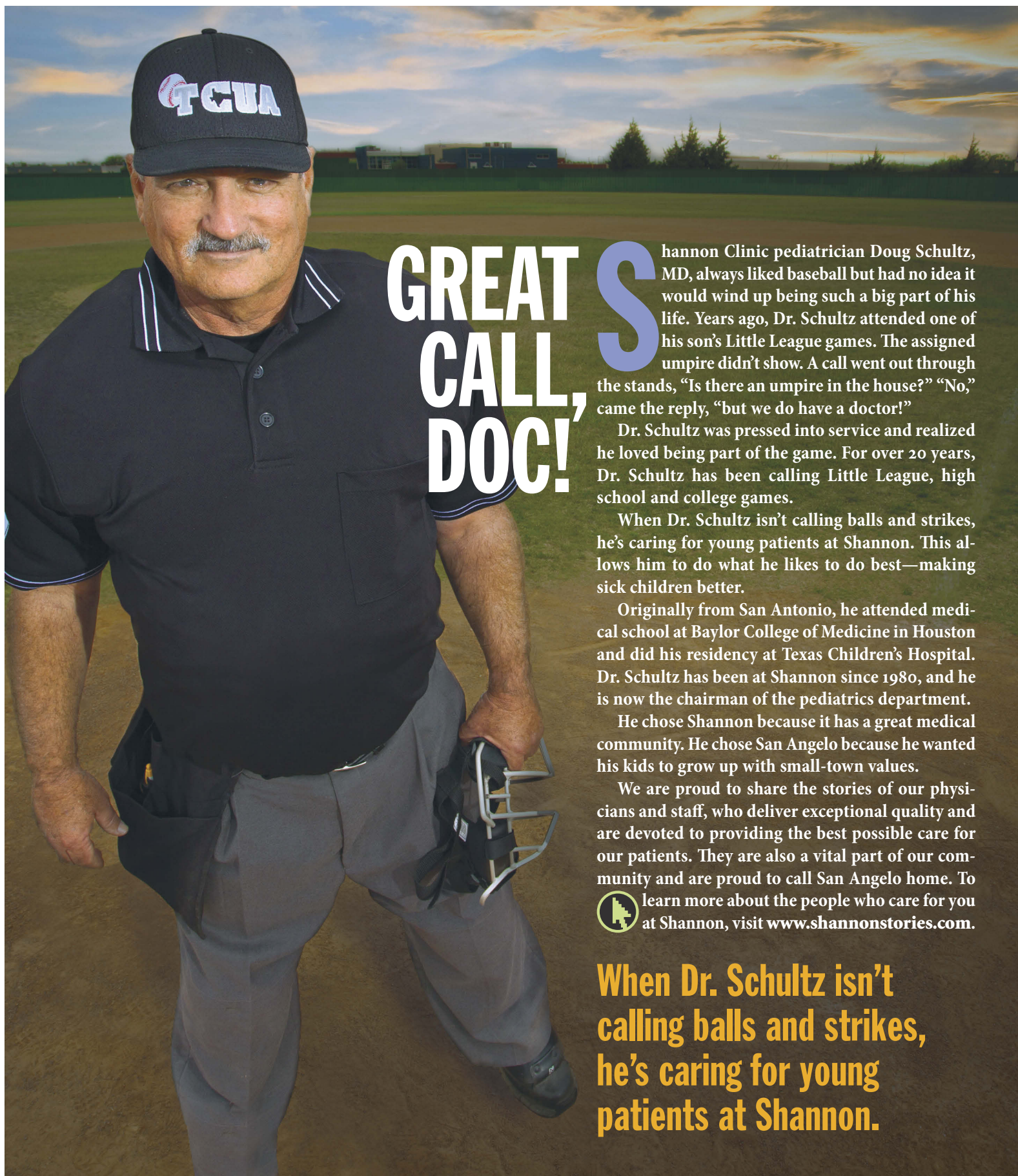




MEET OUR MIRACLES.
Save the date for the
Children's Miracle Network
Telethon.
SEE PAGE 6 ▶

SHANNON health beat

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • SPRING 2015



GREAT CALL, DOC!

Shannon Clinic pediatrician Doug Schultz, MD, always liked baseball but had no idea it would wind up being such a big part of his life. Years ago, Dr. Schultz attended one of his son's Little League games. The assigned umpire didn't show. A call went out through the stands, "Is there an umpire in the house?" "No," came the reply, "but we do have a doctor!"

Dr. Schultz was pressed into service and realized he loved being part of the game. For over 20 years, Dr. Schultz has been calling Little League, high school and college games.

When Dr. Schultz isn't calling balls and strikes, he's caring for young patients at Shannon. This allows him to do what he likes to do best—making sick children better.

Originally from San Antonio, he attended medical school at Baylor College of Medicine in Houston and did his residency at Texas Children's Hospital. Dr. Schultz has been at Shannon since 1980, and he is now the chairman of the pediatrics department.

