



PULMONARY REHAB
Learn best ways to live
with COPD.
See page 7 ▶

SHANNON

health beat

JOURNAL OF WELLNESS AND GOOD HEALTH CARE ● FALL 2016



INTO the Woods

Renovated pediatric garden remembers hometown pediatrician

Shannon Women's & Children's Hospital recently dedicated the newly renovated pediatric garden, "Into the Woods," in memory of pediatrician Dr. Dwain Dodson for his lifelong commitment to caring and compassion for the children of the Concho Valley. ♦ Dr. Dodson provided care for numerous patients

during his 40 years of practice, working long hours at a time when doctors would also make home visits. His patients became very attached to the familiar doctor, so he extended his practice into adult medicine.

"He met a lot of people, and they would hug him and carry on about him,"

his wife, Sybil Dodson, says. "Then they'd explain, 'Oh, he was our doctor.' He loved the children and moms, and they loved him."

The Children's Miracle Network at Shannon is dedicated to providing the best of care in a hometown environment for pediatric patients. The environment in which the care is provided can enhance the outcome and positive experience of pediatric patients.

The garden atrium at the Women's & Children's Hospital was in need of

an update due to age and drought. This area was envisioned as a place of respite within an outdoor, open-air environment and also an area of safety within the confines of the hospital. It was in need of renewal to achieve this vision and create a more child-friendly setting.

Thank you to Dr. Dodson's family; Robert Patyrak, MD, Shannon Pediatrician; Julie Raymond, Art in Uncommon Places; and the contributors who made the outdoor space possible.

HEALTH BITS



TOAST—DON'T TOSS

When carving pumpkins, save the seeds for a savory snack. Rinse the seeds, and bake them on a lightly oiled baking sheet at 325 degrees for about 30 minutes. Stir occasionally while baking. Try seasoning them with garlic powder or Cajun seasoning.

Academy of Nutrition and Dietetics



COMMON AND CATCHY

More than 200 viruses can cause colds. Adults average 2 to 4 colds a year, while young children catch an average of 6 to 8.

American Lung Association

TALK THE GOOD TALK

If you tend toward negative self-talk like "I always mess up," try reframing your thoughts. A more positive take ("This will seem funny someday") can actually help reduce stress.

American Heart Association

CONVENIENT TREATMENT UNDER ONE ROOF

3-D mammograms offered at Shannon Women's Imaging Center

MAMMOGRAMS are an extremely important component of early detection for breast cancer. Advancements in research and technology continue to improve this essential screening tool. The latest improvement, 3-D mammography, is now available in West Texas at the Shannon Women's Imaging Center.

Digital breast tomosynthesis, or 3-D mammography, uses the same x-ray technology as traditional, or 2-D, mammography. A two-dimensional image is captured with traditional mammography. Three-dimensional images allow the breast tissue to be viewed in thin layers, or "slices." The layers allow miniscule details to be more readily exposed instead of possibly being hidden by overlapping breast tissue, particularly in patients with dense breasts.

PROOF IT'S BETTER Numerous research studies have found an increase in earlier detection of breast cancers when these two screenings methods are combined.

"Traditional mammography is still one of the best screening tools available," says Michelle Snuggs, MD, Chief Radiologist at the Shannon Women's Imaging Center. "Combining these screening methods increases the accuracy of detection, which decreases the number of call-back appointments for additional screening. This spares our patients the inconvenience, and most importantly the anxiety, of coming back for another appointment."

Patients will not notice a difference in the screening

process. The same amount of compression is applied and a very low dose of radiation is used during the exam. Images are taken at varying angles, and it only takes the machine a few seconds longer to capture each image.

YOU WANT TO KNOW When breast cancer is suspected, you and your health care team want to know the results quickly so a treatment plan can be put in motion. Early diagnosis leads to earlier treatment and a greater chance for a full recovery. The five-year relative survival rate for women diagnosed with localized breast cancer—cancer that has not spread to lymph nodes or outside the breast—is 98.5 percent. Convenience of imaging services and a highly trained staff is also a vital part of this process.

The Shannon Women's Imaging Center houses state-of-the-art mammography, ultrasound, bone density, stereotactic breast biopsy and MRI equipment. Everything you need for breast care is under one roof.

"We are committed to continuing to deliver advanced breast care to the women of our community," Dr. Snuggs says. "We want women to seek comfort in the fact that technology and training combine to help us detect breast cancers when they are present—early detection can often mean complete recovery."

Current guidelines recommend screening mammograms and physical breast examinations every year beginning at age 40. Along with scheduling a



regular mammogram, please remember the importance of monthly breast self-examination. Most importantly, if you have any concerns, inform your physician immediately. Early detection is the best protection against breast cancer.

