

Laredo

Medical Update

FROM YOUR FRIENDS AT
LAREDO MEDICAL CENTER

**When time
is critical,
head for
the heart**

Home sweet home
New family room
provides comfort

**Building for
your future!**

**Help for
hard-to-heal
wounds**

**Take charge of
your arthritis**

 **Laredo**
MEDICAL CENTER

www.laredomedical.com



Dear neighbors,

It's hard to believe 2010 is here! At Laredo Medical Center (LMC), we're excited about what the New Year brings in medical services for the community—new additions, services and treatments close to home. LMC is proud to provide you with *Laredo Medical Update*, highlighting the latest services and treatments at LMC:

- LMC's cardiac care center offers care for heart troubles. Turn to page 10 to learn what you need to know when time is critical.
- Just as important as our heart care is your care after the emergency room visit. We've got some good advice for those heading home on page 4.
- On pages 6 and 7, read about a local man who's touting the wonderful miracle of wound care and rehabilitation.

- Finally, LMC is proud to offer families of pediatric patients a home away from home in our Ronald McDonald Family Room. This room provides a relaxing place to rejuvenate after caring for their children. Read more on page 12.

We pride ourselves in providing you Quality Care ... Close to Home and look forward to continuing the tradition of being a premier health care facility in Laredo.

Regards,

TIM SCHMIDT
Chief Executive Officer
Laredo Medical Center



Tim Schmidt
Chief Executive Officer

LMC announces major expansion

Investing \$22 million in the ED and ICU

Laredo Medical Center (LMC) is proud to announce a main campus development project to begin this spring, involving the expansion of both the emergency department (ED) and intensive care unit (ICU).

Phase one will increase the ED from 28 to 38 private treatment rooms that will be designed with patients', staff's and physicians' needs in mind. The unit will have specialty areas dedicated to trauma, obstetrics, orthopedics and cardiac care, as well as a fast-track area for minor illness and injury. In addition, the new ED will have enhanced privacy amenities such as patient/physician consultation rooms



LMC CEO Tim Schmidt shows a rendering of the expansion plans to begin in spring 2010.

and bedside registration. Patients and their families will also have access to a larger reception area.

In phase two, the ICU will almost double in size—expanding from 22 to 40 beds. The unit will offer patients spacious rooms with window views as well as enhanced technology to support the hospital's most critically ill patients.

"This is a significant investment in our community," says LMC chief of staff Ricardo Castillon, M.D. "We're proud of LMC's ongoing commitment to bringing medical advancements to our patients and enhancing quality care in Laredo."



Go online!

Visit www.laredomedical.com to learn more.

The road to healing

From wound care to prosthesis

Lifelong Laredoan Hector J. Chapa says he's only alive today because of modern-day medicine and his physicians and nurses. "Sometimes, you think it's just something very minor, something that will heal itself," says Chapa. "But in the end, I was wrong."

Chapa suffered from a foot wound that became so infected, his foot eventually needed to be amputated. That was just the beginning of a harrowing ordeal. "There was a point in his care where his life was in jeopardy," says Oscar Perez, M.D., a wound care specialist at Laredo Medical Center (LMC). "The stump after amputation was horribly infected, with tissue already dying away."

TURNING THE TIDE

At that point, Chapa was admitted as a patient at LMC and began a vigorous treatment plan at LMC's Premier Wound Care Center.

"When the nurses started wound care in my room, I could tell by the way they were cleaning my wound that something was very, very serious," says Chapa. "But I've never met a group of individuals who take their job so seriously—they're health care professionals who really care about their patients."

Over the next 28 days of hospital care under the medical direction of Dr. Perez and the center's staff, progress was made with Chapa's wound.

"About a month after physicians began their surgical interventions, debridement [removal of diseased tissue], cleaning of the wound and hyperbaric treatments, Hector was on his way to healing," says Vickie Vasquez, R.N., C.W.S., CHRN, director of the LMC Premier Wound Care Center. "It was a vigorous treatment plan, but one that would get his life back as soon as possible."

WALKING AGAIN!

Shortly after the amputated leg was healed, Chapa entered a new phase in his life. He was fitted for a prosthetic leg and learned to walk again. "The minute I stood out of the wheelchair, I felt like I was liberated!" exclaims Chapa. "I thank God every day for putting me in the hands of such capable physicians and nurses."

Once Chapa felt comfortable with his new leg, the qualified physical therapists at LMC's Outpatient Rehabilitation Center took over. They designed a vigorous physical therapy plan for Chapa, who was determined to walk on his own at the 2010 Washington's Birthday Celebration—a monthlong event he's enjoyed attending for decades.



Hector J. Chapa reviews the medical treatment plan designed to heal his wound at LMC's Premier Wound Care Center.



LMC's Premier Wound Care Center offers advanced equipment, including four hyperbaric oxygen chambers.



Chapa receives weekly therapy at the Outpatient Rehabilitation Center at LMC, which includes balancing techniques to help him with his prosthetic leg.

LMC
Premier Wound
Care Center
(956) 796-3157

Outpatient
Rehabilitation
Center
(956) 796-3454

“As much as I’ve suffered through this ordeal, I won’t let this keep me down,” says Chapa. “I made a promise to myself and my family that I’d walk again.” And it’s that drive and motivation that Chapa’s physical therapists say has kept his goals in sight.

“It’s just amazing to see the progress Hector has made,” says Maharlika Sion, P.T., D.P.T., an LMC physical therapist. “He’s truly a man who knows what he wants and doesn’t quit until he’s reached his goals.”

