

# Health Matters

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## Coordination, Teamwork at Heart of Award-Winning Chest Pain Care



Marc  
Gamber, D.O.

When it comes to chest pain, seconds count. And if heart attack symptoms strike, it's important to know you have access to immediate, expert treatment. Rest assured.

The Medical Center of Plano has earned a "gold medal" in heart attack care. We've been awarded the Chest Pain Center Cycle III Accreditation—the highest honor by the Society of Chest Pain Centers for streamlined processes to treat heart attack symptoms. But we're not stopping there.

"Perfecting our heart attack care is ongoing. We continually reevaluate our

processes for the best possible outcome for each patient," explains Patricia Gum, M.D., interventional cardiologist at The Medical Center of Plano.

### EMS IS AN INTEGRAL PARTNER

Highly skilled physicians and staff work closely with emergency medical service (EMS) personnel—an important aspect of The Medical Center of Plano's seamless heart care. When someone calls 911 with chest pain, EMS is first on the scene to assess, stabilize, and transport the patient to the hospital.

The Medical Center of Plano physicians meet regularly with the EMS team to update processes and provide

training on accurate readings of electrocardiograms (EKGs). EKGs are conducted on each chest pain patient by EMS and the results are remotely sent to the hospital.

"If there's reason to believe the patient is having a heart attack, we give EMS authority to activate the cardiac catheterization lab directly," explains Mark Gamber, D.O., Emergency Department physician and medical director of the City of Plano's EMS. "This call sets off a symphony of events that saves valuable time."

### TEAMWORK THAT WORKS

Although patients are fully evaluated by The Medical Center of Plano physicians before any treatment is conducted, activating the team is essential to a speedy treatment. A one-pager system alerts all cardiac catheterization team members at once. On-call interventional cardiologists away from the hospital are often able to meet the patient on arrival.

"This level of mutual professionalism and trust is unique," explains Dr. Gum. "Everyone's focus is on the patient."

By perfecting processes and team member roles, The Medical Center of Plano minimizes the time from initial symptoms to treatment. Sometimes five minutes can save a life.

"This honor means that The Medical Center of Plano meets the highest standards available to treat a heart attack," says Dr. Gamber. "We aren't getting lucky. We are getting it right every time."



Dear valued readers, we hope this information on our evolution is interesting.

## TRADITION

As the first health care institution to open its doors to the young city of Plano, The Medical Center of Plano has not only grown with the burgeoning city, it has played a vital role in its health and quality of life. What started as a small HCA network hospital has become one of the most successful full-service health care centers in North Texas.

## STRENGTH

Diverse, dedicated, and committed. Every member of The Medical Center of Plano family—from the frontline nurses, radiologists, therapists, and surgeons to support staff and management—is focused on the health and comfort of not only those who walk through our doors, but on each person in our community.

## LEADERSHIP

World-class facilities, 70 specialties and subspecialties, and the latest technology are where our responsibility begins. Pushing the boundaries in cancer treatment, emergency trauma, and neonatal care, to name a few, is why The Medical Center of Plano furthers its legacy of firsts and maintains its recognized position.

# Varicose Veins Can Be More than Just Unsightly

Those twisted, puffy veins visible just beneath the surface of your skin are called varicose veins. Most often, varicose veins appear in the legs. They occur when the one-way valves that control blood flow in your veins don't work properly, so blood flows backward and "pools" in your veins.

Usually, varicose veins aren't a serious health issue. But for some people, they can cause painful leg cramps. Other symptoms include:

- A "heavy" or "throbbing" feeling in the legs
- Itching, especially on the lower legs and ankles
- Swollen ankles and feet
- Discolored skin on the legs

## WHO GETS VARICOSE VEINS?

Women are more likely than men to develop varicose veins. Besides gender, other factors that can raise the risk include lack of movement and being overweight.