For more information about breast cancer, please visit the online health library at www.shannonhealth.com. To schedule your mammogram, call the Shannon Women's Imaging Center at 325-481-2339.



SAVE THE DATE for these fall events:

The purpose of these events is to provide education to our community for the detection and prevention of breast cancer. All proceeds stay local to help women battle this all-too-common disease.



5th Tee Off for Ta-Tas Golf Tournament

Monday, Sept. 19

Brentwood Country Club

2111 Club House Lane

Four-person scramble; \$125 per player

Registration and lunch: 11:30 a.m.

Shotgun start: 1 p.m.



Tee off for a great cause! Proceeds from this tournament benefit patient programs at the Shannon Oncology Center and Cancer Empowerment & Resource Center at Shannon. For more information, please call 325-657-8343.



8th Annual Shannon Pink Ribbon Run

Saturday, Oct. 1

Shannon Women's & Children's Hospital

201 E. Harris

Registration: 7 a.m.

1-mile walk: 8 a.m.

5K and 10K: 8:30 a.m.



The Pink Ribbon Run is a fun family event. Deck out in pink, sign up a team and compete for the Team Spirit trophy. The first 800 registrants will receive a Shannon Pink Ribbon Run T-shirt. For more information, please call 325-657-5064.



3rd Annual Shannon pink pARTy!

Thursday, Oct. 20

San Angelo Museum of Fine Arts

1 Love St.

5 to 8 p.m.



Enjoy drinks and hors d'oeuvres, and learn about breast cancer prevention, detection and awareness from Shannon personnel. Browse art pieces created by breast cancer survivors, and enjoy fun activities. This event is free and open to the public.

For more information about these and other upcoming events, please visit www.shannonhealth.com.



SHANNON OUTPATIENT NEURO THERAPY

A NEW SERVICE FOR NEURO THERAPY

THE SHANNON Inpatient Rehabilitation Unit has a long-standing reputation of providing exceptional services to patients recovering from an array of neurological conditions and disorders by using a multidisciplinary team approach. Shannon Outpatient Neuro Therapy is an extension of the same quality and team approach to patient care, provided on an outpatient basis.

“We are excited to be able to continue to serve our community and those in the surrounding area by providing these outpatient therapy services,” says Diana Moreland, PT, DPT, Clinical Coordinator for Shannon Outpatient Neuro Therapy. “Restoring mobility and communication is a vital component of the journey for improving each of our patients’ quality of life.”

A service of Shannon Medical Center, the Outpatient Neuro Therapy team consists of occupational therapists, physical therapists and speech language pathologists.

“Each therapy discipline is passionate about their commitment to serving our patients,” Moreland says. “We all work together to provide an individualized plan of care for each patient. This patient-centered, individualized care is central to our ability to provide our patients the great experience they deserve and have come to expect at Shannon.”

WHO IT HELPS Outpatient Neuro Therapy provides a wide range of services for patients who:

- Are amputees.
- Have issues with general balance and deconditioning, dizziness, and/or unsteadiness with walking.
- Have MS (multiple sclerosis) and Parkinson’s disease.
- Are recovering from stroke.
- Are voice therapy patients.
- Suffer from other types of neurological disorder.

Similar to the inpatient setting, specialty services are also offered during Outpatient Neuro Therapy. One service, Bioness, is a system that uses electrical stimulation to address foot drop or hand paralysis due to conditions such as: cerebral palsy, incomplete spinal cord injury, multiple sclerosis, stroke and traumatic brain injury. Shannon is currently the only entity within 90 miles that offers this system for patient utilization.

SERVICES eSwallow, another specialty service, uses electrical stimulation to address dysphagia—difficulty or discomfort in swallowing, due to conditions such as stroke and other neurological disorders.

LSVT BIG, a program designed for Parkinson’s patients, is an amplitude-based exercise program for the limb motor system and re-education of the sensorimotor system. LSVT BIG therapy applies intense, repetitious therapy focused on core movements used throughout a patient’s daily routine.



Outpatient Neuro Therapy accepts patients through provider referrals. Shannon Outpatient Neuro Therapy is located at the Shannon St. John’s Campus, 2022 Pulliam. Services are offered Monday through Friday, from 8 a.m. to 5 p.m. For more information, please call **325-659-7132**.



Expansion updates: Downtown medical office building

The largest of the expansion projects announced by Shannon in the fall of 2014 is the four-story medical office building project located downtown on Harris Street beside Shannon Medical Center.

