



RISK-FREE TESTING

A simple blood test checks for chromosomal abnormalities in the 10th week of pregnancy.

See page 6 ▶

SHANNON

health beat

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • SUMMER 2016

Enhancing PREGNANCY CARE

SPECIALIST JOINS SHANNON CLINIC TO HELP WOMEN WITH HIGH-RISK PREGNANCIES

Shannon Clinic is proud to welcome Christina Hill, MD, to its OB-GYN team. As a maternal-fetal specialist, she specializes in high-risk pregnancy and works with expectant mothers with chronic health issues. ♦ “I see patients with gestational diabetes, hypertension and other common medical problems that are becoming more prevalent in our population,” Dr. Hill says. “I am able to counsel these moms about the nature of their condition and its implications with respect toward their pregnancy.”

HELP FOR HIGH-RISK PREGNANCIES Dr. Hill works with each patient to outline a management plan for their pregnancy that they take back to their OB provider.

Maternal-fetal specialists also diagnose birth defects and growth problems and can initiate treatment before birth.

“We are able to take on high-risk patients,” Dr. Hill says. “We can immediately address concerning findings on ultrasound and then diagnose, treat and refer to specialty care if the need arises. Even if we have to refer a patient, they can leave our clinic with a greater awareness about their situation, which we hope helps curb their anxiety.”

A TEAM APPROACH Managing and treating each patient requires teamwork from the OB provider, Dr. Hill and the mom.

“It’s very much a team approach,” she says. “We are all under the same roof, and that makes it easier to consult with one another. Ultimately, we are all working together for the benefit of each expectant mom.”

For more information, call Dr. Hill’s office at 325-481-2285.



Christina Hill, MD, maternal-fetal specialist, performs a final consult and exam on patient Taryn Hopper before the birth of Hopper’s baby girl.

To find an OB-GYN at Shannon, visit www.shannonhealth.com and use the Physician Finder on our home page.

HEALTH BITS



LIGHTNING LOOKOUT

Summer is the peak season for lightning strikes. If you’re with someone who is struck, call 911 immediately. It’s safe to give CPR if you know how—lightning strike victims don’t carry an electrical charge.

National Fire Protection Association

THE GRILL DRILL

Outdoor gas grills cause thousands of home fires every summer. So before you fire up the barbie for the summer’s first feast, be sure it’s working right—and review the safety tips that came with it.

National Fire Protection Association

LULLABY, AND GOOD NIGHT

Drifting into dreamland to the soothing sounds of relaxing music may improve your sleep—both quality and quantity. It could take up to three weeks to see benefits.

National Sleep Foundation

HEALTH TALK NEWS, VIEWS & TIPS



The 2016 Shannon Sporting Clay Shoot will be Friday and Saturday, July 15 and 16, at the San Angelo Claybird Association in San Angelo. Visit www.shannonhealth.com to find out more.

MAYFIELD PAPER COMPANY
Presents



SHANNON SPORTING CLAY SHOOT

Take aim to support great health care

Shooters and spectators travel to the Concho Valley from miles around to attend the largest charity shoot in Texas—the Shannon Sporting Clay Shoot. After 16 very successful years, the Shannon Sporting Clay Shoot attracts more than 700 shooters from around the state and country and more than 1,500 spectators and volunteers.

The 17th annual shoot is scheduled for Friday and Saturday, July 15 and 16, at the San Angelo Claybird Association in San Angelo. The event features three shooting rotations. The first rotation will be Friday, July 15, at 4 p.m. The second rotation will be Saturday, July 16, at 8:30 a.m., and the third will be on Saturday at noon. Shooters will get to shoot one of three courses during a rotation with 100 targets per course. Forty guns will be given away by random draw during the exciting live auction, which rounds out the event.

All shooters will receive a shooter gift and complimentary breakfast and lunch. Along with the live auction, the event also includes a silent auction, awards for the High Overall shooters and shooting games.

