

# GRMC

## HEALTH CURRENTS

ADVANCED MEDICINE. PERSONAL TOUCH.

## Women's health a key focus at GRMC

Guadalupe Regional Medical Center (GRMC) provides a broad range of healthcare services for women of all ages, with the newest technology and services for patients and families.

GRMC now offers 3-D mammography (tomosynthesis), which provides improved accuracy in detecting breast cancer, thereby reducing false positive findings. This lowers the odds of a patient being called back for additional studies, reducing anxiety. The multiple 3-D images enable the radiologist to visualize breast tissue in extremely fine detail, allowing for better detection and diagnosis. GRMC's Imaging Department also provides highly sophisticated MRI breast exams when warranted in more rare circumstances, providing



accurate breast cancer staging and better treatment planning. Another diagnostic exam available at GRMC is bone density testing, especially relevant to women since osteoporosis is more prevalent in females.

GRMC provides a wide range of maternity services, including its Maternal Fetal Medicine clinic in collaboration with University Health System and specialized physicians from UT Health Science Center in San Antonio who care for moms with high-risk

pregnancies. The GRMC Birthing Center staff is specially trained and committed to patient and family care. The patient satisfaction scores from the almost 1,000 mothers each year who deliver at GRMC consistently stand out among other national, statewide and regional hospitals.

This fall, Natasha Patel, MD, will be welcomed by the three other locally practicing board-certified OB-GYNs: George Mannel, MD; Alyson Kirchner, MD; and Clint Burrus, MD.

Our dedication shows: GRMC has been designated a Texas Mother-Friendly Worksite and a Texas Ten Step provider in promoting and supporting breastfeeding.

SUMMER 2016

Guadalupe Regional   
MEDICAL CENTER

### In this issue

**3** Hospitalists give you  
around-the-clock care

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# In your words

The physicians and staff at GRMC consider it our privilege to care for the families and patients of this community in times of need. Our mission is excellent healthcare, compassionately delivered, so that we can make a positive difference to families such as the Alexanders, who took the time to write this touching letter.



Celebrating  
75 years

Administrator: Guadalupe Regional Medical Center  
Seguin, Texas  
May 9, 2016

Dear Sir,

The family of Ira Riston Alexander would like to take this moment to thank all of the nurses and other personnel of your hospital for the loving care of our husband, father and grandfather. Ira Alexander was in room 269 in hospice care and died the morning of May 8, 2016.

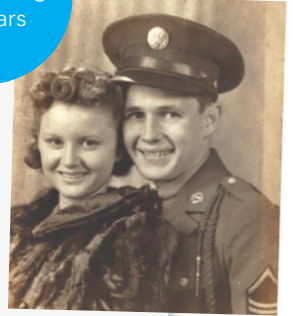
The nurses in ICU were extremely caring and loving to our whole family. They exhibited care and compassion that we were not used to seeing. The first night in ICU, my wife—Ira's daughter—and I spent the night in the ICU waiting room. They brought my wife a recliner to sleep in and a blanket and pillow for me. Unheard of. The nurses on second floor were unbelievable. Rudy, Ira's son, has been in this situation before. He said that he had never seen nurses like these. The nurses were constantly asking if there was anything they could do or get for us. Their caring and compassion was like nothing we had ever seen before. You should be extremely proud of the personnel on the second floor. The cafeteria staff set up coffee and snacks for the family. They could not have been nicer to us.

Last, but not least, the chaplains: They spent time and exhibited unbelievable care and compassion to Mrs. Dorothy Alexander, Ira's wife, and the whole family. They spent time and patience in explaining everything to Mrs. Alexander. It is hard to make anyone feel comfortable and at peace in this situation. But they tried. The family thanks them for the love and compassion shown to our mother, Dorothy Alexander. Also, we would like to comment on your staff all over the hospital. It did not matter where we were, if we saw a nurse or a technician, they always spoke to us. These people, mostly, did not know us, but they always spoke.

We could go on talking about the nurses and other personnel on second floor that were involved in our times there. But, it would just be a repeat of everything said so far. We just can't say enough about them. Ira and Dorothy Alexander were married for 75 years and had just celebrated their anniversary. This is a sad and heartbreaking way for this union to end, but your staff did everything in their power to make it easier.

Thank you,

Jim & Jean Black, Dorothy M. Alexander and family



**Share your story.** Tell us about your experience at GRMC on our Facebook page at [www.facebook.com/guadalupe-regional](http://www.facebook.com/guadalupe-regional).