It will include 80,000 square feet of space along with a new parking lot on the north side of the building. The first floor will include nephrology, infectious disease, and ancillary services, such as lab and radiology. The second floor will be home to all of Shannon’s OB-GYN providers. The third floor will consist of Family Practice providers, and the fourth floor will be home to dermatology, Mohs surgery and pathology.

The project is in progress with completion expected in early 2017. Stay tuned for more information about a grand opening celebration.

SOMETHING EPIC IS COMING...

Shannon’s latest technology initiative will have lasting impact on local health care

IN 1932, Shannon West Texas Memorial Hospital was established, laying the foundation for a legacy of health care for this region. During the past 84 years, Shannon has achieved many milestones and brought increased service and health care access to our region.

The health care industry continues to rapidly change the traditional model of delivering care, and Shannon is paving the way for the next generation of health care as the region continues to expand.

We recently initiated an exciting journey, implementing a single, leading-edge electronic medical record (EMR) and financial information system for our entire organization. After thorough research and hands-on demonstrations, Shannon selected Epic Systems Corp., a privately owned health care software company, to provide the clinical, administrative and billing software. EPIC is touted nationwide by some of the most respected health care organizations and providers as the best of the best in systems for managing patients’ health care.

As a unified program, this system will provide integration across all access points within Shannon. Each patient

will have one comprehensive medical record shared across all Shannon providers and facilities—from the hospital to the clinic locations and outpatient offices. All Shannon locations will also use the same platform for registration, scheduling and billing.

WHAT THIS MEANS FOR YOU The new system will include MyChart, an online portal that will give patients more access to their health care information and a greater ability to play an active part in managing their ongoing health. Accessible through a mobile app or by computer, MyChart will enable access to medical records and results, online appointment scheduling, self-check-in from home or at on-site kiosks, communication with your providers, prescription refill requests, and Shannon bills.

This systemwide project will affect every aspect of our business and how we serve and care for our patients. It is also one of the largest investments for our organization in terms of cost and people. Shannon recently created positions for 60 new associates who will be working with EPIC to design and build our system as well as help train more than 2,800 staff members to use it. Our EMR team includes experts from all facets of our organization, including physicians and clinical support services.

This new technology is a monumental change for our organization, and one we believe is a necessary investment for the future of health care in the Concho Valley. Our vision is to continue the Shannon legacy, remaining the locally owned, trusted health care leader in West Texas. We are grateful for the strong foundation of the last 84 years and our local leadership that has helped position our organization to help ensure we have the capacity to serve our community as it continues to grow.

Please stay tuned for more updates on EPIC and what you can expect as a patient in the following months.



BECAUSE A BUMP TO THE HEAD CAN BE SERIOUS

Shannon trains local schools on concussion best practices

CONCUSSION is a widespread problem in all contact sports. The purpose of the Shannon Concussion Clinic is to assist area schools with proper concussion care and treatment for student athletes.

The Brain and Spine Institute at Shannon and the Shannon Orthopedics and Sports Medicine departments have engaged in a universal treatment regimen for concussions among all Shannon providers, in addition to the clinic. Each medical professional administering concussion treatment has received ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) certification.

The ImPACT test is a neurocognitive test that measures multiple aspects of cognitive function in athletes, including attention span, working memory, sustained and selective attention time, response variability, nonverbal problem solving, and reaction time. The test takes approximately 20 minutes.

At the end of the test, a baseline is reported for each individual. When a concussion is suspected, an ImPACT-certified medical professional administers a follow-up test and then compares the outcome to the baseline result. From there, a treatment plan is established on an individualized basis. The plan is then shared with the



school district.

For information about concussion evaluation or treatment, call the Shannon Concussion Clinic at 325-658-5681 or 800-458-8384.

Know the signs of an emergency

Being able to recognize the signs of a medical emergency—and acting quickly—could help save someone's life.

According to the American College of Emergency Physicians, signs and symptoms of a medical emergency include:

- Difficulty breathing.
- Chest or upper abdominal pain or pressure.
- Fainting, weakness or sudden dizziness.
- Changes in vision.
- Confusion or other changes in mental state.
- Sudden or severe pain.
- Uncontrolled bleeding.
- Severe or persistent vomiting or diarrhea.
- Coughing up or vomiting blood.
- Difficulty speaking.
- Suicidal thoughts.

If you detect any of these signs or symptoms, you need to come to the hospital right away.

If you think the condition could be life-threatening or could get worse on the way to the hospital, call 911 immediately.



HEADING OFF A CONCUSSION

NOW MORE THAN EVER, concussions—and their risks—are making headlines. You don't have to follow football to be aware that NFL players have had life-altering problems after repeat concussions.