He chose Shannon because it has a great medical community. He chose San Angelo because he wanted his kids to grow up with small-town values.

We are proud to share the stories of our physicians and staff, who deliver exceptional quality and are devoted to providing the best possible care for our patients. They are also a vital part of our community and are proud to call San Angelo home. To

learn more about the people who care for you at Shannon, visit www.shannonstories.com.

When Dr. Schultz isn't calling balls and strikes, he's caring for young patients at Shannon.

HEALTH BITS



WHEY COOL Although yogurt has been around for 7,000 years, its many health benefits haven't aged a day. Just be sure you eat the whey—the liquid that rises to the top. That's where much of yogurt's calcium is found.

Source: Academy of Nutrition and Dietetics

TIME IT RIGHT If your doctor has recommended a low-dose aspirin a day, take it at least a half-hour before—or 8 hours after—you take ibuprofen or naproxen. Why? They can interfere with the effects of aspirin.

Source: Institute for Safe Medication Practices



PET THE PUPPY Do you have a baby, plus some pets? Spending this first year with more than one dog or cat in the house may make your child less likely to develop allergies than kids raised without pets.

Source: National Institute of Allergy and Infectious Diseases

TAKE



QUESTIONS FOR THE EXPERTS

We asked members of our medical staff to answer questions about some common health concerns.



Kellie Ryan, RN, CNM

Q I've heard about the HPV vaccine. Who should get it?

A Ideally, girls and boys should be vaccinated against human papillomaviruses (HPVs) before they become sexually active. Here's why:

The three vaccines currently available—Cervarix, Gardasil and Gardasil 9—can help prevent infections from certain HPVs that are passed from person to person during sexual contact. These HPVs are linked to genital warts and several cancers, including cancers of the cervix, vulva, vagina, penis, throat and anus.

The vaccines may not work as well, or at all, once someone is infected with an HPV.

Vaccination is available for:

- Girls and women ages 9 to 26.

- Boys and men ages 9 to 26.

HPV vaccination is especially important for girls. Widespread vaccination could help prevent about two-thirds of cervical cancer deaths, saving thousands of lives in the U.S. alone.

If you're a parent, talk to your child's doctor about which vaccine is best for your child and when he or she should be vaccinated.

If you're an adult, talk to your medical provider about whether vaccination is right for you.



Michelle Sarraff, MD

Q My toddler has a lot of temper tantrums. What is an effective way to deal with them?

A Even though they are normal for kids between 1 and 3 years old, tantrums can be tough on parents. To help make

this developmental stage a little easier to get through, try these strategies:

- At the first sign of a tantrum, make sure your child is not in danger. For example, if you're outdoors, hold your son or daughter firmly to prevent an angry dash into the street.

● Immediately stop harmful behavior such as biting, hitting or kicking. Make it clear that hurting others is never OK.

- Calmly ignore the tantrum. If your child is being self-abusive, move the action to a safer spot—like a carpeted room—and then ignore it.

- Do something surprising to distract your child. For example, stand on your head, sing a song or read a favorite story aloud.

When the tantrum is over, acknowledge your child's feelings—without using shame.

For example, you might say, "I know you're upset that you couldn't have cake for lunch. Being upset is OK, but the rule is 'no cake for lunch.'" Explain that everyone gets upset sometimes. Then talk about other ways to express it—such as drawing a picture.

Since a little prevention can go a long way toward avoiding behavioral problems:

- Give your child plenty of positive attention.

- Praise specific good behavior.

- Be aware of how much your child can handle—and adjust your expectations accordingly.

Remember, a well-timed nap or a healthy snack may help prevent a meltdown.

And take heart: Your child's tantrums will probably get better after age 3.



Alexander Minney, MD

Q I have ringing in my ears. What's causing it, and what can I do about it?

A The medical term for ringing in the ears is tinnitus. The sound is also sometimes described as a roaring, clicking, hissing or buzzing in the ears. It might be soft or loud or high-pitched or low-pitched, and you might

hear it in either one or both of your ears.

Tinnitus is not a disease. It's a symptom. Sometimes it's tied to hearing loss or some other problem with your hearing system, such as the buildup of wax in your ears or an ear infection.

Other times, something else causes it. For example, certain medications; insomnia; anxiety; thyroid problems; allergies; and, rarely, more serious medical conditions are to blame. Generally, however, a specific cause can't be identified.

In most cases, tinnitus improves with time and doesn't become too bothersome.

But if it's troubling you, you should mention it to your health care provider. If he or she can't find a cause, a visit to an ear, nose and throat (ENT) doctor may be recommended.

Depending on what the ENT doctor finds and how tinnitus is affecting you, there are treatments that can help. Among them are hearing aids, counseling, medications and maskers—devices that create background noise so your tinnitus is less noticeable.