Now almost 14 months later, Chapa is moving around with his walker and only has words of inspiration for others. “Never give up, set your standards high and make sure you’re in the hands of capable and caring individuals,” he says. “You deserve no less than the best.”

Save a Life, Save a Limb

Patients who suffer from wounds that won’t heal can turn to the local chapter of Save a Life, Save a Limb, which helps patients make decisions about whether an amputation is needed. This national organization helps reduce the number of lower-limb amputations by educating the public and physicians about symptoms that can lead to amputation.

“Each year, the cost of aftercare for a lower-limb amputation is about \$49,000 per patient,” says Vickie Vasquez, R.N., C.W.S., CHRN, director of the LMC Premier Wound Care Center. “But the cost of follow-up care where amputation is prevented is about \$800.” Nationwide, a \$4 billion yearly savings in amputation health care could occur with a 25 percent reduction in lower-limb amputation.

For more information about the local chapter of Save a Life, Save a Limb, call the LMC Premier Wound Care Center at (956) 796-3157.



Chapa’s goal is to learn to walk on his prosthetic leg without assistance.



Dedicated to healing

LMC’s Premier Wound Care Center can help you get back on your feet. Call (956) 796-3157 today.

Complete heart care in one location

For nearly a decade, Laredo Medical Center (LMC) has been the exclusive provider of comprehensive cardiac care in the area. With two 24-hour cardiac catheterization labs, LMC is the only local hospital that makes a comprehensive commitment to heart care.

The cardiac labs offer technological advances to provide enhanced services for patients. And with double the space available, no time is wasted with scheduled appointments or in emergency situations. The one-stop cardiac lab offers patient prepping, surgery and recovery all in one location—eliminating the need to be moved from one place to another.

We know that when it comes to matters of the heart, comfort and convenience are the first steps in recovery. And with the only open-heart surgical team in Laredo—including a team of dedicated and skilled health care professionals—LMC is devoted to caring for all your heart needs through services like cardiac catheterization, an open-heart program and outpatient cardiac rehabilitation.

WHEN TIME IS CRITICAL, HEAD FOR THE HEART

The instant you feel a flutter in your heart or pain in your chest, there's no time to waste: Getting you to the right place is critical. To help you, LMC has hung a huge, red heart above the entrance of LMC's emergency room (ER)—the place you need to get to fast!

Furthermore, you'll want to make sure you're in the right hands. LMC is the only medical facility in town that's twice received full accreditation by the Society of Chest Pain Centers to treat patients with high-risk acute coronary syndromes.

The process for patient treatment is simple. A patient experiencing cardiac distress enters LMC through the ER. The patient is then evaluated by the specially trained and accredited medical staff and connected to an EKG



With the only open-heart surgical team in Laredo, LMC is devoted to caring for all your heart needs.

monitor for a timely evaluation of his or her condition. After an initial diagnosis is made, other hospital departments—including the ER, catheterization lab, intensive care unit, recovery and operating room—are engaged to complete the patient's treatment plan. Low-risk patients are given the appropriate treatment options and subsequent care in the ER.

There are only 320 accredited chest pain centers nationally. LMC is the 45th health care facility in Texas to attain this accreditation, and the only one in Laredo.

! Keep the beat

For more information about heart care at LMC, call (956) 796-3223 or visit www.laredomedical.com.



For nearly a decade, LMC has been an exclusive provider of comprehensive cardiac care. Cath lab technicians at LMC are now able to respond quicker with a second cath lab that's equipped with advanced technology. The cath lab offers patient prepping, surgery and recovery all in one location—eliminating the need to be moved from one place to another.

Laredo Medical Update is published as a community service of Laredo Medical Center. There is no fee to subscribe.

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A home away from home at LMC

Family room helps children heal

When families walk into the Ronald McDonald Family Room at Laredo Medical Center (LMC), we want them to forget they're in a hospital. In its first four months of operation alone, this home away from home has already seen hundreds of families of pediatric patients rest and rejuvenate in its comforts.

"Research shows that family presence in the hospital helps children heal faster," says Tim Schmidt, chief executive officer of LMC. "Staying close by allows

parents to better communicate with their children's medical team and gives children peace of mind knowing their parents and family members are near."

COMFORTING ATMOSPHERE

The Ronald McDonald Family Room at LMC removes families from the everyday hospital setting and places them in a homelike environment. There, they're able to relax and keep strong for the stresses they're facing, while being close to loved ones.

The room is located next to the neonatal intensive care unit and serves families from the pediatric unit. It's a comfortable, inviting space with a stocked kitchenette, a washer and dryer, a TV, a computer with wireless Internet and a reading area.

Open 365 days a year from 9 a.m. to 9 p.m., the room is staffed by friendly, dedicated and caring volunteers. Ronald McDonald Charities of San Antonio oversees the room.



Celebrating the grand opening of the Ronald McDonald Family Room at LMC are (second from left) Pat Bavin, executive director, Ronald McDonald Charities; Jorge Gonzalez, LMC board member; Laredo Mayor Raul Salinas; Allan Recto, M.D., pediatrician; Satbir Chhina, M.D., neonatologist and medical director of LMC's NICU; Ronald McDonald; Tim Schmidt, LMC CEO; Sonia DaMota, director of LMC's NICU; and Miguel Conchas, president and CEO of the Laredo Chamber of Commerce.

! We care for children!

For more information about our services, call LMC at (956) 796-3223 or visit www.laredomedical.com.