Gasco placed six screws and two rods in Rigo's back. "Two hours after surgery, I was able to walk with just a back brace and no assistance," says Rigo. "My pain level went from a '10' to a '4 or 5' - it was unbelievable!" While the back surgery was successful, Dr. Gasco was concerned that Rigo's weight would be detrimental to the healing and integrity of the back surgery. He provided documentation of medical necessity for Rigo to have weight loss surgery, and his insurance was approved. On March 29, 2016, Luis Reyes, MD, FASMBS, FACC, performed a gastric bypass on Rigo at McAllen Heart Hospital.

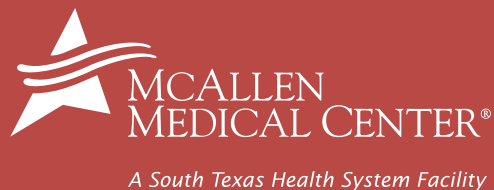


Rigo Ramirez with the two surgeons who gave him a new lease on life. Center, Neurosurgeon Jaime Gasco, MD, and right, Bariatric Surgeon Luis Reyes, MD, FASMBS, FACC.

Rigo has lost well over 160 pounds so far, and says both surgeries have impacted his life in amazing ways. "Thanks to Dr. Gasco and Dr. Reyes, my life has transformed not only for me, but for my family. My wife had to do everything before, but now I am able to contribute as well. I am filled with gratitude for their support and medical expertise. I put my life in their hands, and they gave me back the life I had been missing!" ■

Dr. Gasco is accepting patients at his office, Valley Care Clinics Neuro-Spine Institute, located at 4302 S. Sugar Road, Suite 100, Edinburg, TX. To schedule an appointment, call 855-VCC-APPT (855-822-2778).

Dr. Reyes is accepting patients at Valley Care Clinics Weight-loss Surgery Center, 416 Lindberg Avenue, Suite B, McAllen, TX. To make an appointment, call 956-664-1616, or visit the website at www.vccweightloss.com.





Jennifer C. Garza, CEO of Edinburg Regional Medical Center and Edinburg Children's Hospital, meets with contractors as she tours the construction area of the new Inpatient Rehabilitation Unit.

Edinburg Regional Rehab Center NOW OPEN!
Join us for a tour and meet the staff!
Date: Jan. 18
Time: 5:30 p.m. to 7 p.m.
NEW Location: Edinburg Children's Hospital, 4th floor

EDINBURG REGIONAL MEDICAL CENTER *grows with the community*

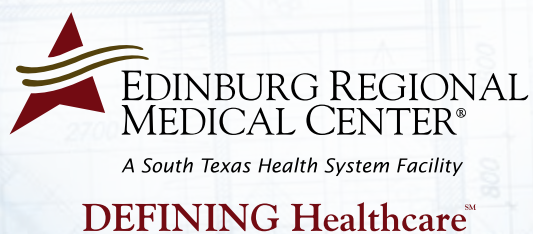
Expansion project improves the patient experience

Edinburg Regional Medical Center's expansion project is one of many that will improve the patient experience and accommodate future growth within South Texas Health System. The latest completed project includes the relocation of the existing Edinburg Regional Rehab Center from the second floor at Edinburg Regional Medical Center to the fourth floor at Edinburg Children's Hospital, and the conversion of 26 medical/surgical beds on the second floor.

"Edinburg Regional Medical Center has a strong reputation for an ongoing commitment to high quality care," says Jennifer C. Garza, Chief Executive Officer for Edinburg Regional Medical Center and Edinburg Children's Hospital. "There has been an increase in volume each year for the last four years, and this expansion project provides an excellent opportunity for us to ease capacity constraints."

The Edinburg Regional Rehab Center unit features new equipment, as well as a ceiling track and harness, which supports patients in walking farther distances, a first of its kind in the Rio Grande Valley. Also included is a therapy gym, daily living training facilities and a dedicated dining area. Floor patterns feature straight lines that patients can follow down the hall and contrasting colored bars as distance markers to assist therapists and patients with progress and establishing milestones.