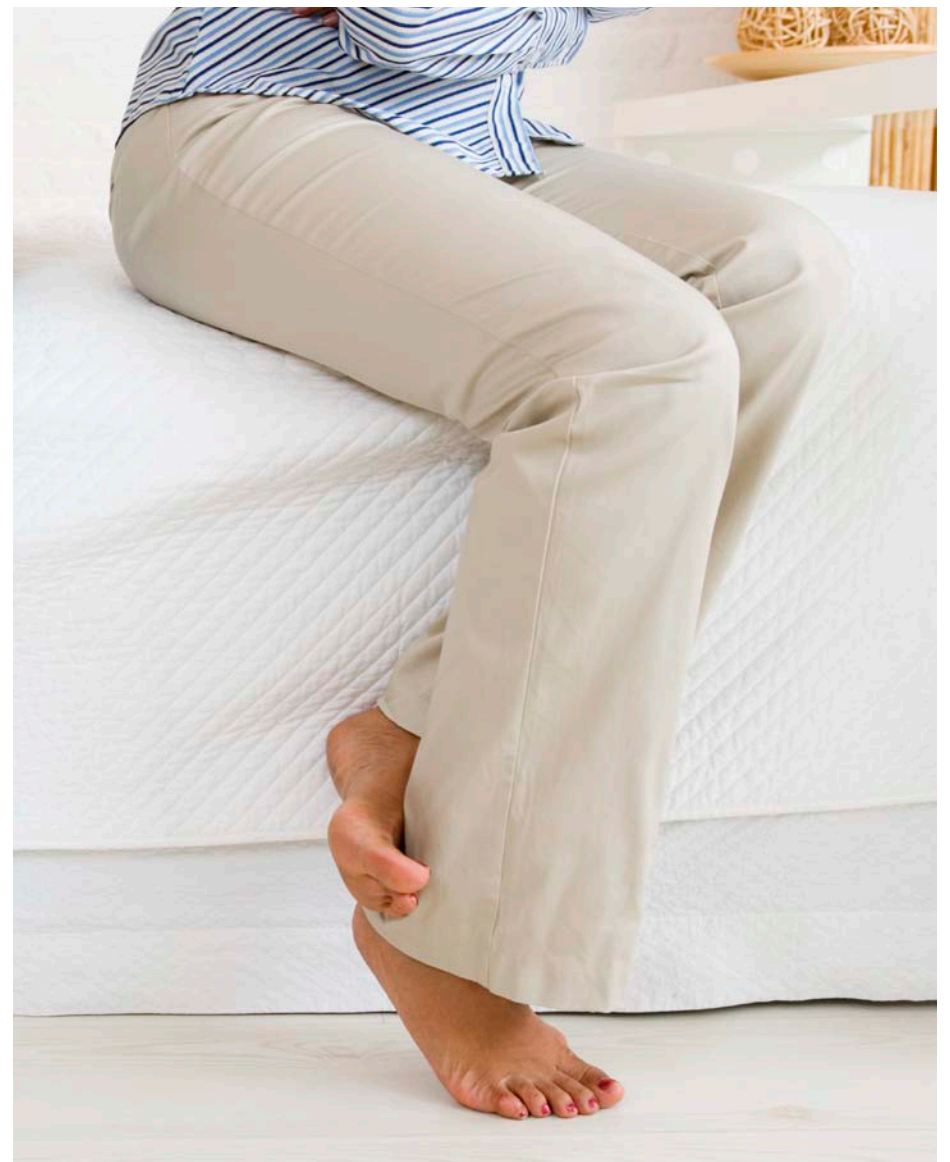
Sometimes varicose veins aren't just a cosmetic issue. Left untreated, these problem veins can lead to dermatitis. This can cause bleeding, rashes, and sores on the skin. They also can cause blood clots in the veins just under the skin. Called superficial thrombophlebitis, this condition can cause redness, swelling, and pain in the legs.

## WHEN TO SEE YOUR DOCTOR

Staying active and avoiding sitting too long without breaks are two of the many lifestyle changes you can make to reduce the symptoms of varicose veins.

For many people, medical procedures can help with varicose vein problems and also make them less noticeable. Some treatments work by closing veins. Other treatments, like surgery, remove problem veins through small cuts in the skin.

**If your varicose veins bother you, see your doctor to discuss your treatment options.**



## A New Year, a New Start

New Year's resolutions seem like a great idea in January, but what about in February, March, and beyond? Here's how to stick with your plan.

**Your Resolution:** Lose weight.

**Keep It Up:** Write down in a food diary what you eat, how much, where, when, with whom, and your mood at the time. In one large study, the more often overweight people wrote in a food diary, the more weight they lost.

**Your Resolution:** Reduce stress.

**Keep It Up:** Recharge with seven to eight hours of sleep a night. This improves mood and helps you think clearly and creatively. Go to bed and get up at the same time every day, even on weekends.