Each year, proceeds of the Clay Shoot benefit multiple departments at Shannon. The programs benefiting from the 2016 event include AirMed1-regional outreach, diabetes management outreach, outpatient dialysis programs, and Shannon Care Coordination. In addition, three new programs to benefit from this year's shoot are Shannon Cares Fund for case management, Shannon Supportive Health Services and Shannon Shared Governance for nursing education.



WEB

Visit www.shannonhealth.com to find out how to be a part of this exciting event.

HEALTHY HYDRATION

Our bodies need water to survive. Without enough water or other fluids, we can become dehydrated, which is a serious health risk—particularly in older adults, kids and people who are ill.

To stay well-hydrated:



DRINK UP

Water is your best option. Keep a reusable bottle with you during the day.

Don't like the taste of plain water? Try adding a slice of lemon, lime or cucumber.



FEAST ON FRUITS AND VEGGIES

Many—like watermelon, cantaloupe, strawberries, tomatoes, spinach, broccoli and lettuce—contain a high amount of water.



WATCH THE WEATHER



Excessive heat raises the risk of dehydration. Plan on drinking more when temperatures soar.



EXERCISE CAUTION

Drink water before, during and after a workout.



Sources: American Academy of Emergency Physicians; American Academy of Family Physicians; American Institute for Cancer Research

WELCOME, NEW PROVIDERS

**Christina Hill, MD, Maternal-Fetal Medicine**

Shannon Clinic is proud to welcome Dr. Hill to its OB-GYN team. As a maternal-fetal specialist, she specializes in high-risk pregnancy and works with expectant mothers with chronic health issues. Maternal-fetal specialists also diagnose birth defects and growth problems and can initiate treatment before birth.

Dr. Hill received her bachelor's degree from Colorado State University and her medical degree from the University of Colorado Health Sciences Center. She completed her obstetrics and gynecology internship and residency at Tripler Army Medical Center in Honolulu, Hawaii.

After her residency, Dr. Hill was stationed at Eisenhower Army Medical Center in Fort Gordon, Georgia, where she worked as a staff physician. She then completed fellowship training in maternal-fetal medicine at Madigan Army Medical Center in Fort Lewis, Washington. While on active duty, Dr. Hill was deployed to Iraq. Her military awards include four Army Commendation Medals, two Meritorious

Service Medals and the Iraqi Campaign Medal.

Dr. Hill joins her husband, Melvin Hill, an obstetrics-certified registered nurse anesthetist, at Shannon from Tripler Army Medical Center in Honolulu. She will work with the Shannon OB-GYN team in the office and hospital setting. She is certified in obstetrics and gynecology and maternal-fetal medicine by the American Board of Obstetrics and Gynecology. Her office is located at the Shannon OB-GYN and Pediatrics Clinic, 225 E. Beauregard Ave. For more information, please call 325-481-2285.

**Anda Scorza, DO, Hospitalist**

Dr. Scorza received her bachelor's degree from Indiana University-Northwest. She earned her medical degree from Midwestern University Chicago College of Osteopathic Medicine.



WEB

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

Dr. Scorza completed her internal medicine residency at Michigan State University/Western Michigan University Homer Stryker M.D. School of Medicine.

As a hospitalist, Dr. Scorza cares for patients in the hospital setting.