"In 2014, we added women's services, more enhanced diagnostic imaging equipment and the only institute dedicated for pediatric diabetes. In 2015, we were the first in the Valley to add the da Vinci[®] Xi™ Robotic Surgical System. And so far this year, the South Texas Diabetic and Metabolic Institute opened, along with the Wound Healing Center," Jennifer says. "It is really a testament to the staff who provides the care and the trust the community has in us to keep coming back and referring their family and friends to our facilities." ■



For more information about all the exciting changes happening at Edinburg Regional Medical Center and Edinburg Children's Hospital, visit www.edinburgregional.com or www.edinburgchildrenshospital.com.

Have you heard?

Award-winning quality care for your heart? **Check!** 

South Texas Health System is **RANKED #1**

In the **McAllen/Edinburg** market for Medical Excellence by CareChex® - a division of Comparion® - for the following categories:

2016 QUALITY RATINGS	Cardiac Care	Heart Attack Treatment	Heart Failure Treatment	Interventional Coronary Care
South Texas Health System	✓+++	✓+	✓+++	✓+++
Doctors Hospital at Renaissance	✓	✓-	✓+	✓-
Knapp Medical Center	✓	✓-	✓	N/A
Mission Regional Medical Center	✓	✓-	✓	N/A
Rio Grande Regional Hospital	✓+	✓	✓+	N/A

Quality Rating Legend: ✓+++ = Highest ✓+ = High ✓ = Average ✓- = Low



CareChex is an innovative medical quality rating system designed to assist hospitals and health systems in improving the quality of inpatient care and promoting medical excellence.

Learn more about the award-winning cardiac services at South Texas Health System at www.southtexashealthsystem.com.



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The Wound Healing Center

A SERVICE OF EDINBURG
REGIONAL MEDICAL CENTER

Ezekiel Ramos (seated), is surrounded by his wife and his care team at the Wound Healing Center. From left, Ofsman Quintana, MD; Angie Lozano, FNP; Debra Flanagan, RN; Anabel Rivas; Jackie Garcia, RN; Mrs. Ramos; and Manny Moreno, HBO Tech.

“After five years, my wound is finally healing!”

– EZEKIEL RAMOS

According to the National Institutes of Health, chronic wounds affect more than 6.5 million patients per year. More than \$25 billion is spent treating chronic wounds each year, and it's expected to increase due to the rise in diabetes and obesity.

The Wound Healing Center, located next to Edinburg Regional Medical Center, opened in July and treats a variety of wounds, including pressure ulcers, burns and venous injuries. Ray Silva, Director of Wound Care and Hyperbaric Medicine, says most patients can experience wound closure in just a few months using treatments such as tissue grafting and hyperbaric oxygen therapy. “We also offer specialized services devoted to foot health for diabetic patients,” he says.

Medical Director Ofsman Quintana, MD, explains some wounds are difficult to heal. “If you have a wound that doesn't heal by 50 percent in four weeks, you need to seek medical treatment,” he says. “People with diabetes can have delayed healing and complications if sugars are not controlled, and sometimes poor circulation or peripheral artery disease can impede healing.”

Ezekiel Ramos, who has diabetes, was experiencing delayed healing with a pressure ulcer on his heel. He had seen many doctors over the course of five years, none of whom were able to heal his wound. His home health nurse recommended that he go to the Wound Healing Center. “I heard many good things about Dr. Quintana, and after my first visit, I felt confident he was going to be able to help me,” says Ezekiel. “The treatment thus far has reduced the size of my wound, it looks healthier and is less painful. I'm grateful to finally have some resolution to this.”

Dr. Quintana says having this new facility available to the community is very important. “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,” he says. ■

The Wound Healing Center, located at 4302 S. Sugar Rd, Ste. 101, in Edinburg, is a service offered by Edinburg Regional Medical Center. It provides various treatment for chronic wounds and specialty care for those with diabetes.