**Your Resolution:** Manage time.

**Keep It Up:** Make to-do lists and rank items in order of importance. Tackle high-priority items first. Don't push back exercise; write it on your calendar like any other appointment.



## Have Your Milk and Enjoy It, Too

A milk mustache can be a healthy look. Nonfat or low-fat dairy products are some of the richest sources of calcium and vitamin D—nutrients essential for healthy bones.

But having dairy products like milk gives some people a bellyache or diarrhea. These symptoms may be from lactose intolerance, an inability to break down lactose, or milk sugar.

Most lactose-intolerant people can still get calcium and vitamin D from dairy products. Here's how:

- Try frequent, smaller servings. Even children and teens with lactose intolerance can usually safely down a cup of milk.
- Eat a small snack along with your milk.
- Drink lactose-reduced milk, add nonprescription lactase drops to regular milk, or use nonprescription lactase pills.
- Choose nonfat or low-fat versions of ice cream, cottage cheese, hard cheese, and yogurt with an active culture. These may be more digestible than milk.

## Minimally Invasive Surgery: Trust the Experts



Richard Eller, M.D.

Smaller incisions. Less postoperative pain. A shorter hospital stay and a faster recovery. Minimally invasive surgery—also called laparoscopic surgery—offers many advantages over traditional open procedures. At The Medical Center of Plano, our physicians perform the full range of minimally invasive surgery, from repairing hernias to removing cancerous tumors. In fact, our laparoscopic surgeons are among the most experienced in the area.

Laparoscopic surgery involves using a laparoscope, a thin, instrument with a light and camera attached that enables surgeons to perform operations in the abdomen through small “keyholes” instead of large incisions.

### WHY EXPERIENCE IS KEY TO SUCCESS

“Experience is important because there is a longer learning curve for laparoscopic surgery compared with open procedures,” says Richard Eller, M.D., general surgeon at The Medical Center of Plano, who completed fellowship training in laparoscopic surgery. “For example, to become proficient at repairing inguinal hernias—a type of hernia that occurs in the groin—through open surgery, the doctor has to perform between 25 and 50 procedures. To reach that level of proficiency with laparoscopic surgery, the surgeon needs to perform between 150 and 200 minimally invasive procedures.”

Dr. Eller is one of only a handful of surgeons in the country who perform laparoscopic inguinal hernia repair with a prosthetic mesh patch that does not require anchoring devices.



This method reduces the risk of complications like pain and bleeding. He is also one of the laparoscopic surgeons in the area performing minimally invasive antireflux surgery, to treat gastroesophageal reflux disease (GERD). Dr. Eller completed the first fellowship ever offered at Vanderbilt University in Nashville, Tenn., training with Douglas O. Olsen, M.D., and the Vanderbilt surgery staff in laparoscopic gallbladder surgery.

### WEIGHT-LOSS SURGERY ON THE HORIZON

Soon The Medical Center of Plano will offer laparoscopic weight-loss surgery. “We want people to know that many types of laparoscopic surgery, including advanced laparoscopic procedures, are available right here in Plano by doctors with a high level of training and expertise in these techniques,” Dr. Eller says.

## Carrot-Oatmeal Muffins

Makes 12 muffins

### INGREDIENTS

- 1 cup quick oats
- 2 cups unbleached flour
- 2 tsp. baking powder
- ½ tsp. salt
- ¾ cup dark brown sugar
- 1 large egg, lightly beaten
- 1 cup skim milk
- ¼ cup vegetable oil
- 2 carrots, grated
- 1 cup raisins
- ½ cup walnuts, chopped

### DIRECTIONS

Line a regular muffin pan with 12 paper liners. Preheat oven to 400 degrees. In a large bowl, combine oats, flour, baking powder, salt, and sugar. In a small bowl, beat egg lightly. Add milk, vegetable oil, and grated carrots.

Stir wet ingredients into large bowl of dry ingredients. Do not overmix. Stir in raisins and walnuts. Divide batter among the 12 muffin cups. Bake 20 to 25 minutes, or until tops are golden brown.

### NUTRITION INFORMATION

Each serving contains approximately 266 calories, 9 g fat, 18 mg cholesterol, 113 mg sodium, 42 g carbohydrate, 3 g fiber, 6 g protein.



✂ CLIP & SAVE

## “Grandchild-Proof” Your Home

In the excitement of having the grandkids visit, it’s easy to forget that your house may no longer be set up for little ones.

