



KITCHEN TRICKS

Get 15 secrets to healthy, delicious cooking.

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SHANNON

healthbeat

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URGENT CARE HELP WHEN YOU NEED IT

Sometimes it's obvious when a trip to the emergency department is needed. Problems such as chest pain or heavy bleeding are clearly serious situations that need help and need it fast.

◆ But many times the

situation is less clear. That accidental cut might seem deep—but not life-threatening. Your baby's fever is high enough to concern you, but your pediatrician's office is closed.

The emergency department is not the only option when you would like to consult a medical professional. Urgent care is available and ideal when you or your loved one is experiencing a non-life-threatening medical situation.

Shannon has three urgent care clinics, so you can choose the location most convenient for you. We make it easier by providing call-ahead care, online wait times and extended hours. Our physician-staffed centers offer treatment of illnesses and injuries that are urgent but not life-threatening. Using our centers when it's not an emergency can be faster and less expensive than a trip to the emergency department.

For more information about Shannon urgent care locations and services or to check online wait times, please visit www.shannonhealth.com.



Our urgent care locations

Shannon Clinic North

2626 N. Bryant Blvd. • 325-481-2271

Open daily 7 a.m. to 8 p.m.

Shannon Urgent Care—South

3502 Knickerbocker Road • 325-481-2222

Open daily 7 a.m. to 10 p.m.

Shannon Urgent Care—West

4251 Sunset Drive • 325-481-2226

Open daily 7 a.m. to 10 p.m.



Urgent care vs. emergency care

When your doctor's office is closed, it may be hard to know if you should go to an emergency department or an urgent care center. These lists can help you decide.

EMERGENCY DEPARTMENT	URGENT CARE CENTER
<p>Call 911 or go to the emergency department for a serious illness or injury. Signs of an emergency include:</p> <ul style="list-style-type: none"> ■ Trouble breathing. ■ Chest pain or pressure. ■ Any sudden or severe pain. ■ Fainting, sudden dizziness or weakness. ■ Bleeding that can't be controlled. ■ Severe/uncontrolled vomiting or diarrhea. ■ Coughing up blood. ■ Suicidal feelings. ■ Problems speaking. 	<p>This is the place to go when there's a minor problem that needs treatment but isn't an emergency. If your doctor's office is closed, you might visit an urgent care center for:</p> <ul style="list-style-type: none"> ■ Minor cuts that need stitches. ■ Sprains and strains. ■ Minor bone fractures. ■ Insect or animal bites. ■ Minor burns. ■ Fever. ■ Flu. ■ Coughs, colds and sore throats. ■ Earaches and infections.

Source: American College of Emergency Physicians

HEALTH BITS



GOOD BACTERIA Your gut needs certain bacteria to stay healthy. Try eating foods that contain probiotics, which are good bacteria. Find them in fermented foods, like aged cheeses, kimchi, sauerkraut and yogurt.

Academy of Nutrition and Dietetics



RED MEANS GO! Beets get their rosy color from compounds called betalains. Studies suggest betalains may be both heart disease and cancer protective. Canned, cooked or raw, this red root provides key nutrients, such as vitamin C and potassium.

American Institute on Cancer Research

WORTH THE WAIT

Microwavable foods often have recommended stand times. Letting food sit after it's been zapped helps it cook completely and bring it to a safe internal temperature.

Foodsafety.gov

HEALTH TALK NEWS, VIEWS & TIPS



Shannon Home Health named among the HomeCare Elite

Shannon Home Health has been named a Top Agency of the 2016 HomeCare Elite®, a recognition of the top-performing home health agencies in the United States, for the 11th consecutive year. For more than 10 years, HomeCare Elite has annually identified the top 25 percent of Medicare-certified agencies and highlighted the top 100 and top 500 agencies overall. Shannon Home Health is one of 110 agencies nationwide to receive this award for the 11 consecutive years.

The ranking is developed by ABILITY® Network, a leading information technology company helping providers and payers simplify the administrative and clinical complexities of health care, and it is sponsored by DecisionHealth, publisher of *Home Health Line*, *The Complete Home Health ICD-10-CM Diagnosis Coding Manual* and *The Home Health Coding Center*.