With the right treatment, living with tinnitus may be easier.

How to reconstruct your recipes

Do your meals need a makeover? Should you start revitalizing your recipes?

Eating healthfully each day may seem like a daunting challenge, but there are many substitutions you can make in recipes to help you lower fat or sodium, decrease sugars, or add vitamins or minerals. Try out some of these simple changes.



Replace each egg in your recipe with ¼ cup of cholesterol-free egg substitute. You'll reduce fat and cholesterol and still get a tasty result.

When baking, try substituting ½ cup of applesauce for 1 cup of oil, margarine or butter. This healthy trade-off lowers fat in muffins and quick breads, like banana bread.

Preparing pancakes? Switch out the maple syrup, and serve up some strawberries for a vitamin-packed start to the day.



Using brown rice instead of white is an easy way to boost your daily fiber intake and get some extra potassium and magnesium in your diet.

Iceberg lettuce may be low in calories, but it is also low in nutrients. For a healthier choice in your salad, opt for nutrient-rich greens, such as spinach, watercress or arugula.

Shake off the urge to add salt to your food. Consider healthy substitutions such as balsamic vinegar, herbs or spices.

HEALTH TALK NEWS, VIEWS & TIPS

WELCOME, NEW PROVIDERS



James Alaly, MD, radiology
After receiving his bachelor's degree from Duke University, Dr. Alaly earned his medical degree from the University of Missouri Columbia School of Medicine. He completed his internship and residency at Scott & White Memorial Hospital in Temple, Texas.

For more information about radiology services, please visit www.shannonhealth.com.



Moulali Shaik, MD, hospitalist
Dr. Shaik received his medical degree from Guntur Medical College in Guntur, Andhra Pradesh, India. He completed his internal medicine residency at OLMMC in Bronx, New York.

Dr. Shaik is certified by the American Board of Internal Medicine. He comes to San Angelo from Milwaukee, Wisconsin. As a hospitalist, he specializes in treating patients in the hospital setting.

Dr. Shaik is certified by the American Board of Internal Medicine. He comes to San Angelo from Milwaukee, Wisconsin. As a hospitalist, he specializes in treating patients in the hospital setting.



Kenneth Taylor, MD, radiology
After receiving his bachelor's degree from the University of Texas at Austin, Dr. Taylor earned his medical degree from the University of Texas Medical Branch in Galveston. He completed his residency and body MRI fellowship at the University of Texas Health Science Center in San Antonio.

Dr. Taylor is certified by the American Board of Radiology. He joins Shannon from San Antonio Military Medical Center in Fort Sam Houston, Texas.

For more information about radiology services, please visit www.shannonhealth.com.

For more information about radiology services, please visit www.shannonhealth.com.



Rachel Vesper, PhD, MD, urgent care
After receiving her bachelor's degree from the University of Texas at Austin and a doctorate from Stanford University, Dr. Vesper earned her medical degree from Baylor College of Medicine in Houston. She completed her general surgery residency at Mount Sinai Medical Center in New York City and in Miami Beach, Florida.

Dr. Vesper earned her medical degree from Baylor College of Medicine in Houston. She completed her general surgery residency at Mount Sinai Medical Center in New York City and in Miami Beach, Florida.

Dr. Vesper is board-certified in emergency medicine. She joins Shannon Clinic from Southwest Medical Associates in Rockport, Texas. She will provide weekend care at Shannon Clinic Urgent Care North. Located at 2626 N. Bryant, the clinic is open seven days a week from 7 a.m. to 8 p.m.

To check current wait times and learn about Call Ahead Care, visit www.shannonhealth.com.



Tham Nguyen, RN, MSN, MBA, FNP, orthopedics
Nguyen received his bachelor's and master's degrees from Angelo State University.

He joins the office of Joseph Zubak, MD, Shannon orthopedic surgeon, at the Shannon Southwest Clinic, 4450 Sunset.

For more information or to schedule an appointment, please call 325-481-2292.



Amanda Ramos, RN, MSN, FNP, neurosurgery
Ramos received a bachelor's degree from Howard Payne University and Angelo State University.

Ramos received a bachelor's degree from Howard Payne University and Angelo State University.

She then earned her master's degree and family nurse practitioner certification from Angelo State University.

She joins the Brain & Spine Institute at Shannon, on the second floor of the Shannon Medical Plaza, 102 N. Magdalen. She previously served as the trauma unit coordinator at Shannon Medical Center.

For more information or to schedule an appointment, please call 325-481-2193.



Mary Elaine Studt, RN, PA, urgent care
Studt received her associate's degree in nursing from New Mexico State University in Carlsbad, New Mexico. She then earned her bachelor's degree and physician assistant certification from the University of Texas Health Science Center in Dallas. She is board-certified by the National Commission on Certification of Physician Assistants.