### HERE ARE SOME TIPS TO HELP MAKE YOUR TIME TOGETHER SAFE:

- Store medicines in a locked cabinet.
- Set the thermostat on your hot-water heater to 120°F or lower. Children’s bodies are more sensitive to hot water than adults’ bodies.
- Cover all unused electrical outlets with safety caps.
- Keep surfaces free of small objects that could be swallowed. These include rings, coins, and hearing-aid batteries.
- Use safety latches on cabinets containing cleaning products.
- Hide electrical cords away from little teeth.
- Don’t use large placemats or tablecloths. A child could tug on them and overturn hot food and drinks.
- Use child safety gates at the top and bottom of stairs. But avoid accordion-style gates with openings large enough for little heads.

Finally, remember to keep numbers for the emergency room, poison control center, and the child’s doctor by the phone—just in case.



## Need-to-Know News About Pneumonia

If you’ve reached your 65th birthday, one simple shot could help protect your lungs for the rest of your life. The Centers for Disease Control and Prevention (CDC) advises people ages 65 and older to get one dose of the pneumonia vaccine.

This single shot may help save your life, according to a four-year study in the journal *Clinical Infectious Diseases*. People who were hospitalized for pneumonia were 40 to 70% less likely to die if they had been vaccinated. Compared with people who didn’t get pneumonia shots, they also had shorter hospital stays and were less likely to

have problems such as kidney failure and cardiac arrest.

If pneumonia does strike, it can cause symptoms such as a high fever, severe chills, coughing, and chest pain. See your doctor if you suspect you might have it.

**Younger people can get pneumonia, too. The CDC says adults ages 19 to 64 with certain medical conditions—including diabetes, liver disease, or kidney failure—should get one or two pneumonia shots. Babies younger than 23 months also need pneumonia shots.**



## H2U Health Break

Join us on the first Tuesday of each month for dessert and coffee as experts discuss healthy-living topics. Unless otherwise noted, meetings will be held in the Auditorium, third floor, Medical Office Building III, Suite 315, 4001 West 15th St. FREE! For information or reservations, call **972.519.1275** or go to **www.themedicalcenterofplano.com**, go to Community Resources and click on H2U. Annual membership is \$15.

**Tuesday, January 5, 12:30 p.m.**

### “DEALING WITH PROBLEM WOUNDS”

**Presented by Ronald Scott, M.D.**

Almost 6 million Americans suffer from problem wounds associated with diabetes, vascular disorders, pressure sores, or traumatic wounds. Dr. Scott will discuss the latest methods of treating problem wounds and share information about the hospital’s new Wound Care Center.

**Tuesday, February 2, 12:30 p.m.**

### “WHAT MAKES A HEALTHY HEART?”

**Presented by Cardiologist Susan Pryor, M.D.**

Learn about the latest research and technology, and how they impact the health of your heart. Dr. Pryor will also discuss the truths and myths of chocolate, wine, and what’s good for your heart.

**Tuesday, March 2, 12:30 p.m.**

### “COOKING UP A HEALTHY HEART”

**Presented by Chef Miguel Blasini and Amanda Montano, R.D.**

The hospital’s award-winning chef, Miguel Blasini, will demonstrate and share recipes for flavorful and creative heart-healthy eating. Dietitian Amanda Montano will provide tips for a heart-healthy diet that will help carry New Year’s resolutions into springtime.

# UPCOMING EVENTS



## Diabetes Support Group

### SWEET 'N' SENSIBLE

Third Thursday of the month, 7 to 8 p.m., Building II, Surgery Center of Plano. Call 972.519.1207.

**January 21:** "What and Why of Immunizations"

**February 18:** "Heart-Healthy Lifestyle"

**March 18:** "Wound Care and Hyperbaric Medicine"

### LIFE LINE SCREENING

Preregistration and appointment are required. Call 800.324.1851 and reference Priority/Source Code HSC6576.

**Wednesday, February 10, 9 a.m. to 4 p.m., Medical Office Building III, Auditorium, Suite 315, 4001 West 15th St.**

Half of all stroke victims have no warning signs before a stroke occurs. This noninvasive preventive health screening includes carotid artery scan, abdominal aortic aneurysm screening, peripheral arterial disease screening, and atrial fibrillation screening. Four tests in less than one hour for only \$139 per person.

## Educational Seminars

Reservations required. Call 972.519.1209.