For more information, visit www.edinburgregional.com/wound-healing-center, or call 956-388-2700 to make an appointment.

 **WOUND
HEALING CENTER**

A South Texas Health System Facility

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THIS IS MY STORY:

Enereyda Gonzalez

On June 15, Enereyda Gonzalez was at work when the pain on her left side began. A full-time counter manager for a cosmetic line and a grandmother, she normally pushes through minor aches and pains. This time it was worse. She knew she had to go to the closest ER.

"I thought I was passing a kidney stone, since I had them before. This pain was different. I was referred to a gastroenterologist. After a series of tests, he discovered my gall bladder was the culprit, and suggested I have it removed. He recommended I see General Surgeon Sandra Esquivel, MD. I liked her immediately and felt confident in her. She explained the outpatient procedure would have only one incision."

"On June 30, I arrived at Edinburg Regional Medical Center at 7:30 a.m. One of the nurses explained that the surgical robot was going to be used, and that I was the first patient at Edinburg Regional to have the Single-Site® robotic surgery. I had one small incision that was sealed with surgical glue and only four internal stitches."

"My surgery went smoothly and by 1:30 p.m., I was home recovering. I had some discomfort for a few days, but after that, I was fine. After a week, I was driving, and I was cleared to return to work after two weeks. I feel great, and am so thankful to Dr. Esquivel and all the nurses who took excellent care of me. I have referred friends and coworkers to Edinburg Regional Medical Center. It is a wonderful hospital and I couldn't have asked for a better place to have my surgery!" ■



THE BENEFITS OF ROBOTIC SURGERY

Robot-assisted surgery can provide a number of benefits to patients, including:

- More precise surgery and less trauma to the body
- Less blood loss and reduced need for transfusions
- Less postoperative pain and discomfort
- Lower risk of infection and less scarring
- Shorter hospital stays
- Quicker recovery and return to work

Are you a candidate for robotic surgery?

If you need surgery and would like to know if robotic surgery is an option for you, talk to your primary care physician. Or, for a full listing of physicians using the da Vinci® Xi™ system, visit www.edinburgregional.com/robotics.



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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.



FRANK GEROLD, MD
Orthopedic Surgeon, Specializing
in Hand and Upper Extremity
Surgery, Valley Care Clinics

Treating broken wrists

According to the American Academy of Orthopaedic Surgeons, the radius, or wrist, is the most commonly broken bone in the arm. Orthopedic Surgeon Frank Gerold, MD, who specializes in treating the shoulder down to the fingertip, says there are many different ways your wrist can break. The main determining factors are bone quality and the way the injury happens, such as a simple fall or major trauma. He shares his thoughts about treatment, when surgery may be needed and regaining mobility in the joint.

Q What are some complications that may arise from a broken wrist?

A: Whenever the joint surface is involved and the cartilage is injured, it's possible that arthritis can occur down the road. Depending on the symptoms, this can be treated conservatively or with further surgery. Injuries to the surrounding joints, nerves and ligaments may also need specialized care.

Q When might surgery be necessary?

A: Surgery may be necessary when the fracture is open, (the bone has broken through the skin), or if the bone is broken into many pieces. Another indication for surgery is when the nerves or major blood vessels around the wrist and hand are injured as well. I also consider the patient's age, activity level and overall expectations when discussing surgery with a patient.

Q Why choose an orthopedic surgeon with a specialty in hand/upper extremity surgery vs. orthopedic surgery?

A: The hand and wrist are very complex and warrant specialized care. When someone breaks their wrist, it's easy to diagnose. But to the untrained eye, some of the associated injuries, like nerve and ligament problems, can go undiagnosed which can lead to a poor outcome if missed.

Q What factors are involved with recovery time and regaining full mobility?