**Daniel Kern, RN, MSN, FNP, Neurosurgery**

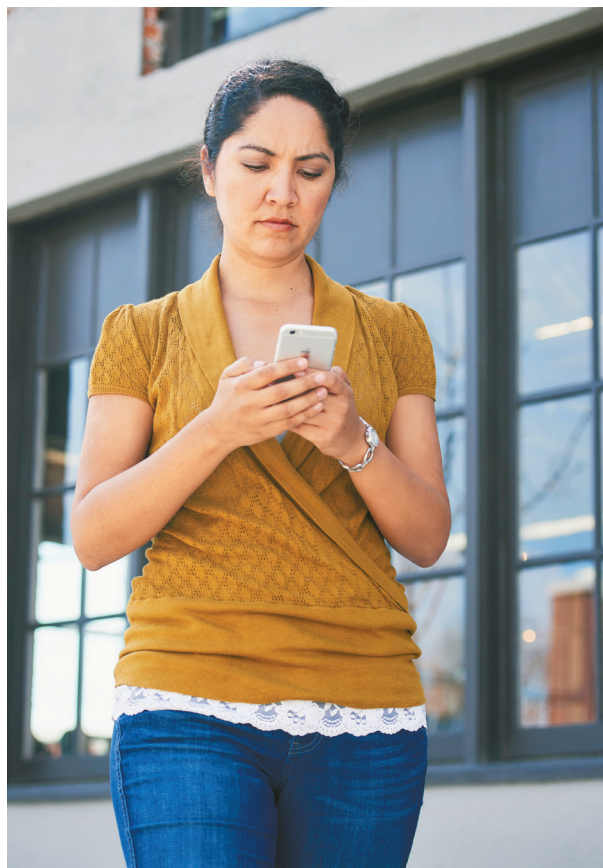
Kern received his bachelor's and nursing degrees from Angelo State University. He earned his master's degree

from the University of Texas at El Paso School of Nursing.

Kern has experience in emergency and neurology care. He is located in the Brain and Spine Institute at Shannon on the second floor of the Shannon Medical Plaza, 102 N. Magdalen. For more information, please call 325-481-2193.



HEALTH TALK NEWS, VIEWS & TIPS



Look up!

The dangers of distracted walking

Hey, watch where you're walking!

That's a modern-day warning more of us need to heed.

Whether we're lost in the music coming through our earbuds, talking on our phones or sending some texts, many of us aren't focused on what's in front of us as we move throughout the day—a potentially dangerous situation known as distracted walking that puts us at risk of things like falling down stairs, stumbling into the street or colliding with a car.

So the next time you're on a stroll:

- Keep your focus on the people and potential obstacles in front of and around you.
- Turn down the music enough to hear the traffic and other sounds around you.
- Don't jaywalk. Cross streets carefully, preferably at a light.
- Be sure to look up, especially near curbs, intersections, stairs and escalators.

Source: American Academy of Orthopaedic Surgeons



10 top tips for flip-flop season

Whenever warm weather's here, flip-flops appear. To make sure these trendy summer sandals don't take a toll on your tootsies:

DO

- Choose flip-flops made of soft, good-quality leather rather than plastic or rubber. Leather is less likely to cause blisters.
- Make sure they're flexible enough to bend at the ball of the foot, but not so flexible you can fold them in half.
- Check that none of your foot hangs over the edges.
- See a doctor if wearing flip-flops causes pain or tenderness in your heel or arch.
- Flip them! Invest in new ones when your current pair shows signs of wear.

DON'T

- Ignore irritation between your toes. It could lead to blisters or infections.
- Walk long distances in flip-flops. They don't offer enough support or absorb shock.
- Wield a weed trimmer or maneuver a lawn mower in flip-flops. Shoes that cover the whole foot are best for all yard work.
- Play sports in them. (That includes riding a bike.)
- Drive a car wearing flip-flops. They could cause you to hit the gas instead of the brake—and crash.

Sources: American College of Foot and Ankle Surgeons; American Podiatric Medical Association

PROSTATITIS

A common, painful problem for men

Out of sight, out of mind. That's usually how it is with men and their prostate. But that's not the case when a guy is coping with prostatitis, an often uncomfortable inflammation of the gland.

What prostatitis feels like Signs and symptoms of prostatitis can vary, depending on the type (one type doesn't cause symptoms) and even from one man to the next. But they generally include the following:

- Pain around the genitals, pelvic area, or the lower belly or back.
- Painful urination or ejaculation.
- A frequent or sudden urge to urinate.

Prostatitis symptoms that are chronic may come and go, linger for months, or be mild all the time.

Acute symptoms start suddenly and are severe. They can include fever and chills, nausea and vomiting, and a blocked urine stream.