### NEW BABY DAY CAMP FOR BIG BROTHERS AND SISTERS

**Saturday, January 9 or March 13, 9 a.m. to noon, Second Floor Classrooms**

Designed for children ages 4 and older, this fun "day at camp" helps siblings prepare for the arrival of a new baby.

### BOOT CAMP FOR NEW DADS

**Thursday, January 21 or March 18, 7 p.m., Second Floor Classrooms**

An OB/GYN and a pediatrician will share their expertise to illustrate the magic and challenges of fatherhood.



### SAFE SITTER® BABYSITTING CLASS

**Saturday, February 6, 8:30 a.m. to 5:30 p.m., Second Floor Classrooms**

Boys and girls ages 11 to 13 learn safe child-care techniques, behavior management skills, and appropriate responses to medical emergencies. Includes instruction in infant and child CPR. Cost: \$55.

### MENSTRUATION: THE CYCLE BEGINS

**Wednesday, February 17, 7 p.m., Auditorium, Building III, Suite 315**

If your daughter is approaching puberty, you have an important task ahead. Mothers and daughters together will learn about the biological, medical, and practical aspects of menstruation from an OB/GYN.

### TEDDY BEAR CAMP

**Saturday, February 20, 10 to 11 a.m., Second Floor Classrooms**

Designed for expectant siblings ages 2 and 3. Toddlers bring their teddy bears and listen to a story, learn what new babies can do, and learn to hold them with parents' assistance. They also explore the labor and delivery area.

### PRENATAL YOGA SERIES

**Every Monday, 6 to 7:15 p.m., Community Classroom**

Yoga helps keep your body safely fit through gentle toning. Registered yoga instructor (and mother) Maitri Smithhisier will teach breathing exercises and body movements to help with labor and relaxation. She'll show how yoga can help nurture you and your baby. Cost: \$10 per class or six classes for \$50.

### SPIRIT MOMS

**Every Friday at 10 a.m., PlayLink at The Shops at Willow Bend**

Join other moms and babies for fun, exercise, support, health tips, and helpful information. This FREE weekly program is designed to help new moms learn to live, love, laugh, and lead their newly expanded family to a healthy and happy lifestyle. For more information, call 972.519.1588.



### MOMMY AND ME YOGA

**Every Tuesday, 10 to 11:15 a.m., Community Classroom**

Yoga offers breathing exercises and body movements to help you relax and cultivate self-care. It's a time to nurture yourself and your baby. Babies need to be at least 6 weeks old with some neck control to participate. Cost: \$10 per class or six classes for \$50.

### NEW MOM TEA

**2 p.m., Auditorium, Building III, Suite 315**

Enjoy a cup of tea and a Sunday afternoon filled with relaxation, socialization, and an informative seminar. Share your stories and friendship with other new moms and babies.

### Sunday, January 24: "Get in the Picture"

Learn about photography—tips for taking great pictures and the many ways to store them, send them, make scrapbooks, and use technology to make these tasks easier. Information on the latest cameras will help you as you photograph your growing family. Babies can play as Gymboree shares an afternoon with us!

### Sunday, February 28: "Getting Personal"

Learn about cervical cancer, the HPV test, and Gardasil from an OB/GYN who will give an update on this cancer that affects young women. The most effective methods of birth control will be discussed as well as the risks and benefits of various methods used to help plan your family. Relax with your baby, as our Mommy and Me Yoga instructor returns to show you ways to relax and have fun with your little ones.

### Sunday, March 28: "Connections and Corrections"

A pediatrician will share how to both connect with and correct your baby as he or she becomes more independent. You'll learn how soon to start disciplining your child and how new parents learn to communicate with each other so they can work together to raise a healthy child.



### "SECOND CUP OF COFFEE" LECTURE SERIES

**NEW FOR 2010!**

Enjoy coffee from Starbucks and a medical update presented by physicians at The Medical Center of Plano. The second Saturday of each month at 9 a.m. at the Shops at Willow Bend in the Communication Court.

### Saturday, January 9: "EYE Health"

Ophthalmologist Susan Swanson, M.D., will discuss eye health and diseases of the eye.

### Saturday, February 13: "HEART Health"

A clinical pharmacist will provide education on medications that may be needed to help prevent or control coronary heart disease and reduce the risk for a heart attack. Also, the side effects of drugs and how to deal with them will be discussed.