“Improving quality of care and the patient experience continue to underpin a rapidly evolving health care environment,” says Christine Lang, Senior Director, Product Management, for ABILITY Network. “At the same time, tracking, measuring and interpreting data that support these efforts is becoming more complex. The 2016 HomeCare Elite winners have demonstrated the highest-quality care in their communities, which is a remarkable achievement. We congratulate Shannon Home Health on being one of the top home care agencies in the country.”

“Shannon Home Health is proud to be a recipient of the HomeCare Elite award for the 11th consecutive year,” says Gracie Munoz, Director of Shannon Home Health. “This award acknowledges the compassion, the care and the high level of clinical expertise required to bring about positive patient experiences and outcomes for our community. Patients, families and health care professionals can be reassured that when they select Shannon Home Health, they are getting the best care possible in the comfort of their home.”

May we help you? Shannon Home Health has provided care to area patients for more than 29 years. Services provided include skilled nursing care, home health aide services, physical therapy, occupational therapy, speech therapy and social worker services. Registered nurses are available 24 hours a day, 7 days a week for nonemergency care. For more information about Shannon Home Health services, please call 325-659-7480.



WELCOME, NEW PROVIDERS



John Granaghan, MD, MBA, Internal Medicine

Dr. Granaghan received his bachelor's and master's degrees in business administration from the University of Texas in Austin. He completed his medical degree, internship and residency at the University of Texas Medical Branch in Galveston. He is certified by the American Board of Internal Medicine.

Dr. Granaghan has practiced medicine in San Angelo for 38 years. He joins Shannon Clinic from Community Medical Associates in San Angelo. His office is located at the



Shannon Clinic Mall location, 4235 Southwest Blvd., where he is accepting current and new patients.



Julia Hutchinson, MD, Hospitalist

After receiving her bachelor's degree from Washington State University, Dr. Hutchinson earned her medical degree from the University of Washington School of Medicine in Seattle. She completed her family medicine internship and residency, followed by an internal medicine fellowship, at the University of Washington School of Medicine in Spokane.

Dr. Hutchinson joins Shannon from Lake Granbury Medical Center in Granbury, Texas. She is certified by the American Board of Internal Medicine. She has 24 years of experience as an internal medicine physician. As a hospitalist, she provides care to patients in



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



Chali Mulenga, MD, MBA, Emergency Medicine

Dr. Mulenga received his bachelor's degree from the University of California Los Angeles (UCLA). He earned his medical degree from the UCLA David Geffen School of Medicine and his MBA from the UCLA Anderson School of Management. He completed his emergency medicine residency at the University of Chicago.



Jennifer Punnoose, MD, Hospitalist

Dr. Punnoose received her bachelor's degree from Texas A&M University. She earned her medical degree from the University of Texas Southwestern Medical School in Dallas, where she also completed her internal medicine residency. Dr. Punnoose is certified by the American Board of Internal Medicine.



Scott Ross, MD, Urgent Care

Dr. Ross received his bachelor's degree from the University of Texas at Austin and his medical degree from Baylor College of Medicine in Houston. He completed his internship at David Grant USAF Medical Center at Travis Air Force Base in California. His family medicine residency was completed at Malcolm Grow USAF Medical Center at Andrews Air Force Base in Washington, DC. Dr. Ross also earned a fellowship in primary care sports medicine from the University of Texas Health Science Center in San Antonio.

Dr. Ross is certified by the American Board of Family Practice and has been practicing medicine for 30 years.



He joins the staff at Shannon Urgent Care–West, 4251 Sunset Drive.



Janis Alexander, PA-C, Urgent Care

Janis received her bachelor's degree from Texas Tech University Health Sciences Center in Lubbock. She earned her master's degree in physician assistant studies from the University of Texas Medical Branch in Galveston.

Janis is certified by the National Commission on Certification of Physician Assistants (NCCPA). She



joins the staff of Shannon Urgent Care–South, 3502 Knickerbocker Road.



Bonnie Wickham, PA-C, Access Clinic

Bonnie received her bachelor's degree from Mount Holyoke College in South Hadley, Massachusetts. She earned her master's degree in physician assistant studies from the University of Texas Southwestern Medical Center in Dallas.