Acute prostatitis needs to be treated right.

How it's treated Prostatitis may be treated with a course of antibiotics, either for several weeks or up to six months.

Other treatments, which might help relieve symptoms or keep them from coming back, include:

- Medications to improve inflammation or painful or difficult urination.
- Warm baths or hot pads to ease pain.
- Dietary changes that limit caffeine and foods that can irritate the bladder.
- Fluids to help clear infections.



Learn more For more information about prostatitis, go to www.shannonhealth.com and click on "Health Library" under the "Education & Resources" tab.

Sources: National Institutes of Health; Urology Care Foundation

Test your asthma knowledge: 5 triggers that might just surprise you

Smoke. Dust mites. Feathery and furry pets. These are all fairly well-known triggers of asthma symptoms.

Even if you don't have asthma, you might recognize them as a sort of Most Likely list of things to cause fits of wheezing and coughing in people

who do have the chronic lung disease.

But then there are the lesser-known culprits.

These are items or activities that even people with asthma might not realize can cause symptoms to get worse.

Here are five of them:



Acid reflux. When stomach acid flows up the esophagus, it irritates nerves connected to the lungs.



Strong smells. Perfumes, cleaning products and other odors are airway irritants.



Emotions. Stress or laughing or crying hard can speed up breathing.



Food allergies. This immune system over-reaction can inflame the esophagus.



Weather. This includes dry, wet or windy weather and extreme changes in temperature.

Sources: American College of Allergy, Asthma & Immunology; American Lung Association

SAFETY

Clear skies, cool water and fresh-squeezed lemonade—these are images of summer at its best. ♦ Unfortunately, they're not all the season has to offer. Summer also presents many hazards, making this a good time for a quick safety review.

Alcohol. It doesn't mix with driving, boating or swimming.

Bees. To help keep bees and other stinging insects away, don't wear bright-colored clothing and don't use perfume or scented soaps. Cover food and drinks at outdoor events.

Camping. Give someone your itinerary, and think carefully about the equipment, supplies and skills you'll need for your trip.

Dehydration. It's a particular concern for active kids. Make sure they drink between 5 and 9 ounces (about 10 to 20 gulps) of fluid every 20 minutes during vigorous activity.

Epinephrine. If you're severely allergic to insects that sting, carrying a device that allows you to inject yourself with this rescue medication could save your life. But don't forget that you still need to go to the emergency department if you're stung—even if you use epinephrine.

Foodborne illness. Harmful bacteria can quickly multiply on food in summer's heat. At picnics, keep foods you'd normally refrigerate on plenty of ice. If possible, chill or freeze foods before packing them in a cooler. Be sure to pack cold and hot foods separately. And don't let perishable food sit out for more than two hours—that time drops to only one hour if the temperature outside is 90 degrees or higher.

Grilling. Barbecue meat to an appropriate minimum internal temperature to kill bacteria (steak to 145 degrees; hamburger, 160 degrees; and chicken, 165 degrees).

Heat illness. For prevention, dress in lightweight clothes and do strenuous activities when it's coolest (early morning and after sunset). Seek out air conditioning when you can. Strongly consider postponing or canceling your outdoor activities when it's extremely hot or humid.

Itchy skin. It's a problem that can affect swimmers in parasite-infested waters. Known as swimmer's itch, it usually can be treated with corticosteroid cream, cool compresses or anti-itch lotions.



Be water-wise

Pools, lakes, oceans—whatever the source of cool water during hot days, kids want it. Make water safety a priority with these tips for kids:

Watch them like a hawk. Pay close attention whenever kids are in or near water—and always keep little ones within arm's reach. Texting, phoning, reading or doing yard work could be risky distractions.

Take precautions with home pools. If you have a backyard pool, make sure it's properly enclosed so that no one gets in without you knowing. Recommended safety features include fencing on all four sides, with self-closing and self-latching gates.

Don't overlook the risks of inflatable or portable pools either. Empty them right away when you're done using them, and store them upside down and out of a child's reach.