Studt received her associate's degree in nursing from New Mexico State University in Carlsbad, New Mexico. She then earned her bachelor's degree and physician assistant certification from the University of Texas Health Science Center in Dallas. She is board-certified by the National Commission on Certification of Physician Assistants.

Studt joins the urgent care staff at the Shannon Clinic North location at 2626 N. Bryant. The clinic is open seven days a week from 7 a.m. to 8 p.m. For more information, please call 325-481-2271.



Andrea Thelen, PA, family practice
Thelen received her bachelor's degree from Central Michigan University and her master's degree in physician assistant studies from the University of St. Francis in Albuquerque, New Mexico. She is board-certified by the National Commission on Certification of Physician Assistants.

Thelen received her bachelor's degree from Central Michigan University and her master's degree in physician assistant studies from the University of St. Francis in Albuquerque, New Mexico. She is board-certified by the National Commission on Certification of Physician Assistants.

Thelen joins the Family Health Center of Ozona, 104 N. Avenue H, from Albuquerque Health Partners in Albuquerque, New Mexico.

For more information or to schedule an appointment, please call 325-392-3788.

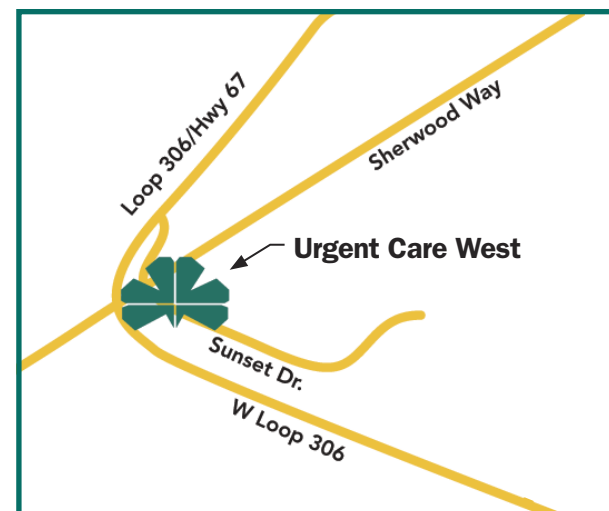
To find a complete list of Shannon providers, visit shannonhealth.com and click on "Find a Physician."

Urgent Care West: Shannon's newest location now open

Located at 4251 Sunset Drive (at the corner of Sherwood Way and Sunset), the new clinic is open daily from 7 a.m. to 10 p.m. It is physician- and mid-level-staffed and includes x-ray and some lab services.

For extra convenience, the clinic's wait time is posted on the Shannon website at www.shannonhealth.com, and if the wait is over 45 minutes, customers can use our Call-Ahead Care Service, which lets them check in over the phone and then receive a time to report to the clinic so they can wait in the comfort of their home or office.

For more information, call Urgent Care West at 325-481-2226.





joint rejuvenation

**TOTAL JOINT
REPLACEMENT
CAN HELP
RESTORE YOUR
ACTIVE
LIFESTYLE**

the path to an active lifestyle takes many twists, turns and bends. To successfully navigate that path, you rely on your knees, hips, shoulders, elbows and other joints.

◆ But the joints that enable you to move can break down for many reasons, including arthritis, injury, or even simple wear and tear. Damaged joints can cause pain and

put your independence and activity in jeopardy.

When joint problems limit mobility and hinder your lifestyle—and no other treatment seems to help—your doctor may recommend total joint replacement surgery.

HOW IT'S DONE A joint is where two or more bones come together. For example, your knee is a hinged joint formed by your shinbone, thighbone and kneecap. Your hip is a ball-and-socket joint—the ball is the upper end of the thighbone, and the socket is part of your pelvis.

A layer of cartilage covers the bone ends of a joint. Normal cartilage allows your joints to move without friction. But when joints are damaged or diseased, they can become stiff and painful.

In total joint replacement surgery, parts of the damaged joint are removed and replaced with artificial parts. Materials used in joint replacement—such as metal, ceramic and plastic—are designed to allow your new joint to move like a normal joint, according to the American Academy of Orthopaedic Surgeons (AAOS).

Joints that can be replaced include the shoulder, finger, ankle and elbow, according to the National Institutes of Health (NIH). But the most commonly replaced joints are hips and knees.

In knee replacement, damaged areas of thighbone, shinbone and kneecap are removed and replaced

with metal and plastic surfaces.

A hip replacement involves removing the damaged ball on the upper thighbone and replacing it with a metal or ceramic ball. The damaged socket is then replaced with a plastic, ceramic or metal socket that is implanted into your pelvis.

The length of the surgery depends on how badly your joint is damaged.

A hip replacement generally takes a few hours and a knee up to two hours. After surgery, you usually spend another one to two hours in a recovery room. With hip or knee surgery, you typically spend several days in the hospital before going home.