Bonnie is certified by the National Commission on Certification of Physician Assistants (NCCPA). Her



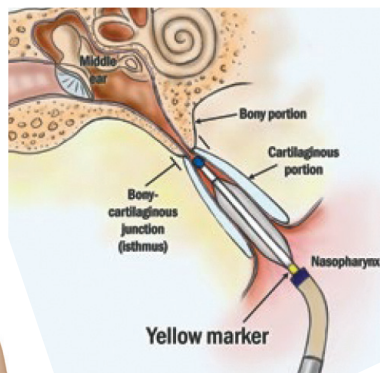
office is located at the Shannon Access Clinic, 402 W. 26th St.



Let us connect you with a great caregiver. Go to www.shannonhealth.com and use our Physician Finder.



HEALTH TALK NEWS, VIEWS & TIPS



Relief for ear pressure

Shannon brings new Eustachian tube procedure to West Texas

Everyone has most likely experienced the sensation of pressure in their ears. Many people are familiar with this feeling as a symptom of sinus or allergy problems. If you have ever flown on an airplane, your ears may have had trouble equalizing during takeoff and landing. You might feel as if you're in a barrel and everything you hear is muffled. This feeling causes mild discomfort, but normally goes away within a few minutes. But some people are never able to find relief.

A new procedure, Acclarent Aera™ eustachian tube balloon dilation, is now available at Shannon Clinic to help patients who have problems with ear pressurization.

The eustachian tubes, which connect the inner ear to the back of the throat behind the nasal passages, are responsible for ventilation and equalization of pressure on each side of the eardrum. The tubes also drain fluids and debris from the middle ear. Inflammation and mucus buildup can cause blockage and obstruct proper drainage, causing fluid to accumulate in the middle ear.

"This is a constant problem for some people, especially those in our area who experience sinus and allergy issues," says David Huchton, MD, Shannon Clinic ENT. "We can control their other symptoms really well. We can fix the sinuses by opening them with balloon sinuplasty, and allergies can be controlled with shots, but there are still problems with the eustachian tubes, and they feel like their ears will never pop. Others also experience excruciating pain during activities that place strain on the tubes, such as flying. The pressure can cause the eardrum to burst."

In children, eustachian tube issues are

often corrected on the outside of the ear with the placement of ear tubes. This option is available for adults, but only 50 percent see improvement in their symptoms.

The eustachian tube balloon dilation procedure allows the tubes to be opened up from the inside. During the procedure, which is performed in the office setting, an endoscope is inserted through the nose into the tube opening. A curved catheter guides the balloon into the tube. A safety mechanism keeps the device from traveling into the eardrum. The balloon is inflated and the tube is held open for three minutes. This pushes the cartilage open and causes tiny fractures in the surrounding cartilage and small bones in the area. This process forces the tube to remodel into an open position rather than reverting to closed.

The eustachian tube procedure will be offered in conjunction with balloon sinuplasty, a similar procedure which opens the sinus passages via a balloon catheter, for patients who experience chronic ear pressure along with their sinus symptoms. These two procedures combined take only half an hour to complete.

"Eustachian tube relief has been a subject of research for decades," says Dr. Huchton. "This new procedure changes the game for patients who have not responded to other medical therapies. We are proud to be the first to offer this procedure in West Texas to provide relief and quality of life for patients who suffer from this chronic issue."



For more information about eustachian tube balloon dilation, please call **325-481-2283** or visit www.shannonhealth.com.



Safe by design, the bulb tip enhances safety by limiting balloon catheter travel to the isthmus.

1 Designed specifically for the Eustachian tube anatomy

2 Offers the flexibility to adapt to the s-shaped curve of the Eustachian tube

3 Preserves natural anatomy with minimally invasive, transnasal access



WEARING RED: More than 500 people attended last year's Go Red For Women event. Photo courtesy of Jim Bean Photography.

Go Red For Women

Misconceptions about heart disease and women could be putting you at risk. Heart disease is the No. 1 killer of women, claiming one life per minute.

Go Red For Women is a national initiative aimed at uniting women and their friends in the fight against heart disease. Women are becoming better educated and learning the facts about how heart disease affects women and men differently and how to take steps to address their risk for a heart attack. Continued education and awareness is crucial for women to fight this deadly disease.

Please join us for the 2017 Go Red For Women Luncheon

Wednesday, Feb. 1

10:30 a.m. to 1 p.m.