Issue U.S. Coast Guard-approved life jackets. Make sure they're worn for those lake and ocean outings—and consider having young or inexperienced swimmers use them in swimming pools.

Sources: American Red Cross; Centers for Disease Control and Prevention; Safe Kids Worldwide

Just minutes. That's the time it can take for heatstroke, a life-threatening condition, to develop in a child left in a car on a sunny day. Never leave children alone in a vehicle or let them play in an unattended vehicle. If you see a child left alone in a hot vehicle, call the police.

Keep your distance. That's how you should think of lightning. When you see it, note how long it takes to hear thunder. If it's 30 seconds or less, seek shelter

immediately. Stay away from open fields, open structures or vehicles. If you or someone you know is struck by lightning, get medical help right away.

Life jacket. It's smart attire for all boaters, even those who know how to swim.

Mosquitoes. Some are just pests; some carry West Nile virus. To protect yourself, use insect repellent containing DEET, especially at night. Follow the instructions on the label. If using an insect repellent on kids, keep in mind that it should only contain 30 percent DEET. And never use it on babies.

Noggin. That's slang for your head, a part of your body that needs a helmet when you bike, in-line skate or ride a scooter. Make helmets mandatory for your kids too.

Open-water swimming. Never swim alone or in canals or fast-moving water. Don't swim in the ocean unless a lifeguard is on duty, and check with the lifeguard about surf and beach conditions before going in the water.



M A-Z

GUIDE TO
Summer
SAFETY

Most summer mishaps don't require urgent care. But if they do, check our wait times at www.shannonhealth.com.

Poison ivy. This very common plant is found in most parts of the U.S. Avoiding it begins with recognizing it. Remember this saying: "Leaflets of three, beware of me."

Quiz your kids. Always ask where they'll be and whom they'll be with. It may help reduce risky behaviors.

Recreational water illness from pools. To reduce the dangers, practice good hygiene. Shower with soap before swimming, and wash your hands after using the toilet or changing diapers. Don't get in the water when you have diarrhea, and don't swallow pool water. Take your kids on bathroom breaks, and check diapers often.

Sunscreen. Use one that has an SPF (sun protection factor) of 15 or higher and is labeled *broad spectrum*—it will protect against the sun's most harmful rays. Put

it on at least 30 minutes before going out, and reapply it every two hours or after swimming or sweating.

Ticks. Check everyone for ticks after spending time in tall grass or wooded areas. If you find a tick on your body, remove it by pulling it straight up with tweezers or between your fingertips.

Ultraviolet radiation. It's what causes the sun damage to your skin. Try to keep your skin covered, and seek shade.

Vehicle safety. Heading down the highway on a summer vacation? Make sure everyone buckles up and your car is in good shape. Also, never text or talk on your phone while driving.

Window guards. Warm weather means open windows at your home, and open windows—even ones with screens—can be dangerous for kids. Consider installing window guards to prevent children from falling out of open windows.

X-eXtra vigilance. It's what's required of adults when children are in or near water.

Don't take your eyes off them, even for a moment. Practice touch supervision with young kids—keep no more than an arm's length away when they're in the water.

Yard work. When mowing, keep children indoors to prevent injuries from flying debris. Never allow kids to ride as passengers on lawn mowers or garden tractors. And don't let kids use a walk-behind power mower or hand mower until they're at least 12 years old or operate a riding mower until 16 years old.

ZZZs. Get enough, especially before beginning long car trips. Drowsy driving can be deadly. If you do feel sleepy while driving, pull over to a well-lit area and take a short nap.