A: When you break your wrist, the goal is to first get the bone to heal, then regain motion and strength in the hand/wrist. But certain factors can affect bone healing, including age, bone quality, certain medical problems, medications and even cigarette smoking. Once the bone is healed, occupational/hand therapy is key to regaining function. Sometimes this can even be done at home! ■



With convenient hours and easy-to-reach locations, Valley Care Clinics can provide the care you and your family need. To make an appointment, call 855-VCC-APPT (855-822-2778). Dr. Gerold's office is located at 1801 S. 5th Street, Suite 104-107, McAllen, TX.

LOCAL RESIDENT SINGS PRAISES OF outpatient rehabilitation

“My legs look and feel so much better!”

– RICARDO GARCIA

Recently opened in June, McAllen Medical Center’s Outpatient Rehabilitation Center is garnering attention. Ricardo Garcia, 63, is a U.S. Navy Veteran whose mobility was limited due to pain and swelling in his legs from chronic lymphedema. “The swelling started about 15 years ago, and as time went on, the color on my lower legs started to change,” says Ricardo. “My doctor told me it was due to poor circulation and put me on medication. But then my cardiologist recommended physical therapy, and I came here.”

Physical Therapist Amy Garza, DPT, MCT, says Ricardo’s condition has greatly improved since he started therapy on July 5. “His treatment included manual and compression therapy, stretching and endurance exercises for his legs,” says Amy.

During a recent visit to the Veterans Affairs, his doctor was very happy with the way Ricardo’s legs looked and wanted him to continue therapy.

“I am thrilled with my treatment so far,” says Ricardo. “There has been a significant decrease in the swelling and pain, and the color is returning to normal. I was just approved for more therapy sessions, and I look forward to seeing how much my legs improve after that.”

Ricardo says Amy is an “excellent” therapist and he would definitely recommend her. He feels it is very important to have the outpatient rehabilitation in the community because people don’t have to travel very far for great care. “They take the time to explain everything, and I learn exercises I can do at home, too. They are tremendously helpful and I am so grateful,” he says.

“We are glad we can meet the needs of the community by providing a convenient location for them and helping them on the road to recovery,” says Rehabilitation Manager Reyna Torres, M.S., CCC-SLP. ■



Ricardo Garcia (left) walks on the treadmill under the watchful eye of Physical Therapist Amy Garza, DPT, MCT.

Visit www.mcallenmedicalcenter.com/outpatientrehab for more information or call 956-971-5640 to make an appointment.

 **OUTPATIENT
REHABILITATION CENTER**

A South Texas Health System Facility

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A South Texas Health System Facility

celebrates award seven years running!

For more than 30 years, the South Texas Behavioral Health Center has helped people in coping with varying addictive disorders and behavioral health conditions. And for the last seven years, we have been voted by the community as the favorite choice for "Behavioral Health Hospital" in The Monitor's Reader's Choice Awards.

Our goal is to deliver innovative services and exceed expectations in meeting the healthcare needs of our community, and we are honored to receive recognition that we are achieving that goal.

Using a multidisciplinary and individualized approach, each patient is treated by a team of professionals, led by highly qualified, experienced psychiatrists. As the largest private inpatient program in South Texas, we offer programs for children, adolescents, adults and geriatric patients. And, our Intensive Outpatient Treatment Program (IOP) setting allows patients the flexibility to obtain treatment while continuing to work and live at home.

We are committed to providing compassionate, quality care in an atmosphere that can assure patients will reach their optimum level of functioning. Qualified professionals are available 24/7 to referred and walk-in patients.

For more information on the services we offer, call 888-977-1400 or 956-388-1300, 24 hours a day, 7 days a week, or visit our website at www.southtexasbehavioralhealthcenter.com.



Orthopedic educational seminars AT CORNERSTONE REGIONAL HOSPITAL

Cornerstone Regional Hospital is proud to offer minimally invasive partial knee replacement treatment using robotic technology for adults with early to mid-stage osteoarthritis of the knee. This alternative to total knee replacement features enhanced accuracy to spare more healthy bone and tissue.