McNease Convention Center

Comedienne Kat Simmons will provide the keynote address. The event will also include a silent auction and exhibit booths.

This is the 11th year Shannon has sponsored the luncheon. Reserved tables are \$1,000 and individual tickets are \$50 each, and they will be available through the end of January. To purchase tickets or for more information, please call **325-481-6300**. All proceeds from the luncheon help advance educational outreach and research programs of the American Heart Association.



BE SCREENED: Free blood pressure checks are just one of the many features at the upcoming Go Red For Women event on Feb. 1. Photo courtesy of Jim Bean Photography.

One

LET GARLIC SIT A SPELL.

After crushing or chopping raw garlic, let it sit for 10 or 15 minutes, rather than tossing it right away into a hot pan. That extra time triggers an enzyme reaction that boosts the production of allicin, a powerful, health-promoting plant chemical.



Two

GET SAUCY WITH SOME FRUIT.

Puree apples, berries, peaches or pears in a blender for a thick, sweet and nutrient-rich sauce. For breakfast, pair it with French toast, pancakes or waffles. For dinner, drizzle it on grilled or broiled fish or poultry. Craving dessert? Spoon it on angel food cake.

Three

TOP IT SMART.

Instead of whipping heavy cream to top a dessert, whip chilled, fat-free evaporated milk with just a touch of added sugar. Frost cakes lightly—or better yet, skip frosting entirely. Top cake with a dusting of powdered sugar or fresh strawberries or sliced peaches.

Four Five

SATISFY EVERYBODY'S SWEET TOOTH WITH FRUITY DESSERTS.

Grill bananas, pineapple slices or peach halves until the fruit is hot and slightly golden. Grill watermelon too, but just for 30 seconds on each side. Or enjoy this banana split twist: Top a banana with frozen low-fat strawberry and vanilla yogurt and a sprinkle of low-fat granola. Another possibility: End meals with baked apples or pears.



GO FOR FIBER-FILLED FLOUR.

In dough and batter, substitute fiber-rich whole-wheat flour for half of the refined white flour. Give oat flour a try too—you can even make your own. Just whirl dry oatmeal in a blender. Then replace up to a third of the white flour in recipes with the oat flour.



Six Seven

MAKE OVER QUICK BREADS AND MUFFINS.

Cut back on calories and saturated fat by substituting three ripe, well-mashed bananas for ½ cup butter, lard, shortening or oil in a recipe. Or try this swap: Replace 1 cup of any of these fats with 1 cup of applesauce.



Eight

KEEP COOKOUTS LEAN.

Please a crowd with turkey burgers. Make them from ground turkey breast (it can be as lean as 99 percent fat-free) seasoned with cilantro, shallots or chili sauce. For variety, pass out grilled portobello mushrooms flavored by a low-fat marinade.



COOK TIPS &

FO

HEALTHY

You know this: A healthy diet can benefit the whole family's too. But knowing sometimes is one thing, and doing it is another two entirely different things. ♦ At the table, you may want to check out these pages. Each one is a no-fuss way to get better—without sacrificing taste. ♦ For everybody from serious health professionals to those with heart disease, cancer and diabetes. ♦ Here's your

Check out our library of healthy recipes. Go to www.healthy.com

health

Teen KING TRICKS FOR EATING

ould add years to your life and your
hing—and actually acting on it—are
So before you put your next meal on
k out the cooking tips on these two
ay to help you and your family eat
e. And together, they can help protect
problems, from heart disease to can-
recipe for better health.

y of nutritious and tasty
w.shannonhealth.com/
nyrecipes.



Nine

TRY SOME-THING GRATE.

Sneak more produce into your family's diet by adding grated or chopped fruits or veggies to your favorite foods. A few ideas: Try shredded carrots in muffins or meatloaf, grated apples in pancakes, or grated or chopped zucchini or spinach in lasagna and other pasta dishes.



CREATE A RAINBOW.

Choose produce of different hues to increase the variety of nutrients, minerals and phytochemicals—disease-fighting plant chemicals—in your diet. Tuck spinach leaves and sliced red pepper and avocado into sandwiches. Add sliced beets, dried cranberries, orange segments or sweet peas to salads. And top pizzas with colorful veggies.



Eleven

DON'T THROW AWAY A GOOD THING.