Sources: Academy of Nutrition and Dietetics; American Academy of Allergy, Asthma & Immunology; American Academy of Family Physicians; American Academy of Orthopaedic Surgeons; American Academy of Pediatrics; American College of Emergency Physicians; Centers for Disease Control and Prevention; National Safety Council; Safe Kids Worldwide; U.S. Department of Agriculture; U.S. Food and Drug Administration



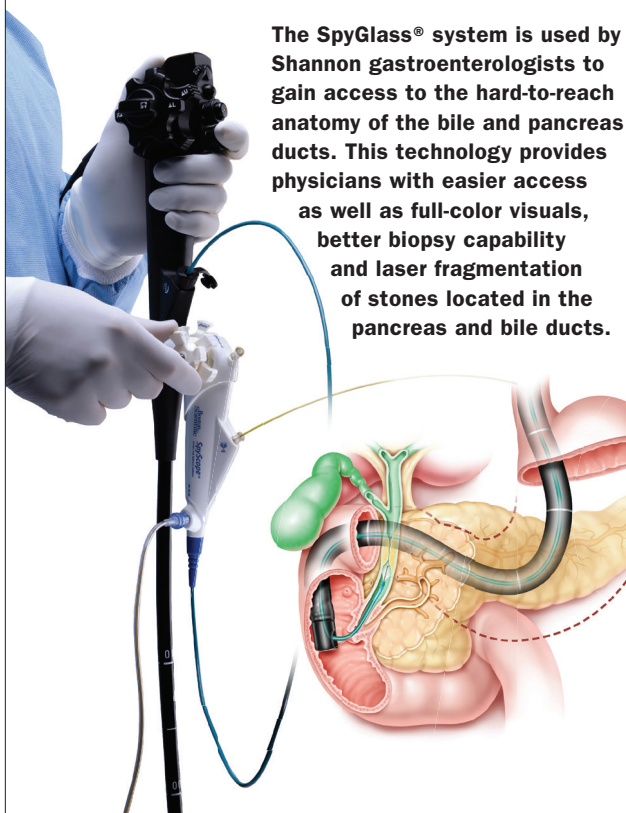


SPYGLASS HELPS DOCTORS SEE INSIDE

New technology keeps care close to home

YOU KNOW your doctor uses a light to look in your eyes and a stethoscope to listen to your heart, but how about a spyglass? Sure enough, that's one of the new tools available at Shannon Medical Center.

Offering diagnosis, treatment and recovery close to home is part of the Shannon mission. Adopting advanced medical techniques is helping reach that goal. The SpyGlass Direct Visualization System from Boston Scientific is the latest state-of-the-art technology in use by the gastroenterology department at Shannon.



The SpyGlass® system is used by Shannon gastroenterologists to gain access to the hard-to-reach anatomy of the bile and pancreas ducts. This technology provides physicians with easier access as well as full-color visuals, better biopsy capability and laser fragmentation of stones located in the pancreas and bile ducts.

WHAT DOES THE SPYGLASS SEE? The SpyGlass is used by Shannon gastroenterologists to examine the bile and pancreas ducts, where biliary stones and cancers can occur. The system is equipped with a miniature 6,000-pixel fiber-optic probe. It captures a full-color, 3-D image and can reach into the pancreatico-biliary anatomy.

Levi Hubble, MD, Shannon Clinic gastroenterologist, received fellowship training for the SpyGlass device at Scott & White in Temple, Texas.

"It's an impressive technology," Dr. Hubble says. "This scope allows us to directly examine the bile and pancreas ducts, which are difficult anatomies to reach in the body. The bile duct is very tiny—only 3 to 5 millimeters wide. We can examine bile duct strictures, which is a narrowing of the ducts, and biopsy and diagnose cancers involving the bile and pancreas ducts. This is also a tremendously helpful tool for breaking up bile duct stones."

Previously, this area was examined using conventional endoscopic retrograde cholangiopancreatography (ERCP). Projected onto the screen was a flat image that the physician would use to determine areas of concern.

If a biopsy was needed, a brush-like device was used to swab the area of concern. If additional therapeutic intervention was required, the patient was referred to a specialist outside of San Angelo for treatment.

HOW IT HELPS "This technology helped me diagnose a rare autoimmune cholangitis, which would not have been possible at our facility prior to using the SpyGlass," Dr. Hubble says. "The patient was referred out to ensure he did not have an underlying mass, but we were able to

send him to a specialist with a firm diagnosis."