ROAD TO RECOVERY Most people who have joint replacement surgery experience a dramatic decrease in pain in that joint and a significant increase in their ability to perform daily activities. But it takes time to recover from the procedure, and it's important to follow your doctor's advice, according to the NIH.

Shortly after surgery, you will probably be encouraged to try out your new joint. With hip and knee replacements, you will need a walker or crutches at first.

You may have some temporary pain in the new joint because the surrounding muscles have weakened from disuse.

The pain can be helped with medication and should last only a few weeks or months. Over time and with proper exercise, the pain will lessen, flexibility will increase and movement will improve.

That's why exercise is an important part of the recovery process, advises the AAOS.

Physical therapy can usually begin the day after surgery. Your doctor can recommend an exercise program that is best for your new joint.

Be careful not to overdo it after surgery, however. Less vigorous activities, such as walking and golf, may be permitted, but more strenuous sports, such as skiing or running, may be discouraged.

While joint replacement should improve your quality of life for years to come, your new joint may not last for the rest of your life. Many artificial joints last at least 15 to 25 years. Depending on your age, you may eventually need a second total joint replacement.

Fortunately, materials and techniques used in joint replacement continue to improve through the efforts of orthopedic surgeons, engineers and other scientists, reports the NIH.

To find out if total joint replacement surgery is right for you, talk to your doctor.

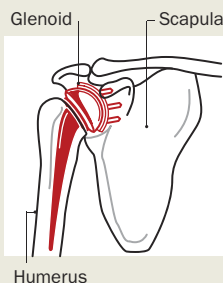
Our team of orthopedic surgeons can replace your worn-out joint and help you feel better. To make an appointment, call 325-481-2292.

Options FOR NEW JOINTS

Damaged or arthritic joints can make everyday movements, like walking or reaching, very painful. When treatments such as medications or physical therapy don't help, joint replacement surgery may be the best bet. Here is a look at which joints—and their parts—can be replaced with an artificial one, called a prosthesis.

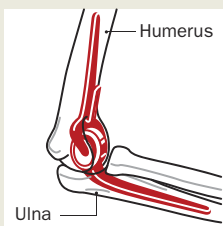
SHOULDER

Depending on the condition of the shoulder, either just the head (ball) of the upper arm bone (humerus) is replaced or both the ball and socket (glenoid).



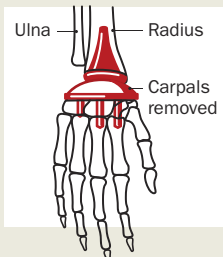
ELBOW

Doctors replace the damaged parts of the upper arm bone (humerus) and the forearm bone (ulna) on the pinky finger side.



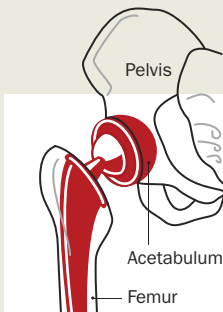
WRIST

The damaged ends of the lower arm bones (radius and ulna) and the first row of the bones at the base of the hand (carpals) are removed. The ends of the radius and sometimes the carpals are replaced.



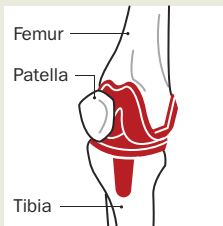
HIP

The damaged head of the thighbone (femur) and the surface of the socket (acetabulum) in the pelvis where the femur sits are replaced.



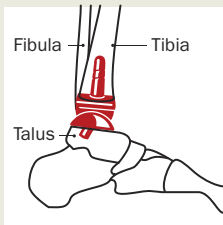
KNEE

The damaged surfaces at the ends of the thighbone (femur) and shinbone (tibia) are replaced. The underside of the kneecap (patella) may also be replaced.



ANKLE

The damaged bone and cartilage from the leg portion of the ankle (tibia) and the foot portion of the ankle (talus) are replaced.



How to stop shouldering the pain

You have enough to deal with in life without adding shoulder pain to the mix. Fortunately, shoulders damaged by arthritis, a severe fracture or other problems can often be fixed.

Although shoulder replacement surgery is less common than surgery to replace hips and knees, it can relieve pain just as successfully, according to the American Academy of Orthopaedic Surgeons (AAOS).

Surgery involves inserting a stem with a metal ball on top into the bone of the upper arm. The ball fits into a plastic socket that's placed in the shoulder blade.

Sometimes, though—depending on the condition of the shoulder—surgery may involve replacing only the ball portion of the joint.

After surgery, your arm will be in a sling for up to a month, and you'll start physical therapy soon after the operation. You'll have some activity restrictions at first, but in the long term you're likely to enjoy improved motion and better shoulder function.

The AAOS reports that shoulder replacement may be considered if you have:

- Severe shoulder pain that interferes with daily activities.
- Moderate to severe pain while resting. It may hinder sleep.
- Loss of motion or weakness in the shoulder.
- Limited improvement with other treatments.