But beyond headlines, how much do you really know about concussions? There's misinformation out there—for example, that you haven't had a concussion unless you pass out. The reality: Most people with concussions never lose consciousness.

This may surprise you too: Athletes and people playing sports aren't the only ones at risk for concussions. Falls are a common cause of concussions—and they can happen to everybody, from toddlers on playgrounds to older adults with balance problems. Car crashes cause concussions too.

DAMAGED BRAIN CELLS A concussion is a type of brain injury that's caused by a blow to the head or hit to the body that makes the head and brain move rapidly back and forth. This can harm brain cells.

Most people recover completely from concussions. But every concussion needs to be taken seriously.

Some cause lasting changes in thinking, learning and memory. And having more than one concussion raises the risk of long-term problems.

That's why it's crucial to take preventive steps:

Ride safe. Even on short trips, always wear a seat belt and keep kids safe in car seats, booster seats or seat belts—whichever is right for their age.

Wear proper headgear. Helmets are a must for activities like biking, playing contact sports, skiing, snowboarding and using in-line skates or skateboards.

If you suspect someone has a concussion, bring the person to our urgent care center or emergency department for an evaluation.

Make surroundings safe for seniors. Remove tripping hazards like throw rugs and clutter.

Be particular about playgrounds. Kids should only play on ones with shock-absorbing surfaces, such as mulch.

Sources: Centers for Disease Control and Prevention; National Institutes of Health

Could it be a concussion?

Concussion signs and symptoms can start right after a blow to the head—or hours or days later. They include:

- Balance problems.
- Blurry vision.
- Changes in mood or

behavior—for example, irritability.

- Confusion.
- Dazed appearance.
- Dizziness.
- Headache.
- Loss of consciousness—even briefly.
- Nausea.
- Problems remembering or

concentrating.

- Sensitivity to light or noise.
- Slow response to questions.

If you have any of these signs or symptoms, stop all activity and alert a doctor right away. Athletes shouldn't get back in the

game without a doctor's OK.

And call 911 if: ■ These symptoms are severe or getting worse. ■ One pupil is bigger than the other. ■ The injured person can't recognize people or places, has seizures, or keeps vomiting.

Sources: American Academy of Family Physicians; Centers for Disease Control and Prevention


ASK THE EXPERTS

WHAT ARE SOME SCREENINGS WOMEN NEED TO STAY WELL?

The family physician says:

Start with getting the basics

Your blood pressure and cholesterol levels can greatly affect your cardiovascular health. If those levels are too high, you're at risk for problems like heart attack and stroke.

Have your blood pressure checked at least every two years starting at age 20, and get your cholesterol tested every four to six years starting at age 20. You may need these screenings more often if your numbers are too high. Ask your doctor what blood pressure and cholesterol levels you should aim for.



Chris Ferguson, MD
120 E. Beauregard
325-481-2274


The dermatologist says:

Be savvy about saving your skin

You can be your own first line of defense against skin cancer. Do monthly skin checks, and let your doctor know about any changes or unusual spots you find.

By reporting skin changes to your doctor right away, you can help ensure that you catch skin cancer in its earliest, most treatable stages. Your primary care provider or a dermatologist can provide skin checks at a regular checkup.



Ashley De La Cerda, MD
120 E. Beauregard
325-481-2294


The OB-GYN says:

Combat cancer

Early detection can make all the difference in successful treatment of breast and cervical cancer—and screening can even help prevent cervical cancer altogether.

Pap smear screening to look for precancerous cells or cervical cancer should begin at age 21 and is typically repeated every three years. HPV is the virus that causes most cervical cancer. Beginning at age 30, women should have a Pap test combined with an HPV test every five years, or they can opt to just have a Pap test every three years. In addition, starting at age 40, most women should have a mammogram every one to two years until approximately age 75. Your doctor may recommend a different screening schedule depending on your risk factors.



Robert Meyer, MD
225 E. Beauregard
325-481-2285

The internist says:

Get inside information

Screenings such as colonoscopies can catch colon cancer before it ever begins—so don't put them off. Most people should start getting screened at age 50, but you may need to start earlier if you are at high risk for the disease.

There are several different tests to screen for colorectal cancer—some need to be done yearly, others every 5 or 10 years. Talk to your doctor about which test is right for you and when to start screening.



Caroline Ojeda, MD
120 E. Beauregard
325-481-2284



Need a screening or to see a doctor? We can help. Call our Doctor Matchmaker at 325-481-2343.

Butternut squash enchiladas with salsa

Makes 7 servings.

