

GRMC

HEALTH CURRENTS

ADVANCED MEDICINE. PERSONAL TOUCH.



DIABETES

Get education and support at GRMC

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.

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.

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.

FALL 2016

Guadalupe Regional 
MEDICAL CENTER

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CYPRESS BUILDING

417 S. King St., Seguin

NEUROLOGY ASSOCIATES

Kevin McMahon, MD, completed



his fellowship in neurophysiology with an epilepsy focus at Albany Medical Center in New York.

Dr. McMahon

is trained to perform vagal nerve stimulator interrogation and programming and to interpret nerve conduction studies, EMGs, EEGs and sleep studies. He treats such disorders as neuropathies, problems with numbness or weakness, sciatic back pain, Parkinson's disease, strokes, epilepsy, and migraines.

Colin Sanner, MD, shares GRMC's



neurology practice with Dr. McMahon, providing inpatient and outpatient care for adults and patients as young as 11. Having lived in

Mexico, he speaks Spanish fluently.

Dr. Sanner and Dr. McMahon are Guadalupe Regional Medical Group (GRMG) physicians. To schedule an appointment with one of them, please call **830.379.1510**.

RHEUMATOLOGY ASSOCIATES

Humayun Beg, MD, completed



his residency in Pontiac, Michigan, and his fellowship at the University of South Florida.

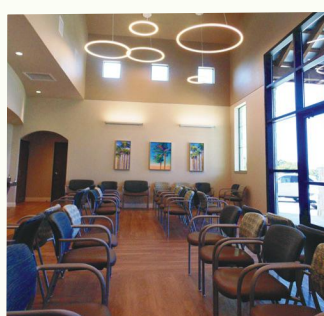
Dr. Beg treats whole-body system

diseases such as rheumatoid arthritis, osteoporosis, lupus, musculoskeletal disorders and connective tissue disease. He is a rheumatology physician with GRMG.

To schedule an appointment, call **830.379.3400**.



Cypress Building



Palm Building

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**.

Clint Burrus, MD, and Alyson Kirchner, MD (OB-GYN); Sankararao Tamtam, MD (family practice); Charles Nolan, MD (palliative care); and Robert Ryan, MD (urology).

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.grmgedgroup.com**, provides information about the physicians profiled here as well as



Robert G. Haynes,
FACHE, CEO

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.



Meet our newest physicians

Maansi Doshi, MD



Ear, Nose & Throat (ENT)
1414 E. Walnut St.
Seguin, TX 78155
830.379.0299
Dr. Doshi earned her medical degree

from Nova Southeastern University College of Osteopathic Medicine in Davie, Florida. She then completed her residency in otolaryngology and facial plastic surgery at the Michigan State University center at Henry Ford Macomb Hospital.

Her special interests include functional and cosmetic nasal surgery; skin cancer surgery and reconstruction; voice and swallowing disorders; sinus disorders and balloon sinuplasty; pediatric ear, nose and throat problems; thyroid surgery; and snoring and obstructive sleep apnea.

Mark Mangiapane, DO



Family Practice
1414 E. Walnut St.
Seguin, TX 78155
830.379.7901
Dr. Mangiapane attended Nova Southeastern

University and earned his doctor of osteopathic medicine degree in 2011. He completed his residency at Genesys Regional Medical Center in Grand Blanc, Michigan. He won the 2014 Society of Teachers of Family Medicine Resident Teacher Award upon graduation and is board-certified to practice family medicine and osteopathic manipulation.

He met his wife, Maansi Doshi, MD, in medical school, and they are both excited to plant roots in Seguin. He enjoys playing basketball and golf, running, and playing guitar.

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