LOGAN SYKES is 4 years old and loves Mickey Mouse, vanilla wafers and pizza! Logan has Lowe syndrome, which primarily affects the eyes, brain and kidneys. He developed cataracts and glaucoma and has had numerous eye surgeries. His parents were told he would never walk or talk. He stood up for the first time last April, and he is walking with the help of a walker! The very definition of a Miracle Kid, Logan lives in San Angelo with his parents, sister and brother.



CORY TOUNGET is 18 months old and loves "The Itsy Bitsy Spider," cookies and playing blocks! At 6 months of age, Cory developed transverse myelitis—a rare neurological disease causing injury to the spinal cord with varying degrees of weakness, sensory alterations and autonomic dysfunction. At the time of his diagnosis, he could not hold his head up or hold his bottle. Today, Cory is an active, busy toddler. His pediatrician, Christina Sherrod, MD, says he's the closest thing to a miracle she's ever seen! Cory lives in San Angelo with his parents.



Meet our
**2015 CHILDREN'S
MIRACLE NETWORK
MIRACLE KIDS**

GAGE GREGONIS is 10 years old and is a fourth-grader at Lamar Elementary. Gage likes playing Minecraft and Super Mario Bros., and his favorite subject in school is math. In 2012, after having a headache for a few days, Gage was diagnosed with a brain sarcoma. After Gage came in to the Shannon emergency room, Luis Duarte, MD, immediately removed the sarcoma (about the size of an orange) from Gage's brain. Gage then completed chemotherapy treatments and is doing well today. He lives in San Angelo with his grandparents and his older sister.

JOURNEY WIESE is 10 months old and an absolute doll. At just 2 months old, her parents noticed something was not quite right with her stomach. After a trip to see the pediatrician, Journey was diagnosed with malignant neoplasm of the adrenal gland. Her parents were shocked to hear their baby had cancer. Journey had surgery to remove the tumor and underwent chemo treatments at Cook Children's Medical Center. Journey is now doing well and learning to sit up! She lives in Carlsbad with her parents and three older brothers.



COOPER WILLIS is almost 3 years old and loves Curious George, Apple Jacks and music. Cooper's mother was on a tour of the hospital while working at Sam's Club, seeing firsthand the equipment Children's Miracle Network had purchased. Three days later, Cooper was born prematurely and completely quit breathing after delivery. He spent 10 days in the neonatal intensive care unit using several pieces of specialized equipment his mother had learned about just days before. Cooper lives in San Angelo with his parents, and he will be a big brother in August.

Save the date to tune in! Children's Miracle Network annual celebration Telethon

Did you know you can help local kids with a simple phone call?

This year's Children's Miracle Network (CMN) Telethon is Saturday, June 6, from 2 to

10 p.m. on KLST-TV. The Telethon provides an opportunity to thank and recognize the many CMN donors and sponsors.

It is also a time to share our Miracle Kids' stories and talk

about the many items needed to enhance care for children treated at Shannon. You can help us make more miracles happen by calling and making a pledge to CMN!

All proceeds benefit local children in need and your CMN hospital.

CMN would like to thank KLST, Pediatric Dentistry, the San Angelo Standard-Times, Miracle Kids

and their families, and numerous volunteers for their participation and support.

To learn more about the Telethon and how you can help, call 325-481-6160.

REHABILITATION

RESTORING INDEPENDENCE

Shannon Inpatient Rehabilitation Center helps patients get back to life

SKYLAR JENKINS, 28, is very familiar with the Shannon Inpatient Rehabilitation Center. Last year, the then-27-year-old expectant mother spent 50 days on the unit receiving treatment for Guillain-Barré syndrome (GBS), a disorder in which the body's immune system attacks part of the peripheral nervous system. The severity of GBS can increase quickly and, in some cases, cause total paralysis.

"It started with tingling in my hands," Jenkins recalls. "As time went on, my hips began to hurt, I had excruciating back pain, and then it became harder for me to walk. I went to the doctor a few times, and they attributed the issues to my pregnancy."

Jenkins' back pain was so severe that she was only sleeping for 30 minutes at a time. The tingling sensation would not subside.

"It got to a point where I couldn't put my hair into a ponytail because my arms would not raise that high," she says. "I looked at myself in the mirror and couldn't smile—my lip was drooping."

FROM HELPLESS TO HEALTHY AGAIN Three weeks after her symptoms started, the time at which 90 percent of people affected by GBS are at their weakest, Jenkins walked into the emergency room, was diagnosed and admitted. A few days later, she lost her ability to walk. She spent the next six days in the intensive care unit, where they monitored her lung function. She underwent IVIG (intravenous immunoglobulin) therapy, in which concentrated antibodies were administered to help boost her immune system's response to the syndrome.