Ingredients

- 1 package (16 ounces) frozen, diced, peeled butternut squash or 2 cups fresh squash, seeded, peeled and diced
- 1 cup water
- 1 tablespoon olive oil
- ½ sweet onion, finely chopped
- 1 can (15.5 ounces) no-added-salt black beans
- 1 teaspoon ground cumin
- ¾ teaspoon ground cinnamon
- Salt and ground black pepper, to taste
- Canola oil spray
- 7 large whole-wheat tortillas (about 7 inches)
- 1 cup grated cheddar cheese, divided
- 1 cup tomato salsa
- ¼ cup chopped fresh cilantro leaves, for garnish (optional)

Directions

- Place squash in medium saucepan. Add water. Cover pot tightly and place over medium-high heat.
- Cook until squash is tender but not mushy, 12 to 15 minutes, depending on size of cubes.
- Drain squash and set aside.
- While squash is cooking, in large skillet, heat oil over medium-high heat.
- Add onion and sauté until soft and translucent, about 4 to 5 minutes, stirring occasionally.
- Add beans and partially mash with fork.
- Mix in squash, cumin and cinnamon. Add salt and pepper, if desired.
- Remove from heat and set aside.
- Preheat oven to 350 degrees.
- In 9-by-13-inch baking dish, lightly coat interior with cooking spray and set aside.
- Coat tortilla on both sides with cooking spray. Lay on plate.
- Spoon ½ cup filling on tortilla and top with 1½ tablespoons cheese.
- Roll up filled tortilla and set at one end of baking dish. Repeat, placing filled tortillas side by side, filling baking dish tightly.
- Pour salsa over assembled enchiladas.
- Sprinkle remaining cheese (about ¼ cup) over sauce. Cover pan with foil.
- Bake enchiladas about 25 to 30 minutes,



until heated through.
■ Uncover and serve garnished with cilantro, accompanied by cooked brown rice, if desired.

Nutrition information

Serving size: 1 enchilada. Amount per serving: 260 calories, 6g total fat (1g saturated fat), 38g carbohydrates, 12g protein, 6g dietary fiber, 460mg sodium.

Source: American Institute for Cancer Research

HEALTH TALK NEWS, VIEWS & TIPS

Honor a special nurse

The DAISY Award recognizes Shannon registered nurses and licensed vocational nurses who provide exceptional care. This nationwide effort was started by the family of J. Patrick Barnes, who died at age 33 of complications from an autoimmune disease. His family created The DAISY Award for Extraordinary Nurses in 2001 to say thank you to nurses around the country, as they believe they are truly unsung heroes.

The DAISY Garden at Shannon will serve as a space for families, friends and loved ones to honor nurses who have touched patients' lives. It will be located at the southeast corner of the hospital, outside the Same Day Surgery entrance, 120 E. Harris. A 3-foot replica of "The Healer's Touch" statue given to each DAISY Award recipient will serve as the centerpiece. Brick pavers will surround the statue. Each paver can accommodate three lines of text, with 12 characters per line.

For more information about The DAISY Garden at Shannon, please call Becky Fuentes at 325-657-5050. To purchase a paver or make a donation, please call Suzi Reynolds at 325-657-8343.



Shannon Mobile Care Clinic

What's green and white and on its way to a community near you? The Shannon Mobile Care Clinic! The purpose of this clinic on wheels is to provide increased access to health care services in our surrounding communities.

Our Mobile Clinic currently offers:

- Blood pressure checks.
- Blood sugar checks.
- Regular lab draws.
- Worksite wellness screenings, upon request.

Knowing your numbers, including your blood pressure and blood sugar readings, are an important piece of maintaining your health. Access to these checkups and lab draw services can save you a trip. Lab results are shared with your Shannon provider.

2016 Schedule

Barnhart

Second Thursday of the month, Oct. 13, Nov. 10, Dec. 8

Community Center parking lot during the Community Luncheon

Bronte

Third Thursday of the month, Oct. 20, Nov. 17, Dec. 15

Bronte Armory

Christoval

First Wednesday of the month, Oct. 5, Nov. 2, Dec. 7

Community Center parking lot

Mertzon

Third Tuesday of the month, Oct. 18, Nov. 15, Dec. 20

Community Center parking lot during the Community Luncheon

Miles

Second Wednesday of the month, Oct. 12, Nov. 9, Dec. 14

City Hall parking lot

Paint Rock

First Tuesday of the month, Oct. 4, Nov. 1, Dec. 6

Grocery store parking lot

Robert Lee

Second Tuesday of the month, Oct. 11, Nov. 8, Dec. 13

Community Center parking lot

For more information, call 325-716-6896.