Scrub—rather than peel—edible skin on produce such as carrots, potatoes and pears. It's a rich source of vitamins, minerals and fiber. Consider: A medium baked potato with the skin on has twice the fiber of one without it—about 5 grams compared to 2.5.



Twelve

PLAN A POTATO BAR.

Turn kids into veggie fans with a serve-yourself spread of baked potatoes and toppings. Among the options: chives, scallions, steamed broccoli, chopped tomato, salsa, diced avocado, low-fat shredded cheese and low-fat Greek yogurt.



Thirteen

FOOL YOUR EYES.

Puree cooked orange veggies, such as carrots, sweet potatoes and butternut squash. Then add them to cheesy dishes, such as mac and cheese, lasagna, and baked enchiladas. Since cheeses and the pureed veggies blend well, you can use less cheese, which tends to be high in saturated fat and sodium.



Fourteen

SAVE GOOD-FOR-YOU NUTRIENTS.

Some minerals and vitamins dissolve in cooking water. So steam vegetables in a microwave or vegetable steamer. That way, veggies and cooking liquids usually stay separate. And resist the urge to rinse rice before cooking—that can wash nutrients straight down the drain.

Fifteen

KEEP FISH HEART-HEALTHY.

Fish such as salmon, albacore tuna and lake trout are rich in omega-3 fatty acids, which help reduce heart disease risk. But rather than smother fish in a creamy sauce, bake it with a splash of reduced-fat salad dressing, tomatoes and fresh herbs. Likewise, instead of deep-frying fish, oven-fry it. Dip it first in egg whites, then coat it in breadcrumbs and bake.

Sources: Academy of Nutrition and Dietetics; American Heart Association; Fruits & Veggies—More Matters; U.S. Department of Agriculture

**TEXAS TEN STEP
PROGRAM DESIGNATION**

SUPPORT FOR MOMS AND BABIES

SHANNON MEDICAL CENTER has taken a giant step toward improving the health of newborns and infants by earning the Texas Ten Step Program facility designation from the Texas Department of State Health Services. Currently, Shannon Medical Center is the only hospital in the Concho Valley that has been designated as a Texas Ten Step facility.

The Texas Ten Step Program encourages breastfeeding as the preferred method of feeding for newborns and infants. Shannon joins a growing number of Texas birth facilities that are supporting new mothers and their decision to breastfeed.

“This designation is important for our breastfeeding patients at Shannon,” says Stacie Elizondo, BSN, RNC-MNN, Administrative Director of the Shannon Women’s & Children’s Hospital. “It reinforces our dedication to support them in their choice and ensures we have prepared, well-educated staff available to assist them.”

To achieve the Texas Ten Step designation, Shannon made several process changes.

“The whole focus of Texas Ten Step is making sure you do not have any processes within the hospital or clinic that are counterproductive in supporting the moms’ breastfeeding efforts,” Elizondo says. “We changed our nursing routine right after birth to accommodate skin-to-skin for at least one hour, or until the first feeding. We also changed the nighttime nursing routine on the Women’s Health unit. Babies were taken from the mom’s room for midnight assessments and weights. Now the nurse’s routines all occur in the room, so mom and baby are not separated.”

Changes were also made in the Clinic OB-GYN setting. A breastfeeding flipbook was developed to help educate expecting mothers during their OB appointments. Educational material given to expecting mothers is also being standardized throughout the Clinic. All Women’s & Children’s staff received training.

Based on the World Health Organization (WHO)/UNICEF’s Ten Steps to Successful Breastfeeding, the Texas Ten Step program aims to assist birth facilities’ support of breastfeeding mothers before, during and after delivery; encourages them to identify breastfeeding resources for the mother after she is discharged; and assists facilities in improving on national performance measures such as the Centers for Disease Control and



TEXAS TEN STEP HOSPITAL: Shannon Associates celebrated the Texas Ten Step Designation and all those who helped with the designation process.

Prevention’s Breastfeeding Report Card. The goal of the Texas Ten Step Program is to increase breastfeeding initiation rates to 82 percent.

Texas Ten Step facilities are asked to address 85 percent of the Ten Steps to Successful Breastfeeding, be designated as a Texas Mother-Friendly Worksite, evaluate their breastfeeding policies and maternity care practices, and educate all health care staff routinely with evidence-based courses.