"I basically lost all my muscle mass," she says. "At six months pregnant, I weighed as much as I did prior to pregnancy. I missed my son's second birthday—I was scared and frustrated."

She moved to the stroke unit and then to inpatient rehabilitation, where she would spend the next 50 days



relearning how to sit, stand and walk.

"I started working with Skylar two weeks into her rehab stay after returning from my own maternity leave," says Regina Hartnett, PT, clinical coordinator for inpatient rehab. "She could stand in the parallel bars with the assistance of two people lifting her, and that day she took a few steps for the first time in a month. Three weeks and many tedious hours of work later, she was walking up and down the hallway with a walker. It was such an amazing experience to watch her physical recovery as she was simultaneously progressing along with her pregnancy."

"All of the staff were very knowledgeable," Jenkins recalls. "I had told them I wasn't leaving until I walked. They motivated and encouraged me and knew my capabilities. They even threw me a baby shower."

A little over a month after her hospital stay, Jenkins welcomed her daughter, Autumn, into the world. She is doing well after completing outpatient rehabilitation and has returned to her job as a physical education teacher at Fannin Elementary.

BACK TO WORK AFTER A STROKE Along with patients who have neurological disorders, like Jenkins, the rehab center also treats patients recovering from stroke, brain injury, fractured hips and femurs, amputations, polyarthritis and rheumatoid arthritis, multiple trauma, cancer, debilitating conditions resulting in loss of independence in self-care and mobility, and other common functional problems.

"Since we are a designated Primary Stroke Center, about 50 percent of our patients are recovering from some form of a stroke event," Hartnett says.

Juan Ayala, 69, is one of those patients. He came to rehab at Shannon after having a massive stroke that rendered the left side of his body unusable. Ayala, who has been a butcher for 54 years, was anxious to return to work from the moment he arrived for rehabilitation.

"I couldn't use the left side of my body at all," Ayala recalls. "I couldn't even pick up a pencil with my left hand. I could stand, but my leg would buckle outward, so they had to support me while I walked. But they put me to 'work' each morning and encouraged me the whole time I was there. I really enjoyed my time with them."

Hartnett says the stroke recovery process varies from patient to patient and Ayala's motivation was an asset to him during his four weeks of rehabilitation. He underwent three hours of intense therapy—physical and occupational—every day and was walking with the help of a walker when he left the unit. Two short weeks later, he was walking without any assistance. Five months later, he fulfilled his goal and was back behind the meat counter.

"They all did a beautiful job taking care of me," Ayala says. "I didn't want to just lie around after I had the stroke. The Bible tells you not to give up—I prayed the Lord would put me back to work, and he did."

New home for rehabilitation gets a makeover to work best for patients

This spring, Shannon's Inpatient Rehabilitation Center found a new home on the third floor of the St. John's Campus at 2018 Pulliam. Previously vacant, the 13,000-square-foot unit has received a full makeover, from the patient rooms to the nurses' station. Each of the 14 patient rooms is equipped with a brand-new bed and furniture, a shower and a vanity area. And the staff has made it personal.

"Everyone has had an input on the design and determined what they think will work best for the patients,"

says Becky Ragan, program director for inpatient rehabilitation and behavioral services at Shannon. "The therapy gym is larger, everything is brand-new, and the rooms also have more natural light."

This inpatient acute rehabilitation program is dedicated to helping people with disabilities attain optimal independence. The rehabilitation team provides 24-hour rehabilitation nursing, physical therapy, occupational therapy, speech therapy, case management, social work and psychology.

"I'm fortunate to assist in rehabilitating patients suffering from swallowing, cognitive and speech difficulties," says Kimmi Parks, speech language pathologist. "Inpatient rehab is by far my favorite setting, because I belong to a fantastic interdisciplinary team that enables patients to finally return home after a lengthy hospitalization. The sense of accomplishment when seeing your patient walk, talk and eat is truly indescribable."

The center uses a comprehensive, multidisciplinary

approach to therapy and provides patients with simulated real-life environments where they perform daily activities, such as navigating the kitchen and bathroom and getting into and out of a car. Treatment is individualized for each patient. Patients receive a minimum of 15 hours of therapy per week.

"Rehabilitation is important to continued care," Ragan says. "The goal is to maintain the stamina of care, bring the patient back into the community in a short amount of time, and reduce

the burden of care for them and their loved ones."

Last year the center had 151 patients, 72 of whom had experienced a stroke. The average length of stay for those patients was 17.5 days.

Patients and their family members are actively involved in establishing goals, participating in therapy and planning for life after discharge. The percentage of patients discharged from rehabilitation at Shannon back to their home is 84, compared to the national average of 76 percent.

A referral to the Inpatient Rehabilitation Center may be made by a physician, insurance provider, family member, patient or other concerned party. Pre-admission evaluations are provided at no charge to determine a patient's eligibility for admission to the program.