WELCOME, NEW PROVIDERS



Jarrett Aldinger, MD, Anesthesiology

After receiving his bachelor's degree from Texas A&M University, Dr. Aldinger earned his medical degree from the University of Texas

Health Science Center in Houston. He completed his anesthesiology residency training at the University of Texas

Medical Branch in Galveston. For more information, please visit www.shannonhealth.com.



Tofoul Nour, MD, Hospitalist

Dr. Nour received her medical degree and emergency medicine training from King Saud University College of Medicine in Riyadh, Saudi Arabia. She completed her family

medicine residency at Texas Tech University Health Sciences Center in Amarillo.

Dr. Nour is board certified by the American Board of Family Medicine. While providing patient care as a hospitalist at University Medical Center in Lubbock, she also served as a medical staff officer and assistant professor in the department of Community and Family Medicine at Texas Tech University Health Sciences Center. As a hospitalist, she will provide care to

patients in the hospital setting. For more information, please visit www.shannonhealth.com.



Sanjay Patel, MD, Urgent Care

Dr. Patel received his medical degree from Baroda Medical College at Maharaja Sayajirao University in Vadodara, India. He completed his family medicine internship and

residency training at the University of North Dakota Center for Family Medicine in Bismarck, North Dakota.

Dr. Patel is board-certified by the American Board of Family Medicine. He will be located at Shannon Clinic Urgent Care South, 3502 Knickerbocker. The Clinic is open from 7 a.m. to 10 p.m., seven days a week.

For more information, or to check current wait times, visit www.shannonhealth.com.



Kristi Urias, MD, Anesthesiology

After receiving her bachelor's degree from the University of Texas at Austin, Dr. Urias earned her medical degree from the University of Texas School of Medicine at San Antonio.

She completed her anesthesiology residency training at the University of Texas Health Science Center at

San Antonio. For more information, please visit www.shannonhealth.com.



Michael Wood, MD, Hospitalist

After receiving his bachelor's degrees from Duke University in Durham, North Carolina, Dr. Wood earned his medical degree from Wake Forest School of Medicine

in Winston-Salem, North Carolina. He completed his internal medicine internship and residency training at the University of Texas Southwestern Medical Center in Dallas.

As a hospitalist, Dr. Wood provides care to patients in the hospital setting. For more information, please visit www.shannonhealth.com.



David Bickford, PA-C, MPAS, Dermatology

Bickford received his bachelor's degree from Boise State University in Boise, Idaho. He completed his bachelor's and master's of physician assistant studies with an

emphasis in emergency medicine, from the University of Nebraska Medical School in Omaha, Nebraska, in a program affiliated with the United States Air Force.

Bickford has more than 24 years of experience providing care in a family practice setting. He previously worked as a staff physician assistant at Goodfellow Air Force Base. He joins the office of Steven Ritter, MD, Dermatology and Mohs Surgery, in the Shannon Medical Plaza, 102 N. Magdalen, and is accepting new

patients. For more information or to make an appointment, please call 325-481-2215.



Autumn Holder, NMD, PA-C, Psychiatry

Holder received her bachelor's degree from the University of Oregon in Eugene, Oregon, and a doctorate of naturopathic medicine from Bastyr University in Seattle, Wash-

ington. She completed her physician assistant training at Midwestern University in the College of Health Sciences Physician Assistant Program in Glendale, Arizona.

Holder also completed postgraduate psychiatry fellowship training from the Texas Tech University Health Sciences Center Department of Psychiatry. She is certified by the National Commission on Certification of Physician Assistants.

Holder joins the office of Lindy Bankes, MD, Psychiatry, 120 E. Beauregard. She is accepting new

patients. For more information or to make an appointment, please call 325-481-2225.



Let us connect you with a great caregiver. Go to www.shannonhealth.com, and click on "Physician Finder."

HOW TO LIVE YOUR BEST WITH COPD

WHEN YOU'RE LIVING with chronic obstructive pulmonary disease (COPD), it's important to remember these two truths:

- ❶ The disease doesn't go away, even with treatment.
- ❷ But you can learn to live better with COPD and slow the damage to your lungs.

Here are some suggestions on how to take good care of yourself:

If you smoke, commit to quit. Even if you smoked for many years, it's never too late to quit. Stopping now is the best way to help keep COPD from progressing at a faster pace. Ask your doctor about medicines or products that could help you.

See your doctor. Regular checkups are especially important when you're managing a chronic condition. Your health care team can answer questions you have about your condition and help you overcome any obstacles to staying healthy.

Take your medicines as prescribed. They can help you feel better—if you use them correctly. Again, talk to your doctor if you have questions about your medicines or experience bothersome side effects.