Now, the SpyBite, a forceps attachment, allows for a small piece of tissue to be taken from the area.

"With this technique, we can eliminate the need to send patients away for more invasive procedures," Dr. Hubble says. "For biopsies, the forceps allows us to look directly at the area we want to retrieve a sample from, and we can determine if cancer is present. The capability to biopsy and reach this part of the anatomy provides a more adequate sample for pathology and also helps us rule out cancer and other diseases."

In addition to the fiber-optic probe and forceps, the SpyGlass features a laser attachment used for laser lithotripsy. During this procedure, a pinpointed laser is used to break up biliary stones, which are gallstones that have become lodged in the bile ducts.

"These stones can cause agonizing pain and other issues if left untreated," Dr. Hubble says. "The use of the laser to break up the stones eliminates the need for an open duct exploration, which is a major procedure we would send the patient off for. It is invasive and can also cause future concern for the patient, including bile duct strictures, which also requires surgical attention."

WHAT TO EXPECT Most procedures involving the SpyGlass take one to two hours as an outpatient, day-surgery procedure and are performed in the operating room at Shannon Medical Center.

"Any time we can bring a new technology to Shannon and to our area, that's a positive for our patients and for us as physicians," Dr. Hubble says. "This is a tremendously helpful tool that allows us to keep patients close to home while providing them with state-of-the-art care."

NONINVASIVE FETAL TESTING

Now available to all pregnant moms

NONINVASIVE FETAL TESTING provides a safe way for obstetricians to determine if there are chromosome abnormalities present in a developing baby. This form of testing, also called cell-free DNA (cfDNA) screening, is available at each Shannon OB-GYN office.

HOW IT WORKS This screening blood test is done after 10 weeks of pregnancy. For the test, DNA from the baby is extracted from a maternal blood sample and tested for the presence of several specific chromosome problems, such as Down syndrome. The test also identifies the baby's sex.

Your obstetrician may recommend noninvasive fetal testing for several reasons:

- You have certain risk factors for having a baby with a chromosomal condition, including maternal age past 35 or if you have previously given birth to a baby with a chromosomal condition.
- If you are the carrier of an X-linked recessive disorder, such as Duchenne muscular dystrophy or hemophilia, knowing the sex of the baby is important and can be



determined earlier than with an ultrasound.

Until recently, the test was only offered to high-risk women, but now it is frequently offered to all pregnant women who start prenatal care early in pregnancy. Early prenatal care is important.

This type of prenatal screening poses no physical risks

for you or your baby. There are some limitations to the testing, and your doctor will determine if this testing method is appropriate for you and your baby.

For more information, please consult your Shannon OB provider, or go online to www.shannonbabies.com.



BOILING OVER?

LEARN THE **ROAD RULES** FOR MANAGING ANGER

Anger. It's just one letter short of danger. And that's a meaningful coincidence. When anger is driving you, it can spell danger—for your health and your happiness. We all feel annoyed now and then. It's part of being human. The trick isn't to stifle anger or let it explode, but to deal with it in healthy ways.

6 ways to simmer down

1 Put on the brakes. When you're angry, don't let the first thing that comes to your mind come out of your mouth. Instead, take some time to think about what to say. Often, it helps to listen carefully and see what's behind the other person's feelings. If you must, walk away from the situation until your temper cools. Then come back to the conversation later.

2 Try cruise control. Before you can talk it out, you may need to calm yourself down. Consider something soothing, such as:

Deep breathing. Feel your stomach slowly rise and fall.

A mental picture. Imagine yourself gently swinging in a hammock, for example, or watching ocean waves roll in.

A mantra. Repeat a calming word or phrase. It could be as simple as "Relax" or "Keep your cool."

WHAT'S YOUR SPEED?

DO YOU SEE RED?