From left, Sarah Lester, MD;  
Zulfiqar Shah, MD; Rubin Harris, MD;  
and Juan Arenas, MD

## HOSPITALISTS

# Always there for you

When you're in the hospital, you want—and deserve—to have the best care possible. That's why the next time you or a loved one stays with us, you may meet one of the newest breeds of doctor around—a medical professional called a hospitalist.

Hospitalists are doctors who specialize in providing comprehensive, high-quality medical care to hospitalized patients. Unlike traditional clinic-based doctors, hospitalists don't treat patients outside the hospital. Instead, their primary focus is to work at the hospital to care for the needs of acutely ill patients and their families in coordination with the patient's primary care physician.

According to the Society of Hospital Medicine, there are more than 40,000 of these specialists in the U.S.

**Caring for you 24/7** Hospitalists provide around-the-clock care for hospitalized patients and are especially skilled at treating acute health problems, such as pneumonia, infections, heart attacks and congestive heart failure. These

doctors devote themselves to the complexities of patients sick enough to need hospital care.

The GRMC hospitalist team is highly trained and community focused. Zulfiqar Shah, MD, brings years of experience from the Air Force and in various hospitals to lead this group. Rubin Harris, MD, is a strong advocate for GRMC's medical community, its hospital and its well-integrated health delivery system. Newly graduated from their Texas-based residencies, Juan Arenas, MD, brings his training as a general surgeon and fluency in Spanish to the team, and Sarah Lester, MD, adds her expertise in treating adults and children to complement this all-star team.

Patient surveys show that people are greatly satisfied with the care they receive from our hospitalists.

## How they care

The benefits of having hospitalists on staff are numerous. They can:

- ✓ Rapidly respond to their patients' needs
- ✓ Closely monitor their patients' progress and quickly adjust treatment as needed
- ✓ Order and review tests, x-rays and other procedures
- ✓ Meet with family members to answer questions and explain what is going on
- ✓ Keep primary care doctors informed and coordinate patient care among all members of the hospital staff
- ✓ Oversee discharge from the hospital and help with the transition to the patient's home



We constantly remind ourselves that it is indeed a privilege to serve in this profession, caring for each patient at their time of need.



## Finding—and fulfilling—our mission

I was recently honored with an invitation to address the graduating seniors at Texas Lutheran University's spring commencement ceremony. The reflections and advice that I compiled and offered to this impressive group of young graduates was based on decades of hospital work, beginning in my early professional years caring for patients at the bedside, and in my subsequent years in a hospital leadership role.

Contrary to popular wisdom that suggests we should all invent our future, I suggest that the most fortunate of us actually detect our mission in life and find a way to fulfill that mission during our lifetime. Healthcare professionals typically have a distinct calling to serve in their field, whether as a nurse, therapist, physician, cook or housekeeper or in any of the numerous support roles involved in care for the patient and their families. At GRMC, we constantly remind ourselves that it is indeed a privilege to serve in this profession, caring for each patient at their time of need.



Robert G. Haynes, FACHE, CEO

Working in the healthcare field also reminds us that each day is precious, that good health is priceless and that time passes quickly—prompting us to seize each day with appreciation

of that gift we have been given. We may all be shaped by the successes and lessons of yesterday, and we may all be inspired by the dreams of tomorrow, but the fact is that all we have is today and our awareness to make the most of it.

While I encouraged the graduating TLU seniors to enjoy their well-earned successes, I also suggested that they be mindful of the true meaning of success. In the case of GRMC, I believe true success lies with every encounter, relationship and fulfilled mission. I look forward to seeing the next generation of inspired young people find their paths and similarly make a positive difference in every life they find themselves privileged to touch.



## Protect your skin from the sun

To help protect your skin, the American Academy of Dermatology and other experts advise that you:

- Make sunscreen a habit. Choose a broad-spectrum one with a sun protection factor (SPF) of 30 or higher. Apply it generously and often.
- Try to seek shade between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- Wear wide-brimmed hats, long-sleeved shirts, pants and sunglasses when outdoors.
- Examine your skin from head to toe at least once a month. Report any suspicious or problem spots to your doctor.
- Ask your doctor how often you should have a skin exam.

By taking these steps, you can enjoy the outdoors and lower your risk of getting skin cancer.

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