Get a yearly flu shot. Catching the flu can be much more serious when you have a lung disease. Find out from your doctor if you need a pneumonia shot too.

Pace yourself. COPD can make you feel tired. To help conserve energy so you don't get worn out:

- Take your time with chores.
- Put often-used items in easy-to-reach places, such as a lower shelf.
- Use a cart with wheels to move laundry around.
- If your home has a second floor, have some items moved to the first floor to cut down on climbing stairs.
- Wear clothes and shoes that are easy to remove.
- Ask family or friends for help.



Our pulmonary rehab program has helped many people with COPD enjoy more active lives. For details, go to www.shannonhealth.com and click on "Pulmonary Rehabilitation."

Manage stress. Feeling stressed can make it harder to breathe. Find ways to relax—perhaps listening to music or sitting quietly—that work for you. But tell your health team if you feel overwhelmed, anxious or depressed.

Talk with your doctor about lung rehab. Pulmonary rehabilitation may improve your ability to do activities

without getting out of breath. Classes typically include support, coping tips and exercise.

Know when to call your doctor. Ask your health care team what changes in your symptoms should prompt a call to their office or to 911.

Sources: American College of Chest Physicians; National Heart, Lung, and Blood Institute

Achoo!

Is it a cold or the flu? Sniffle, sneeze, cough. Something seasonal is bugging you. But what exactly is it that's got you under the weather?

Those vile viruses that cause colds and the flu can cause remarkably similar symptoms. It can be hard to tell them apart based only on how you're feeling. One general clue is how bad your symptoms are—flu symptoms tend to be more severe. But that's not the only difference. Here are some more clues to help you uncover what's causing your ills.

Don't forget to see your doctor each fall for that all-important preventive measure: your annual flu shot.

Sneezing

Cover your sneeze, please! Sneezing is a common cold symptom, although it can sometimes accompany the flu. A stuffy or runny nose is also more common to a cold.

Complications

The flu is more likely than a cold to lead to complications such as pneumonia and bronchitis. If you think you have the flu, you may want to check in with your doctor. Prescription flu drugs called antivirals may shorten the time you are ill.

Temperature

Feeling overheated? You've probably caught the flu. Fevers occur only rarely with a cold. Running a temp is common, however, with the flu. Temperatures often reach 100 to 102 degrees and last three to four days.

Aches and pains

When everything hurts, chalk it up to a likely case of the flu. Headaches and body aches abound when the flu virus invades, and those pains can be quite severe. Acetaminophen or ibuprofen can help provide relief. Colds can be accompanied by aches and pains, but they tend to be milder.

Exhaustion

If you're dealing with extreme fatigue, it's often a result of the flu. Exhaustion is common with the flu but rarely results from a cold. Flu-induced fatigue can affect you for an extended time, sometimes as long as two or three weeks.

EVENT Calendar FALL 2016

Shannon Medical Center offers many classes and events for your good health. To find the most up-to-date list, please visit www.shannonhealth.com/calendar.

Support Groups

Concho Valley Kidney Support Group

Tuesdays, Oct. 4, Nov. 1, and Dec. 6, 7 to 8 p.m.
Legacy Meeting Area, second floor
120 E. Harris
For info, call 325-212-3493.

Survivor Sisters Breast Cancer Support Group

Thursdays, Oct. 6, Nov. 3, Dec. 8, 5:30 p.m.
Cancer Empowerment and Resource Center at Shannon
102 N. Magdalen
For more information, call 325-481-2065.

Building Blocks Childbirth and Parenting Classes

Women's and Children's Conference Room
201 E. Harris

To register, please call 325-481-8888. For more information about these classes, please visit www.shannonbabies.com or call 325-481-6332.

All About Childbirth

■ Two-night class: Tuesdays, Nov. 1 and 8, 6:15 to 8:45 p.m.
■ Saturday class: Oct. 1, Dec. 3, 9 a.m. to 4 p.m.

Get helpful information about labor and childbirth to minimize your fears and help you make informed decisions. Please bring pillows for this class. Online classes available. To sign up, call 325-481-6332.

Breastfeeding Boot Camp

■ Wednesday, Nov. 2, 6:15 to 8:45 p.m.

Learn techniques and tips about breastfeeding, as well as the benefits it provides for you and your little one. Online classes available. To register, call or text 325-234-0391.

Caring for Your Newborn

■ Thursdays, Oct. 20, Dec. 1, 6:15 to 8:45 p.m.

■ Tuesday, Nov. 15, 6:15 to 8:45 p.m.

Infant CPR, car seat safety, basics of newborn care and home safety tips are covered in this class.