“We worked very hard to earn the Texas Ten Step Program designation,” says Elizondo. “And we are proud to join the other select Texas hospitals in promoting breastfeeding to our new mothers.”

THE FACTS ABOUT FIBROIDS

THEY CAN BE as small as an apple seed or large enough to make a woman look pregnant. They’re fibroids—tumors that are nearly always benign and that grow in the wall of the uterus.

Hormones play a role in fibroids, which grow rapidly during pregnancy when hormone levels are high. And they stop growing—or even shrink—once menopause starts.

Typically, fibroids are small and don’t cause any problems. In fact, many women have them and never know it. When they’re detected, it’s often by chance. Still, women with symptoms may find that fibroids are hard to live with. They may cause:

- Painful periods, periods so heavy they cause anemia or bleeding between periods.
- Pain during sex.
- Pain in the lower back—often a dull, heavy aching but sometimes sharp.
- An enlarged lower abdomen.

- Frequent urination, constipation or bloating.
- Miscarriages.

Fibroids that don’t cause symptoms, are small or occur when a woman is nearing menopause usually don’t need treatment. But if symptoms are disrupting your life, treatments are available. They include:

Prescription medicine. This can help control heavy bleeding and painful periods. Options include low-dose birth control pills or an IUD that releases progestin.

Endometrial ablation. This procedure destroys the lining of the uterus and helps control very heavy bleeding. It can be done with a laser, electric current or other methods. You should not get pregnant after having an endometrial ablation.

Uterine artery embolization. Here, doctors inject tiny particles—about the size of grains of sand—into blood vessels leading to the uterus. The particles cut off blood flow to fibroids, causing them to shrink.

MRI-guided ultrasound therapy. In this new approach to treatment, doctors use MRI imaging to aim ultrasound (sound waves) at a fibroid. The ultrasound waves heat up and destroy the fibroid.

Surgery. In a surgery called a myomectomy, doctors remove fibroids but leave the uterus intact. Since you keep your uterus, you may still be able to have children.

Alternatively, in a hysterectomy, doctors remove the uterus and you can no longer become pregnant. A hysterectomy may be necessary when other treatments haven’t worked or fibroids are very large.

Check out the many different options we offer for women who need a health care provider. Go to www.shannonhealth.com.





SHANNON BEGINS SURGICAL ROBOTIC PROGRAM

Introducing the da Vinci® Xi™ Surgical System

A NEW SURGICAL partner has taken up residence in the Shannon operating room—the da Vinci Xi Surgical System. Shannon's mission to provide exceptional health care to our family, friends and neighbors encompasses staying up-to-date with the latest medical technology, including advancements in surgical techniques.

“The da Vinci Xi Surgical System, the latest da Vinci model, was designed with the goal of further advancing the technology used in minimally invasive surgery,” says Ian Rae, BSN, RN, Director of Surgical Services at Shannon. “The system can be used across a spectrum of minimally invasive surgical procedures.”

The surgeon is 100 percent in control of the robotic-assisted da Vinci Xi System, which translates his or her hand movements into smaller, more precise movements of tiny instruments inside the patient's body. Four small incisions, 5 to 10 millimeters in size, are made during the operation to accommodate the instruments.

The system is laser-guided and is placed in the precise location before the operation begins. The surgeon controls the da Vinci System through a console a few feet away from the operating table. The Xi System's immersive 3D-HD vision system provides surgeons a highly magnified view, 10 times that of the naked eye, virtually extending their eyes and hands into the patient.

EXCITING ADDITION Currently, several of Shannon's surgeons are utilizing the da Vinci for gallbladder removal, hernia repair, colectomy and OB-GYN surgeries.

“We do complicated gallbladder procedures often,” says Emmette “Buddy” Flynn, MD, Shannon General Surgeon. “We have moved from a time when we had great vision with open procedures, because we had a long incision. Then we converted to laparoscopy and lost the 3-D vision for 2-D. Now, in robotic surgery we have the 3-D vision back along with better digitalization, magnified vision and the wristed-articulated instruments. The articulated instruments function like a human wrist, with seven planes of movement. All of this combined really helps minimize the risk to the patient.”