If you think Shannon's Inpatient Rehabilitation Center might benefit you or someone you know or if you'd like to learn more,

please call 325-481-8680 or visit www.shannonhealth.com.

EVENT Calendar SPRING 2015

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.

Special Events

Stripes CMN Balloon Campaign

April 8 through May 5
Customers can add a Miracle Balloon donation of \$1 or more at any of the 37 Stripes locations in the Concho Valley.
For more information, call **325-481-6160**.

CATCH in Motion Kids' Marathon Last Lap Celebration

Thursday, April 9
5:30 to 7 p.m.
San Angelo Stadium
Open to kindergarten through sixth grade.

See story below. For more information, call **325-657-5065** or visit www.catchinmotion.org.

"Ace Cares for Kids" CMN Balloon Campaign

April 13 through 30
Customers of Westlake Ace Hardware in San Angelo, 1821 Knickerbocker, and Keith Ace Hardware in Brady, 2210 S. Bridge St., can purchase a balloon icon at the register for a donation of \$1 or more.
For more information, call **325-481-6160**.

Fifth Annual Kids Marathon Last Lap Celebration

Thursday, April 9
5:30 to 7 p.m.
San Angelo Stadium
The Kids Marathon is open to kindergarten through sixth-grade students.
The first 500 students to cross the finish line will receive a "Finisher"

T-shirt, a medal and a water bottle. Drawings for prizes will be held, and various organizations from throughout the community will be on hand with information and fun activities. Come join us for the Last Lap Celebration!

To learn more, visit www.catchinmotion.org or call **325-657-5065**.

Children's Fair

Sunday, April 26
Noon to 5 p.m.
Unidad Park
For more information, visit www.hfsatx.com.

Walmart and Sam's CMN Balloon Campaign

Customers can add a Miracle Balloon donation of \$1 or more during checkout.
For more information, call **325-481-6160**.

CMN Celebration Telethon

Saturday, June 6
2 to 10 p.m.
KLST-TV
Special segments will feature the 2015 Miracle Kids and their stories.
For more information, call **325-481-6160**.

16th Annual Shannon Sporting Clay Shoot

Friday and Saturday, July 17 and 18
San Angelo Claybird Association
For more information, visit www.shannonhealth.com.

Miracle Treat Day

Thursday, July 30
Dairy Queen San Angelo

on Sherwood Way will donate \$1 from every Blizzard® sold to the Children's Miracle Network.
For more information, call **325-481-6160**.

Support Groups

Breastfeeding Community Gathering

Every Thursday 11 a.m. to noon
Women's and Children's Conference Room, third floor, 201 E. Harris
For more information, call **325-481-6326**.

Survivor Sisters Breast Cancer Support Group

May 7, June 4, July 2 5:30 p.m.
Cancer Empowerment & Resource Center at Shannon, 102 N. Magdalen
For more information, call **325-481-2065**.

Concho Valley Kidney Support Group

May 5, June 2, July 7 7 to 8 p.m.
Legacy Meeting area, second floor 120 E. Harris
For more information, call **325-212-3493**.

Building Blocks Childbirth and Parenting Classes

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

■ **April 16, 23; June 2, 9 6:15 to 8:45 p.m.**

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

Get helpful information about labor and childbirth to minimize your fears and help you make informed decisions.
Online classes available. Call **325-481-6332** to sign up.

All About Childbirth: Saturday Express

■ **Saturdays, April 11, May 2, June 13, July 11 9 a.m. to 4 p.m.**

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

Breastfeeding Boot Camp

■ **Saturdays, May 16, July 18 9 to 11:45 a.m.**

■ **Wednesday, June 3 6:15 to 8:30 p.m.**

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

Learn techniques and tips about breastfeeding, as well as the benefits it provides for you and your little one. Online classes available. Call **325-481-6326**.

Caring for Your Newborn

■ **May 5, June 4, July 16 6:15 to 8:45 p.m.**
■ **Saturdays, May 23, July 25 12:30 to 3 p.m.**

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

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

Doting Siblings: Big Brother/Big Sister Classes

■ **Saturdays, April 18, July 25 9 to 10:30 a.m.**

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

A class specifically for big brothers and big sisters.

Essentials for Pregnancy

■ **Saturday, April 18 12:30 to 3 p.m.**

■ **Monday, June 8 6:15 to 8:45 p.m.**

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

A wonderful way to learn about your pregnancy journey.

Finding Alternatives for Labor Pain

■ **Tuesday, July 14 6:15 to 8:45 p.m.**

■ **Saturday, May 23 9 to 11:45 a.m.**

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

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



SHANNON CLINIC

Shannon Clinic

120 E. Beauregard Ave. 325-658-1511

Shannon Clinic—Obstetrics, Gynecology & Pediatrics

225 E. Beauregard 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 at Sweetwater

201 E. Arizona Ave. 325-235-8641



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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HST31211



SPRING 2015