### Saturday, March 13: "COLON Health"

Colorectal surgeon Anthony Macaluso, M.D., will present information about colon and rectal health including treatment, prevention, causes, and screenings.

## Grandparent Adventures

Call 972.519.1209 for more information or reservations!

### GRANDPARENT ADVENTURES: A VISIT TO THE HOSPITAL

**Sunday, January 10, 2 p.m.**

Activities include tours of the Emergency Department, newborn nursery, and kitchen to acquaint them with a hospital setting. Kids will explore an ambulance, learn basic first aid, take part in crafts, and more.

### GRANDPARENTING 101: CARING FOR KIDS TODAY

**Thursday, March 25, 7 p.m., Second Floor Classrooms**

This FREE class helps bring grandparents up to date on changes in baby care. Learn the latest safety techniques and ways to develop a special relationship with your grandchildren.



# Q&A: Tackling Your Child's Cold and Flu

PEDIATRICIAN SARA GONDOL, M.D., ANSWERS COMMON QUESTIONS PARENTS ASK DURING THE WINTER SEASON.



Sara  
Gondol, M.D.

## Q. WHEN IS IT TIME TO SEE THE DOCTOR ABOUT MY CHILD'S COLD OR FLU?

**A.** If your child seems to have a cold—with symptoms like congestion and runny nose but not high fever or body aches—it's probably not necessary to see your child's doctor right away. But do call if symptoms don't improve within three to four days.

If your child appears to have the flu—with symptoms like fever, chills, body aches, sore throat, headache, or nausea—call your child's doctor right away to ask about coming in. Flu treatment is more effective when it's given within the first two days of illness.

Any time you're unsure whether your child needs to be seen, call your child's doctor. Also, even if you've already talked to or seen the doctor, call if symptoms get worse or new symptoms appear. Another ailment, like an ear infection or pneumonia, could be brewing.

## Q. WHEN IS A FEVER TOO HIGH?

**A.** A good general rule is to call the doctor any time a child's fever is higher than 102 degrees to find out whether the child should be seen.

Normal body temperature ranges from 97 to 100.4 degrees. When our bodies are fighting an infection or other illness, our temperatures may climb higher. Mild fevers may get better without treatment. So a fever may not mean your child needs immediate medical care.

If your child feels feverish—for instance, if his or her forehead feels warmer than normal—use a thermometer to get a reading. This can help you and your child's doctor decide how to respond.

Seek emergency or immediate medical care if any of the following is true:

- Your child is younger than 3 months old and has any temperature higher than 100.4 degrees.
- Your child has a seizure, refuses to eat, isn't responding, or has trouble breathing during a fever.
- Your child's fever lasts more than a few days.
- Your child has a fever of 105 degrees or higher. Brain damage may occur if body temperature tops 107.6 degrees.

## Q. HOW CAN MY FAMILY HELP REDUCE THE SPREAD OF COLDS AND FLU?

**A.** Hand washing is the number one way to prevent the spread of many illnesses, including colds and flu. Wash hands thoroughly with soap and water, or use hand sanitizer, throughout the day.

Good hand hygiene is especially important right after sneezing or coughing and right before eating. And don't do it only during active illness. Anyone with a cold or flu is typically contagious starting one day before their symptoms begin. Consider them contagious until most of their symptoms have faded and they have been fever-free for at least 24 hours—without the aid of a fever-reducing medicine.

Other effective ways to limit spread of illness are to avoid sharing food and drinks and to cover sneezes and coughs with a tissue and throw the tissue away.

**Dr. Gondol is located at Starwood Pediatrics, Starwood Medical Offices, 2595 Dallas Parkway, Suite 410, Frisco. To make an appointment for your child, call 972.519.1139.**

# New Help and Hope for Patients with Brain Tumors



John Tompkins,  
M.D.

Ever hear of glioblastoma multiforme (GBM)? It is the most common type of cancerous brain tumor in adults, but it's also one of the hardest to treat.

GBM is a fast-growing cancer that often spreads to other brain tissue. It is difficult to remove because it can be challenging for surgeons to tell the difference between a cancerous tumor and normal healthy tissue. Until now, those with GBM usually have a life expectancy of less than one year, even when surgery is combined with other treatments.

But now, using next-generation neuroimaging technology, doctors at The Medical Center of Plano are giving new hope to patients with GBM and other complex brain disorders. The

BrainSUITE® is just one example of the leading technology at The Medical Center of Plano. One of 16 worldwide, BrainSUITE increases precision in surgery and improves clinical results for patient treatment. State-of-the-art navigation systems provide real-time images of the brain before, during, and after surgery.