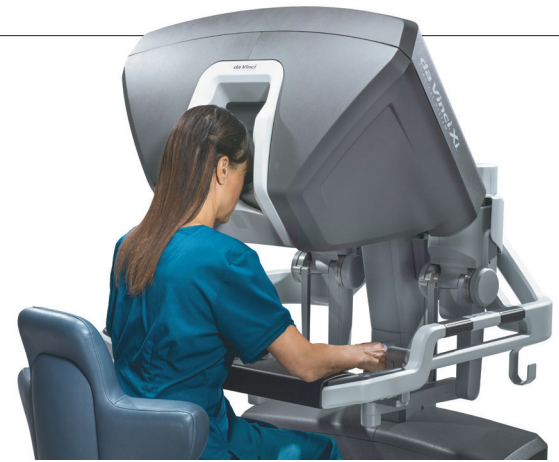
Additional advanced features of the da Vinci Xi System include the ability for the surgeons to feed their patient's imaging results into the console and Firefly Fluorescence Imaging.

“The use of Firefly allows us to evaluate major ductal areas, vessels and blood flow in real time,” says Dr. Flynn.

Firefly allows the surgeons to switch from standard to near-infrared vision with the use of an injectable fluorescent dye. When Firefly is switched on, the surgeon sees the areas with blood flow as green and the areas without as gray.

“The da Vinci Xi Surgical System is an exciting addition to our surgical program,” Rae says. “It's an added benefit not only to our team and our hospital, but more importantly, to our patients.”

Surgeons benefit from enhanced vision and mechanics while using the system. The patient benefits from smaller incisions, which lead to a shorter hospital stay,

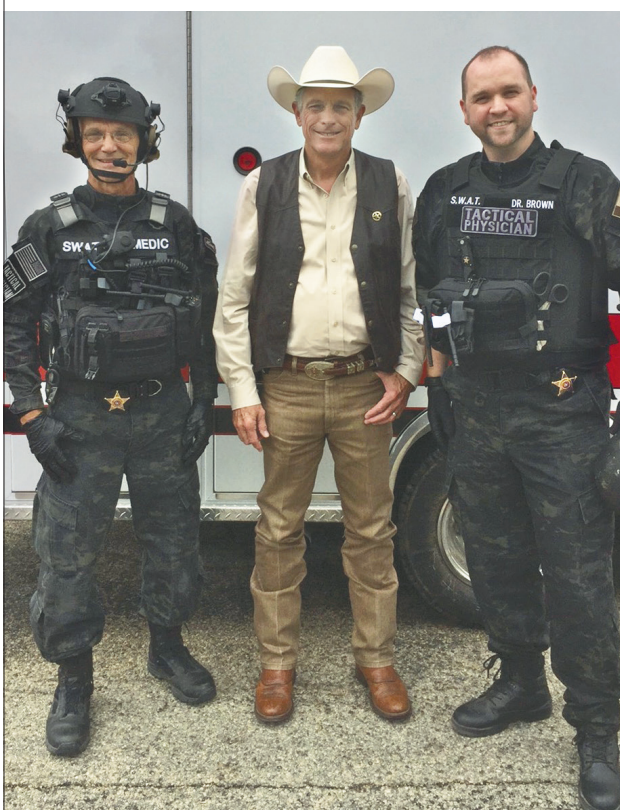


VISION AND DEXTERITY: The da Vinci® Xi Surgical System allows for 10 times the magnification during surgery, and the surgeon is 100 percent in control of the robotic system. The wristed-articulated instruments function like a human wrist and have seven planes of movement.

quicker recovery, minimal scarring and less risk of complications.

The da Vinci Xi System is an expandable technology platform that is designed to accommodate and seamlessly integrate a range of current technologies, as well as future innovations, in areas such as imaging, advanced instruments and anatomical access.

For more information on minimally invasive surgical options at Shannon, call 325-653-6741 or visit www.shannonhealth.com.



SAFER TOGETHER: Shannon Surgeon Ben Brown, MD, (right) and Emergency Department Physician James Vretis, DO, (left) recently conducted training with Sheriff David Jones (center) and members of the Tom Green County Sheriff's Department.

TACTICAL MEDICINE PROGRAM

Providing support and education for local law enforcement

NINE SHANNON PHYSICIANS volunteer their time and medical skills to support local law enforcement as part of a Tactical Medicine Program. The program began out of respect and gratitude for our local law enforcement agencies.