When you lose your temper, do you fly off the handle? Act out physically? That's the kind of anger you want to **STOP**. It puts you and others at risk. It can cause problems at work or in relationships. Plus, anger raises heart rate and blood pressure. Unchecked, that may increase your risk for heart disease, diabetes and depression over time.

DO YOU FEEL A SLOW BURN?

Maybe you don't lose your cool. You just stew. That's got to be better, right? A word of **CAUTION**: Turning your anger inward can cause many of the same health problems as lashing out. And it won't do your relationships any favors either. You're more likely to find other ways of taking it out on the ones you love.

DO YOU DEAL AND MOVE ON?

If you **GO** ahead and express your feelings—calmly and constructively—you're on the right track. This doesn't mean you're pushy—you're just finding a way to meet your needs without hurting others. And remember: If you've tried to work it out but can't see eye to eye, it's OK to agree to disagree and let it go.

3 Take the clown car. Humor is a quick way to change your frame of mind. Just steer clear of sarcastic jokes pointed at the other person. Instead, use humor as a reminder not to take yourself so seriously. Feeling miffed your idea wasn't taken at work? Picture yourself striding the halls with a crown and scepter. It might make you laugh—and help put things in perspective.

4 Check your mirrors. Sometimes, we simply need a reality check. Ask yourself a few questions to help reframe the problem:

- Is this really that important?
- Is there anything I can do about it?
- Is it worth my time to act?
- Is my response appropriate to the situation?

5 Change lanes. Can you step away from a setting that's making you angry? That might be as simple as asking a neighbor to watch the kids while you take a quick walk around the block. Or if traffic makes your blood boil, you might take the bus to work instead of driving.

6 Get a tune-up. Sometimes, despite our best efforts, it's hard to keep anger in check. If that's a routine problem for you, a mental health professional may be able to help. You can learn what triggers your outbursts—and work on healthy strategies to cope.

Sources: American Psychological Association; National Association of Social Workers

We offer a full range of mental health services. Read about them at www.shannonhealth.com.

EVENT Calendar SUMMER 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, Aug. 2, Sept. 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, Aug. 4, Sept. 1
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 classes:

Tuesdays, July 12 and 19, or Mondays, Sept. 12 and 19

6:15 to 8:45 p.m.

■ Saturday class:

Aug. 6

9 a.m. to 4 p.m.

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

Breastfeeding Boot Camp

■ Wednesday, July 13,
Sept. 7

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, Aug. 25,
Sept. 22

6:15 to 8:45 p.m.

■ Saturday, July 16

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 Classes

■ Saturday, July 16

9 to 10:30 a.m.

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

Essentials for Pregnancy

■ Thursday, Aug. 4,
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, July 21

6:15 to 8:45 p.m.

■ Tuesday, Sept. 13

6:15 to 8:45 p.m.

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



Special Events

17th Annual Shannon Sporting Clay Shoot

Friday and Saturday,
July 15 and 16

San Angelo Claybird Association

For more information, visit www.shannonhealth.com.

Miracle Treat Day

Thursday, July 28

Dairy Queen San Angelo on Sherwood Way will donate \$1 to the Children's Miracle Network for every Blizzard sold. For more information, please call 325-481-6160.

SAVE THE DATE for these fall events:



Tee off to fight breast cancer at the fourth annual Tee Off for Ta-tas golf tournament.

Monday, Sept. 19

Bentwood Country Club

Four-person scramble

\$125 per player

Registration and lunch:

11:30 a.m.

Shotgun start: 1 p.m.



Come be a part of the fun at the eighth 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.



Mix and mingle at the third annual pink pARTY!

Thursday, Oct. 20

San Angelo Museum of Fine Arts

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. This event is free and open to the public.

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 disease that knows no age and sees no color. For more information about these and other upcoming events, please visit www.shannonhealth.com.

SHANNON CLINIC

Shannon Clinic

120 E. Beaugard Ave. 325-658-1511

Shannon Clinic—Obstetrics, Gynecology & Pediatrics

225 E. Beaugard 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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