Whether it’s type 1, type 2 or gestational, diabetes is a group of diseases characterized by high levels of glucose (sugar) in the blood. It may be that the pancreas doesn’t make enough insulin or that the body isn’t using insulin effectively. Whatever the case, the result is too much sugar in the blood, which can harm organs and lead to serious problems.

**Type 1 and type 2 diabetes**
Type 1 diabetes usually begins in childhood or young adulthood. It occurs when the pancreas doesn’t make enough insulin—or makes no insulin at all. That’s why people with type 1 need to regularly take insulin, often with daily injections.

Type 2 diabetes is the most common type. About 90 to 95 percent of adults diagnosed with diabetes have type 2.

**Gestational diabetes**
Some women who’ve never had diabetes develop it during pregnancy. Gestational diabetes usually resolves once the baby is born. However, it increases the mother’s risk for future type 2 diabetes—as well as the baby’s risk. In addition to our diabetes education, GRMC offers gestational diabetes education for mothers coping with diabetes during their pregnancy.

**Find out more**
For more information on diabetes education, call Ann Camacho at 830.401.7689, or visit www.grmedcenter.com.

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**DIABETES**

Get education and support at GRMC

Type 2 occurs when the pancreas doesn’t make enough insulin or doesn’t use it properly. Genetics, diet and inactivity are all probable causes. Medicines and sometimes insulin are needed to treat it.

Endocrinologist Daniel Okorodudu, MD, has teamed up with GRMC’s Diabetes Nurse Educator Ann Camacho, RN, BSN, to offer education and support groups. The accredited, five-week diabetes education program touches on topics such as monitoring blood sugars, healthy eating, getting active and medications.

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**In this issue**
Welcome to our state of the art Medical Terrace

WWW.GRMEDCENTER.COM
Welcome to the Medical Terrace at GRMC

GRMC continues to grow and expand—not only with exceptional physicians, but with state of the art facilities. The Medical Terrace at Guadalupe Regional Medical Center, the latest addition to the hospital campus, holds more than eight physician practices and a future outpatient x-ray suite.

The Medical Terrace at GRMC is a two-building complex nestled among legacy oak trees at the south bend of King Street. Its 8,000-square-foot buildings are named Cypress and Palm, as a reflection of its surroundings and the nearby Guadalupe River. The multi-specialty physicians featured here are currently, or will soon be, providing their exceptional care in this new space.

We invite the community to celebrate with us as we host an open house to commemorate the opening of our Medical Office Buildings. The open house will be Wednesday, Nov. 2, from 5:30 to 7 p.m. We will be offering tours, meet and greets with the physicians, and refreshments.
SOUTH TEXAS SPINAL CLINIC, P.A.
Zachary Garza, MD, is a fellowship trained orthopedic spine surgeon. He completed his residency training in general surgery at Methodist Hospital in Dallas and his orthopedic surgery residency at the University of Texas Health Science Center San Antonio. He then went on to complete his spine surgery fellowship at the South Texas Spinal Clinic in San Antonio. He has joined the well-established practice of Stuart Pipkin, MD, and Paul Geibel, MD. Dr. Garza treats adult and pediatric spine patients with a focus on operative and nonoperative management of spinal conditions and pathologies. Dr. Garza is fluent in Spanish.

To schedule an appointment with Dr. Garza, please call 210.293.3124.

PALM BUILDING
411 S. King St., Seguin

PAIN MANAGEMENT
Stewart Zweikoft, MD, is a fellowship-trained interventional pain management doctor. He began his medical career as a chiropractor in California before pursuing a medical degree, followed by a pain medicine fellowship.

Dr. Zweikoft is trained in all modalities related to interventional pain management, including spinal cord stimulation, injection therapies, medication management and physical medicine techniques.

He joined the well-established practice of pain management specialist Eric Miller, MD, in 2014. Their office will be located in the Palm building in February 2017. Dr. Miller will be available in the Seguin office on Fridays. For an appointment with Dr. Zweikoft or Dr. Miller, please call 830.609.9478.

PRIMARY CARE ASSOCIATES
Frank Wright, MD, began his career as a family physician in Laredo before practicing in and overseeing occupational and urgent care centers in the South Texas region.

Dr. Wright’s desire to integrate into a collegiate, well-connected medical community and to rededicate himself to long-term primary care relationships with his patients led him to find his new professional home at GRMC last December. He speaks Spanish fluently. To schedule an appointment, please call 830.386.0876.

Elena Soliz McAtee, MD, who will begin her practice in January 2017, has a special interest in integrative, preventive and holistic medicine. While at the University of Arizona, she earned a certificate of integrative medicine in residency and plans to continue to embrace this in her clinical practice. Her goal is to empower her patients to take control of their own health. Dr. Soliz McAtee excels in providing comprehensive family care—including pediatric, adult, gynecologic and geriatric care.

Dr. Soliz McAtee’s husband, Robert McAtee, has already begun working at GRMC, and Dr. Soliz McAtee will be on board next year. They moved here from another town, so both are new to the area.

ENDOCRINOLOGY ASSOCIATES
Daniel Okorodudu, MD, “Dr. O” for short, maintains his anchor endocrinology practice here in Seguin while also providing satellite clinics in Yoakum, Cuero and New Braunfels.

Dr. O obtained his undergraduate degree from Texas A&M and his medical degree and residency at the University of Texas Medical Branch–Galveston. He completed his fellowship in endocrinology, metabolism and nutrition at Duke University in North Carolina.

Dr. O’s extensive training has made him an expert in the management of diabetes, hormonal disorders, thyroid disease and osteoporosis. He is committed to educating and empowering his patients to understand and manage their disease.

Dr. O is an endocrinology physician with GRMG. To schedule an appointment, please call 830.386.0205.

GRMG is online!
Guadalupe Regional Medical Group (GRMG) is a multi-specialty physician group that places the patient at the center of their care. Our physicians have a long-standing tradition of excellence while keeping pace with today’s rapidly changing healthcare environment and technology.

The group’s new website, www.grmedgroup.com, provides information about the physicians profiled here as well as Clint Burrus, MD, and Alyson Kirchner, MD (OB-GYN); Sankararao Tamtam, MD (family practice); Charles Nolan, MD (palliative care); and Robert Ryan, MD (urology).
Extending our scope of care

It is truly my privilege to serve as the CEO for GRMC—honorable work that allows me daily connections with hundreds of outstanding and talented staff members, physicians, volunteers and board members. Similarly, it has been my privilege to serve for four years on the Seguin Economic Development Board, further providing opportunities to work alongside the many fine business and political leaders of our community. It has been particularly fulfilling for me to witness the rapid progress that is occurring both at GRMC and in the city.

This edition of Health Currents focuses on the many new services, physicians and facilities that have been added to the already robust scope of care provided at GRMC. This year, our hospital will begin the first phase of a multimillion-dollar construction project that will provide a surgical unit, inpatient dialysis unit and an expanded Birthing Center. An additional Cardiac Cath Lab and operating room will also be included in the expansion to meet our growing community’s needs.

Part of a vibrant community

Meanwhile, Seguin continues to grow impressively. The public library, new HEB store, high school expansion, roads and parks, several restaurants and new businesses that have chosen to establish roots in Seguin, and booming housing developments are just a few of the recent signs of growth throughout our community. This is indeed an exciting time to be a part of this vibrant community.