Doting Siblings: Big Brother/Big Sister Classes

■ Saturday, Oct. 15 9 to 10:30 a.m.

A class specifically for big brothers and big sisters age 4 and up.

Essentials for Pregnancy

■ Tuesday, Dec. 6, 6:15 to 8:45 p.m.

■ Saturday, Oct. 15 12:30 to 3 p.m.

A wonderful way to begin your pregnancy journey.

Finding Alternatives for Labor Pain

■ Thursday, Nov. 17 6:15 to 8:45 p.m.

Learn breathing, relaxation and massage techniques to use throughout labor.

Children's Miracle Network Events

All proceeds from these events support local kids through the Children's Miracle Network at Shannon Medical Center. For more information, please call 325-481-6160 or visit www.cmnsanangelo.org.

Ace Hardware "Ace Cares for Kids" Icon Campaign Through Monday, Oct. 3

This campaign benefits the Children's Miracle Network at Shannon Medical Center. Ace Hardware customers can purchase a CMN balloon icon at the register for a donation of \$1 or more. Locations participating include Westlake Ace Hardware, at 1821 Knickerbocker Road,

and Keith Ace Hardware in Brady, at 2210 S. Bridge St. Call 325-481-6160.

Wal-Mart/Sam's Club Children's Miracle Network Balloon Campaign Through Sunday, Oct. 9

Wal-Mart customers and Sam's Club members can help "every child live better" by making a donation of \$1 or more at the local retailers to support Children's Miracle Network at Shannon Medical Center. Customers and members can add a "Miracle Balloon" donation during checkout, with 100 percent of funds flowing directly to the Shannon Medical Center.

10th annual Cheyenne's Rally

Saturday, Sept. 24
108-mile motorcycle ride
\$25, includes T-shirt for first 150 paid registrants
Registration: 9 a.m., Family Power Sports, 4160 W. Houston Harte Expressway
First bike out at 10 a.m.; last bike in at 2 p.m.
Ride concludes at Concho's Downtown, 125 E. Concho Ave.

Miracle Jeans Day

Wednesday, Sept. 28
Participants can "buy" the right to wear jeans on Miracle Jeans Day for as little as \$5.



Your Children's Miracle Network Hospital

Extra Life

Saturday, Nov. 5

Play video games, tabletop games, card games, basketball—anything fun—to raise lifesaving funds for kids. Extra Life is just like a run, walk or bike event, except that you never have to leave your home. To participate, register at www.extra-life.org and create a fundraising page. Then, ask your friends and family to support your efforts to Play Games and Heal Kids by donating online. You can game for a portion of the 25 hours on Nov. 5, spread out your hours over several days, or play as a relay among team members.

Fore the Kids Golf Tournament Hosted by Outback Steakhouse

Monday, Nov. 14

Four-person scramble; \$125 per player
San Angelo Country Club

Cookies & Milk with Santa

Saturday, Dec. 10

Tickets: \$15 per child, includes photo with Santa, cookies and milk. Santa will make his special appearance again this year at Shannon Women's & Children's Hospital, 210 E. Harris. Don't miss out on the fun, cookies and milk!

SHANNON CLINIC

Shannon Clinic

120 E. Bearegard Ave. 325-658-1511

Shannon Clinic—Obstetrics, Gynecology & Pediatrics

225 E. Bearegard Ave.

Shannon Clinic Southwest

4450 Sunset Drive

Shannon Medical Plaza

102 N. Magdalen

Shannon Clinic—mall location

4235 Southwest Blvd. 325-481-2197

Shannon Clinic Urgent Care North

2626 N. Bryant 325-481-2271

Shannon Clinic Urgent Care West

4251 Sunset Drive 325-481-2226

Adult and Senior Medicine

3016 Vista del Arroyo 325-949-9408

Southwest Internal Medicine

4141 College Hills 325-481-2320

Shannon Clinic Urgent Care South

3502 Knickerbocker Road 325-481-2222

Shannon Occupational Medicine and Injury Clinic

2626 N. Bryant 325-481-2375

Wound Care and Hyperbaric Medicine

2018 Pulliam 325-659-7290

Family Health Center—Ozona

104 N. Ave. H 325-392-3788

Shannon Clinic—Big Spring

2503 Gregg St. 325-481-2074



Clinic Hours: Regular hours for the clinic are Monday through Friday, 7:30 a.m. to 5:30 p.m.

www.shannonhealth.com

HEALTH BEAT is published as a community service for the friends and patrons of SHANNON MEDICAL CENTER, 120 E. Harris Ave., San Angelo, TX 76903, telephone 325-653-6741.

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Information in HEALTH BEAT comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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