Complicated brain surgery can be performed using smaller incisions and with greater accuracy and safety with this technology. With better visualization of the cancerous tumor, neurosurgeons can remove more of it with less harm to surrounding structures—posing less risk for neurological problems. John Tompkins, M.D., a neurosurgeon on staff at The Medical Center of Plano, says the technology is helping many patients with brain tumors live longer with a better quality of life.

## MAJOR ADVANCES IN TECHNOLOGY

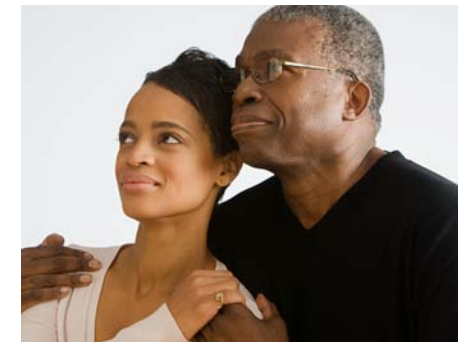
“When I was training in the early 1990s, patients with GBM had about a nine-month life expectancy,” Dr. Tompkins says. “Now, with this revolutionary technology, patients who receive chemotherapy and radiation combined with surgery are living years longer.”

But computer-assisted neuro-navigation systems help doctors see much more than the borders of cancerous tumors and the placement of their instruments during surgery. Dr. Tompkins says the technology helps to more precisely remove small tumors just below the surface of the brain. “You open up the skull, and there's normal brain tissue on top,” he says. “The challenge is where to make the incision to get to the tumor. When we pass a wand over the patient's face, we simultaneously

access stored data that creates a kind of topographical map of the brain to guide us.”

## THE GIFT OF TIME

“It's very gratifying that we're able to do a lot more for many patients with conditions like GBM than we used to,” Dr. Tompkins says. “In many cases, it's giving them more precious time with friends and family.”



## Let's Celebrate Heart Month!

### HEART SMART SATURDAY, FEATURING DAY OF DANCE!

**Saturday, February 27, 8 a.m. to 3 p.m.,  
The Shops at Willow Bend,  
6121 West Park Blvd., Plano, TX 75093**

It's time to take charge of your heart health and live a longer, stronger life. Start by learning about your own risks, discover new ways to improve your diet, and get the latest advances in cardiovascular health.

Heart Smart Saturday includes everything you ever wanted to know about heart disease and stroke. Get the latest heart information and take part in free health screenings.



The following **FREE health screenings** will be available from 8 a.m. to noon:

- Cholesterol and glucose testing—must be fasting
- Heart rhythm checks
- Blood pressure
- Stroke risk assessment
- Body fat analysis
- Posture and balance checks
- Grip strengths
- Ask a pharmacist

Come join us for the **DAY of DANCE** from 11 a.m. to 3 p.m.:

This national event celebrates the benefits of dance as a way to enjoy life and exercise to prevent heart disease. Wear your dancin' shoes and get ready to shake, rattle, and roll. *Steps to a healthier life are just a dance away!*

## SPECIAL EVENTS

February Special Events will be held in The Medical Center of Plano Auditorium, Building III, Suite 315. Please call **972.519.1437** for reservations.

### If I Only Knew

**Thursday, February 4, 7 p.m.**

“If I knew then what I know now, I would be able to understand myself better and live healthier” are words that are often heard but not understood. Cardiologist Marc Krock, M.D., will discuss the physical and emotional impact of heart disease on the patient and family members.



### Keep Your Heart Beating

**Thursday, February 18, 7 p.m.**

Learn from cardiologist Mordecai Klein, M.D., and emergency medicine physician Mark Gamber, D.O., how the partnership between EMS and the hospital will keep your heart beating and help you live longer. The Medical Center of Plano is

the only Accredited Level III Chest Pain Center with PCI in Collin County and uses the latest technology to help victims of a heart attack survive.

### NATIONAL WEAR RED DAY IS FEBRUARY 5!

National Wear Red Day is a day when Americans nationwide unite in the lifesaving movement and lend their support to heart disease awareness by showing off a favorite red dress, shirt, tie, scarf, or any other red item.