Raul Marquez, MD, is the first orthopedic surgeon to use this technology in the Rio Grande Valley. To learn more, register to attend a free educational seminar presented by Dr. Marquez. Food and refreshments will be served.

DATES AND TIMES

**Thursday,
December 22, 2016**
9 – 10 a.m.
(Continental breakfast)

**Tuesday,
January 24, 2017**
LIVE Surgery
10 a.m. – 1 p.m.
(Lunch)

**Tuesday,
February 7, 2017**
12 – 1 p.m. (Lunch)

**Thursday,
February 23, 2017**
9 – 10 a.m.
(Continental breakfast)

**Tuesday,
March 07, 2017**
12 – 1 p.m. (Lunch)

**Thursday,
March 23, 2017**
9 – 10 a.m.
(Continental Breakfast)

LOCATION: 2402 Cornerstone Blvd., Edinburg, TX

REGISTER: Call 800-879-1033 – Seating is limited, register now!

**For more information, contact
Marla Sandoval, Marketing and
Business Development Manager,
at 956-618-4444.**



Cornerstone Regional Hospital is a boutique hospital offering an experienced surgical team and a personalized, intimate experience for patients. Head to toe, we've got you covered.

www.cornerstoneregional.com



Cornerstone Regional Hospital is co-owned with physician investors. Physicians are independent practitioners who are not employees or agents of South Texas Health System. The System shall not be liable for actions or treatment provided by physicians. Individual results may vary. There are risks associated with any surgical procedure including robotic-enabled partial knee replacements. Consult your physician for details and to help determine if robotic surgery is right for you.

c ring for the **COMMUNITY**

ER & Trauma Expo highlights emergency preparedness

On Saturday, September 10, McAllen Medical Center celebrated National Preparedness Month by hosting the first annual Emergency and Trauma Expo to educate the community about the prevention and treatment of medical emergencies and trauma. The expo included interactive exhibits, tours of air and ground ambulances, tours of the McAllen Medical Center emergency and trauma rooms, as well as new inpatient acute care areas, vehicle extraction demonstrations, a grilling safety area and more!

"McAllen Medical Center is taking steps to solidify this hospital's niche in the community. When the Valley thinks of trauma care, they should think McAllen Medical Center," says Todd Mann, Chief Executive Officer for McAllen Medical Center.



Edinburg Children's Hospital holds Kids in the Kitchen event

On Saturday, September 24, Edinburg Children's Hospital was the scene for Kids in the Kitchen, hosted by the Junior League of McAllen. More than 300 children attended the event and enjoyed food samples, juices, infused waters and great alternative desserts packed with protein. They also participated in an obstacle course and learned about portion sizes and fat content in foods and drinks commonly consumed by children. A panel of physicians, including Dr. Jose David Gamez (pictured), met with families to answer any questions on diabetic and metabolic syndromes and general nutrition.

Prominence Health Plan

Prominence Health Plan is here to give you access to affordable, quality healthcare. Comprehensive health insurance *and* in-network access to your local hospitals, including:

- ✓ **Edinburg Regional Medical Center**
- ✓ **McAllen Heart Hospital**
- ✓ **McAllen Medical Center**
- ✓ **Cornerstone Regional Hospital**

“We selected Prominence Health Plan because it is the most economical choice and the benefits are just what we need. And Prominence is affiliated with South Texas Health System, our doctors are in-network and the formulary definitely meets our needs.”

– **DAWN AND BILL FOGEL, MISSION RESIDENTS AND PROMINENCE HEALTH PLAN MEMBERS**

AT PROMINENCE HEALTH PLAN, YOU ALWAYS COME FIRST!

Learn more about Prominence Health Plan at
prominencehealthplan.com/medicare

Prominence®
Health Plan

Other providers are available in our network.

Healthcare
you can
afford!



www.southtexashealthsystem.com

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HEALTH NEWS FROM SOUTH TEXAS HEALTH SYSTEM

Doug A. Matney
Group Vice President,
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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