James Vretis, DO, Shannon Emergency Medicine, laid the groundwork for the Tactical Medicine Program. He began volunteering with the Tom Green County Sheriff's Office and San Angelo Police Department SWAT Team in 2015. He gained experience in the field during his time in Jacksonville, Florida. Channeling his passion to provide support for law enforcement, he gained the support of additional Shannon physicians.

Since that time, the program has grown to provide

services for various local agencies, such as the DEA, DPS and sheriffs' departments in surrounding counties, including Irion and Sterling.

The nine physicians who volunteer in the Tactical Medicine Program practice general surgery, emergency medicine, anesthesia and family medicine. They take call 24/7 from the agencies requesting a tactical medicine physician.

“They will call us out if they feel the situation needs our medical support,” says Dr. Vretis. “However, we are not just there to render aid to law enforcement in the event of an injury. For every officer-involved shooting that is ruled justified, within five years, the majority of those officers succumb to alcohol or drug addiction and 80 percent are no longer on the force. Therefore, for every ‘bad guy’ we save, we are also saving a good guy.”

In addition to providing support in the field, education and training are a large part of the program. Basic lifesaving techniques are often the focus of training. Recently, the Tactical Medicine Program provided tourniquet training for the Sheriff's Department.

“The least we can do is be there for these men and women when they need us the most,” says Ben Brown, MD, Shannon General Surgeon, Trauma Program Director and Tactical Medicine Program Director. “It's an honor to help protect those who risk so much to protect us.”



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, Feb. 7, March 7 and April 4, 7 to 8 p.m.

Legacy Meeting Area, second floor

120 E. Harris

For more information, call 325-212-3493.

Survivor Sisters Breast Cancer Support Group

Thursdays, Feb. 2, March 2 and April 6, 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: Mondays, Feb. 13 and 20, 6:15 to 8:45 p.m.

■ Saturday class: Jan. 14, March 4, 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, Feb. 1, 6:15 to 8:45 p.m.

■ Saturday class: Jan. 21, March 11, 9 to 11:30 a.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, Feb. 9, March 23, 6:15 to 8:45 p.m.

■ Saturday class: Jan. 28, Feb. 18, 12:30 to 3 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 Class

Saturday, Jan. 28, 9 to 10:30 a.m.

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

Essentials for Pregnancy

Thursday, March 2, 6:15 to 8:45 p.m.

A wonderful way to begin your pregnancy journey.

Finding Alternatives for Labor Pain

■ Monday, Jan. 16, or Thursday, March 9, 6:15 to 8:45 p.m.

■ Saturday class: Feb. 18, 9 to 11:30 a.m. Learn breathing, relaxation and massage techniques to use throughout labor.

Gentle Touch Infant Massage

■ Thursdays, Feb. 16, 23, March 9, 23, 30 Noon to 1 p.m.



Your Children's Miracle Network Hospital

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.

CMN Day at the Rodeo
Sunday, Feb. 12, 3 p.m.
Foster Communications Coliseum
For more information, call 325-481-6160.

KIXY Cares for Kids Radiothon

Thursday and Friday, Feb. 23 and 24, 6 a.m. to 7 p.m.; Saturday, Feb. 25, 10 a.m. to 7 p.m.

During the three-day event, the 2017 Miracle Kids will be introduced and listeners will hear updates on past Miracle Kids on KIXY FM94.7. The outstanding medical staff at Shannon Medical Center will be on air to explain more about needed items on our 2017 wish list. For more information, please call 325-481-6160.

Special Events

Healthy You Health Fair

Saturday, Jan. 21
Sunset Mall

Blood glucose testing, blood pressure checks, BMI information and more! Open to the public; admission is free. For more information, call 325-657-5064.

Go Red for Women

Wednesday, Feb. 1, 10:30 a.m. to 1 p.m.

McNease Convention Center

Speaker: Kat Simmons

Tickets: \$50 each; corporate table sponsorships begin at \$1,000

For more information, call 325-481-6300.

National Wear Red Day

Friday, Feb. 3

Heart disease and stroke kill one woman every 80 seconds. Wear red on National Wear Red Day™ to show your support for women with heart disease and stroke and to promote education and actions against these deadly diseases.



SHANNON CLINIC

www.shannonhealth.com

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

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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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