If your company would like to join the 2010 Wear Red Campaign, contact Lisa Engel at **972.519.1216** or [lisa.engel@hcahealthcare.com](mailto:lisa.engel@hcahealthcare.com) for information on the kickoff luncheon and information session on January 15. A toolkit will be provided to help promote your company's Wear Red campaign and heart health.





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## A Whole-Body Approach to Wound Care



**Ron Scott, M.D.**

The team of professionals at the Wound Care Center® at The Medical Center of Plano has been treating difficult-to-heal wounds for decades.

Although the center's specialty is wound care, the patient is their focus.

"Our approach to wound care is different from other facilities," explains Ron Scott, M.D., medical director of the Wound Care Center. "We complete a comprehensive evaluation based on time-tested clinical practice guidelines to investigate why a patient is not healing. From this platform, we can better heal the wound and help prevent future problems. We need to know why the wound is not healing—not just what to put on it."

### INTEGRATED, WHOLE-BODY APPROACH

For example, if a diabetic patient suffers with a foot sore, the center would first look for underlying problems. Does the

patient have poor circulation? Does the patient have inadequate nutrition or poor blood sugar control? Is the patient wearing ill-fitting shoes? Has the wound been properly cleaned?

Based on their findings, clinic physicians and nurse case managers can formulate and follow through on the patient's comprehensive treatment plan.

### APPROPRIATE TREATMENT FOR APPROPRIATE PATIENTS

The Wound Care Center helps people with difficult-to-heal wounds of all kinds. These are wounds that have not healed within six weeks or have not shown signs of healing in four weeks. Some of the most common types of wounds seen include venous leg ulcers, diabetic foot ulcers, pressure sores, and nonhealing surgical wounds.

"Most people don't think of wounds as a big problem. Thousands of people are affected and without appropriate

treatment, some wounds can lead to amputation or death," says Dr. Scott.

"We offer the most cutting-edge treatments, but only for the right patient," says Dr. Scott. "It's important to offer a comprehensive array of therapies, but it is more important to use these therapies appropriately."

Some available treatments include:

- **Hyperbaric oxygen therapy**, which involves breathing 100% oxygen while lying in a pressurized chamber.
- **Bioengineered tissues** are human tissues, which are grown as a substi-

tute to a patient's own skin.

- **Modern dressings**, made of new materials, which promote an appropriate healing environment.
- **Negative pressure wound therapy** which places the wound under continuous negative pressure to facilitate closure of large cavity wounds. "Before we treat patients with advanced modalities, we do so knowing we have done everything else to ensure their success," explains Dr. Scott. "It's the best possible approach to healing."



### Modern Advances in Wound Care

**WEDNESDAY, JANUARY 27, 7 P.M.**  
**AUDITORIUM, BUILDING III, SUITE 315**

Ron Scott, M.D., medical director of the Wound Care Center, will discuss new technology and treatment options related to wound care. For reservations, call **972.519.1437**.



### Health is Action™

All events meet at 6:30 p.m. in the Auditorium, Building III, Suite 315, northwest corner of Coit and 15th streets, unless otherwise noted. For reservations, call **214.473.7317**.

### THE ART OF LIVING: ONE BREATH AT A TIME Monday, January 11, 6:30 p.m.

Timothy Chappell, M.D., will provide education on diseases such as asthma, emphysema, COPD, and alpha-1, which can interfere with your quality of life. A no-cost screening for alpha-1 antitrypsin deficiency will be available. This test can help predict if you're prone to respiratory problems. Learn to breathe and relax with a yoga instructor from The Medical Center of Plano.

### DON'T MISS A BEAT! Monday, February 8, 6:30 p.m.

Keep your "ticker" and your "tick-tock" beating as you learn about your heart and clock! Cardiac electrophysiologist Raj Abrol, M.D., will discuss atrial fibrillation. Treating this condition can prevent stroke. Learn the symptoms and treatment of this condition. Also, clocks play an important role in people's homes. Learn about the best type of clocks and how to care for them as they help you "keep your beat!"

### PROTECT YOUR BOTTOM LINE Monday, March 8, 6:30 p.m.

March is Colorectal Cancer Awareness Month. Colorectal surgeon Anthony Macaluso, M.D., will explain the bottom line in protecting yourself from colorectal cancer and other diseases of the lower digestive system. A talk about the "bottom line" in decorating your bathrooms will include the newest colors, hardware, linens, and accessories to consider as you update this important room in your home.